

"If you have to change horses in mid-stream, isn't it better to switch to one that's going the same way?" - George HW Bush

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# PARMA Observer

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## Parma Citizens Police Academy; Bridge To The Community

by Daniel P. McCarthy

In these overwhelmingly documented times, frequent media coverage concerning negative interactions between police officers and citizens have presented a clear perception that there is a major disconnect between police officers in the US and the communities that they serve. I can't help but to notice, thankfully, that this situation for the most part is not present here in Parma. Why is this? Being the seventh largest city in Ohio, Parma experiences the same crimes that other cities of our size do. Our police department has enjoyed for some time a stellar record of confronting and apprehending perpetrators of unlawful acts in our community, in an extremely expeditious manner. Criminals who unwisely choose Parma have proven, through a series of well publicized incidents that indeed crime does not pay in Parma, Ohio.

There is a saying in military and law enforcement circles- "One does not rise to the occasion but instead falls back to their level of training". I'm sure that is why our police officers so effectively patrol, prevent many crimes, and swiftly apprehend offenders, with a minimum of adverse reactions that so often dominate the news in other places. The training they receive here is top notch,

relentless, and is always ongoing.

One example of a police department going a step further with training has occurred in Parma for the better part of a decade, since the Parma Citizens Police Academy was implemented. This is a 10 week course available free of charge to qualified residents that enables them to experience a personal glimpse into what the job of law

enforcement is like, by taking part in a 3 hour session each week featuring different aspects of the job itself, the science behind the tactics and procedures, and the discipline required to effectively deliver this essential service. Newly sworn Parma Police Chief Joe Boback is a strong supporter of the program, and he recently said "it's important for people to take

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## UH Parma Medical Center Trains Over 450 In CPR, Awards Grant Money To Cities

by CJ Sheppard

Karen Fratto was racing to the lobby of the Senior Center to assist an elderly woman in distress. As she ran, Brooklyn's Coordinator of Senior Services fearfully wondered if she would know what to do when she reached the woman's side.

"All I could think about was that I would have to use the AED - and I wouldn't know what to do," said Fratto, who - along with more than 450 other municipal employees and leaders in nine cities - was recently trained in CPR and AED use by University Hospitals Parma Medical Center. "It was scary. In those minutes of that emergency, it would have been nice to be more prepared."

UH Parma Medical Cen-

ter President Nancy M. Tinsley presented the CPR Challenge to communities in its service area. The hospital's six founding communities - Parma, Parma Hts., Brooklyn, Brooklyn Hts., North Royalton and Seven Hills - as well as Independence, Broadview Hts. and Newburgh Heights extended this opportunity to their employees.

To reinforce its mission in Building Lifesaving Communities, grant money was awarded to each municipality based on the number of city officials and employees trained and certified in CPR through the first half of the year. UH Parma Medical Center distributed more than \$35,000 to cities that participated.

The American Heart Association reports that people who suffer cardiac arrest are up to three times more likely to survive if they receive CPR from a bystander. Yet fewer than half of cardiac arrest victims receive the CPR that could greatly improve their chances of survival until EMS arrives and the person is transported to the hospital. Since 88 percent of cardiac arrests occur at home, many people are unprepared to face such a crisis with a family member or friend.

"While we hope that none

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Howard Reeve Jr., 96, saw our invitation and he and his wife, Darlynn, dropped in to say hello to Mayor DeGeeter.

## Parma Honoring Veterans Of World War II

by Jeannie Roberts

A special invitation from the City of Parma ... We are looking to honor our Parma veterans of World War II and so we're on the lookout now to locate them. If you served in World War II or know someone who did, please let us know! We appreciate your service and want to honor you for it.

We are planning a special ceremony at an upcoming City Council meeting to honor the remaining Parma members of what Tom Brokaw called The Greatest Generation. The idea was introduced by Parma

resident and council-meeting regular Ken Elhert, who suggested that a World War II vet would be very deserving of special recognition. Maybe a Citizen of the Month, he suggested. Ken is a former Citizen of the Month honoree himself.

Mayor Tim DeGeeter agreed with Ken's idea and took that a step further, suggesting that we find as many as we can, and honor them all. So in September, we hope to have located as many WWII veterans as possible and to bring as many as

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## Parma Area Dog Park Association's 2nd Annual Yappy Hour Fundraiser

by Katie Liepold

The Parma Area Dog Park Association presents Yappy Hour!!!

Where: Bleachers Sports Grill, 6855 Ridge Rd Parma, OH 44129.

When: Saturday August 27th from 6pm - 9pm.

Enjoy all-you-can-eat hot dogs, chili, veggie stir-fry, wings, fries, well drinks, wine, and draft beer. Tickets are sold at the door or pre-sale for \$25.

Try your luck with our 50/50 raffle, Sideboards, and Raffle Baskets! Some of our baskets include Music box supper club package deal, 4 passess to the Cleveland botanical gardens, Jumpyard passes, Goodtime III tickets, and many more!!! Please support PADPA's fundraising efforts to build a dog park in Parma! For more informaiton please visit:

facebook.com/parmadogpark, www.parmaareadogpark.wix.com/home, parmaareadogpark@gmail.com



Mayor Tim DeGeeter and Parma Recreation Director Mickey Vit-tardi with Melena Quinones, winner of the contest to throw out the first pitch!



COMMUNITY NEWS

# The President's Corner

by Sean Brennan

This month I continue my series on Parma's places of worship by spotlighting Ridgewood United Methodist Church, located at 6330 Ridge Road. Despite her very busy schedule, Rev. Karen Wolcott was gracious enough to take the time to meet with me to teach me about her church. What follows is a summary of what I learned.

What has always struck me over the years when I visit Ridgewood UMC is how welcomed I feel by all those with whom I come in contact. I had a similar experience the day I visited to gain the knowledge for this column. Rev. Karen, who has served as Pastor since 2014, and her staff were happy to answer my questions and provide me with a tour of their spacious church campus. In fact, she immediately provided me with a document she created summarizing the many activities and programs the church offers.

Like many of Parma's churches, Ridgewood got its start in Cleveland before moving here. In fact, the congregation first began meeting in 1869, before purchasing land in what was



Sean Brennan,  
Parma City Council President

have been made.

In 2015, many Parma residents benefitted from the Work Mission Trip, which was hosted out of Ridgewood UMC under the direction of Chuck and Renita Nohejl. As part of the North Coast Mission, over 300 youth and adults from around the country descended on Parma and completed landscaping and repairs at the homes of many senior citizens and other needy residents. I was pleased to find



part of the Stahl Allotment at Ridge Road and Southington Drive in 1928. The Stahl company developed a lot of pre-World War II Parma. According to a brochure, "the congregation met in the Community Town Hall in Parma until the basement section was dedicated on May 12, 1929." The Great Depression proved very difficult for the church, but the congregation weathered the economic storm and finally dedicated their new church structure in 1952. Over the years more classrooms, a bell tower and other additions

that they plan to return to Parma in 2019 to continue their generous work.

Ridgewood UMC offers programs for everyone. For instance, they hold a bi-monthly caring dinner which is open to the community. Further, the youth program meets Wednesday afternoons September through March and includes Bible study, a family-style meal, music, drama, recreation and study time. Twice a year Ridgewood offers a Drive through Prayer, in which Pastor Karen and other members of the congregation pray for those who

literally drive through on a Saturday morning. They also have junior and senior high school youth ministries, women's ministries, a singles group, and a pet blessing in the fall for the community.

The church owns a small apartment building, as well as a parsonage, which are located on the campus. I was impressed with the fact that parsonage home is included in Ridgewood UMC's Family Promise Program. As part of this program, the parsonage is used as a "bridge home," in which a family that is transitioning to self-sufficiency is offered free rent for 6-12 months until they get back on their financial feet. This program further reveals how the folks at Ridgewood are committed to helping others.

During the summer, worship service is held at 10:00 a.m. on Sunday mornings, followed by outdoor fellowship at 11:00 a.m. weather permitting. From September through May, Sunday school is offered at 9:00 a.m., services at 10:00 a.m., followed by indoor fellowship, as well as adult Sunday school at 11:00 a.m. Ridgewood also offers wedding services for those who are interested. Further, their 250 capacity Friendship Hall is available for rent.

The United Methodist Church was created in 1968 with the union of the Methodist Church (USA) and the Evangelical United Brethren Church and traces its roots back to 18th century England and founders John and Charles Wesley. It is the largest denomination of the Methodist movement, which claims 80 million members worldwide – 12 million of which are UMC members. It is the third largest Christian community in the United States with about 7.2 million members. Many will recognize the UMC's flame logo, which represents the work of the Holy Spirit throughout the world, while the two parts of the flame represent the union of the predecessor denominations.

According to the UMC website, "As United Methodists, we have an obligation to bear a faithful Christian witness to Jesus Christ, the living reality at the center of the Church's life and witness. To fulfill this obligation, we reflect critically on our biblical and theological inheritance, striving to express faithfully the witness we make in our own

time." In fact, the term Methodist is derived from the very methodical way the founders and followers practice their beliefs. The faith shares many of the same principles as other Christian denominations, including that God is one, but revealed in three distinct persons, salvation through Jesus Christ who became human, died and was resurrected, and that the Church is an extension of Jesus' life and mission.

To learn more about Ridgewood United Methodist and its programs, visit their website at [www.rumc-parma.com](http://www.rumc-parma.com) or call them at 440-885-1360. As Rev. Karen's business card reads, "Our purpose is to open doors so that all may experience the grace of God through Jesus Christ." Clearly, all are welcomed to this special place of worship in Parma.



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HEALTH/CULTURE

Telestroke: Livestreaming From Ambulance To ER

by CJ Sheppard

The Parma Fire Department and University Hospitals Parma Medical Center are piloting a new stroke treatment program – the first of its kind in the State of Ohio – to initiate advanced stroke care in the field, expediting administration of clot-busting drugs once the patient arrives in the ER. Paramedics utilize iPads to livestream their thorough assessments of patients on the scene. The ER physician at UH Parma Medical Center views the neurological exam in real time to determine if the patient is an appropriate candidate for the clot-busting drug tPA and prompts pharmacy to prepare the medication. Upon arrival at the ER, only a quick CT scan is necessary to confirm diagnosis and begin treatment.

“We’re taking the screening exam we do in the ER and putting it out in the field, training the paramedics so they can do a proper exam,” says Sheldon Rose, MD, Chairman of UH Parma Medical Center’s Emergency Department and Medical Director of



Emergency Medical Services. “These paramedics are really doing a service to other EMS out there. We can shave off sometimes several minutes which - especially in remote areas around rural hospitals like UH Conneaut and UH Geneva medical centers - can be a lifesaving amount of time.”

The City of Parma, the larg-

est municipality in Northeast Ohio outside of Cleveland, was chosen from 157 communities served by UH to pilot this program. All of their paramedics have been trained in Advanced Stroke Life Support by specially trained physicians, nurses and nationally registered instructors of UH EMS Education & Disaster Preparedness Institute at UH Parma Medical Center. UH Parma has a longstanding relationship with EMS departments in its service area,

training many of their paramedics and providing continuing education throughout the year.


Advanced Stroke Life Support (ASLS) involves a more detailed exam that helps paramedics and the ER physician pinpoint severity and location of the stroke in a patient’s brain. Paramedics previously used the common Cincinnati Prehospital Stroke Scale. Now they administer the Miami Emergency Neurologic Deficit (MEND) exam, a more detailed screening that can be performed in three minutes yet yields critical information.

Of approximately 15,000 squad runs by Parma EMS last year, about 1,000 involved strokes, said Chief Lasky. All 95 paramedics in Parma are now trained on ASLS.

“We are honored to have a health care partner such as University Hospitals that chose the Parma Fire Department out of all 157 providers under their medical control to launch this life-saving program,” says Parma Fire Chief Mike Lasky. “UH Parma is on the cutting edge right with us. We are prepared, and I know they are prepared. Time is of the utmost importance.”

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**NOW ACCEPTING RESEVATIONS**

Fresh Look, World Cuisine In Remodeled Hospital Cafeteria

by CJ Sheppard

The first Cafeteria renovation in more than 30 years was greeted enthusiastically by employees and visitors alike at the June 29 Grand Opening of Fresh Inspirations Café. “This is beautiful,” University Hospitals Parma Medical Center President Nancy Tinsley exclaimed before cutting the ribbon before a large crowd. “This is just one of many capital improvement efforts that are part of our integration with University Hospitals.”

The collaboration of UH Parma Medical Center with Sodexo made possible the complete remodeling of the serving and dining areas, as well as an overhaul of menus and pricing. A focus on sustainability and health/wellness is evident throughout the



Opening the new Fresh Inspirations Café at UH Parma Medical Center were, from left: Kathi O'Connor, Director of Operations; President Nancy Tinsley; and Jay Loughner, Manager of Food & Nutrition Services.

spacious new Café, which is open from 6:30 a.m. – 7 p.m. daily.

“Our customers provided so much feedback during this process,” says Jay Loughner, Manager of Food & Nutrition Services. “It truly was a collaborative effort and will continue to be. We were excited to create a more customer-focused and updated retail environment, with more variety and better quality and pricing. The revitalized retail venue provides appealing menu items at a variety of stations, more access to the items that customers desire and a modern atmosphere that is attractive and inviting.”

Employees in sharp new red and black uniforms serve a wider selection of foods. Fresh Inspirations Café fea-

tures a “World Cuisine” station where items will be display cooked with fresh ingredients, a made-to-order pizza station, a deli station for hot and cold sandwiches, “Mindful Choices” with healthy food selections, “Simply to Go” grab-and-go selections and traditional stations like an expanded soup and salad bar, continental breakfast station, grill area and a “Favorites” station for local favorite menu items.

Customers also benefit from a new point-of-sale system, easy-to-read digital menu boards and a clearly visible, expanded recycling area. New carpeting, lighting and furniture gives the dining area a comfortable, appealing look.



EDUCATION

### ASSET CORNER

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

Show Kids You Care: Learn What They Have to Teach.

Asset Corner #80

by Gene Lovasy

**SHOW KIDS YOU CARE: CATCH THEM DOING SOMETHING RIGHT.** August's Asset Category: **CONSTRUCTIVE USE OF TIME.** Community Connections Matter Involving children and adolescents in forms of structure is not just a nice thing to do; it's essential. Structure provides the opportunity for personal development and adult connection that augments & extends the effect of family. For those young people w/absent, neglectful, overwhelmed or underskilled families – and there are too many – the power and impact of constructive use of time may be a critical factor in whether they become resilient or are trapped by adversity.

**CONSTRUCTIVE USE OF TIME Assets Include:**

**#17 Creative Activities** – Kids spend 3 or more hours/week in lessons or practice in music, theater or other arts. (21%\*)

**#18 Youth Programs** – Kids spend 3 or more hours/week in sports, clubs or organizations at school and/or in the community. (57%\*)

**#19 Religious Community** – Kids spend one or more hours/week in activities in a religious institution. (58%\*)

**#20 Time at Home** – Kids are out w/friends “with nothing special to do” 2 or fewer nights per week. (51%\*)

**This column's focus will be on**

**Asset 19 – Religious Community**

Meeting the needs of the spirit Young people involved in a faith community benefit in at least three ways: 1. They are more likely to have positive values; 2. They have strong bonds with people of different ages and interests; and 3. They spend less time experimenting with risky behaviors than those not involved in such a community.

**Here are the facts**

Research shows that young people who spend at least one hour a week involved in activities within a faith-based organization are more likely to: provide service to others, enjoy youth programs, follow and provide positive peer influence, and exercise restraint when it comes to risky behaviors. Providing a place for spiritual growth and exploration could help reduce violence, alcohol and other drug use, and sexual activity among young people.

**Tips for building this asset**

Faith-based organizations strongly emphasize their ideas of positive values. It's important for parents to choose carefully. When you find a faith community that supports your family's values, your kids are more likely to internalize these values and make responsible decisions. Visit various faith-based organizations, and include your children in decisions about how and where to be involved. If you're already part of a faith community,

Alive Inside Event In Parma

by Wayne Mesker

As many of you may know, I have been blessed with the opportunity to act as the Outreach & Advocacy Director for the Alive Inside Foundation since it was formed in 2015 by Michael Rossatto Bennett. Michael directed the multi-award winning Alive Inside documentary & created the Alive Inside Foundation as a means of addressing the issues facing an aging population living with Dementia. The Foundation has made amazing progress in many areas during the relatively short time we have been in existence, launching Adopt An Elder Programs in 21 cities across the USA including our most recent effort here in Parma, with music students from Kristopher Morron's Valley Forge High School band & orchestra working with residents from the Parma Care Center on Broadview

Rd. under the guidance of Martha Polenz LPN and Clinical Liaison for the facility. The program was recently featured on a segment of WKYC's "See The Possible" with the cooperation of WKYC's Dawn Kendrick (see link).

<https://www.youtube.com/watch?v=K0ikOvWck10>

This particular program also benefited from an event on June 18th that featured performances by the legendary Emerson , Lake & Palmer drummer Carl Palmer with the ELP Legacy Band along with a couple acts from Nashville.

Brother Trouble and Ira Dean were gracious enough to add their talents to our efforts. Ira even took the time to visit and play a few songs for the group at Parma Care Center during one of their Adopt An Elder sessions.

We have plans to expand our

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welcome new parents and young people into your organization.

- Also try this**
- In your home and family:** Include faith and spirituality into your family's daily life. Choose ways that best fit with your values, traditions, and culture.
  - In your neighborhood and community:** Become an active member of a faith community and help promote the well-being of young people in your community.
  - In your school or youth program:** Avoid scheduling events that conflict with families' spiritual or cultural commitments. Use a community calendar of events to help with your planning. If your community doesn't have such a calendar, consider creating one.

**ASSET RELATED NEWS**

The **MyCom Youth Development Planning Committee** will be meeting again at 5:30 pm, on Tuesday, August 30th, in Conf. Rm. A in the Parma Branch Library (Powers Blvd.). If you're at all interested in youth programming/development in our area mark your calendars now & plan on attending this important meeting.

The annual **Chamber sponsored Spotlight on Education breakfast** is scheduled for Thursday, August 18th at Tri-C. This is our opportunity to meet & welcome new teachers & administrators to our community. If you'd like to be a sponsor, donate a goody bag or attend call Cheryl at the Chamber office, ph 440.886-1700.

Interested in learning what **school supplies** your student will need at school this year? Visit [www.parmacityschools.org/page/6052](http://www.parmacityschools.org/page/6052) for a list of all the district's schools and their required supplies. There also you can find & download a copy of the 2016 – 17 school calendar plus other important forms

The Collab's next Mobile Food Pantry will take place on Thursday, Aug 11th and planning is already underway for the Collab's now annual backpack/school supply give-away. Go here <http://familycollaborative.com/> & click on

the school supply application link to see if you qualify. 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)

**The Constellation Schools Scholarship 2nd Annual Golf Outing** is scheduled for Saturday, August 27th at Ridgewood G.C. Call Lisa Vinarcik at 216.712.7600 to registration and/or for sponsorship opportunities.

Have you heard the good news? The Parma Area Chamber of Commerce in collaboration with the Parma City School District, C/B/S Partnership, and Campus Life has been awarded the second round of the Community Connectors Grant. To learn more about how this program connects kids to careers and how you can get involved, go to [www.cbsconnects.org](http://www.cbsconnects.org).

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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# INSPIRATION

## I Believe

by Daniel Taddeo

Although I may not walk with kings, let me be big in little things.  
Be wisely world, not worldly wise.  
Blessed are all that put their trust in God.  
Complete the most important things first; it is usually the best course of action.  
Do a good deed every day if you can; peace and joy will come if we accept God's plan.  
Do not evaluate each day by the harvest you reap, but by the seeds you plant.  
Every ass loves to hear himself bray.  
Every vice has its excuse ready.  
Everybody eventually surrenders to something or someone.  
Faith is a matter of trusting God's promises.  
Few people are modest enough to be content to be estimated at their true value.  
God promises a safe landing, not a calm passage.  
Humility is not thinking less of yourself; it is thinking of yourself less.  
It is your point of view that decides what you see.  
No work, however humble, dishonors a person.  
Nobody needs a smile so much as those who have none left to give.  
Reputation is what people think of us; character is what God knows of us.  
Sin cannot be undone, only forgiven.  
Statistics are like a bikini: what they reveal is suggestive, but what they conceal is vital.  
Success comes in cans. Failure comes in can'ts.  
The soul, like the body, lives by what it feeds on.  
The way to be self-controlled is to be God-controlled.  
To be wronged is an unending problem if we continue to remember it.  
Truth is what stands the test of experience.  
We must be strong and carry on.  
Will the road you are on get you to my place? —God.  
Worldly pleasures of our choosing can crowd God out of our lives.  
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?

## Parma Citizens Police Academy; Bridge To The Community

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part and learn firsthand what the job entails". I couldn't agree more, since I myself am a proud Graduate of the 2009 Parma Citizens Police Academy. I can honestly say without a doubt that after completing the course, I never had the same view of police work in general. In addition, the course was extremely informative and awfully fun at times. The height of the excitement was near the end of the 10 weeks when I was able to ride along with a police officer on an 8 hour shift. What an eye opening experience that was, to say the least. and the unpredictability from one minute to the next drove home the point that this is one difficult job, and so easy for people to judge after the fact actions taken in the heat of the moment, so commonplace in this profession. My one take away was that you couldn't pay me enough to do this job

day in and day out, and that these people did not become police officers as a way to seek riches.

During a meeting with Parma Mayor Tim DeGeeter recently, we discussed this subject, and he said "The Parma Citizens Police Academy is a valuable tool for our community. Those residents that take the course come out of it with a greater understanding and appreciation for what our officers do on a daily basis". He went on to say "In turn those residents also become champions and spread the word". That is the truth, and I believe that our Parma Citizens Police Academy does indeed serve as a national model for one of the ways in which a city can meaningfully include residents., thereby creating a long lasting bridge to the communities that are served by their police departments.

## "A" Is For Abigail

by Lizabeth Braskie

My three year old granddaughter, Abigail, has a smile that lets me know there is something awaiting my discovery. Is she planning a Tea Party, or is there a secret scenario formulating behind those beautiful, blue eyes? What will be revealed for my role in her planned, series of events? Maybe there's a book that she might "read" to me where she'll explain every detail of the accompanying illustrations. Then, there are times when her silent, calculating judgment will lead to interaction with a surprised member of the family.

Such is the case when Abby, her mom and I, shared a recent shopping trip to a children's shoe store. After a few possible selections were modeled and considered by our little customer, the chosen pair was approved by her mother. We all went to the cashier's station where the clerk spoke to Abby and told her she could select a "prize" from the large treasure chest on the floor next to the counter.

The colorful plastic combs, flowers, action figures and rings were awaiting her appraisal and selection. The expression on Abby's face revealed deep thoughts. She knelt down carefully and searched the horde of blue, red, yellow and green opportunities of choice. After a few minutes, she gave two of the rings her close scrutiny and careful consideration. Finally, she held on tightly to one of them and placed the runner-up back into the treasure chest. A satisfied smile crept over her face, acknowledging her approval. Carefully she stood and turned to show me her selection of the green plastic ring which showcased the quarter sized picture of a smiling tiger. She looked up at me, grinning from ear to ear, and slowly placed the prize in my hand. I was speechless and clutched this excep-

tional "gift" as if it were gold. The lump in my throat caused me to blubber until I gathered my wits and gave her the best grandma hug I could muster. I dabbed at my tears while trying to convey my appreciation for her unselfish gesture. She looked at me with those angelic eyes that revealed the pride of her decision. I choked up and ceremoniously placed the ring on my finger and treasured its meaning.

It's a customary occurrence that strong feelings emote from our Abby whenever she is deeply invested in a particular thought or feeling. It may be a burst of energy, a dialog with someone, or just a thoughtful observation she wants to share. Yesterday I was speechless when silently she entered the adjoining room where I had busied myself. She was dressed in her floor-length "Elsa" gown and all by herself just started humming and twirling in soft circles. I watched, unobserved, and felt her dancing was her individual expression of sharing that filled the room with genuine honesty and sensitivity. This simple gesture tugged at my heartstrings. I was paralyzed in the moment and felt privileged to have witnessed this unselfish testament of emotion from a thoughtful and beautiful child. For no apparent reason, she felt obliged to celebrate her life through her choreographed explosion of love.

Like many other parents and grandparents, I am witness to the fact that each of my descendants has a distinct, special characteristic that is uniquely their own personality trait, - an individual gift. My youngest granddaughter is definitely no exception. She is a treasure of surprises, determination, intelligence and simplicity. She is our Affectionate, Authentic, Admirable, Absolute and Awesome, Abigail!

## Anything is Possible

by Bob Stilwell

A very good friend of mine was born into a family that was musically inclined and trained to play various instruments for personal entertainment and enjoyment. At a very young age he started taking guitar lessons and was very diligent about practicing on a regular schedule. He played in many church bands and formal band groups over the years while working a very busy schedule in the Auto Industry for 41 years. In addition to playing the guitar he gave lessons to young and elderly people to help them become accomplished players as he is himself. He currently plays lead guitar for a versatile group called the Northcoast Mix. They are a band that plays to the crowds. They play Rock, Country, Soul, Ethnic, etc. Everyone in the group has various talents which makes for a nice blend of music that is very pleasing. You can view some of their music by going on line at [www.gigmaster.com/music/northcoastmix](http://www.gigmaster.com/music/northcoastmix). The theme of this article is to let people know that through hard work and practice it is possible to do anything that you set your mind to. As most people know, nothing comes easy.

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LOCAL ACTIVITIES

# Sewer District To Host Residential Stormwater Credit Workshop In Parma

by Jennifer Elting

Fees for the Northeast Ohio Regional Sewer District's Regional Stormwater Management Program returned to bills beginning July. The Sewer District is hosting informational workshops to help customers learn more about the program's benefits to Parma and how residents can apply for residential credits to reduce their bills.

Most customers receive quarterly sewer bills and this fee will appear as a separate line-item on their July, August or September bills, whenever the next bill is scheduled. Through the Sewer District's stormwater fee credits, customers can reduce their bill by taking steps to manage their stormwater runoff.

The Sewer District is holding several meetings and customers can attend any meeting that is most convenient to them. A brief presentation will be offered at multiple times throughout these workshops and Sewer District representatives will be on-hand to walk customers through the application process and answer property-specific questions. **Parma, Parma Heights and Seven Hills residents are encouraged to attend the following meeting:**

**Saturday, August 20, 2016**  
**10 a.m. – 1 p.m.**  
**Watershed Stewardship Center at West Creek**  
**2277 West Ridgewood Drive,**

**Parma**

At this event, the Cleveland Metroparks will offer guided tours of the Watershed Stewardship Center, highlighting best stormwater management practices on-site. Customers can also learn how to paint a rain barrel from Linda Zolten Wood of the Collinwood Painted Rain Barrel Project. West Creek Conservancy will also be at the event to showcase the latest activities in the watershed.

In addition, residents should also attend the Sewer District's Annual Open House on September 17, 2016, at the Southerly Wastewater Treatment Facility. Stormwater workshops will be offered at this fun, family-friendly event, but this event is a great opportunity to learn more about all the work the Sewer District does to help keep our Great Lake great. More information is at [neorsd.org/openhouse](http://neorsd.org/openhouse).

The Stormwater Program addresses flooding, streambank erosion and water quality problems across the Sewer District's 355 square mile service area. Parma is a member community of the Sewer District; wastewater from the city is treated at the Southerly Wastewater Treatment Plant, but rain and melting snow falling within our boundaries flows into creeks, streams and rivers and makes its way into West Creek (or Big Creek or Hemlock Creek).

In addition to construction projects that will improve the West Creek and neighboring watersheds, the Sewer District will assume responsibility for millions of dollars of necessary maintenance along large streams across the region. The Sewer District will also conduct planning and build projects to begin addressing the region's chronic flooding and erosion issues. In addition

to the assumed maintenance responsibilities, this program will financially benefit Parma with the Sewer District's Community Cost Share program that offers reimbursable grants to our community for stormwater-related work we do.

Additional information about the Regional Stormwater Management Program is available at [www.neorsd.org/stormwater](http://www.neorsd.org/stormwater).

## UH Parma Hosts 5K On Aug. 20

by CJ Sheppard

Enjoy a scenic, late summer morning run through Ridgewood Golf Course and the mostly flat adjacent residential neighborhoods at University Hospitals Parma Medical Center's 5K and One Mile Walk for Wellness on Saturday, Aug. 20.

Runners, walkers and strollers are all welcome to participate in the second of three races in the UH Race Series. In this chip-timed race, awards will be presented in overall and age group categories. Register by Friday, Aug. 19 at 9 a.m. for a discounted registration fee of \$20. Race-day registration is \$25. Tech-style t-shirts will be guaranteed for the first 300 registrants.

University Hospitals' Sports Medicine will be on hand to advise runners to keep them injury-free, and UH Parma Medical Center's Food & Nutrition Services will provide a free smoothie bar along with the other food and refreshments. Raffle prizes will be available including gift certificates from Vertical Runner and Dick's Sporting Goods. The MedEvac helicopter will be landing before tours at the race, which starts at 9 a.m. at Medical Arts Center 4, 6115 Powers Blvd.

To register, visit [hermescleland.com/UHParma](http://hermescleland.com/UHParma).



On July 21 a ribbon cutting ceremony was held to celebrate the opening of Chocolate 4 U at 7468 Ridge Rd. in Parma. The store features chocolates from around the world, including novelty and custom chocolate, plus over 170 types of candies. What's not to like? Here owner Hanna Harb and her husband Eddie stand with Parma Mayor Tim DeGeeter and Parma Area Chamber of Commerce officials Ken Burdzinski and Dave Nedrich.

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PERSPECTIVE

Donald Trump’s Message:  
Be Very Afraid And Only I Can Fix It

by Lee Kamps

If you saw the Republican convention in Cleveland and especially if you saw Donald Trump’s speech that he gave on the final night of the convention; you might think that the sky is falling and only Donald Trump could fix it. Throughout this campaign season, the Republican party and especially Donald Trump have been pandering to our fears while telling the nation that they hold the solution. But much of that fear is irrational.

Sure there are criminals among us. Terrorism is an ongoing threat. But none of us should give in to fear. A woman I know refused to leave her suburban enclave to go into the city during the week of the convention because she was fearful of violence. But during the convention, there was probably less violent crime committed in Cleveland than during a normal week in July.

In perhaps one of the most stirring speeches ever given by any American President, Franklin D Roosevelt said in his inaugural address on March 4 1933 “the only thing we have to fear is fear itself, —nameless, unreasoning, unjustified terror which paralyzes needed

efforts to convert retreat into advance”. In 1933, the nation had much to fear. The banking system was on the verge of collapse. Millions were unemployed and many lost their life savings.

Twenty eight years later, John F Kennedy gave his inaugural address stating that as Americans, we should “bear any burden” and “endure any hardship” to make the nation and the world a better place. He concluded that memorable speech with the words “And so, my fellow Americans, ask not what your country could do for you, but ask what you could do for your country.”

Now eighty three years after FDR’s speech and fifty five years after JFK’s speech, Republican Presidential candidate Donald Trump is telling Americans that we have a lot to be afraid of. Our cities are the wild west with criminals everywhere. There are illegal immigrants who are drug dealers and murderers. Then there are Moslems who want to kill Americans in the name of Allah.

Donald Trump is saying that we should be afraid, very afraid and that only he could protect us. My question

is where was the cape and the blue leotard with the red S on the chest when he gave that speech? But now we have Super Donald here to fight for truth, justice and the American way!

As Americans, we are much better than that. In that pivotal year in our nation’s history, 1776, things looked very bleak for the colonies. The British had taken control of New York City (and they held it until the conclusion of the war) and were threatening to move on Philadelphia where the Continental Congress was meeting. The easy thing to do would have been for the members of the Continental Congress to leave Philadelphia and go home to tend their families and farms.

After all, the British were on the verge of crushing the rebellion. And as a rebel congress, each member would surely be executed by the British as traitors and rebels should their revolution fail or should they be captured by the British.

But did they flee and give in to fear? Of course not! They remained in Philadelphia during the summer of 1776 and boldly created a document declaring their independence from

Great Britain. John Hancock, one of the wealthiest men in the colonies and President of the Continental Congress, was the first to place his signature on the Declaration of Independence. He was reported to have said that his bold signature “could be read by King George III without his spectacles”.

Now 240 years later, a candidate for President is saying to Americans that we have a lot to fear and that only he could fix things and allay our fears. If that isn’t the talk of a demagogue, then what is?

In 1950 Eleanor Roosevelt said in a speech: “Somehow we must keep ourselves free from fear and suspicion of each other. I sit with people who are representatives of communist countries, and to sit with them is a lesson in what fear can do. Fear can take away from you all the courage to be an individual. You become a mouthpiece for the ideas that you have been told you must give forth.”

Dictators thrive in a climate of fear. Adolph Hitler used fear to cement his power and control over Germany in the 1930s. We all know what happened after that. The old Soviet Union maintained control through the use of fear. When we surrender to fear, very often we surrender freedom as well.

We Americans are much better than that. Americans do not surrender to fear. A leader is one who doesn’t stoke fear or panders to fear, but one who inspires the people to greater things.

Perhaps what we really should fear is that Donald Trump may become the next President. Only we, the voters can prevent that from happening.

RNC: A World Watches On

by Davidione Pearl

The great build and even greater divide along Cleveland’s north shores has come and gone, but not in the fundamental principles of so many that impassionately involved themselves in events throughout the week, as around every corner there were all walks of life hustling and bustling their stance on where we currently sit as a not so united “state” of America.

What could seem like opening ceremonies of ancient Roman proportions ushering in trumpeting elephants and party chariots swiftly drawing lines in the sand, was met by a collective cultural opposition facing off the party’s descending pedigree of silver spoons, common folk, perfect cigars, and a perceived perfect dream, parading a well-rehearsed beacon of groomed pomp and unwavering party allegiance throughout the downtown city streets.

With a palpable backdrop of recent police and community tensions both in Cleveland and across the nation, there was a heightened sense of pain



Cleveland Police Chief Calvin Williams, his staff and police officers were a huge reason for the great PR coming out of the RNC Convention for Cleveland.

and uncertainly that enveloped the city in a thick and grimy film of fear that left most Clevelanders deciding not to venture downtown to participate in any fashion, regardless of their party affiliation, and seeking to convince all others to do the same.

For those that did venture out in quiet activism for their voices to be heard, and to listen, they unanimously looked at the opportunity as one being a unique chance to share and show great love - that Cleveland, as a city, may help heal the hearts of all, regardless of

where they are in life, or the circumstances that led them to their personal politics of today, as the entire media world engaged.

While there were certainly loud vocal protests against the incoming party guests and their platform, the real story behind the front line stories of the big media houses were ones such as: “Circle The City With Love”, where several thousand participants lined the Lorain Carnegie Bridge on both sides end to end, and held hands in total silence, and the Free Hugs Project, a growing multi-racial group that simply seeks to embrace the world, one hug at a time, without any thought of color, gender, religion, political affiliation, or uniform.

This is the Cleveland that is the story behind the looking glass; a story of hope, not fear, of bold compassion, of growth, of understanding, and helping those to understand, that there is no greater agent of change, than love.



Rolling Stone reporter and author Matt Taibbi checks out a video of Cornel West being moved off of Public Square.

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## OBSERVER

## Delegate

by Leo Lampeter

The best part of being in charge is that when there is a task to be done and you don't want to do it or you are too occupied, you can always delegate that task to someone else. If you look at the democratic process you will see that when there is a convention that there are those appointed to represent the party and select someone to represent the party in an election. That would be a delegate. Similar cases of delegation may be at work, when a superior isn't familiar with a process the task would be assigned to an individual that would have expertise in a specific area. The same holds true in sports. The owner(s) of a sport team would select someone to be the coach and he would delegate the directing the team. The difficulty may arise when the owner(s)

don't agree with the coach. The circumstance may arise that cause a conflict. Even though the coach was delegated to run the team, interference from superiors may redirect what the coach may be attempting to accomplish. This usually strikes me as strange because the coach is being the one judged on his abilities not how well he can perform but as the superior desires. Then the coach may be fired for lack of performance because of the directive of the superior, not his own performance. The thought of being released for following the directive of a superior reveals the weakness of not only the coach but the incompetence of the superior. The coach must feel the pressure of not following the superiors' directive, which means that you will be released, and if you follow the directive and

fail, you also will be released; now that is a no win situation. Whether or not the coach is successful should be because of his own performance, not on someone else's interference. Government operations often follow the same procedure. Someone is designated to fill a position and the elected officials want to direct the operation in a manner that is politically advantageous. That is their first consideration, how it reflects upon them, not the most advantageous for those governed. They want credit for the success and point their finger when it is not successful. When you keep doing the same things over and over and expect different results, that indicates insanity. You replace

the elected official, not the delegate. Hopefully the delegate will implement new ideas he can do no worse than previous overseers. Unfortunately, this situation exists in at least one area of the city of Parma that is the golf course. There is someone with the experience to lead the course into profitability, that is the reason for the selection, and City Hall does not see the wisdom of progressing to the present day and they continue to live in the past. Allow the knowledgeable and experienced to either succeed or fail on their merits, not your interference. Set the parameters and allow delegation to operate- not ego; oversee, do not interfere.

## A Dedicated Council Woman

by Bob Stilwell

I would like to give a special thanks to Council President of Ward 3, JoAnn Koch for all of her hard work organizing the annual Parma Heights Ward 3 Garage Sales. This is in addition to her Council duties. I think that the majority of Councilman are informed about the negative things that take place in all communities. I would like to change the negative trend by letting people know the good things that happen. About a

week prior to the Garage sale, JoAnn hands out a packet of information that has detailed information and suggestions for a successful, fun, garage sale. This has been my 3rd. year as a participant in the garage sale. In addition to the monetary gains, it has been very rewarding, communicating with many people, from local and distant communities. This is the kind of activity that help bring people together in a friendly atmosphere. Thank You, JoAnn.

## UH Parma Medical Center Trains Over 450 In CPR, Awards Grant Money To Cities

continued from page 1

of them ever have to actually use this valuable skill, I am so pleased that our employees stepped up to learn this life-saving technique and can employ it if necessary," Parma Mayor Tim DeGeeter said. "Whether they are with their families, or in the workplace or in a public place of business, no one ever knows when CPR might be called for. It's nice to know that, thanks to UH Parma Medical Center's CPR Challenge, there are more employees than ever trained to take action if need be."

The elderly woman in Brooklyn was experiencing a mini-stroke. Following that stressful incident, Fratto contacted the Fire Department for training on the AED. Less than a month later, the UH EMS Training and Disaster Preparedness Institute provided CPR and AED training to 48 Brooklyn employees.

"This is an important life-saving technique that our employees can be confident of implementing during an emergency," said Brooklyn Mayor Katherine A. Gallagher.

## Parma Honoring Veterans Of World War II

continued from page 1

possible who can make it to our meeting to be honored. We hope that those who are not able to make it to the meeting themselves will be represented by a family member or loved one.

We are collecting contact information for veterans who qualify for this special honor. If you know someone who does and would like to participate, please call us at 440-885-8181 to let us know who they are. We'll take it from there.

## Jr. Golf A Great Success

by Dave Chuba

This year I was pleased to introduce a pilot program to our Ridgewood Junior Golf Program with The First Tee of Cleveland. We had two classes of 24 students each held on Tuesday mornings. Talking to the kids and parents, this year was a big success. The kids had fun and learned some things along the way. I also added a junior day on Thursday. The goal was to approach high school golfers and give them a day to work on their golf skills during the summer months. We mixed it up with head-to-head competition as individuals and team events while providing coaching areas along the way. People say our kids are the future - if that if true our future is getting stronger each year.

Tip from your PGA pro:

I hear players talk about practice all the time. One comment that stands out is this: "Why do I hit the ball so well on the range but I can't bring the same game to the course?" One suggestion I give to my students is to change your practice habits. During the last half-hour of practice, try hitting shots as if you are playing your favorite course. Hit a drive, then an iron shot. If you strike it well, start another practice hole. If



Dave Chuba

you miss the iron shot, practice a long or short pitch shot as if you missed the green. If you hit the driver poorly, hit a punch shot as if you were stuck behind a tree. Also, try aiming at a smaller target while striking your driver. Pick the left or right side of the range to represent a dog leg hole at your home course. Again, if you miss the shot try hitting the (5) iron instead of an (8) iron because you missed it. This practice routine works on your rhythm - I call it "real-life golf." It's easier to hit a good drive if you aim at an open range with another 40 balls in a pile. Remember, golf is a game of misses; we have to hit our foul balls.

## Alive Inside Event In Parma

continued from page 5

Adopt An Elder Program in other NE Ohio communities and eventually across our state. As part of our continuing growth we are always looking to expand our network and devise new ways to not only raise awareness but to raise funds. I'm delighted to announce that we have found a local partner in the amazingly creative Lidia Trempe and Rudy's Strudel, who are brain-

storming to develop something special that is guaranteed to bring the world's taste buds "Alive". We are ALL going to be SURPRISED on Saturday August 20, 2016 when we will be launching their creation with a Rudy's ROCKS Dementia event from Noon until 3 PM featuring Music, Food and Fun for All.

Details will be announced ASAP.

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Senior Living

# PSH Alumni Association Holding 4th Annual "Golden Reunion" On August 27th!

*by Judy Martins*

Calling all alumni of Parma Senior High and Parma Schaaf who have already celebrated their 50th class reunion! The PSH Alumni Association is holding its "Fourth Annual Golden Reunion" on Saturday, August 27th for all alumni (and spouses and friends) from Parma Schaaf and Parma Senior High graduating from 1966 back to the 1930s. Don't miss this fun, casual day in the PSH Ballroom (cafeteria) featuring a school tour, light lunch and refreshments, and lots of reuniting with old classmates, hugs, reminiscing and memories. Over 250 attended the third reunion last year, and it's getting better every year!

In the 1980s, Lee Bailey '29, George Red Rees '34, and Tony DeMarco '62 worked on a plan to have an annual reunion for PSH alumni who had already had their 50th reunion. Financing and contacting alumni made it impossible to do at the time. It took another 30 years to get the ball rolling—they held their "First Annual Golden Reunion" in August of 2013 and over 200 alumni happily socialized, mixed, mingled and shared memories, enjoyed snacks, refreshments, pizza and music from the 50s and 60s, and toured the building.

Tell your friends who are Parma alumni about the "Fourth Annual Golden Reunion" on Saturday, August 27th, to be held from 10 am to 2:30 pm in the PSH cafeteria, 6285 W. 54th Street in Parma! (\$8 Advance Tickets, includes a light lunch; \$5 at the door, does not include lunch.) Take a fun, casual stroll down memory lane, enjoying 50s-60s music and lots of

reminiscing and catching up with old classmates. Long tables are marked by graduation year, so you'll be seated with your class, but can mix and mingle all over the "ballroom."

For more information and a printable Invitation & Reservation Form, go to [www.pshalumni.org](http://www.pshalumni.org). Advance Ticket deadline is August 8th. Mark your calendars, spread the word, and

whether you get your advance tickets or get your ticket at the door (rear gym entrance) ... don't miss it! Join us! You'll so be glad you did!

"Friends come and go, but with a precious few you should hold on. Work had to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young."

## Latest Vista Springs Project On Schedule In Parma

*by Karen Schaefer*

Vista Springs newest senior living community, Vista Springs Greenbriar, is on schedule in the construction process of its master-planned Independent/Catered Living, Assisted Living, and Memory Care community. This innovative senior living community is located at (The Shoppes of Parma) 8668 Day Drive, Parma, OH 44129.

Vista Springs Greenbriar will be guided by a mission and philosophy of person-centered care in a stimulating and vibrant environment of resort-style senior living. Seniors and families can choose from 87 stylish and comfortable apartments, with one and two bedroom lifestyle options – all with private bathrooms and showers. Vista Springs Greenbriar offers (24) Memory Care

and (63) Assisted Living and Independent/Catered Living apartments. The construction of this next generation senior living community takes on a commitment to quality excellence with the contemporary comforts of a luxury hotel. Amenities include a café, on-site spa's and salon, an Outpatient Rehabilitation Center, gourmet restaurants and other dining options, exquisitely relaxing living areas, and an industry leading metamorphosis in senior care - The Penthouse Sky Lofts with vaulted ceilings and 5-Star resort amenities.

"We are very excited to be opening by the end of the year at The Shoppes of Parma with our goal of providing Vista Springs community members and their families a service-enriched, benefit-driven living alternative where all team members are committed to providing "Full of Life™" experiences that help people achieve happier and healthier lives," said Lou Andriotti,

CEO of Vista Springs LLC.

Vista Springs Greenbriar is now accepting reservations and is proud to announce the hiring of Ron Elsner as Executive Director and Karen Ann Schaefer as Director of Professional and Community Relations at the Vista Springs Greenbriar community. Both are seasoned professionals in the senior living industry and look forward to serving the Parma community.

Vista Springs Greenbriar will be the second community to open in Ohio for Vista Springs with Vista Springs Macedonia open and operating (Independent/Catered Living, Assisted Living, and Memory Care) at 8400 S. Bedford Road, Macedonia OH. Vista Springs Quail Highlands in Concord Twp. has also broken ground with opening set for 2017. Vista Springs currently operates several forward thinking senior living communities across Michigan.



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## Sunshine And Art; A Perfect Match At Pleasant Lake Villa



Pleasant Lake Villa Administrator Sharon Santoli along with Art Specialist Christy Clore spending a wonderful morning with residents on the gorgeous patio at Pleasant Lake Villa.

*by Deb Frank*

Pleasant Lake Villa has been taking advantage of the beautiful summer days. The residents have been reminiscing on the days when the garden was the place to sit and enjoy. You may find our garden area with many exciting new things this summer, from flourishing tomato and bean plants to paintings of poppies along the parameter fence. A small fairy garden has also been created by our residents to

enjoy a magical garden display. Our Art Specialist, Christy Clore, has been able to have the residents participate in outdoor art classes to create colorful butterfly stepping stones. Our Administrator, Sharon Santoli takes time to spend a few moments outdoors with the residents on such a lovely day. Families and residents are enjoying the sun and fresh air this summer at Pleasant Lake Villa.







# 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

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