

Parma And Cuyahoga County Hosting Public Meeting To Seek Input On Town Center Master Plan

for the burgeoning develop-

ment already occurring there.

In putting the plan together,

the city applied for a county

grant and ultimately received

it in the form of assistance

from the Cuyahoga County

Planning Commission. Along

with the county's work on the

project as well as city staff sup-

port, a 10-member steering

by Jeannie Roberts

Parma and the Cuyahoga County Planning Commission are hosting a public meeting later this month to solicit residential ideas surrounding the city's developing Town Center. The meeting – which will be one of three to seek public feedback – will be held 6:30 p.m., Tuesday, Dec. 12 in Large Meeting Room B of the Cuyahoga County Public Library's (CCPL) Powers Boulevard Branch. This event will kick-off the effort to create a Parma Town Center Strategic Master Plan to harness the ongoing development around the Ridge Road-West Ridgewood Drive intersection – spurred on by millions of dollars in investments into The Shoppes

at Parma, the University Hospitals Parma Medical Center, and the CCPL's Parma Branch. "This area is about as close to a downtown as we have in Parma," Mayor Tim DeGeeter said. "All of the pieces are in place to make this a real focal point by incorporating all that is offered in this vital part of our community - the Shoppes, the hospital, the library, Parma City Hall, Byers Field, Ridgewood Golf Course, Stearns Farm and Homestead, and the Day Drive Corridor."

Creating a master plan for the area, now rebranded as The Crossroads of Parma, was one of the recommendations of the Parma Mayor's Town Center Task Force – formed by DeGeeter to help shape a vision committee has been formed to gather input. The committee is comprised of individuals from, among other entities, the Shop-

The Holiday Season is Here

by Mike Byrne

It's the most wonderful time of the year! The holiday season is once again upon us, and what is perhaps most important to all of us is spending time with family and friends. One can't help but be a bit reflective as we get ready to say good-bye to another year and start a new one. It's been an amazingly busy year in the city of Parma Heights and I want to take this opportunity to thank everyone for their assistance and support. I hope during this joyous time you will find something fun to do and experience with your family, and I wish everyone a very Merry Christmas as well as a happy and healthy New Year!

pes at Parma, the Chamber of Commerce, West Creek Conservancy, UH Parma Medical Center, the Greater Cleveland Regional Transit Authority, the CCPL, and the Northeast Ohio Areawide Coordinating Committee. Also on the committee is Councilman Dennis Kish. The city, the county planning commission, and the steering committing will create the master plan based on **continued on page 4**

GM Foundation Awards Community Grants At Parma To Aid Northeast Ohio Region



GM Parma Local 1005 team members and grant agency representatives. by Thomas Mock difficult problems, and Cam

The GM Foundation and Parma's Metal Center have announced \$35,000 in grants to Greater Cleveland nonprofit organizations through its Community Grants program. "Through the GM Foundation, these important community organizations are able to drive programs that continue to improve the quality of life in our communities," said Lamar Rucker, Parma's plant manager. "We are proud to be a part of a company and community that both work hard to support education, enhance community revitalization and help those in need."

difficult problems, and Campaign Cabinet volunteers work to mobilize some 1,400 workplace campaigns. More than 2,000 volunteers participate in hands-on projects through Days of Caring programs. The result is 450,000 Greater Cleveland residents benefit from United Way every year.

· American Cancer Society Making Strides Again Breast Cancer, Northeast Ohio Region (\$5,000) - The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy and service. The Northeast Ohio Region partners with Parma in major initiatives like Making Strides Against Breast Cancer where GM Parma and UAW 1005 are the leading supporters in the Cleveland area. • Big Creek Connects (\$10,000) – Is committed to conserve, enhance, and bring recognition to the natural and historic resources of the Big Creek Watershed and develop a recreational trail network that connects these resources to each other and the community. Big Creek is Parma's continued on page 4

Citizen's Police Academy Graduates



Congratulations to the latest class of PPD's Citizen's Police Academy. Capt. Jim Blair and Safety Director Tom Weinreich presented the class at a recent City Council meeting. The Citizen's Police Academy is conducted twice a year, in the spring and in the fall.

State Championship Padua 2017 Volleyball Team



by Bob Stilwell

For the 2nd year in a row, Padua has been victorious as the States Volleyball Champion. Congratulations to the team, coaches, and supporting parents, relatives, and friends. This was a great finish for a great group of athletes.

AND THE ANGELS SING...HOLIDAY MUSIC

Cleveland's internationally-known Singing Angels, under the direction of Charles Eversole, will bring their own brand of holiday music to the Cassidy Theatre at 7:30 p.m. Monday, December 4. This has become a holiday tradition for many in our area, and is also a fund-raising event for the **continued on page 5** Funded by the GM Foundation, the GM Community Grants will support the following Northeast Ohio organizations and community programs:

• United Way of Greater Cleveland (\$10,000) - Aspires to create and support healthy communities where all kids succeed in school and families and individuals are financially stable. To do this, they engage community members to volunteer their time, talent and voices to support its work. More than 150 Community Impact volunteers oversee the annual investments in programs designed to address some of our community's most

COMMUNITY NEWS

The President's Corner

by Sean Brennan

On December 7, 1941, 2,403 Americans died at Pearl Harbor. On September 11, 2001, 2,996 Americans were killed. In 2015, the United States lost over 33,000 – about 2,750 souls per month - to the opioid epidemic that is plaguing our nation. In fact, Parma has lost many residents this year, not to mention the lives saved daily by Parma's safety forces who revive opioid addicts from overdoses. This growing problem is costing our nation, our state and our city many lives and taxpayer dollars. Someone has to pay for this attack.

Opioids, such as Oxycodone (often prescribed as OxyContin), are frequently prescribed by doctors to alleviate pain. For instance, in 2015, my wife had her gall bladder removed. Following surgery, her doctor prescribed 40 OxyContin tablets. The drug made her sick and, after only two doses, she stopped taking it, opting for extra-strength Tylenol, instead. In fact, recent studies reveal that over-thecounter pain relievers, like Ibuprofen, are just as effective as opioids.

Opioids are highly addictive. In fact, most studies reveal that prescription opioids are often the gateway to addiction. Thus, when prescriptions run out, addicts seek alternatives, especially illegally obtained heroine or fentanyl.

Opioid statistics are staggering. For instance, in 2016, studies revealed that opioid-related deaths contributed to a 2 ½ month drop in life span in the United States. Further, it is costing our country annually over \$500 billion. No doubt, it is costing Parma's taxpayers tens of thousands of dollars



Sean Brennan, Parma City Council President

18

people die everyday

from opioid overdose in

the U.S.

every month, not to mention placing a huge strain on our safety forces. This is why our city leaders have filed a lawsuit against the makers and distributors of opioids, who, much like the tobacco companies, knowingly and aggressively sell defective products. We deserve reimbursement for the costs of

OPIOID EPIDEMIC

60%

of drug overdose

deaths involve opioids

their addictive and deadly practices.

I would argue that some doctors share in the guilt. For instance, we have all heard the stories of "pill mills." However, did you know that doctors are eligible for funds from pharmaceutical companies, AKA "Big Pharma," for helping promote their products. Lucky, the Affordable Care Act requires that they report these payments, which can viewed at the following websites: projects.propublica.org/ docdollars or openpaymentsdata.cms. gov/search/physicians. I searched every doctor in Parma and found that many are receiving hundreds to thousands of dollars a year. In fact, my wife's surgeon took in around \$11,000 in 2015. Are these "kickbacks?" Did these payments influence his decision to prescribe my wife 40 of what are well-known to be highly addictive pills? Check out your doctor and ask them questions the next time you see him or her. You and I can do our part to end this potentially unethical practice, as well as the over-prescribing of opioids.

Incidentally, should you have any prescription drugs in your medicine cabinet

50%

of all opioid

deaths involve a

prescription

that you no longer need, I suggest disposing of them properly. The Parma Police Department has a no questions asked drug disposal drop box located at their offices at 5555 Powers Boulevard. Do not flush them down the toilet or drop them down the drain, as this is not good for the water supply. This will also keep them out of the wrong hands. Addicts, including relatives, visitors to open-houses, and others have been known to steal medications that are laying around.

In closing, I wish to thank Parma's police and emergency medical servants for their service to our community. I cannot imagine how they deal emotionally with being tasked with bringing people back to life from drug overdoses on a daily basis. Further, my prayers are with those who are dealing with the tragedy of addiction. Help is available. Call the ADAMHS Board of Cuyahoga County at 216-241-3400 or visit www. adamhscc.org. Best wishes Parma for a blessed Christmas and Holiday Season.



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Parma Peanut Butter Drive #7

by John Visnauskas

Parma City Council President Sean Brennan, along with key community partners, including Lamar Advertising, Parma Animal Shelter, University Hospitals Parma Medical Center and the Parma branches of Cuyahoga County Public Library, present the 7th Annual Parma Peanut Butter Drive. Proceeds benefit All Faiths Pantry (AFP), an award-winning nonprofit organization that delivers groceries at no cost to lowincome seniors in the Parma area.

During the month of December, jars of peanut butter can be dropped off at:

• Cuyahoga County Public Library, Parma branches at 6996 Powers Boulevard and 2121 Snow Rd.

• Parma City Council, in Parma

City Hall, 6611 Ridge Rd.

• UH Parma Medical Center, 7007 Powers Blvd.

• Parma Animal Shelter, 6290 State Rd.

Parma community members donate thousands of pounds of peanut butter, as well as cash donations, during the Drive each year. In addition, the annual Parma Peanut Butter Drive raises awareness of the work that AFP does year-round – feeding local seniors on fixed incomes who don't access emergency food assistance from other Food Bank programs. All Faiths Pantry has surpassed 53,000 home deliveries, totaling over a million and a half pounds. Cash donations allow All Faiths Pantry to obtain peanut butter at below wholesale cost as a Food Bank agency and we always are in need of financial support to keep our lights on and the phone working. All Faiths Pantry is a 501(c) 3 tax except corporation and donations are tax deductible. To find out more about All Faiths Pantry or to donate online: www.allfaithspantry.org (216) 496-4329 info@allfaithspantry.org

BLUE LINE BAR & GRIL Now Open Daily 11:00 A.M. Food and Drink Specials 4305 Brookpark Road 440-799-4305



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Photography

Sean Brennan Mike Byrne Rick Haase Jean Micklewright Thomas Mock Kristyn Oravec Jeannie Roberts Bob Stilwell

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HEALTH AND WELLNESS

Holiday Lights Contest Is Open

by Jeannie Roberts

The Young Professionals of Parma have again partnered with the City of Parma to declare the city's best holiday lights. The Young Professionals group has produced a welcome video that includes the contest rules; the video can be viewed on the group's website at www.ParmaYps.com and on the Facebook page of the Young Professionals of Parma and the Facebook page of the City of Parma. "We are grateful for the members of the Young Professionals group and for their interest in helping with the contest," Mayor Tim DeGeeter said. "There are so many Parma residents who really get in the festive holiday spirit. I can't wait to see who the winners are."

The mayor and everybody else will have to wait until Dec. 23 to learn who won - the Young Professionals and the City will make the announcement on their social media channels. Prizes

Pleasant Lake Villa Celebrates 30th Anniversary



Left, James Taylor, Chief Operating Officer, Legacy Health Services. Center, Sharon Santoli, Administrator Pleasant Lake Villa, Right, Parma Mayor Timothy J. DeGeeter

by Daniel P. McCarthy

On October 26th, Pleasant Lake Villa, a 5 star and deficiency free facility celebrated their 30th Anniverisary providing short term rehabiliation, long term care and assisted living to the community. An Art Walk was featured highlighting residents and their award winning artwork. Parma mayor Timothy J DeGeeter presented a city proclamation in recognition of Pleasant Lake Villa's commitment to healthcare and the community. of \$50 Chuppa's gift cards will go to winners in three catgeories - coverage, showmanship and originality - and a \$100 gift card to Corleone's Ristorante will be awarded to an overall winner.

Entries consisting of a photo or video of the holiday lights display,

along with the name and address of the entrant, must be sent to Holiday-Lights@ParmaYPs.com by Dec. 17. For complete contest details, visit www. ParmaYPs.com



Parma Mayor Timothy J. DeGeeter presents Isaac Lifshutz, Administrator of Broadview Multi-Care Nursing Facility with a proclamation in recognition of their care and honor of Veterans during the Hometown Heroes Luncheon on November 15.

Hometown Heroes Luncheon

by Daniel P. McCarthy

On November 15 Broadview Multi-Care Nursing Facility in Parma hosted a Hometown Heroes Luncheon honoring the service of Veterans in recognition of Veteran's Day. The luncheon was well attended, and veterans from all branches of service were present. They were addressed by Isaac Lifshutz, Administrator, and there were remarks from Parma Mayor Timothy J. DeGeeter as well. It is always uplifting to see and hear retired veterans gather together to be recognized for their service to our nation. The good natured bantering between members of the different branches never ceases to amuse everyone, but we know they are all heroes, and we wonder where our nation might be without them.

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Call 1-866-579-6825 to schedule your screening. A doctor's order is required prior to the test.



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live in Tampa. so we decided to post-

pone our return trip. Everyone thought

that we had evacuated Florida and

came to escape the hurricane, but the

plain fact is that we had not planned it

that way- no one had thought that the

storm was going to hit Florida as it did.

nice to me and my girlfriend while we

were there. We stayed one night at our

friend's house in Medina, and another

night at a friend's house on Snow Rd. in

Parma. It was a real pleasure spending

the extra time with longtime friends,

reliving the old days and remember-

ing the good times we had. That's what

I like and remember about growing up

in Parma and Parma Hts., and it's what

made me the person that I am. You'll be

hearing from me again soon.

Everyone in Ohio was so very

OBSERVER

Riding The Storm Out

by Jody Finitzer

I haven't written for the Parma Observer in four years; since I came in to visit over Labor Day Weekend, I realized that I was long overdue. I'm writing my opinion of what I've seen during my visit to Cleveland and specifically the Parma Area. We arrived on September 3 after a long ride from Tampa, Florida and settled in for a family reunion, in Brunswick, Ohio at Spring Mist Farms (Goodyear Barn).

Driving in we saw llamas, sheep, horses, donkeys, and then the family. Went on a covered wagon ride with 4 Clydesdale horses, which reminded me of times past when we would go on hay wagon rides. After we rode past the elk, reindeer, ponies, and Charlie the Camel we emerged on to the 40 plus acres and an open field, only to see over 25 deer running around freely. It felt so

Parma Seek Input On Town Center Master Plan

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public input as well as on economic, demographic, and other data relevant to the area – while also relying heavily on the recommendations from the Mayor's Town Center Task Force. Those include, among other things, the following ideas:

• Creating a unique, overall look for the Town Center – rebranded as The Crossroads of Parma by the task force. That could include signage marking the entrances to the area, developing design standards, and attractive visuals, such as decorative streetscape lighting.

• Developing increased pedestrian and bicycle paths connectivity through

the entire area.

• Adding and improving the area's green space to increase recreational use.

Already, the Town Center area has seen increased development along Ridge Road and Day Drive. The city has made major investments there, from building a new splash pad at Anthony Zielinksi Park to improving, rehabbing, and repaying Day Drive.

A draft master plan is expected to be completed by early July.

"This is an exciting time, and I can't wait to read the master plan's recommendations to help us move the Town Center concept forward even more," DeGeeter said. "It's critical we grasp the full potential of this vital area of our city." good to see the family and enjoy good old Ohio Hospitality! The next day we went to Edgewater Park to watch the National Air Show and see the Santana tribute band Evil Ways on Whiskey Island. Such a lot to do in Cleveland.

Day 3 of our trip found us back in Parma Hts. at the home I grew up in, helping my sister clean gardens. It is great to see the old place, and I loved growing up here. Reunited with some lifelong friends as we watched the Indians win their 15th game in a row. The next day we went to the Rock n' Roll Hall of Fame- I haven't been there in 22 years. It's a good place to visit when in Cleveland, and they have improved it so much since then.

Meanwhile Hurricane Irma was bearing down on Florida, and where I

GM Foundation Awards Community Grants At Parma To Aid Northeast Ohio Region

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primary partner in the promotion and implementation of the GM Green Watershed Education and Conservation program.

Safe Kids Rainbow Safety Squad (\$10,000) - Operates in conjunction with the prestigious Rainbow Babies and Children's Hospital of Cleveland. They help kids and their families live safer lives. High energy educational activities on health and safety topics include: Motor vehicle safety Bicycle safety Fire safety Water safety Physical activity Healthy habits Character building This year, the GM Community Grants program will provide over \$2 million in funding to hundreds of organizations in 47 communities where GM employees live and work.



EDUCATION







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

Asset Corner #96

by Gene Lovasy

December'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.



by Jean Micklewright 10th Anniversary MyCom Youth Voice Award Winners!

We had a wonderful dinner at the InterContinental Hotel with a variety of student performances. Two students from Parma presented awards in the Youth Voice category, Zahraa Alribeawi and Noah Utterback (both were asked to present because both were award winners in 2016).

Congratulations to our Tri-City Winners!

Youth Voice: Alexis Puleo, Grade 10 at Parma Senior High

Caring Adult: Amanda Rouse, Parma PTA, Collaborative Council, Volunteer

Civic: City of Parma-Mayor Tim DeGeeter, Department of Recreation, Mickey Vittardi, Communications Director, Jeannie Roberts

Business: AT & T Foundation, Kevin Lynch

We appreciate the impact you are making for youth in our communities!

Maker Mondays

LED paintings, Turkey BOTS, 'Zine

United Methodist Church in Parma on November 15 that included a meal, craft and a speaker from OhioGuidestone on the topic of bullying.

LOOKING FORWARD.....

Plans are in the works for a Martin Luther King Day (Monday, January 15, 2018) celebration of cultures. Watch for more information. You won't want to miss it!

Parma City School District/Parma Area Family Collaborative is offering the following volunteer opportunities to bring cheer to others. Please help as you are able!

December 2nd – Stuff the Bus Volunteers needed to help collect gifts from 9:00am – 1:00pm.

Community members are invited to bring an unwrapped toy, youth clothing, food or monetary donation to our Stuff the Bus Location:

PCSD Transportation Lot, 7600 Day Drive

Saturday, December 2nd, 9:00am – 1:00PM

December 9th - Holiday Breakfast

This column's focus will be on....Asset #20 - Time At Home Quality time as a family

Work, school, activities, friends, and other obligations can at times pull family members apart rather than bring them together. You don't necessarily have to change activities to find family time. Just be creative.

Here are the facts

Research shows spending quality time together as a family helps young people strengthen skills such as leadership, good health, and success in school. About 51 percent of young people, ages 11–18, spend no more than two nights a week with friends "with nothing special to do," according to Search Institute surveys. Protecting young people from risky behaviors and helping them develop positive behavior is easier when you

spend time together as a family.

Tips for building this asset Simply start spending time together: First, choose an activity the entire family enjoys. Then, commit to do the activity together one evening a week. Decide if you want to continue the activity or try something different. Ask yourselves: How often do we laugh together? Have fun together? Enjoy being with each other?

Also try this

In your home and family: Cook dinner together, with each family member preparing a dish. Then, for a fun change, eat dessert first.

In your neighborhood and community: Invite your child's friend and his or her family over for an evening of family time—movies, games, popcorn and other treats.

In your school and youth program: Avoid scheduling practices or meetings that conflict with the dinner hour. It's important for families to eat together.

Visit www.parmacityschools.org/ character, 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.

The Holiday Season is Here

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Cassidy Theatre. Immediately after the performance, the Singing Angels will be holding auditions for new members, so if you're interested, please come and be prepared to sing. Tickets for this holiday concert are \$10, and can be purchased at the Cassidy Theatre Box Office at 6200 Pearl Road, or online at www.cassidytheatre.com

NUNCRACKERS: THE NUN-SENSE CHRISTMAS MUSICAL (See Page 12)

UKELELE JOY

The Parma Heights Branch of the Cuyahoga County Public Library, with co-sponsors the Friends of the Parma Heights Library, will present a Community Holiday Celebration featuring the Cleveland Fleaharmonics. This program for all ages will take place at 7 p.m. December 5 at the Parma Heights Library. You can listen and sing along with the Cleveland Fleaharmonics, a merry band of players who enjoy spreading ukulele joy across the Greater Cleveland area. gram at the Parma Heights branch of the Cuyahoga County Public Library from 7-8 p.m. Monday, December 4. Registration is requested by calling 440.884.2313 or online at www. cuyahogalibrary.org.

HEALTHY EATING

Another program taking place at the Parma Heights branch of the Cuyahoga County Public Library centers on "Healthful Eating." It will take place at 7 p.m. Wednesday, December 13.

Obesity, diabetes, heart disease and cancer are all lifestyle-related diseases. Learn about the connections between diet and health, discuss ways that informed dietary choices can prevent or relieve diseases, and investigate how modern farming and agriculture practices contribute to present-day health concerns.

making – lots of STEM learning, life skills, literacy and FUN! A Starting Point grant funded program in partnership with the Parma Library from 4-5pm on Mondays. The program ends on December 11. We hope to be able to offer this again in the future.

LOGOS

We had a Family Night at Ridgewood ty

We host a special holiday Breakfast for Families in the Community. Volunteers needed to help with the following:

Serve Breakfast to the Families – 9:30am – 11:00am

Help youth complete holiday crafts – 10:30am – 2:00pm

For more information and questions please email karabanovsk@parmaci-tyschools



RESOLVING CONFLICTS IN FAMILIES

It is normal to disagree with each other from time to time, and that is certainly true during the holiday season. Occasional conflict is part of family life. However, on-going conflict can be stressful and damaging to relationships. Richard Bonday, M. Ed. will share strategies for managing conflict when it arises in a special pro-

A GOLDEN ANNIVERSARY

The Cleveland Metroparks Chalet, in the Mill Stream Run Reservation in Strongsville will celebrate its 50th anniversary from Noon until 10:30 p.m. Saturday, December 9. Help the Metroparks celebrate by paying a visit!

EVERYBODY INTO THE POOL

An Open Swim session will be held from 7-9 p.m. every Tuesday in December except the day after Christmas (Tuesday, December 26) at Valley Forge High School, 9999 Independence Boulevard, Parma Heights. The open swim is free. You must be a Parma Heights resident (with proof of resi-

You can read the rest of this article online at: parmaobserver.com

INSPIRATION

I Believe

by Daniel Taddeo

All of us have good in us, just as we all have bad. All will experience anger, despair, and hurt. As we think in our heart, so are we. As we feed our minds with positive thoughts, the negative ones will be displaced. Becoming a better person is loving and being loved. Before we can truly live in the present, we must let go of the past.

Getting satisfaction from giving to others is a Biblical concept. God values each one of us as equal. Healthy living means keeping an eye on the future. Helping others enhances our feelings of self-worth. It is better to talk less and love more. It is much easier to blame than to face up to our responsibilities. It is not always what happens to us that can be so devastating, but how we view it.

Life is a gift, not a right, and our attitude should be one of thankfulness. Love is an event at which we give ourselves to other....No love is pure, so we all have to love in the midst of our own

Captured In Print

by Lizabeth Braskie

When you see a beautiful landscape or a laughing child, maybe a sailboat on the lake, do you wish your eyes could print a copy so the image could be shared and remembered? Talented photographers take these types of pictures, but in most fields of visual expertise, there are certain necessary components of photography that some of us don't comprehend. These rules are responsible for the breathtaking memories of an awesome sunset, waves crashing on the shore, a close-up of an owl, a complex cityscape and many other subjects that flood our senses.

I had an opportunity to hear an expert explain how she planned the gorgeous photographs she had hanging on the wall. I could feel her compassion while I listened to her describe not only the family portraits but the encompassing scenery shots as well. Aside from her being a friendly and jovial jokester, she described how she gets these terrific photos. She is fantastic and her name is Becca

Patience, a keen eye and preliminary planning are just a few of the necessary components for memorable photos. If her appointment is for pictures in a park, Becca will get there early, checking out several areas for maximum benefits of her shoot. Background, shadows, sunshine, camera angles and various other areas are frailties and those of others. No one is an island. People do not change by being put down; they change by being lifted up. The good life is enhanced with the love, support, and affirmation of others. The right meditation will pave the way for a new life.The terrible result of being enslaved to sin is that it will destroy us.

Two things that help everybody are love and forgiveness. Until we feel good about ourselves, it is almost impossible to encourage others.When we decide to follow Biblical principles, the change will be gradual. When we see ourselves as we "really" are, we tend to be more tolerant of others.Without love, everyone is worse off. You must accentuate the positive, eliminate the negative, and do not mess with "Mr. In-Between."

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?

analyzed for choosing a location that

promises maximum results. Her sea-

soned history will decide the areas

that are best for the planned selec-

tion of shots. Her personal creativity

might include a background of a water-

fall, a perfect moment when sunlight

enhances the towering, breathtaking

cliffs, or maybe the nearby ripples in

the lake that would give her photo a

comfortable wrap of serenity. If Becca has requests for indoor snapshots, her

inventive flair will enhance the sub-

ject matter and visual support when

needed. Her helpful attitude allows her

clients' specific request and suggestions

ative nature of a desired hobby, Becca

explores multi avenues of total expres-

sion. Photography carries a passion that is fed by time, desire, place, skill,

subject matter and various equipment.

It's a satisfying endeavor that has made

a positive impact and personal com-

mitment to our awesome photographer who exudes artistic results. Cleveland

In order to promote the cre-

to blend into a desired conclusion.

Faith Community Directory

Christ the Saviour American Orthodox Church

10000 State Road N. Royalton, OH 440-237-9196

All Faiths Pantry

P.O. Box 34239 Parma, OH 44134 216-496-4329 allfaithspantry.org

Bethlehem Lutheran Church

7500 State Rd. Parma, OH 440-845-2230 www.BethlehemLutheranChurchParma.com

Divinity Lutheran Church

11877 Blossom Ave. Parma Hts., OH 44130, 440-845-2060 www.divinitylutheran.com

The Islamic Center of Cleveland

6055 W. 130th St. Parma, OH 44130 216-362-0786 www.iccleveland.org

Ridgewood United Methodist Church

6330 Ridge Rd. Parma, OH 44129 440-885-1360 www.rumc-parma.com

St. Bridget's of Kildare Church

5620 Hauserman Rd. Parma, OH 44130 440-886-4434 www.Stbridgetparma.com

Holy Family Catholic Church

7367 York Rd. Parma, OH 44130 440-842-5533 www,holyfamparma.org

Parma Christian Church

7000 Ridge Rd., Parma, Ohio 44129, 440-842-1614 www.parmachristianchurch.org

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and surrounding areas have benefited from the noteworthy online and camera photos she has taken. It's not only a photograph of a certain time, place or person that will be a reminder of a particular happening. It is much more than that. It's a memory of a moment that will forever be captured in print by our favorite photographer, Becca.



A Very Merry Christmas E Happy New Year ALLAN J. DIVIS **PARMA COUNCILMAN WARD 5**



NEIGHBORHOODS

News You Can Use (Or Where To Find It)

by Gene Lovasy

Some FYI's from Parma City Schools....

• Focus on the Future – The group met again at 6:30 pm on November 16th in the Parma Sr. H.S. Cafeteria. To get a more personal appreciation for the state of our buildings a tour of the District's oldest school. Thoreau Park, was included as part of the agenda. The tour generated considerable discussion as did a review of current finances and the steps planned for subsequent meetings that will define our strategy for the future. Go here for meeting details: https://tinyurl.com/ycv4ffqx .The next meeting has been scheduled for January 10th. Go here for www. parmacityschools.org/future for more information about this planning initiative.

• Holiday Giving Tree – We are looking for Community Elves to "adopt" a child for the Holidays. A community "Elf" will be assigned a specific child and be given a wish list for items to purchase for the child. Call 440.887.4865 with questions.

• Stuff a Bus – In partnership with the PCSD Transportation Department we will be hosting our Annual Stuff A Bus Event on Saturday, December 2nd from 9:00am -1:00pm. We will have a bus parked at the Transportation Garage - 7600 Day Drive. Please join us and drop off an unwrapped toy, youth clothing, or monetary donation.

From the Parma Area Family Collab....

• The Collab has a whole slew of holiday projects currently in the works for which they could use some help. If you're interested in volunteering this holiday season, the Collab's the perfect place & now's the perfect time to give the Collab a call at 440.887.4873.

• A new Parenting Partners class will be starting up beginning January 9th & run through February 27, 2018. Classes are every Tuesday morning from 10:00 am to noon; childcare is provided & refreshments are served. Cost for the entire program is just \$20. For information or to register, visit their web site or call 440.887.4873.

• The Collab's next Mobile Food Pantry will be Thursday, December 14th. During the afternoon distribution UH/Parma Medical Center, Community Health Nurses will be offering FREE blood pressure screenings and a representative from the Parma Health Ministry will be available to help folks apply for prescription assistance.

• Visit the Collab's web site at http://familycollaborative.com/ for additional details on services offered and volunteer opportunities. While there, make your voice heard & click on links to either or both the PAFC Satisfaction or Neighborhood surveys. • From the Ohio Dept of Education....With the holidays upon us, please be aware that our children are watching and learning from our choices surrounding alcohol. Teach them, by way of action, that adults can make the choice to have an alcoholic drink, yet still behave safely and responsibly. Read more here: https:// tinyurl.com/ydht2tyc.

• Go here: https://tinyurl.com/ y8ymehva for more information re teen substance abuse. Topics covered include....How do they get their drugs, some more about where they hide 'em and tips on monitoring their activities for substance abuse. It's good information, worth the visit.

• From the Ohio Dept of Mental

Health & Addiction Services....The Department has entered into a contract with the national Crisis Text Line to provide Ohioans with this state-specific keyword of "4hope" to access its free, confidential service available 24/7 via text on mobile devices. Text the keyword "4hope" to 741741 and expect a reply from a trained Crisis Counselor within five minutes. The message is confidential, anonymous and secure. Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier.

You can read the rest of this article online at: parmaobserver.com

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PERSPECTIVE

Protest – As American As Apple Pie

by Lee Kamps

In December of 1773 a group of Bostonians, upset about the British imposing a higher tax on tea and fueled by whisky and beer dressed as native Americans and boarded several ships in Boston Harbor that were bringing tea to Boston. They then dumped the tea into Boston Harbor in protest of the tea tax in what became known as the Boston Tea Party.

Of course, the British saw the Boston Tea Party differently. They saw it as vandalism and perhaps insurrection. In response the British government over reacted and imposed a blockade of Boston harbor, effectively strangling the economy of Massachusetts. In addition, the British sent in more troops to maintain order and punish those who dumped the tea into Boston Harbor. These "Intolerable Acts" helped



inflame passions and led to the revolution that began in 1775. Instead of over reacting, had the British responded to the underlying grievance of the colonists, many who thought that those who dumped the tea into Boston harbor were a bunch of drunken hooligans; perhaps the course of history might have been different.

But what went unnoticed by so many was a much quieter and far more effective protest against the tax on tea. That protest was that Americans began drinking a new beverage called coffee which was being imported from plantations in the Caribbean and processed in the colonies. After the Intolerable Acts were imposed by Great Britain on Massachusetts, drinking tea was unpatriotic so Americans began drinking coffee. Now, 244 years after the Boston tea party, Americans are still coffee drinkers more than tea drinkers.

In December 1955, a tired seamstress in Montgomery Alabama refused to give up her seat on a bus to a white man, as was the law and custom in the south. Rosa Parks was arrested and thrown in jail for her act of insubordination. Her act caught the attention of a young preacher in who organized a boycott and protest of the bus service in Montgomery. That young preacher, Martin Luther King Jr. was thrust on to the national stage as a spokesman for the cause of civil rights. His house was fire bombed by the KKK, but he persisted despite attempts to silence him. That protest by African Americans against the Montgomery Transit Company almost drove the company bankrupt and a year later, the transit company settled and the Jim Crow system in the south began to crack.



In 1967, I was a college student at Kent State University and an Air Force ROTC cadet when students began protesting a war in Vietnam. At first, the protests were nothing more than silent vigils outside the student union for peace in Vietnam. The protesters were called "communists" and cowards. They were heckled and garbage was thrown at them. But as the war dragged on with no end in sight and more Americans were being killed fighting an enemy we didn't understand; more people began protesting the war in Vietnam.

Fast forward to the 21st century and when a few NFL players decide to protest police shootings of unarmed black men by kneeling silently during the playing of the national anthem before the game. Some people act like it is an act of insurrection, just as the British did 244 years ago when colonists dumped tea in the Boston harbor. Even the President called for those athletes to be fired and one NFL owner threatened to bench any players who "took a knee" during the national anthem.

Good Intentions Gone Awry

by Corbin Luna

Sometimes liberals have good intentions. At least that's what I tell myself. But they screw it up in the end and then argue to the death that they saved all us little people from ourselves. For example, they decided we needed "comprehensive health care reform" so they gave us the ACA and now they keep arguing how great it is because fewer people are uninsured. But the ACA did not reform healthcare. It made it easier for a minuscule percentage of the population to buy health insurance and penalized everyone else. But having insurance and getting healthcare are two different things and having insurance does not mean you can get healthcare. Just one obvious example is all the people who were required to buy insurance under the ACA but can't use it because they can't afford the deductibles.

Now Bernie Sanders has introduced a single-payer bill. Strike two. Single-payer only makes the problem worse. For one thing, the cost would be astronomical, a minor point which is seldom considered by liberals until it is too late and we're stuck with the bill. After years of trying, California passed single-payer earlier this year. According to the LA Times, 65% of voters were in favor of it. Then the cost was revealed, which would more than double the budget of the state with the highest state income tax and the 65% in favor changed to 80% against and it was dropped just like it was dropped in Sanders' home state. But liberal states like California are rooting for Sanders. Like all good socialists they believe someone else should pay for what they want. Why else would they be in favor of something they already discarded due to cost unless they thought tax money from other states would offBut such actions are having the opposite effect. Instead of addressing the underlying issue of the protest, the President and some NFL owners are fanning the flames of protest. But peaceful protest is protected in the constitution. Even protesting by burning the American flag has been ruled as protected free speech by the Supreme Court.

This country was literally founded on protests. Progress has been made because a few brave people decided to protest injustice, unfair taxation or a senseless war. We should realize that living in a nation where freedom of speech and expression is enshrined in our constitution may sometimes make us uncomfortable. But that is the price of freedom and progress. As Martin Luther King Jr. once said "the arc of history eventually bends toward justice". The President as well as those who are saying that the protesting athletes should be benched or fired are the ones who are "anti-American" and on the wrong side of history.

set their cost? And all that money does little more than pay for a giant quasi-insurance company run by the government. It still does not address healthcare.

When I was young, my family could not afford health insurance and Medicare and Medicaid did not exist. Yet we got the healthcare we needed because it was affordable. Today it is not and that's the problem. Of the top thirty-five developed nations, healthcare cost per person in the U.S. is far greater than any other country and close to three times the average of the other thirty-four countries. A doctor summed up the problem in an NBC interview: "We have crappy outcomes for a huge price tag. We do all kinds of stuff that doesn't really work that's expensive. We are wasting a ton of money and probably not helping people." Sanders attempted to use cost to justify single-payer by saying we will spend \$49 trillion over the next ten years if something isn't done. But single-payer doesn't address the cost. It just addresses who sends the check.

Medicare rates are set by a panel of doctors appointed by the AMA. Insurance companies negotiate rates with healthcare providers. Neither seems to get it right. The rates are all over the place and healthcare providers always overbill anyway. For example, according to the Huff-Post, a woman was billed \$135,000 by a hospital. Per an agreement, her insurance paid \$45,000. But the average price the hospital was paid for that procedure was \$37,000. According to CNN, an echocardiogram costs \$1,714 in Massachusetts, \$5,435 in New Jersey and less than \$100 in Japan. In some cases, insurance companies pay more than Medicare. In some cases, Medicare pays more than



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IMPRESSIONS

Robert Oravec Honored With Second Order Of The Towman Award

by Kristyn Oravec

This year will be Robert Oravec's 40th year working at Sirl's Automotive. However, that is not the only achievement that he has had this year. On Saturday, November 18th, Robert was awarded his second Order of the Towman award in Baltimore, Maryland. He was pinned by his daughter, Kristyn Oravec, who was there alongside her mother, Laura Oravec, and close friend, Paige Clark, to witness the momentous occasion. Since Robert already was sworn into the Order of the Towman once, he is considered to be a captain of the order and helps swear in new honorees who are getting their first award.

The Order of the Towman award is one of the highest honors that a Towman can achieve in their career. They are sworn into the order at the American Towman convention and have to take an oath to continue to protect motors and continue to serve their community. Individuals are awarded this prestigious award because the Police or Fire chief nominated them for this award. Gaining an induction into the Order of the Towman is an amazing honor and signifies that these individuals are a step above the rest.

Robert is hard working and extremely dedicated to his job, often putting the needs of others above himself. He is the Towing Manager at Sirl's Automotive, so he oversees the towing division, but he also goes on calls with the rest of his crew. He has often had to miss out on family functions because he was called out to help a disabled motorist and he doesn't have a typical nine to five job. He goes into work in the morning, but the job comes home with him as well. His wife, Laura, will



Kristyn & Robert

dispatch calls from home after they left the office, and if one of his drivers needs back up with a call, the two of them go out and assist their workers no matter what time of the night it is.

Dedication to the job is something that Robert exemplifies, and he truly does have the passion and drive for his line of work. While this job is often thankless and very demanding because the hours aren't set like other individuals jobs, he wouldn't trade his job for the world. He likes knowing that every call he goes out on he is able to assist someone in need and does his duty proudly without complaint. Robert had an amazing year that was filled with an abundance of achievements, and as we roll into the next year, his same drive and dedication will continue to push him to be an amazing towman and continue to help people who truly need his assistance.





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AREA WIDE EVENTS

Parma Heights Kicks Off Holiday Season With Tree Lighting Ceremony

by Rick Haase

The city officially kicked off the 2017 Holiday season on Sunday, November 26 by lighting the official Parma Heights Christmas tree. Festivities began at 5 p.m. in the city gazebo in the Greebrier Commons complex. Mayor Michael P. Byrne hosted the event, which drew more than 100 residents and families to the heart of Parma Heights. Fourth grade music students from Parma Park Elementary School, under the direction of Pamela Owens, peformed two musical selections. Students from Holy Name and Padua Franciscan High Schools led attendees in a series of three holiday carols: Silent Night, Jingle Bells, and Angels We Have Heard on High. That was followed by a visit from Santa Claus himself, who arrived in a Parma Heights police car with lights flashing.

All in attendance enjoyed complimentary hot chocolate provided by the Vineyard Cleveland Church on York



Santa Claus spoke personally with each child in attendance, adding to his long list of presents to be delivered for the impending holiday.

Road in Parma Heights. After that, it was time for the children of Parma Heights to share with Santa what they would like to receive for Christmas. Each child received a holiday goodie bag to take home after the event.



Bud Linder of Yurch Funeral Home dropped off an Operation Toy Soldier barrel to Parma City Hall. We are proud to be a drop-off point for Operation Toy Solider, which supplies toys at Christmas for the children of active and non-active duty military members of our community. The barrel will be in the lobby of Parma City Hall until Dec. 20 - if you'd like to help, please drop off unwrapped toys for gifts by then. We thank you in advance for your generosity. For more information about Operation Toy Soldier, visit www.OperationToySoldier.com.

PSO To Present 2 Different Holiday Concerts

by Joe Germana

Music Director Randolph P Laycock presents Parma Symphony Orchestra performing two very different concerts this December. On Sunday, December 3 features: Alexander Wasserman performing: Piano Concerto No. 3 by Rachmaninoff. Also on the programs is Adagio from Spartacus by Khachatarian, Spanish Dances by Moszkowski and a collection of Holiday Favorites. General admission for the December 3rd concert is \$10 for adults and \$5 for students and senior citizens. Family passes of \$20 are available for families of up to 2 adults and their children. All tickets are available at the door beginning at 2:30 PM.

On Sunday, December 17 Music Director Dr. Randolph P. Laycock presents Parma Symphony Orchestra with Tomáseen Foley's Troupe: A Celtic Christmas an authentic remembrance of a way of life and of a night before Christmas at a remote farmhouse in the west of Ireland in the 1940s and 50s - the days before the motor car, the television and the telephone. On stage, the spirit of Christmas dances to life when the neighbors gather at each other's homes to grace the wintry night with traditional Irish Christmas carols, to raise the rafters with the joy of their music and to knock sparks off the flagstone floor with traditional dances, and, most of all, to fill the night with the laughter of their stories.







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PARMA ART SCENE



Cast members of the Cassidy Theatre production of Nuncrackers: The Nunsense Musical, with Direction/Musical Direction by Michael Caraffi.

Cassidy Theatre Presents Nuncrackers: The Nunsense Musical

by Rick Haase

The Cassidy Theatre will present Nuncrackers: The Nunsense Musical, December 1-17, 2017, with book, music and lyrics by Dan Goggin. The production is both directed and musically directed by Michael Caraffi. Choreography is by Melanie Leibold.

Cast members include:

Jayne Kacik – Mary Regina, Mother Superior Amanda Magpo --Mary Hubert Susan Didino -- Robert Anne

Kim Mihalik – Mary Paul (Amnesia) Jordan Fleming – Mary Leo Victor Di Angelo – Father Virgil

Abby Schad – Louise Rachel Farage – Maria Juliana Campos – Joanne Jay Papesh – Billy Mika King – Elizabeth Jena Gross – Mary Eugene (Novice) Alyssa Giroski – Mary Rita (Novice)

Jordan Fleming – Brother Jordan

In the production, the Reverend Mother has built a Public-access television studio in the basement of the convent in order to film a holiday television special. The audience gets a behind-the-scenes look as everyone's favorite nuns, Father Virgil, and four of Mount Saint Helen's most talented students as they prepare for the including Twelve Days Prior to Christmas, Santa Ain't Comin' to Our House, and We Three Kings of Orient Are Us. The show culminates in a wild spoof of Tchaikovsky's classic ballet.

The Cassidy Theatre was founded in 1974 with the mission to enrich the multicultural life of the Greater Cleveland area by providing a diverse theatre arts program that entertains, informs and educates. Now in its 41st season, Cassidy is proud to remain steadfast in this mission and continue the tradition of excellence in bringing quality productions, performances and special events to the Northeast Ohio community.

From classic dramas and slapstick comedies to modern Broadway musicals and whimsical family fare, The Cassidy Theatre offers exceptional entertainment and artistic opportunities to the diverse and multigenerational audiences in the area.

"The mission of Cassidy Theatre is to enrich the multicultural life of the Greater Cleveland area by providing a diverse theatre arts program that entertains, informs and educates."

The Cassidy Theatre is sponsored in part by the residents of Cuyahoga County through a grant from Cuyahoga Arts and Culture.

Cassidy Youth Theatre Presents Pinocchio

by Rick Haase

The Cassidy Youth Theatre will present Pinocchio with performances at 11 a.m. and 2 p.m. Saturdays, December 9 and 16, 2017.

Written by Diana Kullgren and Directed by Alyssa Herbell, the production features the following cast members:

Gepetto – Matthew Piatak Pinocchio – Christian Valdez Jennifer Cricket – Michaela Fischer

Master Cherry – Nathan Niedzwiecki Blue Princess – Katie Steim Rosina, a widow – Paige Bradford

Maria (Rosina's Daughter) – Samantha Mash Teresa (Rosina's Daughter) – Frances Pawuk

Marietta (puppet) – Erin Dineen Pierretta (puppet) – Elise Miller Honest John, a fox – Aidan Glass

Dodo, a cat – Joanne Norman Policewoman – Hailey Peterseim Baker's Wife – Brianna Koenig

Mayor's Wife – Myaliah Rojas Gina, Townsperson – Grace Wallace Della, Townsperson – Kaiden Bruno

Angelina, Tonsperson – Samantha Bania Antonia, Townsperson – Cheyenne Hamm

Bella, Townsperson – Alisia Ortiz BAD KIDS

Lampwick – Amanda Nehoda Spike – Sienna Torres Leah – Gianna Colagiovanni Carla – Brianna Koenig

Dominica – Allison Salvo Donkey – Kaiden Bruno

TEACHER AND FISH

Teacher – Jessica Savchuk Deanie the Sardine – Sienna Hamm Jelly the Jellyfish – Sophie Turkson

Angie the Angelfish – Kaylee Perez Sunny the Sunfish – Payton Merlino Starry the Starfish – Julia Ziel

Goldie the Goldfish – Chloe Court Tiny the Shrimp – Cortlynn Cyrus

Pinocchio is the classic tale of a puppet brought to life by magic. An old wood-carver named Geppetto receives a piece of wood to build a chair for the

Good Intentions Gone Awry

continued from page 8



Mayor. However, when he starts to carve it, the wood speaks and says it wants to be a puppet! Geppetto carves the wood into a puppet and names it Pinocchio. Brought to life by the Blue Princess, a puppet without strings has a lot to learn. Can Pinocchio learn to be good and finally become a real boy?

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a bigger emergency than a life threatening illness? My preference would be a "most favored nation" law that says healthcare providers cannot charge anyone more than the lowest price they charge anyone else. With that and a couple more equally simple laws, healthcare would take care of itself and the government could get out of the healthcare business and stop punishing us for their incompetence. But don't hold your breath. For anything reasonable to happen, liberals would have to admit that the ACA is not the answer. Fat chance. Besides, the AMA has one of the most powerful lobbies in Washington, closely followed by the AHA and some other healthcare associations. And their goal is to keep those rates as high as possible.

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insurance companies. In some cases, both Medicare and insurance companies are paying more than rates set by the healthcare providers themselves. For example, the LA Times reported that a hospital had a set price of \$1,054 for a CT scan. Per a "negotiated" agreement a woman's insurance paid \$2,336 for that CT scan.

Democrats and Republicans can argue the merits of their various plans forever but it's all meaningless until something is done about healthcare cost. The good news is there are lots of things that could be done. For example, rates could be set by law for providers. Personally, I'd hate to see that but we do have laws against price gouging during emergencies. What's



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