

“The general population doesn’t know what’s happening and doesn’t even know that it doesn’t know.”- Noam Chomsky

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## UH Parma Wins Multiple Environmental Awards

by CJ Sheppard

An expanded recycling program, managing pharmaceutical waste and virtually eliminating the use of mercury all contributed to recent environmental awards presented to University Hospitals Parma Medical Center.

Practice Greenhealth, an organization dedicated to transforming health care worldwide so that it reduces its environmental footprint and becomes a community anchor for sustainability, honored UH Parma Medical Center with the Partner Recognition Award at its May 19 CleanMed Conference & Exhibition in Dallas, Texas. This award is

given to health care facilities that have begun to work on environmental improvements, have achieved some progress, and have at least a ten percent recycling rate for their total waste stream. UH Parma also was recognized with the Making Medicine Mercury-Free Award.

In 2015, UH Parma Medical Center diverted more than half a million pounds of recyclables from the landfill, nearly 400,000 pounds of which was paper. Mixed recyclables accounted for almost 20,000 pounds. UH Parma recently implemented single-stream recycling to make it easier for

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## Farmers' Market Returns To Seven Hills This Summer

by Kathy Holland

The 2016 City of Seven Hills Farmers' Market, sponsored by Taleris Credit Union, Inc., opened on June 30, 2016. The Market is located at the corner of Hillside Road and Broadview Road adjacent to Fire Station No. 1. The City of Seven Hills Farmers' Market will continue to provide a place for farmers, backyard gardeners and home food producers a location to sell their items and a place to connect with our wider community. Please shop our Farmers' Market every Thursday, now through September 29th from 4-7PM.

**Why shop at the Seven Hills Farmers' Market?**

**Cost Effectiveness** - It keeps dollars in our local economy and it strengthens opportunities for our neighbors who are farmers and producers of artisan goods. Studies show that of every \$100 spent at a locally owned business, \$48 stays in the community. Of every \$100 spent at a national chain store, less than \$14 spent stays in the community.\* Where you spend your money does make a difference. \*Source: Civic Economics – Andersonville Study of Retail Economics

**Taste and Nutrition** - Buying locally grown food in

season will benefit your family's health; fresh, nutritious produce, usually picked that day for the market also means fewer to no preservatives, they are not needed to extend shelf life.

**Energy Conservation and Environmental Impact** - By purchasing locally produced items, you are doing your part to conserve energy and resources in the form of less fuel for transportation and less packaging, thereby lowering your carbon footprint.

**Promote Entrepreneurship** – Small businesses are what the American economy is founded upon.

**Create Community** - It enables relationship-building with the Market providers. The individual you are buying from is most likely the person, who grew, picked, bottled, baked, created or prepared the item purchased. Our Market providers are an integral part of the distinctive character of Seven Hills and are proud to be a part of it!

Our 2016 vendors include: All Jammed Up (jam), Burning Asphalt Sauces (condiments), Cecilia's Sweet Delights (bakery), Cossel Farms (produce), Esther 212 (aromatherapy), Fresh Butcher (meat), Kernels by Chrissie (kettle corn),

**continued on page 2**

## Parmadale:

## Reimagining A New Future

by Liz Hersh

A private property graced with over 70 acres of forest located near the eastern edge of Parma grows ever closer to becoming a natural, public park.

Back in 2014, West Creek Conservancy learned that Parmadale, an 80-acre site owned by Catholic Charities, a part of the Catholic Diocese of Cleveland, was undergoing a consolidation of services. While several services will remain at the original location, much of the property was for sale. The Conservancy began to plan immediately. According to Executive Director Derek Schafer, "Our goal became to acquire Parmadale in order to reclaim its old campus for natural habitat, conserve the surrounding woodlands, and add the

property to the West Creek Greenway." The West Creek Greenway, another ambitious project of the conservation group, consists of a 24-mile network of green spaces and public trails envisioned to link several communities to West Creek Reservation, the Towpath Trail, and other local parks and destinations.

Through 2015 West Creek Conservancy built support for its Parmadale initiative among the City of Parma, Cleveland Metroparks, and other partners, culminating in October with an application to the state's Clean Ohio Conservation Fund. In January 2016 they learned they were recommended for an award of 1.5 million dollars. The amount is not enough to cover the entire purchase price. Further, to qualify for the state funds, the

community must now contribute the difference.

Schafer is cautiously optimistic about the property's future. "We are thrilled that Cleveland Metroparks has expressed interest in adding this beautiful property to the neighboring reservation, and the city's leadership is on board too," says Schafer. "The City and Metroparks continue to be fantastic partners as we work together to benefit these communities and the region."

Parma Mayor Tim DeGeeter is equally enthused. "The City of Parma recognizes the value that a transformed Parmadale will bring to our citizens and the surrounding area. We look forward to working with West Creek Conservancy to make the utmost

**continued on page 8**

## Big Creek Cleanup



Recently, Big Creek Connects and Parma City Council President Sean Brennan hosted a cleanup along Big Creek Parkway. On hand to help out were members of the Parma Senior High School Hockey Team and Boy Scout Troop 221.



COMMUNITY NEWS

# The President's Corner

by Sean Brennan

Parma Baptist Church (affectionately called PBC), located at 12193 West Pleasant Valley Road, is the subject of this month's rendition of my ongoing series, Parma's Places of Worship. Recently, I interviewed Dan Kenyon, associate pastor at PBC. Below is a digest of what he taught me about this very special religious community within our community.

What impressed me most about my talk with Pastor Dan is how he is laser-focused on fostering his congregation's relationship with Jesus Christ. PBC offers a plethora of programs to its congregants and all of them have their spiritual health in mind. "We want people to know that they are not alone," he stated. "We have programs for everyone from little children, to teens, to single moms and senior citizens," Pastor Dan, who grew up in Parma, added. On my tour of the spacious church and connected buildings, it is very obvious that PBC is a very busy, exciting and vibrant place with something for everybody.

Led by Pastor Paul Daulton, PBC



Sean Brennan,  
Parma City Council President

is a very vibrant faith community. This is clearly due in large part to the fact that both Pastor Paul and Pastor Dan are young, outgoing individuals just brimming with creative ideas. They are especially committed to PBC playing a key role in the greater Parma community. For instance, they have initiated a relationship with the Cleveland Foodbank in which every third Wednesday needy residents are invited to visit for free groceries. In fact, they often see

over 100 families and give out over 7,000 pounds of food. They are also very involved in the Parma Safety Fair, the Parma Run-Walk for Pierogies, the City of Parma Family Movie Nights (serving as the alternative location in case of rain), etc.

This summer PBC will hold a Vacation Bible School (VBS) for children 5 years old through 6th grade from August 1-5. The event will be held in the evenings this year from 6:00 to 8:30 pm. "We know that a lot of single mothers work all day and find it difficult for their children to attend VBS in the morning. We want to accommodate them and provide them with some time to relax in the evening after a hard day at work," Pastor Dan mentioned.

They are also very proud of their Kids and Crayons Preschool program. Running since 1982, the teachers are background-checked and provide "a faith-filled preschool," according to their website. Registration for the 2016-2017 school year is currently underway. "We believe that each child is a unique and special person made in the image of God who develops at his/her own rate of growth. Our goals are to provide age appropriate experiences to foster the child's spiritual, social, emotional, intellectual and physical growth," a brochure explains.

PBC has three missions: "loving God," "loving one another," and "reaching the world." Although they are constantly striving toward each of these goals, special emphasis is placed on each in a three year cycle. For instance, this year the focus is on "loving one another." As such, the Pastors and their flock have created several programs within the church, such as small group Bible studies, church-wide social events, ministries for the whole family, etc. They are also even more involved in the community than ever before and seeking more opportunities to do so.

PBC also has Sunday school for children that includes very positive teachers, an activity related to the day's sermon, as well as a music lesson and even gym time. They also have many groups, including those for mothers, widows, children with special needs and others. Several retreats are also conducted throughout the year. "We work hard to provide a message of hope

for all in today's rough and tumble world – we view our church as a beacon of that hope – a light in the community," Pastor Dan added.

According to its website, "Parma Baptist Church started a mission church in 1960 when 75 people gathered at John Muir Elementary School." The current property was purchased in 1961. They plan to change their name on September 11 to Pleasant Valley Church. "We want folks to know that anyone is welcomed here," Pastor Dan admonished.

To find out more about PBC and its programs, visit their website at [www.parmabaptist.org](http://www.parmabaptist.org) or call them at 440-845-1133. Best wishes for a wonderful celebration of America's 240th birthday on July 4 Parma!



Parma Baptist Church (affectionately called PBC), located at 12193 West Pleasant Valley Road

## Farmers' Market Returns To Seven Hills This Summer

continued from page 1

Luther's Farm (produce and meat), Nine Spoons (Italian Wedding Soup), R. Foote Family Farm (produce), Scentsational Soap (soaps, body butter and lip balm), The Honeyest One (honey), The Little Green Oasis (pure & natural aromatherapy products for personal, household and pet use), Three Sweet Sisters (pies, strudel, pretzel bread).

The list is always changing at the Seven Hills Farmers' Market and not

every vendor attends every week. We also are continuously adding vendors. If you know of some good people we need to invite, please contact Kathy [kholland@sevenhillsohio.org](mailto:kholland@sevenhillsohio.org), Jen [jburger@sevenhillsohio.org](mailto:jburger@sevenhillsohio.org) or Jo Ann [jrencz@sevenhillsohio.org](mailto:jrencz@sevenhillsohio.org)

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HEALTH/CULTURE

Man Dies Five Times En Route To Hospital, Saved At UH Parma By Tiny Heart Pump

by CJ Sheppard

Bobby Shea died five times on the way to the hospital. But UH Parma Medical Center – and Brooklyn EMS – weren’t going to let him go without a fight. It was Halloween, a Saturday morning. The ER called in the Cardiac Catheterization Team. Neelesh Desai, MD, an interventional cardiologist, decided the 62-year-old man with no prior cardiac history was the perfect candidate for a tiny heart pump, which allows the heart to rest until he sufficiently recovers from a massive heart attack to undergo cardiac surgery. Smaller than the width of a pencil, the Impella ventricular assist device is an innovative technology now available to UH Parma as part of UH Harrington Heart & Vascular Institute.

“He was dead – he was already dead,” said an emotional Susan Shea, herself a survivor from triple cardiac bypass surgery, recalling that fateful



day. “By rights, he should not be here. Dr. Desai and his staff, they did not give up on him. They did not have to keep working on him. But for the dedication of the staff, he’s alive.” The Sheas reunited recently with the Brooklyn paramedics who brought him to the hospital and the UH Parma Medical



Center doctors and nurses who carried on the relentless fight to save him. Tears and candor flowed in the hospital auditorium, where everyone wanted to shake Shea’s hand or hug his wiry frame. Despite oxygen deprivation during multiple arrests – including additional arrests in the ER and the Cath Lab - Shea seemed remarkably unaffected.


After the heart pump was placed, Shea was transferred to UH Case Medical Center for two weeks in the intensive care unit. The Cath Lab staff

and the medical transport team were all stunned that this Miracle Man, clinging to life the day they met him, looked so healthy. The oldest of 10, Shea was accompanied by many family members who also wanted to thank the many “invisible heroes” who saved his life.

“When they saved Bobby, they saved a family,” Susan Shea said. “The ripple effects went quite a long way. Every tiny little thing that happened had an impact on Bobby being alive. The treatment and care he received were absolutely essential in his recovery. Everything happened for a reason.”




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**THE NEXT CHAPTER**

Vista Springs Greenbriar Coming Soon To Parma!

by Karen Schaefer

We are very excited to be a new part of the Parma area communities and be located near the Shoppes of Parma. Vista Springs is relatively new to Northeast Ohio with communities in Macedonia, Parma and communities under construction in Concord and Willoughby. However, we are well established with nine communities in Michigan where the Corporate Research and Resource Center is located in Grand Rapids. The name Greenbriar was chosen for our name as that was the original name for Parma and Parma Heights in 1806.

Vista Springs Greenbriar is a uniquely vibrant independent, assisted living and memory care community that energizes the soul. In our resort like environment, you will find luxurious accommodations, a 24 hour concierge, city views, a full service salon, activities and heart centered care. Life enrichment spanning all generations will help you get the most out of every day, Our community is “FULL OF LIFE” and you will notice this the moment you walk through the door.

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Ron Elsner- Executive Director  
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Show Kids You Care: Learn What They Have to Teach.

# Asset Corner #79

by Gene Lovasy

**July's Asset Category:**  
**CONSTRUCTIVE USE OF TIME**  
All work and no play can be boring and stressful. The pace of everyday life varies depending on the activities young people participate in. These fluctuations are normal, even healthy. As long as young people don't consistently have too much to do or not enough to do, they're right on track. Problems arise when the balance begins to tip too far to one side or the other. Too much involvement can lead to stress or anxiety. Too little involvement can be a sign of depression or isolation. Ensure that young people constructively use their

time for both fun and learning.  
**CONSTRUCTIVE USE OF TIME**  
**Assets Include:**  
#17 Creative Activities  
#18 Youth Programs  
#19 Religious Community  
#20 Time at Home  
**Tips for building these assets**  
Playing and spending time alone is important for everyone. But so is structured activity with other people. Help young people find the right mix by offering them a variety of choices: music, art, youth programs, and spiritual organizations that help them tap into their creative energy, provide new experiences, and teach new skills.

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

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

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

Several more ideas from the National Summer Learning Association ([www.summerlearning.org](http://www.summerlearning.org)) courtesy of my friends at Starting-Point ([www.starting-point-org](http://www.starting-point-org))

**# Make Art:** Kids love art projects of every kind – but they rarely have enough time during the school year to draw, paint and construct as much as they'd like. Let the summer months be the time when your child discovers that he or she has the amazing ability to create through art. A local resource to try is the Parma Area Fine Arts Council. Go to [www.parmafinearts.org](http://www.parmafinearts.org) & check out their Children's Art Exploration program or call 440.888.4514 for information.

**# Have Fun With Numbers:** Find creative ways to practice math: ask your child to help tally the bill at the grocery store, calculate time or follow a recipe. Google "Fun With Numbers" & you'll be amazed by the number of cool sites designed to turn kids on to numbers.

**# Read a Poem:** Here's the start of a silly, ridiculous, funny poem by Shel Silverstein:  
*"Millie McDeevit screamed a scream  
So loud it made her eyebrows steam.  
She screamed so loud her jawbone broke,  
Her tongue caught fire, her nostrils  
smoked...."*

Go to your local library or Google "Funny Poems for Children" to find thousands more like this. Read them aloud. Substitute words to make your own rhymes. Ask your child to describe the poem in their own words and what it means.

**ASSET RELATED NEWS**  
If you're a student or an adult considering a career change, the Tri-C Paralegal Studies Program will be hosting an Open House on Thursday, July 14th at 7:00 p.m. in the Upper Cafeteria of the Galleria on the Western Campus.

Take advantage of this unique opportunity to learn about the program, meet its faculty, program manager, practicum sponsors, alumni, current students and the President of the Cleveland Association of Paralegals (CAP).

Did you visit and buy an ear (or more) of fresh, roasted sweet corn at the Chamber's Rib n Rock last month? If so, you should know that the proceeds from your purchase will stay in the community and help fund activities and programs of the Parma Area Kiwanis & Rotary clubs for the coming year. Both organizations appreciate your support, that of our major suppliers: the Day Dr. Giant Eagle, Gordon Food Supply & Epic Signs & Graphics & we look forward to the possibility of hosting the Corn Booth again next year.

Visit the Parma Area Family Collaborative web site at [www.familycollaborative.com](http://www.familycollaborative.com) to learn about their "Summer Days" daily food & activities program and a 5K fundraiser benefiting the foster & adoption program. Their next Mobile Food Pantry will take place on Thursday, July 14th and planning is already underway for the Collab's now annual backpack/school supply give-away. To get involved in these or other Collab projects, contact Kira Karabanovs, Director of Family & Community Engagement, ph: 440.842.7022.- email: [karabanovsk@parmacityschools.org](mailto:karabanovsk@parmacityschools.org).

For low-income folks that qualify, the Islamic Center of Cleveland, located at 6055 W. 130th St. will be distributing free, fresh produce between the hours of 1:00 and 3:00 pm on Saturday, July 30th. Please bring ID and your own bags/carts.

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

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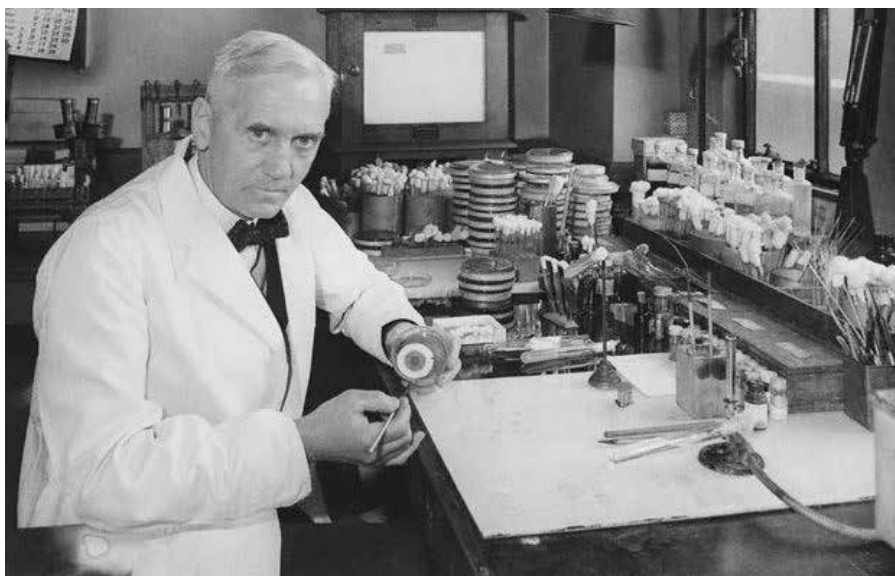
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# INSPIRATION



## Top Ten Inventions Of The 20th Century

by Bob Stilwell

There is no doubt about it, the 20th Century is unparalleled by any that came before it in terms of the rate of technological advances and scientific discoveries – a rate that continues to speed through these early years of Century 21 at an unprecedented pace. There were so many new developments and discoveries during this time, it was hard to narrow down things to just 10. The list below has effected humanity both positively and negatively. Regardless, they have held a tremendous influence over how our world has unfolded over the last 100 years.

1. - Antibiotics- Until 1928 when Alexander Fleming discovered Penicillin nearly any little bug someone picked up was potentially fatal. In my opinion this was the most important invention of all.
2. -Automobile
3. - Airplane
4. - Radio
5. - Submarine
6. - Television
7. - Rocketry
8. - Nuclear Energy
9. - Personal Computer
- 10.- Internet

## "S As In SAM"

by Lizabeth Braskie

He Smiles and turns his head  
The mood becomes Suspicious  
His Subtle eyeball roll  
Predicts Something mischievous  
This clever Subterfuge  
Hides a Smart, deceptive reason  
Simulate distraction in one place  
To Snitch watermelon in Season  
He loves to Splash in water  
Catch Soapy bubbles in the air  
He Swats a baseball with gusto  
And Selects his books with care  
He Stops to observe mirrors  
To See his image double  
Then Squats to tumble down the hall  
Doing Somersaults with no trouble  
He likes to have a talent Show  
And mimic tunes of a Star

Shares kindergarten Songs he knows  
And Sings dad’s favorite in the car  
The outdoor Swing gets used a lot  
There’s miles put on the Slide  
Hanford, the dog, Seizes the chance  
To Search for our boy when he’ll hide  
The I-Pad challenges Sam's Skills  
He concentrates Seriously too  
Suddenly he’s off with energy to burn  
He’s our Smoochy, you know who  
He’s Surrounded with loving parents  
A Sister, Papa, Nana and Gram  
Aunts, Uncles and lots of Special friends,  
He’s our bundle of boy, Sam!!!

## I Believe

by Daniel Taddeo

A feeble compromise between Godly and worldly will satisfy neither.  
A sinning person will stop praying; a praying person will stop sinning.  
All motives become known and weighed by God.  
All service ranks the same with God.  
Confession is what believers do when they sin.  
Each person should use whatever gift he or she has received to serve others.  
Flattery usually has strings attached.  
God answers to knee mail.  
God can turn any difficulty into an opportunity.  
God gives each his or her due at the time allotted.  
I would rather one walk with me than merely tell the way.  
In heaven, there are no tears.  
Love of people leads to love of God and the opposite is even truer.  
No Jesus, no peace; know Jesus, know peace.  
People never violate God’s laws without suffering the consequences sooner or later.  
People should use their blessings to bless others so all can benefit.  
Pour not water on a drowning mouse.  
Pride builds walls between people; humility builds bridges.  
The only people without problems are those in cemeteries.  
The wise see danger ahead and avoid it, but fools keep going and get in trouble.  
There is no delight in owning anything unshared.  
Think how happy we would be if we lost everything we have right now—and then got it back again.  
Those who are discontented in one place will seldom be content in another.  
Too much of anything has negative consequences.  
We are born with tendencies toward both good and evil.  
We are very smart if we are a little kinder and wiser than yesterday.  
We need to see the glass as half full and not half empty.  
We pardon to the degree that we love.  
When we are self-centered, we cannot be God-centered, and the opposite is just as true.  
When you are not sure which course of action to take regarding others, put yourself in their place.  
You cannot unscramble eggs.  
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?

## Helping Others This Summer

by Dianna Kall

Volunteer needs aren't only during the holiday season. Non profit agencies all across Cuyahoga County need assistance in a variety of ways. Here's a few.  
Help children read over the summer by becoming a Ready Reader Plus Volunteer. Read to children or listen to them read. Play reading games with them. Monday through Friday from 12:00-5:00 p.m. at various Locations. Contact Lynette at 216-391-9500 x 123 or email: lmaistros@greaterclevelandvolunteers.org  
Cashiers, Small Appliance Repair & Donation Sorters needed for resale shop located on Mayfield Road in Lyndhurst. Experience is helpful but not required – training provided. The

shop is open Monday through Thursday 10:00 a.m. to 6:00 p.m. Friday and Saturday, 10:00 a.m. to 5:00 p.m. Flexible shifts, friendly environment. Call Sue at 216-391-9500 x 120, or email: ssmith@greaterclevelandvolunteers.org.  
Prep food for homeless shelters: volunteers needed at this East side agency to help sort, chop, peel veggies and fruit that is distributed to homeless shelters throughout Cuyahoga County. Hours are flexible: Monday through Friday 9 a.m. to 5:00 p.m. with some weekends available. Contact Jan at 216-391-9500 x 124 or email: jvectirelis@greaterclevelandvolunteers.org

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LOCAL ACTIVITIES

Project SEARCH Graduates Nine Student Interns

by Jeff Nahra

On Wednesday, June 1st nine students from Parma, North Royalton and Independence graduated from the Parma City School District's Project SEARCH program at our partners University Hospital's Parma Medical Center.

The Project SEARCH High School Transition Program is a unique, business-led, one-year, school-to-work program that takes place entirely at the workplace. Total workplace immersion facilitates a seamless combination of classroom instruction, career exploration, and relevant job-skills training through strategically designed internships.

The goal for each student participant is competitive employment. The program provides real-life work experience combined with training in employability and independent



2015-16 Project SEARCH Graduates

living skills to help youths with significant disabilities make successful transitions from school to productive adult life. The Project SEARCH model involves an extensive period of training and career exploration, innovative adaptations, long-term

job coaching, and continuous feedback from teachers, job coaches, and employers. As a result, at the completion of the training program, students with significant intellectual disabilities are employed in nontraditional, complex and rewarding jobs. The presence of a Project SEARCH High School Transition Program can bring about long-term changes in business culture that have far-reaching positive effects on attitudes about hiring people with disabilities and the range of jobs in which they can be successful.

Instructor, Jeff Nahra has been

teaching the program for the last four years. He said,

"Worldwide, there are 273 PS High School Transition Sites, the majority in the United States. An estimated 2730 young people with disabilities are being served. Along with a job coach, the program provides job skills training and instruction in a program that started here in 2010. Our student interns work for 10 weeks (5 hours per day) in three different departments during the school year. Each intern has completed nearly 800 hours of service to the hospital. Skills they learn here are not just applicable in the health care setting, but transfer well into community jobs. They have not only spent time on the job, but they have been in the classroom where they are instructed on how to fill out applications, develop resumes, and display a positive work ethic We talk about the importance of being dependable, honest, well-groomed, and professional at work and how these traits make us valuable to employers. It has been wonderful working with UH Parma! We look forward to welcoming 9 new student interns next year!"

Summer Events This Month For Parma Residents

by Jeannie Roberts

This month, the City of Parma offers three events that have become summer family favorites.

This year's Independence Day parade looks to be one of the biggest and best in recent memory – be sure to be along the parade route at 10 a.m. on July 4. The parade route runs down Ridge Road from Snow Road to W. Ridgewood Drive (where it will turn into The Shoppes at Parma parking lot.)

If you are planning to attend the parade, remember that you can bring your donations of canned food and non-perishable items with you for volunteers to pick up during the parade. The City of Parma's Christmas in July food drive benefits the Parma Hunger Center and helps to re-stock the center's shelves during a time when shelves can get bare. Donation boxes are out around town, but if you'd rather just bring your items to the parade, we'll be happy to pick them up from you and deliver them to the hunger center. Thank you!

The Mayor's Movie Night Out is also this month, on July 16 on the soccer fields at James Day Park. The fun begins at 7 p.m. with Cornhole, carnival games and concessions, and the movie – Zootopia this year – will begin at 9 p.m. Families from Parma and surrounding communities have enjoyed this free offering for the past few years, and we are delighted to be able to bring it back again this year.

Bring your blanket and have a great time. The rain date is the following Saturday, July 23.

Another event that has consistently grown in popularity is Parma Night at Progressive Field. This year's event will take place at Progressive Field in downtown Cleveland on Tuesday, July 26. The Cleveland Indians will be taking on the Washington Nationals, and the game will begin at 7:10 p.m.

In addition to the baseball game, Parma Night attendees will experience a few other special privileges. There will be a pre-game parade on the Indians' field, open to all Parma kids and coaches involved in Parma Rec sports teams who are at the game.

Perhaps the most exciting opportunity for those considering attending Parma Night is the Mayor's First Pitch raffle. Following his own tradition, Parma Mayor Tim DeGeeter is giving up his opportunity to throw out the first pitch and choosing instead to create a raffle for all Parma kids who purchase tickets. This once-in-a-lifetime opportunity is open to children who are Parma residents, aged 17 or younger, who purchase tickets in advance. The Mayor has given up this privilege for the last three Parma Nights, creating a chance for Parma's youth that very few people ever get to experience.

We hope to see you out at some of these summer fun events this month.

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PERSPECTIVE

Summer Break Shouldn't Mean Going Hungry

by Sherrod Brown

For children across Ohio, summer break is beginning, and for many families that means vacations and summer camps and barbecues. But for too many, it also means stress over how to care for children while parents work, or how to feed children nutritious meals without the school lunches they count on throughout the rest of the year. Hundreds of thousands of Ohio students rely on the school lunch program, and many of them don't have access to healthy and filling meals when school cafeterias close for the summer. Summer break shouldn't mean going hungry. That's why every year we work to get the word out about the Summer Food Service Program, and why I'm working to expand it.

Today we are serving more meals than ever before. But while these sites are helping tens of thousands of children, we are still not reaching enough of the Ohio students who rely on free and reduced-price school lunches during the

school year. We need to do all we can to raise public awareness of these programs so that families know the end of the school year doesn't mean an end to food services for their children.

Childhood hunger is not only an issue in just our biggest cities. Hunger is present in our rural communities across Ohio, and recent articles have shown that reliance on these important anti-hunger programs are increasing in our suburbs.

Parents can visit my website, [brown.senate.gov](http://brown.senate.gov), or visit [education.ohio.gov](http://education.ohio.gov) to see a list of the more than 1,300 Summer Feeding sites across Ohio, and to get information on how to sponsor a new site.

And to make sure more children have access to this program, I authored bipartisan legislation to expand the summer food service program and ensure it reaches more children who need it.

This year the Senate Agriculture Committee included my Hunger Free Summer for Kids Act in legislation to reauthorize child nutrition programs.

It would allow the Department of Agriculture to issue monthly vouchers to families who have trouble accessing summer feeding sites. When school buses are idled for the summer, many children – particularly in rural areas – have no way to get to the churches and recreation centers and parks where meals are served.

The bill would also allow children to pick up meals and eat them off the premises, providing flexibility for busy parents who are often juggling work and child care while their children are out of school.

And it would cut red tape that

organizations often face, streamlining the paperwork and application processes that are hurdles for schools, faith-based groups, and other organizations trying to serve students.

These organizations offer healthy meals and enrichment activities, and provide a safe place for Ohio children. Families need to know about these sites, and the dedicated folks who run them.

Summer vacation shouldn't mean our children going hungry, and that's why the Summer Food Service Program is so important for our families and for our state.

Voting

by Leo Lampeter

One of the major tenants of Democracy most assuredly is the right to vote. At the present time many Americans are disillusioned with the process. Look at how the parties select the candidates. They make it virtually impossible to select someone outside of the party establishment.

The best example of this, at the current time, is how the established party doesn't appear to have a desire for someone outside of the hierarchy of the party to gain a position that may conflict with their pecking order. There is a concerted effort by the establishment to thwart a successful bid by one who is currently gaining support of the masses of their party. In effect what are they actually attempting to accomplish? Those in position of "power" don't want an outsider to control a destiny that varies from the one that has been constructed by them. What is actually occurring? The vote by the populous is being over ridden, or at least attempted to be over ridden and directed, by a controlling minority. This type of passing the baton doesn't vary a great deal on any level of politics. Observe on your own local governmental level for example. Why, when there is a current elected official leaving office, is he/she permitted to select a descendant to the post being vacated by him/her or the party in mid-term? It certainly gives an endorsement to the one appointed and an advantage in the next election to

a replacement. This is only an example of how the populous is steered to select a beneficial party candidate.

What else is there happening? Your vote is being directed as the established politicians desire. Why is it that these same politicians pass legislation that benefit themselves, without having a popular vote? As an example of this; where in the world, other than politics, can anyone vote themselves a raise? Yet, it is not unusual for politicians to pass legislation for the benefit of themselves. Some of these areas are, discretionary funds (once referred to as slush funds), meals supplied for activities, clothing allowances, and the list just grows at the expense of the taxpayers (voters), who are not only not consulted but also not notified. This occurs on many levels not only federal but local as well. Just look at your own local government. Doesn't it seem odd that governments are always running out of money, but there is always plenty of liquidity for the benefit of the elected officials and their personal well being. Locally there can be a citizen review board to keep politicians in check. If these citizens are elected would they fall into the same greedy traps as other elected officials? There is no way of knowing. The question becomes how do you control the runaway politicians? Local concerned citizens are the only other alternative, groups that can recall or eject non-performing elected employees with the power of the groups, perhaps an online initiative.

Parmadale: Reimagining A New Future

continued from page 1

of this one-of-a-kind property.”

Cleveland Metroparks CEO Brian Zimmerman agrees that the potential is huge. “We rarely get the chance to add such an expanse of quality woodland to our region’s open space. Parmadale is perfectly situated to eventually join West Creek Reservation.”

Originally Parmadale opened in 1925 as an orphanage. In subsequent years it served as a school and as a residential youth treatment center. In 2014, Catholic Charities moved towards community-based treatment for youth and ended the residential youth programming out of the facility.

Catholic Charities CEO Patrick Gareau is looking forward to the possible evolution of the property. “Catholic Charities remains committed to providing high quality care in the Diocese of Cleveland. We plan to continue services that will help our community in a variety of ways including: chemical dependency, behavioral health, adoption, and foster care services. Parmadale has grown and adapted as needs of the Diocese changed over the years; we look forward to working with West Creek on the next chapter in the property’s history.”

“The campus has over two dozen structures, most dating to the 1920s,” says Schafer. “There are acres of rooftop and pavement. Reclaiming Parmadale and removing these impervious features will pay huge dividends in relieving our over-stressed local sewer systems, to the tune of 10 million gallons of storm water per event. Expanding access to the park and its new trails will also encourage healthier lifestyles for thousands of people.”

Schafer also added that West Creek Conservancy and its partners intend to honor Parmadale’s notable history. Options to restore and repurpose a couple of the now-dormant brick cottages that once housed 40 children each are being explored.

Broad public support is needed to help secure the funds needed for Parmadale. West Creek Conservancy is asking citizens to show their support for the project at this time by signing an online petition which can be found

at: <http://westcreek.org/repurpose-parmadale-petition/>.

For more information contact Derek Schafer at 216-749-3720 or [dschafer@westcreek.org](mailto:dschafer@westcreek.org) or visit [www.westcreek.org](http://www.westcreek.org).

About West Creek Conservancy  
West Creek Conservancy has been connecting people to nature since its founding in 1997. Its mission is to enrich the lives of people in Greater Cleveland by conserving natural habitats, restoring the ecological value and sustainability of urban lands, and expanding neighborhood opportunities to experience nature. As a land trust serving all of Cuyahoga County, West Creek Conservancy permanently protects the conservation values of selected land by acquiring and holding land and conservation easements, and providing ongoing stewardship of those lands. West Creek Conservancy is a nonprofit donor-supported 501(c)(3) organization.

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OBSERVER

We Are International Ambassadors Of Brew With The GOP!

by Christian Fitzharris

Bags under your eyes? Body fatigued? Voice blown out from screaming in celebration of the Cavs win? Yeah, me too. But buckle up buttercup because Cleveland is still in the spotlight with the GOP convention about to pop off! The world is watching and it's time to bring the very best of what we represent. And that means putting down those boring national brand beers and throwing up (figuratively) the fantastic brews we have here in Northeastern Ohio. More than 50,000 visitors will be in our city! Possibly \$200 million dollars of revenue coming in. What a way to introduce them to our superb brews.

"Are you in town for the convention?" you ask. "Yes, I am" they reply. "Here try this delicious Fathead's Brewery Head Hunter it's tasty and higher in alcohol than the other leading brand!". "But I'm driving!" he yells. So I just throw it into his passing car with the passenger side window open. Another satisfied visitor! No matter your political bent, Fathead's has an array of brews for every convention goer. It's practically bi-partisan! The original Fathead's opened in Pittsburgh and was brewed in Ohio. Opposing sides came together

and everyone can benefit! True American democratic republic collaboration! The Constitution was written in a pub and our founding father's were brewing their own alcoholic beverages at home. Beer and politics are tied together. Thirsty Dog Brewery is another nice local treat to tacitly torment timely tourists. Labrador Lager, Hoppus Maximus, and Old Leghumper are

all great ambassadors to our diverse city. And Great Lakes Brewery, of course, offers many bodacious brews for GOP visitors to rave about when they return home with terrific tales of Cleveland hospitality. Dortmund, Elliot Ness, Burning River, and Commodore Perry are all nationally known in the beer community. And no better place to knock one back than in the city

itself which has brought this gift to the national audience. These few months have put Cleveland on the international scene. This is our chance to get some local pride down GOP gullets and greet each gatherer with a growler of Great Lake area greatness. This is our time! Let's do it! Cheers!

MyCom Youth Corner

by Jean Micklewright

**MyCom:** Connecting Greater Cleveland's Youth To Their Communities and Their Future

The MyCom network connects Greater Cleveland's young people with high-quality neighborhood-based programs and services that provide engaging, educational and affordable opportunities in a safe and supportive environment – helping them to grow, thrive and reach their true potential. My Commitment, My Community... That is MyCom.

**Vision:** By inspiring and preparing young people in Greater Cleveland to reach their potential and contribute to their community, MyCom is a key success factor in their lives.

**Mission:** MyCom is a network

of caring adults that connect Greater Cleveland's youth to quality programs in their neighborhoods and beyond so that they can develop 21st Century skills and maximize their talents to connect, navigate and be productive.

**Principles:** MyCom is guided by a set of principles we believe are an integral part of a comprehensive youth development framework:

- A youth voice must be incorporated into all levels of MyCom
- Ensuring every youth is guided by a caring adult
- Connecting youth to positive opportunities for growth
- Evaluating our work and investing in strategies that are successful
- Transparency in our work

Over the past year, four commu-

nity meetings were held to develop a new Youth Plan for the Tri-City area. Our next meeting will be held on Tuesday, August 30 at the Parma Library, Conference Room A, on Powers Blvd. from 5:30-7:00 pm. This meeting is open to all community members who are interested in youth development. Please join us!

A Youth Council meeting was held on Thursday, June 16 at the Parma Library. Items on the agenda were: service opportunities, youth employment, and more! All youth in the Tri-City area are welcome to attend. Please contact Jean Micklewright at [jean.micklewright@ohioguidestone.org](mailto:jean.micklewright@ohioguidestone.org) or Kathleen Hall at [kathleen.hall@ohioguidestone.org](mailto:kathleen.hall@ohioguidestone.org) for the date, time and location of the next meeting.

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PARMA TOWN CENTER

American Legion Takes 185 First Responders To Dinner

by Rebecca Devaney

Parma's American Legion Post 572 recently held its first annual First Responders Appreciation Night, "Heroes Honoring Heroes" and thanks to all involved it was a huge success.

Members from all units of the Joseph J. Jacubiec Post 572 Parma Ohio along with other posts within the district and some local businesses, teamed up to show their local first responders some appreciation by taking 185 Fire, Police, EMT's, Dispatchers, Sheriffs and their significant others to a night of dinning and entertainment. The event, held at the Holiday Inn in Independence, quickly outgrew original plans to be held at the post.

Commander Tony Kessler and his newly formed event and activity committee hit a grand slam with this one. This is the fourth time in the past 12 months they have put on a "First of its Kind" event. Post 572 Commander Kessler created this event in hopes that it will establish his legacy for his term as Commander. "I am not into erecting statues, or dedicating plaques, but I wanted something that I could pay forward that would identify with the American Legion mission of serving the community. Giving recognition and showing appreciation to our first responders was something I felt was



very timely, especially today when there is so much disrespect and opposition to law enforcement" said Kessler.

Total attendance was approximately 225 First responders and Legion Members. Several American Legion posts and American Legion Units within the district sponsored by purchasing all the tickets for the first responders and their wives/guests. A number of local businesses also participated by sponsoring tickets for our first responders and their family. American Legion members and the community contributed nearly \$10,000.00 for tickets for the first responders.

City of Parma Mayor, Timothy DeGeeter, presented a proclamation proclaiming May 20th as First Responders Appreciation Day. Speakers included American Legion National Executive Committee Alternate and past department commander, Dennis Clausen; Parma Police Chief, Bob Miller; Parma

Fire Chief, Mike Lasky; Veronica Garey, Miss Greater Cleveland and Cate Wallhead, Miss Buckeye State served as official greeters and hostesses- both will be competing this month in Mansfield Ohio for the title of Miss Ohio and a

step toward the Miss America crown. The Cleveland Fire Pipers participated in the opening ceremony with the American Legion Post 572 honor guard, joined by the Parma Fire and Police Honor Guard. Music was provided by local group The Rat Pack and More providing a great atmosphere for fun and dancing. Plans are already in the works for next year's event!

A souvenir photo CD with 144 photo's of the event is available for a \$5.00 donation which includes postage and shipping. Please send checks to: American Legion post 572, 6483 State Rd, Parma Oh 44134 Marked for "First Responders 2016 Photos"

Course Improvements, Jr. Golf Equal A Great Summer

by Dave Chuba

It's July and finally the weather is beginning to resemble actual summer. After a weird winter and spring, I was beginning to wonder if the weather was more golf-appropriate in February. I'm glad to see the sunshine and feel the heat, glad to see more golfers out enjoying the new-and-improved Ridgewood.

Two years ago, Tyler (Good, our course superintendent) and I set goals for course improvements over a three-year plan. The first goal was to improve the overall condition of the greens. We started a deep-tine aerification program that has dramatically improved the health of our greens. The second goal was to pick one hole a year and make big impact changes. Last year we added new tee space to hole number 14. Tyler redesigned the greenside bunkers while adding necessary drainage to properly expel unwanted water. Tyler also took down the split rail fences on both sides of the cart paths after drastically improving the drainage in the fairways allowing carts to travel freely in the fairway.

This year, you will notice major changes to hole number 12. Tyler added an additional 45 yards of tee space to help with tee rotation, along with adding length to a drivable par four. He took out the greenside bunkers but kept the infamous tree that guards the green from the long ball hitters. After receiving a donation of pipe from one of our patrons, we were able to extend the



Teaching our junior golfers is a genuine pleasure.

playing area to the right of twelve's fairway as well. Now golfers who slice their drives to the right can recover quickly because we added more playable space to the right of the creek. Golfers will be able to access this area now by driving the carts across a newly designed area. For now, the ground is deemed "under repair" and we ask you respect the signs and not drive carts into this area until it has a chance to develop and mature.

We enjoy making Ridgewood an even better place to play, for our regulars, our newcomers and our Jr. golfers, who are enjoying their summer sessions now.

Look for more improvements to come soon.



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**Saturday-** 50% Off Specialty Drinks Noon-6 PM  
**Sunday-** Open Mic Night-Patio



PARMA ARTS SCENE

Free Art Classes

by Kathryn Mabin

The Parma Area Fine Arts Council has partnered with Cuyahoga Arts & Culture, Polish Village Community Development Corporation, Proud of Parma and Parma Area Chamber of Commerce to bring a series of FREE art classes to Parma residents. Supplies are also included free of charge. This is a pilot program. These classes are available on a first come first serve basis, and are limited to 10 students for each of the four classes. Must be a Parma resident. A student show and reception will be hosted by Parma Area Fine Council in September to showcase items created during these classes. Each student will have created at least one item suitable for display upon completion of these sessions.

REGISTER NOW, as classes are filling up fast. Email [kathrynmabin@att.net](mailto:kathrynmabin@att.net) or call (440)843-6474 to register.

Parma Seniors (Age 55+)

Drawing with Donata Rahne – Monday 10am to Noon – July 11TH to August 29TH

Location: Donna Smallwood Activity Center, 7001 W Ridgewood Drive

Students will learn to use colored pencil and oil pastels. Donata will guide beginner students step by step. Subjects will have a summer theme. All materials will be supplied. Maximum of 10 students.

Watercolor with Emery Bogardy – Wednesday 1pm to 3pm – July 13th to August 31TH

Location: Donna Smallwood Activity Center, 7001 W Ridgewood Drive

Beginners learn to paint with watercolors. Learn techniques from a well respected watercolorist. To view his work, visit [www.bogardyardart.com](http://www.bogardyardart.com). All materials will be supplied. Maxi-

mum of 10 students.

Parma Youths (Age 12 to 17)

Cartooning with Craig Lindsley – Saturday 10am to Noon – July 16TH to September 3RD

Location: Parma Area Chamber of Commerce Office, 5790 Ridge Road

Learn the step by step process of creating a Superheroes comic strip and cover. Students learn character creation, background, and graphic

storytelling. Taught by a licensed instructor. All materials will be supplied. Maximum of 10 students.

Beginning Pottery at Pottery & Clayworks (Age 12 to 17)

Location: Pottery & Clayworks Studio, 5728 Ridge Road

AM sessions (10 to noon) & PM sessions (6 to 8) on Thursday & Friday beginning July 14th. Six to eight sessions. Class size will be limited to

5 students each. Students must choose AM or PM and will be unable to trade times. No make up classes will be allowed. Students will learn basic hand built and basic pottery wheel skills. Students will have the opportunity to create 5 to 6 items. Instructor fees, clay, glazes and kiln firing are included. Maximum of 10 students.

The Cavaliers Logo History



by Bob Stilwell

Here are all of the Cavs logos going back to the first in 1970. Congratulations to a great team. We are all very proud of you. Lebron James said it best, "Nothing is given. Everything is earned. You work for what you have". This team sure worked for what they gave us. The All In Win.

UH Parma Wins Multiple Environmental Awards

continued from page 1

employees to recycle. Confidential protected patient health information is still shredded separately.

"This award demonstrates our commitment to protecting the health of our patients, staff and community," said Kathi O'Connor, Director of Operations, UH Parma Medical Center. "We look forward to working with Practice Greenhealth to continue navigating the path to sustainability for the future of health care."

University Hospitals Health System was awarded a System For Change award, which recognizes health systems that are working cohesively to set systemwide sustainability goals, track data, benchmark, and share successes in environmental performance.

Systemwide, UH recycled more than seven million pounds of material. There were more than 4 million pounds of paper, and 1 million pounds of mixed recyclables.

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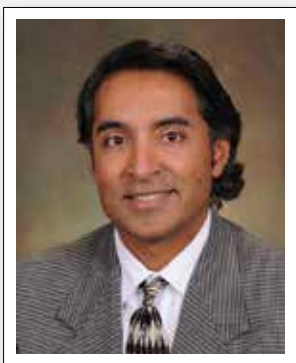
# Pleasant Lake Villa

## Skilled Rehabilitation Services

# Cardiology Program



**Gerald Burma, MD**  
Pleasant Lake Villa  
Board Certified Cardiologist



**Raju Modi, MD**  
Pleasant Lake Villa Director of Cardiology  
Board Certified Cardiologist



**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

7260 Ridge Road · Parma, Ohio 44129 · 440-842-2273