

“I’d rather regret the things I’ve done than regret the things I haven’t done.”- Lucille Ball

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Volume 10 • Issue 1 • January, 2018

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Parma: A Year In Review

by Jeannie Roberts

Just before Christmas, Parma Mayor Tim DeGeeter was searching for last-minute stocking stuffers at The Shoppes at Parma. A woman who knew the mayor approached him near the front entrance of Fast Eddie’s, where he was picking up gift certificates. “I just want you to know mayor – I’m doing all my shopping in Parma this year,” she said. DeGeeter smiled and thanked her. When at restaurants, or grocery stores, or other places, residents who recognize DeGeeter usually come up to him. “It’s a good way to take the pulse of the community,” he said. “People aren’t shy



about expressing their opinions. I hear about issues they’re having in their neighborhoods, or listening as they express their frustrations. But I’m hearing more often than not

about the pride people have in our city and the progress we’re making in Parma.”

In 2017, several trends point to a positive outlook for Parma, said Erik Tollerup, the city’s Economic & Community Development Director. “Parma showed continued economic growth in our industrial and manufacturing sectors,” Tollerup said. “Housing values also are rebounding from the recession. For example, values went from \$85,000 in 2015 to a year-to-date average of \$110,839 in 2017.” Those upward trends also are reflected in a better than expected end-of-the-year financial outlook for the city – income tax receipts are expected to be \$500,000 above projections. DeGeeter said those are positive indicators for Parma, but city officials remain focused on keeping down spending while also carefully monitoring month-to-month income tax trends. “Since I can remember, there hasn’t been a budget that wasn’t challenging in this city – whether coping with the impact of the recession, or facing the effects of deep state cuts that continue to this day,” DeGeeter said. “That’s why all of us in the city are focused on keeping and attracting jobs and businesses here as well as maintaining our housing stock – each of those things help create a tax base that allows us to provide services to the people we represent.”

For example, the city is working with the Parma Wellness Center (PWC), which plans to build a \$10-million facility to grow and process

PACT Youth Program In Full Swing In Parma Heights

by Rick Haase

Patrolman Jack Darnell and his colleagues in the Parma Heights Police Department are hoping a new community policing program will have a long-lasting positive impact in the community. After a Police and Citizens Together (PACT) town hall meeting November 15, the PACT Youth Program Kick-off event took place December 27 at the Cassidy Theatre. The December event was a holiday party for youth, and thereafter will be followed by twice-a-month meetings designed to tackle different important community issues – things like bullying, drug and alcohol use, truancy, goal-setting and character development. One of the two monthly meetings will be a recreational activity to promote fun for youth, and the second will focus on a particular issue. Topics to be discussed with youth will be selected by a “collaboration board,” made up of hand-selected community leaders, business owners, educators and police officers, Darnell said. Parma Heights Mayor Michael P. Byrne is among the members of that board.

“The goal of the program is to open the lines of communication between us (as



Parma Heights Police Department Patrolman Jack Darnell.

law enforcement officers) and the young people in the community. “It’s our attempt to reach out to them and establish an on-going dialogue,” Darnell said. Currently, there are nine Parma Heights officers involved in the program, and they have already begun their community outreach efforts by going door-to-door, knocking on doors, and getting to know the residents in the community on a more personal level.

Officers involved in the program do so via established geographic zones in the four corners of the city. They include:

Zone 1 - Patrolman Brian Hansen

Zone 2 - Patrolman John Vinkler and Patrolman Andrew Fischer

continued on page 5



medical marijuana on a vacant parcel along Corporate Drive. The payroll is expected to be between \$1 million to \$2 million when the facility becomes operational, PWC officials said. The state set a start date in September 2018 for Ohio’s medical marijuana program to be fully functional. Already, the state awarded PWC a provisional cultivator’s license. The business also applied for a processing license in December, although the state has yet to award those provisional licenses, nor those for dispensing medical marijuana.

Along with PWC, the city has worked with Great Lakes Medicinal and North Coast Therapeutics on their

proposed medical marijuana facility. Those entities applied for licenses to process and dispense medical marijuana at 5341 Pearl Road, a former bank building. Additionally, two of the main principals in Great Lakes Medicinal and North Coast Therapeutics also are affiliated with Bearing Technologies – a bearing manufacturing company planning to move part of its operations to Parma when its lease expires at another facility in 2018. The move will mean an additional 50 jobs. “Economic development is critical for Parma’s future health,” DeGeeter said. “It’s a priority for my administration, City Council, and our elected citywide officials.” Keeping the city’s neighborhoods is another major priority. And, in 2017, those efforts yielded national recognition for Parma as one of the

continued on page 4

MetroHealth Opens Hospital In Parma



by Tina Arundel

Being Close Matters. MetroHealth has reimagined the hospital experience by opening two new hospitals in Parma and Cleveland Heights. The Parma facility is located at 12301 Snow Road and will open to patients on January 3.

These hospitals are designed for the best experience possible for the patient. That means:

- new, private, airy rooms
- the most comfortable hospital beds available
- on-demand ordering for restaurant-style meals
- space for visitors
- a resting chair for over-

night visitors

- interactive television
- window blinds controlled from the patient’s bed
- cozy bathrobes
- aromatherapy
- free parking for visitors

That’s right, the new hospitals offer MetroHealth’s expert care in an attractive, healing environment. “Most people want to receive exceptional medical care close to home,” says Bernard Boulanger, MD, MetroHealth’s executive vice president and chief clinical officer. “That’s part of why we’ve opened these hospitals. Patients will be able

continued on page 2

COMMUNITY NEWS

The President’s Corner

by Sean Brennan

My father died of at the young age of 54, then his brother at 48. Both lived sedentary lifestyles and did not eat well. In late 2007, I had my annual physical and was told by my doctor that, because I was also relatively sedentary and overweight for my body type, he could not make me any guarantees that I would outlive them, if I continued on this trajectory. Needless to say, this put the fear of God in me and on January 1, 2008, I made the only New Year’s resolution that I have ever kept, as far as I recall. I decided to change my lifestyle.

I soon joined a gym and in the first few months lost 40 pounds, which I have kept off to this day. I changed my diet and began exercising regularly. I found myself spending more and more time on the treadmill and met several runners who invited me to join them on their regular runs. Before you know it, I ran my first 5k and fell in love with running. The rest is history. Since then I have run a slew of 5ks, 10ks, half marathons and 67 full (26.2 miles) and ultra-marathons. I literally have an



Sean Brennan,
Parma City Council President

addiction to running.

As we embark on a new year, I want to encourage anyone who was like me to change your lifestyle, as well. I am proof that it can be done. I am the first to admit that it is not easy and that it takes a lot of will power. However, the positive feelings that being in shape brings are so worth it. I am not saying you have to become a marathon runner, but, who knows. I would have never guessed I

MetroHealth Opens Hospital In Parma

continued from page 1

to stay in their community and receive the care they need.”

These new hospitals are ideal for medical issues that require hospitalization and around-the-clock care, but not necessarily all the features offered for critical care, like trauma services or intensive care. These new hospitals also are not birthing centers. Deliveries will still be at MetroHealth’s main campus.

Questions about our new hospitals:

Q: What kinds of conditions can I receive care for at these hospitals?

A: These sites are fully equipped to treat a wide range of adult conditions that require a hospital stay, including but not limited to pneumonia, asthma, chronic obstructive pulmonary disease (COPD), diabetes, mild problems with congestive heart failure, and dehydration, which can be caused by the flu and other illnesses. Trauma and the most critical illnesses will still be treated at MetroHealth Medical Center.

Q: What services are available at these hospitals?

A: Both of these MetroHealth locations also feature an emergency department, lab and radiology services as well as pharmacy and physical therapy. They have primary care medical offices and specialty care outpatient clinics, which include cardiology, neurology, cancer and infusion services, physical medicine and rehabilitation and orthopaedics. MetroHealth Parma also offers outpatient surgery.

Q: Will I still be able to access the same outpatient services that are currently available at the MetroHealth Parma and Cleveland Heights locations?

A: Yes, these locations will still offer the same primary and specialty outpatient services. The hospitals are an additional service.

Q: What kind of interaction will I have with my doctors and nurses?

A: Your doctors and nurses will be able to spend the time they need with you to deliver personalized care. They will work together with you to coordinate all the care you need in the hospital and will help you transition to any outpatient or at-home care you may require.

Q: How many private rooms are at these hospitals?

A: Parma has 16 private rooms and Cleveland Heights has 12.

Q: These hospitals sound really nice. Will this be a costlier place to receive care?

A: No. Although every hospital stay is different, in general, these new hospitals will be billed at a rate comparable to that of MetroHealth Medical Center’s main campus.

To find out more about our new hospitals, visit metrohealth.org/cleveland-heights or metrohealth.org/parma.



would run one, let alone several of them! You may have a latent running talent, as well. By the way, if running is not a possibility, walking is great, as well.

One of the beauties of walking and running is that you do not have to spend a fortune or travel. All you need is a good pair of shoes, and you can walk right out of your door. It is also easy to get started. However, as all exercise gurus will tell you, talk to your doctor before you start.

Before you begin any new endeavor, it is also smart to set a goal. May I suggest signing up for your first 5k (3.1 mile) – the Parma Run-Walk for Pierogies, which will take place on Saturday, June 30, at CCC-West. As a beginning walker or runner, this might seem like a long distance, but, before you know it, you will be surprised at how common this distance will become. You will also be surprised with how quickly the pounds will begin melting off, if you pair your exercise with healthy eating habits.

I would also suggest trying to find a partner to join you on your new endeavor. I can attest that having someone else join you on the journey keeps you honest, as far as eating and keeping up your exercise routine. It is easy to talk yourself out of a run or walk on those cold, rainy, windy days. However, this is where positive peer pressure can play an important role in keeping you motivated.

To begin your new walking/running regimen, do not go out and walk or run several miles. Start small and work your way up. I have seen many people injure themselves thinking they can make up for lost time by running or walking a bunch of miles up front. There are many training plans online and many great books available on how to train for your first 5k. Setting a goal of running or walking your first 5k on June 30 gives you plenty of time to get in shape.

Your new walking and running routine will allow you to discover beautiful places in Parma and the region. Make it your goal to visit every one of the Cleveland Metroparks and the many miles of the Ohio and Erie Canal towpath. You will be surprised by the many spectacular trails we have in our backyard, filled with history, incredible scenery, and animal life. My favorites are the West Creek Reservation and Big Creek Parkway right here in Parma, as well as the towpath between Valley View and Peninsula, the Hinckley Reservation, and the Rocky River Reservation.

To sign up for the Parma Run-Walk for Pierogies visit hermes.cleveland.com/roadracing/events/runfortheperogies. You can also call me at 440-885-8091 or e-mail me at perogie5k@gmail.com for

entry forms. For your entry fee of \$25, you can either run or walk the full 5k or walk the 1-mile course. You also receive our signature t-shirt, as well as post-race drinks and snacks, including pierogies courtesy of Parma’s own Perla’s Pierogies. If this article was your inspiration, be sure to tell me that on the day of the event for a special gift. Best wishes for a healthy and happy 2018!



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Parma, Ohio 44129
440.884.7625 •
<http://parmaobserver.com>

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Publisher
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Stefan P. Stefaniuk

Design and Production
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Advertising Sales
440-884-7625

Writers
Tina Arundel
Lizabeth Braskie
Sean Brennan
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John Horton
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HEALTH AND WELLNESS



Tri-C's Women In Transition Program Opens Spring Session Registration At Western Campus

by John Horton

The Women in Transition program at Cuyahoga Community College (Tri-C) will launch a new session at Western Campus on Jan. 16. The free program empowers women in their pursuit of education and professional training. Participants build confidence and self-esteem through classes on personal development, career exploration and financial and computer literacy. The course is designed to assist women in transitional periods of their lives, such as a career change or return to the workforce. The eight-week, noncredit program is free and open to the public.

Classes will be held at Tri-C's Western Campus from 10 a.m. to 2 p.m. Mondays, Tuesdays and Wednesdays from Jan. 16 to March 7. Western Campus is at 11000 Pleasant Valley Road in Parma. Registration is required for the program. To learn more or to enroll, call 216-987-5091.

Women in Transition also runs eight-week sessions at Tri-C's Eastern Campus in Highland Hills, Metropolitan Campus in Cleveland and Corporate College® West in Westlake. For more information, visit www.tri-c.edu/women-in-transition.

A second spring session will be held at all locations beginning the week of March 19.

Tri-C's Women in Transition program has contributed to thousands of personal success stories since holding its first class in 1978. It typically serves about 300 women a year.

PACT Youth Program In Full Swing In Parma Heights

continued from page 1

Zone 3 - Patrolman Stephen Lindh and Patrolman Jack Darnell

Zone 4 - Patrolman Ronald Felkonis, Patrolman Jeffrey Dunnell and Patrolman Eric Taylor.

Sergeants Tanya Czack and Daniel Kravanis do not have assigned zones. They are supervisors for the PACT Unit and assist where needed.

The program will focus on students at Greenbriar Middle School and Valley Forge High School.

In two words, it's all about relationship building.

"I think the program provides police officers a chance to interact with those in the community they serve in a non-enforcement manner... to get together with people in a way that shows officers as the individuals they are. I think it humanizes it for the community," Darnell explained.

continued on page 4

UH Parma Medical Center Achieves Highest Quality Rating



by CJ Sheppard

UH Parma Medical Center earned the highest possible quality rating in the latest scores released on Dec. 20 by the Centers for Medicare & Medicaid Services, the federal agency that administers Medicare. CMS rates hospitals from one to five stars, based on their safety, efficiency and patient experience. UH Parma Medical Center achieved a rating of five stars for 2018.

"This stellar star rating from CMS illustrates that it is a new day at UH Parma," says Peter U. Bergmann, President of UH Parma Medical Center. "We are among the best hospitals in the region because of our high-quality, compassionate care. We are proud of our Five Star CMS rating, which is achieved by a very small percentage of hospitals nationwide."

CMS calculates star ratings based

on 57 quality measures. The overall rating indicates how hospitals fare relative to more than 4,000 hospitals in the United States. The score reflects common conditions, such as heart attack and pneumonia. CMS reviews three years of data on readmission rates and mortality, and one year of data on infection rates, hospital-acquired conditions and timeliness and effectiveness of care.

Become an informed consumer by searching the Hospital Care site at www.medicare.gov/hospitalcompare.

Holiday Lights Recycling Event Planned In Parma Heights

by Rick Haase

The city will host a Holiday Lights recycling event from 9 a.m. to Noon on Saturday, January 6, 2018.

Residents are asked to bring their recyclable holiday lights to the Parma Heights Service Garage, 6184 Pearl Road.

Proof of residency is required.

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OBSERVER

A Toast To 100 Years:

Cleveland Persian Society's Anniversary Cat Show



Kathy Pritchard's Cornish Rex will model Victorian fashion during the Cleveland Persian Society Show.

by Nicole Turk

The ballroom of the Hotel Olmsted was once filled with the 'Ohs' and 'Ahs' of Cleveland's cat lovers. Cleveland Persian Society, CFA's second oldest club,

put on it's very first show within the ballroom's elegant walls in 1918. Fifty of the most purr-fect Persians were on display, much to the delight of both exhibitors and spectators. In the fol-



Kathy Pritchard's Cornish Rex will model Victorian fashion during the Cleveland Persian Society Show.

lowing years, the show moved around visiting the Hotel Statler in 1924, but continued to delight all ages.

The Cleveland Persian Society hopes to re-ignite some of that passion, along with bringing some old fashioned charm, to their 100th anniversary celebration on January 20th and 21st at Barons Bus Arena, 5310 Hauserman Rd, Parma, OH. Not only will there be Persians, flowing with coat, but all

manner of lovely purebred felines to strut their stuff. If beautiful cats weren't enough, there will also be a number of exciting things for all to enjoy, from a display of original show pieces provided by the CFA Museum, to face painting for children, a feline fashion show and a fabulous anniversary cake for all in attendance. The show will begin at 9 A.M. and go until 4 P.M. both days. Don't miss out on a purr-fect party!

Parma: A Year In Review

continued from page 1

safest cities for its population size.

SafeHome ranked Parma the 2nd safest city in Ohio for communities with more than 42,000 residents, while the National Council for Home Safety and Security listed Parma as the 64th safest city in the nation. "It's a true testament to our safety forces and our residents," DeGeeter said. "But we must always be pro-active in our efforts to keep our community safe." To that end, the Parma Police Department added a uniformed bike patrol to promote visibility and community policing and purchased two new drones to aid officers in the field. The department also will roll out body-worn cameras paid for through a \$135,000 federal grant.

Parma also is on the forefront in battling the opioid crisis – a major issues for communities across Ohio and the nation. Since 2015, Parma's first responders have carried and treated overdose victims with Narcan provided by the UH Parma Medical Center. Eight-five percent of those are Parma residents. At this point, police officers and firefighters respond to about five overdoses per week. To help supplement on-going local efforts, Parma received an \$87,500 grant to create a quick response team which will offer counseling to overdose victims and family members identified through a screening process. "We can-

not solve this crisis through arrests and law enforcement action alone," Parma Police Chief Joe Bobak said. "Prevention and treatment are essential in combating an epidemic that is destroying lives and families." Parma also filed a lawsuit against opioid manufacturers and distributors – the third Ohio city to do so – to recoup the city's expenses in fighting the drug crisis. "This epidemic touches all demographics, ages, and zip codes," DeGeeter said. "And it's one of the major challenges of today and tomorrow."

Beyond focusing on economic development and safety, the city also has made the quality of life offered to residents a priority. For instance, Parma's Recreation Department unveiled a new splash pad this past summer at Anthony Zielinski Parma – and it became one of the city's most popular attractions for young children and families. The project in part was funded by a \$225,000 gift to the city. "It was one of the most exciting projects I've been involved over the nearly 30 years that I've worked in the recreation department," Recreation Director Mickey Vittardi said. "We're always trying to teak and add attractions to help make Parma an even more popular destination for families."

In 2017, the city also built in Michael A. Reis Park two outdoor roller hockey courts and completed in James Day Park the All Kids Playground

PACT Youth Program In Full Swing In Parma Heights

continued from page 3

How did all this get started?

Darnell applied for – and received – a \$25,000 Ohio Office of Criminal Justice Systems community policing grant, which provides funds for man-hours, events and supplies, after the grant was brought to his attention by his colleague Sergeant Czack.

"There's a handful of us that are passionate about community policing. When Sargeant Czack brought it to my attention, we thought this (grant) opportunity looked like a great way to get the ball rolling" Darnell said.

The grant runs through June 2018, and Darnell said there is an opportunity to re-submit for additional funding, "if what we attempt gets accomplished."

Darnell, who has been with the Parma Heights Police Department for six years, thinks it can be a catalyst.

"I hope the program helps

change the culture of the community as a whole," he said. "We're not responding to what we feel is a hostile community, or a community that does not have a positive outlook about us."

He wants people to understand that the program at its core is an opportunity for a personalized experience with your local law enforcement officers. It allows for more consistent communication, and for officers to have a more personal impact on the people they are serving.

Darnell's father, a retired Parma Heights Police Officer, began similar efforts years ago.

"My Dad worked as a D.A.R.E. (Drug Abuse Resistance Education Program) officer. "Through that, he saw the need for some mentoring, some role modeling, and the need to do things in a different way. He took it upon himself to get to know the people in his community on their level."

Darnell said that Parma Heights officers are eager to be a part of their community through their work.

"My favorite part of the job is interacting with people," he said. "Sometimes I feel we're able to bring a sense of order and calm to an unstable situation. We're able to leave it better than we found it. I love the variety of people we deal with. I like not knowing what the next person's going to need from me, but (nonetheless) having a positive impact."

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EDUCATION

ASSET CORNER

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

Asset Corner #97

by Gene Lovasy

SHOW KIDS YOU CARE: ADMIT WHEN YOU MAKE A MISTAKE. January's Asset Category: Positive Identity Help young people bring out their best. The way people feel about themselves can fluctuate with

circumstances. Depending on what's happening, you may feel confident or unsure, optimistic or pessimistic, in control or not in control. What's important is what a person's identity is like most of the time. People who have a strong, positive sense of self maintain

these qualities even when difficulties arise. They continue to be hopeful and optimistic, and believe they can make a difference. This column's focus will be on.....Asset #38 - Self-Esteem

Where does high self-esteem come from?

High self-esteem doesn't necessarily come naturally. Adults, by the way they act and interact, teach young people to believe in themselves and like themselves. Telling and showing young people that they love and accept them for who they are, what they value, and the people they want to become helps build self-esteem. It's also important to teach young people the values and actions that will build genuine self-esteem, including caring, giving, treating others with kindness and tolerance, and always doing your best in school and other activities.

Here are the facts

Research shows that young people who feel good about themselves have positive relationships with parents and peers, increased academic achievement, and a decreased susceptibility to negative peer pressure. Loving yourself is as important as loving other people. About 48 percent of young people, ages 11-18, report having high self-esteem, according to Search Institute surveys. Telling and showing young people you accept and value who they are helps them to feel good about themselves.

Tips for building this asset

A young person's self-esteem can be affected by many people and situations. Notice how what you say and do affects the young people around you. Young people's self-esteem increases when they feel loved, respected, and accepted; taken seriously; and listened to. Feeling safe and secure, and able to make choices and do good deeds also boosts self-esteem. The most important key to building other's self-esteem is to let them know they matter and are an important part of society.

Also try this

In your home and family: Compliment your child and let her or him hear you saying positive things about her or him to someone else.

In your neighborhood and community: Take the time to learn about what the young people in your community think and feel about current events. Ask them not only about school and hobbies, but also their opinions on important issues. Let them know you value what they think and how they feel.

In your school or youth program: Publicly congratulate young people's successes with written notes, calls home, or verbal praise. If some students or group members are having a problem, talk to them (or their parents or guardians) privately.

It's important to cultivate a positive personal identity and self-esteem in your child. If your child has low self-esteem he will be much more susceptible to negative peer pressure, and it may cause problems in the future. Address this problem before it starts by building self-esteem early and continuing throughout your child's life.

Visit 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.



by Jean Micklewright

DECEMBER HIGHLIGHTS... MyCom Quarterly Meeting. Our quarterly meeting was held at the Parma Heights Library on Tuesday, December 12, 2017 from 6:30 to 7:30 pm. College Colleagues representative Ashley Kennedy presented on tutoring opportunities available to area youth. Patrolman Jack Darnell introduced Police and Citizens Together (P.A.C.T.), a grant funded program for Parma Heights and area youth.

Parma Area Family Collaborative

There was a Volunteer Appreciation Dinner on Tuesday, December 18, 2017. Volunteers were treated to a string performance and a catered dinner.

Maker Mondays

Our Maker Mondays STEM program ended on Monday, December 11, 2017. Youth had several stations to choose from: string art hearts, decorating cups with moldable glue, using the paper craft station, creating duct tape sensations or designing a card for hospice patients. Family and friends were invited to stop in and enjoy cookies and cocoa while watching a video presentation of their youth "Making" different creations or learning how to code.

LOGOS

Ridgewood United Methodist Church Logos program in Parma hosted a family night on November

15 that included a meal, a craft and a speaker from OhioGuidestone on the topic of bullying. Parents and youth expressed that this presentation made a real impact.

LOOKING FORWARD.....

Martin Luther King Day "We may have all come on different ships, but we're in the same boat now." Dr. Martin Luther King, Jr. In celebration of Martin Luther King Day on Monday, January 15, 2018 youth in our community will be celebrating the great diversity of our community by hosting a Community Diversity Day.

Youth from the Parma City Schools, Parma Area Family Collaborative and OhioGuidestone MyCom have created a partnership to host the Community Diversity Day. Please join us for our first annual Community Diversity Day; our theme is celebrating diversity in our community. The event will be held at the PCSD Hanna Building (11212 Snow Road) from 2:00pm - 6:00pm on Monday, January 15th, 2018.

The Community Diversity Day program will feature music, programs and activities for all in the community. The theme of this year's celebration will be "Your Voice, Your Culture, Our Diversity." The goal of our celebration is to bring individuals of diverse backgrounds together to promote understanding, increase positive interactions within the community and build respect for one another as well

as celebrate our similarities in a fun community environment where all are welcome. The hope of the Community Diversity Day is to recognize and celebrate the diversity of our community in all forms: race, gender, class, sexual orientation, age, ability and religion.

To make our event a success we need community members like you to create displays about your culture or country to share with community members on January 15th. We would like to fill our building with informational tables from all different cultures in our community. Please consider volunteering to have a table to share information about your homeland and traditions. Information can be anything - Food, Music, Folklore, Traditional Dress, History of your country, etc.

If you would like to join us and celebrate our diversity by having a table please email Jean Micklewright at jean.micklewright@OhioGuidestone.org by January 5th. If you have any additional questions please contact Kira Karabanovs at 440-842-7022 or Jean Micklewright at 440-479-4122. We hope to see you on January 15th to celebrate the wonderful fabric of our community.



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INSPIRATION

I Believe

by Daniel Taddeo

An increase in cheating reflects deep anxiety and insecurity in America nowadays, desperation even, as well as arrogance among the rich and cynicism among ordinary people. As first teachers, parents must equip and enforce reasonable guidelines and parameters for their children; if they choose to deviate from that later, that is their prerogative. As parents, we are to teach our children when we sit in our house, when we walk by the way, when we lie down, and when we rise up. Children respond to their environment. It makes a big difference in how they turn out because it is recorded in their minds forever.

Everyone has a degree of narcissism (self-preoccupation); however, it becomes a problem when one or both partners are unable to empathize with and support the other. Everyone is part of God’s kingdom and each person is that special piece necessary to complete the puzzle called life. God is the source of everything that makes men, men and women, women. They differ physically, mentally, and emotionally, but they are complementarily equal. God works through our words, actions,

and relationships to bring good news to people by contrasting life without faith and life with faith.

If each of us would reach out in caring friendship to one person today, what a difference it would make for us all. Marriage, at its best, is when each partner gives as close to one hundred percent as possible and puts the other one’s needs before his or her own. Morality in America, during the last few generations, continues on the road of decline. Many things contribute to the destructive behavior we are experiencing today. We are doing this with our thoughts, our words, and our actions. Conditions will only get worse until this trend is reversed.

More people, male and female, young and old, are devoting more time to addictive pursuits, such as video games, the Internet, and sexual perversions. Most of us do bad things. We betray friends, make hurtful remarks, and lie. We could reduce negative consequences if each one of us participated less.

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?

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- 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

Feel Like A Kid Again

by Lizabeth Braskie

“Yeah, we’re here,” shouted my grandkids from the car’s back seat. Our recent trip to this famous landmark had us parking, grabbing sunglasses and heading for the entrance. Even though today’s visit would only be for a few hours, it would be my first time to see “Dollywood.” This huge amusement park in Tennessee was named after the famous resident and singer, Dolly Parton. My daughter had passes to the park, so waiting in line was not going to slow us down. The many holiday decorations were sparkling on every sign, roof, edifice, barrel, bench and tree. It was a gorgeous Christmas card that came to life. And we were here to enjoy it!

Our investigation took us past many usual park rides but we also found great photo opportunities. We had pictures taken of us inside an adult-size snow globe which we entered via two doors and carefully measured air quality. We spent time watching the

artistry of glass-blowing and then followed the aroma of tasty food awaiting our purchase. Bumper cars enticed the youngsters as well as visiting with Santa and writing him a note. We took a train ride around the perimeter of the park, then shared parade photos of the characters marching around the walkway.

But my most enjoyable memory of that day began with calliope music. The minute I heard that identifying beat my feet aimed in that direction and we all ran to board the welcoming carousel. I found a movable horse and managed to climb on his saddle. The ride started and the “up and down” movement took me to a place in my heart that’s reserved for quiet meditation, happy thoughts and days of long ago. It was a moment in time that promised me the world at my feet. I smiled as the memories flowed through my mind like a movie in motion. I didn’t want anything to spoil my dream. And yes, I admit. It did make me feel like a kid again.

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NEIGHBORHOODS



All Saints Fights Hunger In Parma

by Jeffrey Fowler

The recession of 2008 plunged families in the Parma area into a financial crisis that, for many, lingers to this day. All Saints Episcopal Church, at the intersection of West Ridgewood Drive and Ames road in Parma's Town Center, is at the leading edge of the fight to relieve the problem of food insecurity among low income households in the greater Parma area and, quite unexpectedly, across many other Cuyahoga County communities.

The United States Department of Health and Human Services defined the 2017 federal poverty rate for the state of Ohio at \$12,060/year income for a 1-person household, adding \$4,180 for each additional household member.

A recent Cuyahoga County profile, published by The Centers for Community Solutions, shows the impact

of poverty countywide, and in each of the eleven county council districts. District 4 is comprised of the municipalities of Parma, Parma Heights, and Middleburg Heights. The table below summarizes its findings.

In September of 2014, in partnership with the Greater Cleveland Food Bank, All Saints launched its mobile pantry hunger program. Every month approximately 12,000 pounds of fresh produce is distributed to low-income households from the church's large parking lot. Over 40 months almost 470,000 pounds of food has been distributed. In 2017 alone, 145,000 pounds was distributed to 518 unique households in the three Parma area zip codes (44129, 44130 and 44134) and to an additional 167 unique households in adjacent zip codes. Other households

Read full story online at parmaobserver.com

Best Of Parma 2017

by Chelsey Kovar

With the year coming to an end, it's important to stop and recognize everything that makes Parma special. As the 7th largest city in the state, with nearly 80,000 residents, we have a lot to be proud of. How do we choose the best of the best? To ask our great citizens, like you!

Welcome to the inaugural Best of Parma 2017 sponsored by Mayor DeGeeter, The City of Parma & All of Her Design!

Vote Here: www.allofherdesign.com
Nominations begin: December 13th through January 31st

Voting begins: February 1st through March 1st

Winners will be announced: Friday, March 9th

*Nominees must be within the City of Parma limits.

An independent vote committee (unaffiliated with All of Her Design & The City of Parma) will tally results

Have Questions?: Contact us! Email: BestofParma@gmail.com

About All of Her Design:
All of Her Design is an award winning graphic design studio located just outside of Cleveland, in Parma, Ohio. We are passionate about bringing ideas to life through design and believe that creative ideas can change the world. Ultimately, we help people successfully



brand & advertise their businesses.

It's been an exciting 2017 as winners of multiple awards from Graphic Design USA for our packaging design for Vegetarian Naturals® Kids Whole Life™. We're incredibly excited to lay down roots at our new Studio on Broadview Road and create + cultivate a space that is all our own. We're huge advocates for this community and excited that our new location now furthers that commitment. We look at our new space as the start of another chapter. Thank you to all of our clients, friends + family for your support! Our new address is 5621 Broadview Road [Suite 6] Parma, Ohio 44134

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PERSPECTIVE

Turning Back Progress Has Never Worked

by Lee Kamps

President Donald Trump said that he wanted to “roll back regulations to 1960 levels”. Of course, this would undo most progress that has taken place over the past 58 years. I am old enough to remember what it was like back in 1960. Let’s take a trip in the “way back machine” that was a feature on Sherman and Peabody, a cartoon segment on the Rocky and Bullwinkle cartoon show that was popular back in 1960, and return to 1960.

In 1960, the United States had roughly half the number of people that it has at the present. But back in 1960 in large parts of the United States, people of color had to use separate public bathrooms and drinking fountains. It was a common practice and legal for a landlord to refuse to rent or sell their house to anyone of color or a different

nationality or religion. It was also legal and a common practice for restaurants and hotels to turn away anyone of color or of a different nationality. The civil rights act wasn’t passed until 1964

Nor were there any voting rights either so in many states people of color were prevented from registering to vote. The Voting Rights Act wasn’t passed until 1965. Also in many states, voters had to pay a poll tax before they could vote. Not only did this prevent many minorities from voting, but it disenfranchised many poor from being able to vote because they couldn’t afford to pay a poll tax. Poll taxes were abolished by a constitutional amendment in 1967.

If you worked, most likely you were represented by a labor union. Unions were strong back in 1960 and most likely you also had a pension where you worked.

But even though there was a labor union, corrupt unions and shady employers could screw you out of your pension when you retired. Or your employer could go out of business and you would lose your pension, even after retirement. This was because ERISA wasn’t passed until 1974 which guaranteed your pensions and required companies to adequately fund their pensions. It also established the PBGC that protects your pension should your employer go out of business, even after you retire.

Of course, back in 1960, you had to be careful about the air you breathed and don’t think of going swimming in Lake Erie near Cleveland on a hot summer day. This is because in 1960, there were no Clean Air Act, Clean Water Act or Environmental Protection Agency around to prevent companies and cities from dumping their waste in our air or

water. Those didn’t happen until 1972.

If your family was poor and you went to bed hungry, tough. There were no food stamps in 1960. Those didn’t come along until 1964. If you were over age 65, most likely you had no health insurance and couldn’t afford to get your medicine or see a doctor since over half of seniors were uninsured. Medicare wasn’t passed until 1965. If you happened to be poor, forget about getting medical care when you needed it because Medicaid wasn’t passed until 1965. Back in 1960, most Americans didn’t have health insurance.

Women in 1960 were expected to marry and stay at home raising children. Most married women did not work outside of the house in 1960. When women did work outside of the house, the jobs that were available to them mostly were as a secretary, teacher or nurse. Then if your boss wanted to “get fresh” with you, you had to just put up with him. Also, it was legal to pay women less than men for the same job and to not hire a woman because of her breast size.

It is nice to look through rose colored glasses and get nostalgic for the past. But in 1960, there was no internet. If you wanted to look up something, you either had a set of encyclopedias in your home or had to go to the library. There were only three television channels and you had to get out of your chair to change the channel. Almost all televisions were black and white. Although color television was around, a color television set was expensive, the color wasn’t great and most shows were in black and white.

I can attest that sometimes regulations can be oppressive and many make no sense. I work in one of the most regulated industries and markets. But regulations are in place to protect the consumers. The United States had an unregulated economy back in the “roaring 20s”. But that led to the stock market crash and great depression. Regulations and laws are there for a purpose and sometimes living with regulations is the price we have to pay for a civil society.

Cold Chills Are Coming

by Corbin Luna

To repay this great nation for all it has given me, I am devoting my golden years to improving the quality of life for everyone in it by exposing the spin, innuendo, half-truths and lies that continuously come from the liberal elite and are blindly repeated by the little liberals who are unable to think for themselves. It’s a hot, dirty, never-ending job so I’m always looking for ways to be more efficient.

Hemingway said, “The most essential gift for a good writer is a built-in, shockproof, crap detector.” Today that’s even more essential for readers because liberals have become so adept at making their spin sound true, Hence, it occurred to me that helping people arm their crap detectors up front would be a more efficient way to repay my debt. It’s a simple fact that whatever Trump says, good or bad, the liberal elite will try to make it sound bad or worse and the little liberals will repeat it. So, it’s just a matter of picking something Trump says and predicting what their spin will be. Let’s give it a go.

Recently, Trump gave an update on his campaign promise to cut red tape. The regulatory code in 1960 was 20,000 pages. Today, it is 185,000. He said he

wanted to reduce the code to the length it was in 1960. Liberals want more regulation, not less, because they believe we little people aren’t bright enough to make our own decisions. So, we’ll undoubtedly hear from them on this subject. As we used to say in the Marine Corps, “lock and load.” (In Marine speak, that means get your weapon loaded and at the ready but keep the safety on until you need to use it.)

In addition to common sense, the ammo we’ll need is basic information about regulations, so let’s load some. Regulations can be written into law or created by the President and the various agencies of the Executive Branch . According to the Constitution, only Congress can make law. The Executive Branch is responsible for implementing and enforcing the law and can create any regulations it needs to do that as long as those regulations don’t change the law or make new law. That was a 1952 Supreme Court ruling that has been upheld ever since.

The typical liberal blather is that Trump wants to destroy the country. So, their spin will probably be that he wants to eliminate any and all regulations that were implemented since 1960, thereby eliminating all good

things that have happened since then. Safety off.

First, they will say segregation existed in 1960 and Trump wants to bring it back. They always start with that to try to divide the country. Fire your crap detector! The Civil Rights Act, the Voting Rights Act, the Fair Housing Act, etc, etc, are laws that only Congress can repeal or change. They’ll say he will do away with laws that protect your pension. Fire! Your crap detector understands the difference between laws and executive branch regulations. They’ll say he will end Medicare, the Clean Air Act, Equal Opportunity and every other law enacted since 1960. What do we know about laws? Right. Fire at will.

They’ll say that eliminating regulations proves that Trump only cares about corporations because regulations protect consumers. Common sense tells us some do, some don’t and not all regulations are candidates for elimination.

Safety on. Reload. Many Executive Branch regulations would never be passed into law by Congress. Some are solely for the benefit of donors and/or special interest groups. Some cost jobs and otherwise adversely affect the economy. Some are out of date. And it’s gotten way out of hand as the Executive Branch has become more skilled at finding laws they can use to create regulations that have little to do with the laws they are basing them on. Obama alone created over 7000 in just his last two years in office. But yes, some are beneficial. The bad should be eliminated and the good retained and that is exactly what Trump said he was going to do. But what’s really needed is a law that requires all regulations to have a sunset provision so they have to be periodically updated or expire.

Sunset provision? Regulations expire? The mere mention of that probably sends cold chills up and down the spines of liberals from New York to California.

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IMPRESSIONS

Parma's Nicole Vaughn Makes The Most of A Second Chance At Cuyahoga Community College

by John Horton

A record number of students graduated from Cuyahoga Community College (Tri-C) at the 2017 Fall Commencement in December, continuing an upward trend of academic achievement. Parma's Nicole Vaughn was among those earning associate degrees. Here is her story:

Failure carried Nicole Vaughn away from Cuyahoga Community College. Determination brought her back. The one-time dropout overcame early academic adversity to earn Associate of Science and Associate of Arts degrees from Tri-C. Vaughn maintained a flawless 4.0 GPA after utilizing the College's Fresh Start program, which offers students grade forgiveness and a second chance.

The 26-year-old Parma resident shared her story of redemption at the 2017 Fall Commencement, where she served as student speaker. "If Tri-C taught me anything," Vaughn said, "it's that you cannot let past failures define you." Vaughn grew up in North Olmsted and attended Polaris Career Center while in high school. After graduation, she struggled to find her focus while bouncing between Northeast Ohio colleges.

Her major shifted from English to education to business accounting to journalism within a few short years. Each left her unfulfilled. Then she hit academic bottom. Vaughn began working at a bank when she first enrolled at Tri-C in 2012. The demands of the job and increased personal responsibilities quickly affected her classwork, resulting in a transcript scarred with F's. She dropped out and decided to focus on

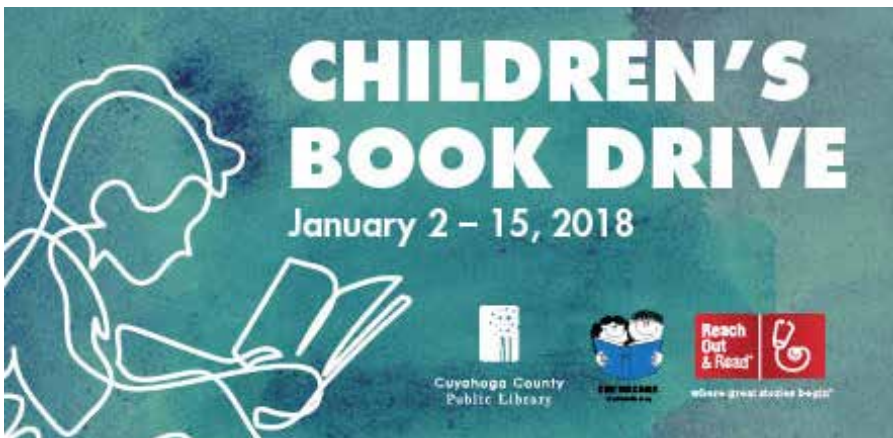


Nicole Vaughn

work and ascending the corporate ladder. She found success, too, rising to the rank of assistant bank branch manager.

But Vaughn — now married with a young daughter — could not shake her feeling of failure. "Even though I was doing well professionally, I was miserable," Vaughn said. So she built up her courage and returned to Cuyahoga Community College intent on earning a degree. She pushed forward with a support network of family, academic counselors, professors and fellow students. Vaughn discovered her passion for science, which she plans to turn into a new career in health care. She will begin classes at Baldwin Wallace University in the spring to pursue a bachelor's degree in biology with a minor in neuroscience.

Eventually, she plans to attend a master's program to become a physi-



Book donations are being sought from January 3-15 at any Cuyahoga County Public Library Branch.

Libraries Plan January Book Drive

by Rick Haase

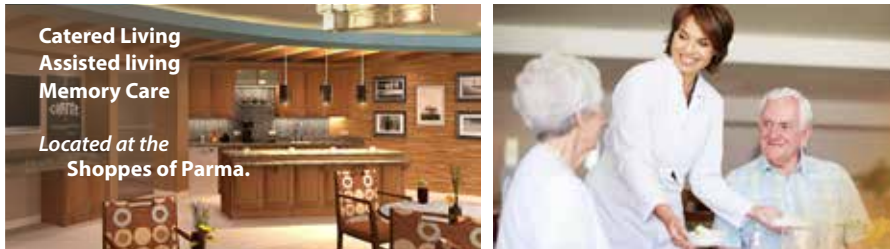
The Cuyahoga County Public Library will host its third annual children's book drive January 3-15, 2018. The event will benefit Reach Out and Read and

the Cleveland Kids Book Bank. Donations of new and gently used children's books appropriate for ages birth through eight years are being sought. You can make donations at the circulation desk in any Cuyahoga County Public Library branch during normal hours of operation. Reach Out and Read and the Cleveland Kids' Book Bank will distribute donated books to children throughout the county. Last year, the Cuyahoga County Public Library collected more than 13,000 books for Reach Out and Read and the Cleveland Kids' Book Bank.

cian's assistant. "It has been quite a journey," Vaughn said. "I doubted myself for a long time, but I came back and proved myself in the place where I fared worst. I found out what I am capable of accomplishing. "And let me tell you something: You don't know how good success can taste until you've tasted failure."



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AREA WIDE EVENTS

News You Can Use (Or Where To Find It)

by Gene Lovasy

• **The Parma Hts. Police And Community Together (P.A.C.T.)** unit Youth Group will be celebrating the holidays at their meeting tomorrow, Wednesday Dec 27th starting at 6:00 pm at Cassidy Theater. The next meeting of the group is scheduled for Jan 10th & will focus on the importance of goal setting. Two additional core components of the P.A.C.T. unit include a police officer assigned to each of nine zones within the city. They'll be knocking on doors, introducing themselves, sharing contact information & offering to answer questions, assist with and/or facilitate resolution of any non-emergency issue that might arise. A "Senior Knock & Talk" program is also part of the initiative. Find vari-

ous sign-up documents and follow the unit's progress at www.facebook.com/parmaheights.police

• **For adults seeking GED®** Test Preparation, Adult Basic Education, English Language/Civics Education, and English for Speakers of Other Languages (ESOL), the Aspire Greater Cleveland program offers FREE year-round classes at over 30 different locations in the Greater Cleveland area. Distance education opportunities are also available for those unable to attend a traditional classroom setting. Students must be at least 19 years of age or be at least 16 and officially withdrawn from their home school district. Call 1-833-ASPIRE2 (277-4732) for more information.

• **To recognize the best of what**

the City of Parma has to offer go to the inaugural Best of Parma 2017 web site - <http://www.allofherdesign.com/best-of-parma.html> & register your vote for THE BEST... in over 40 categories. Nominations began on Dec 13th & will continue through Jan 31st; voting will begin Feb 1st though Mar 1st with winners announced Friday Mar 9th.

• **An FYI from Parma City Schools....**

Focus on the Future – The next group meeting is scheduled for 6:30 pm on January 10th in the Parma Sr. H.S. Cafeteria. And, if you haven't yet seen a copy go here: <https://www.parmacityschools.org/Page/7444> to read/download "InFocus" the new Focus on the Future newsletter.

January's Superintendent's Open Door Session is scheduled for Wednesday, Jan 17 from 4:00 pm to 6:00 pm in Admin Bldg.

• **From the Parma Area Family Collab....**

With the generous support of individuals, organizations and its partners the Collab was able to provide toys/ gifts of all types, food & clothing to over 1,000 needy youngsters & families living in our community. Thank you to our donors and volunteers for making this the best Christmas ever.

Slots are still available for the upcoming Parenting Partners class beginning January 9th. 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, January 11th. 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 Parma Hts Branch Library....**

Pajama Family Storytime! Brand new for 2018; Tuesdays at 7:00 p.m. beginning January 2. For all ages with adult caregiver. Join us for stories, songs, and fingerplays before bedtime. Wear your pajamas and bring a stuffed

animal to make it even more fun.

• **From the Parma Branch Library (Powers Blvd.) special events....**

Animation Experience – Dec 29th drop in anytime between 2:00 - 4:00 pm.; Grades 3 – 6. Try your hand at stop-motion animation. Make films using LEGO bricks, Claymation and other methods. <http://tinyurl.com/AnimationExperience>

Brick Builders Club -- Last Tuesday of each month (12/26, 1/30, 2/27) at 4:00 p.m.; Grades K – 3. Do you love LEGO®? Come build with us! We supply the bricks, you supply the imagination. Registration is required: <http://tinyurl.com/BrickBuildersWinter>.

Art Experiences – Every Friday (9/29 – 12/15 and 2/2 – 5/11) at 4:00 p.m. ; Grades K – 8. Engage your imaginative self with open-ended art explorations. Examine the works of art masters and explore various mediums, such as paint, pastels and clay. All materials included. Presented in partnership with the Cleveland Museum of Art. No registration required, but space is limited. <http://tinyurl.com/ArtExperiencesParma>

Heinen's Five Star Snacks – January 9th at 4:15 p.m.; Grades 1 – 3. Heinen's Wellness department presents a program for children and their parents. Learn a bit about Kelly Kale Jack Apple and their friends then help prepare and taste a special recipe. Registration required at <http://tinyurl.com/5StarSnacks>

• **From our local Education Service Center – Project Aware e-Newsletter....**

Mark your calendars now for the 20th Annual Summer & Beyond Fair: For Children & Youth with Disabilities, Saturday, February 17th at Woodside Event Ctr. 5025 Mill Rd, Broadview Hts. Sponsored by the State Support Team Region 3, visit with representatives from camps and organizations from around Ohio. For further information, contact Theresa Richardson at 216-446-3818 or Theresa.richardson@esc-cc.org

If you sense that your child is having difficulty dealing with every day stress, click on the links below for helpful information:

<https://www.verywell.com/stress-management-4014642>

<https://www.verywell.com/top-school-stress-relievers-for-students-3145179>

https://www.healthychildren.org/English/Documents/BR3_My_Personal_Stress_Plan.pdf

Town Center Master Plan Meeting On December 12



Parma and Cuyahoga County officials hosted the first of planned meetings on December 12 to seek input on the Town Center Strategic Master Plan to harness the ongoing development around the Ridge Road-West Ridgewood Drive Intersection. many ideas were exchanged, with new information about the plans so far. Further meetings are scheduled for 2018.

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FRESH IDEAS

11 Reasons Why It's Great To Be A Parma YP

by Kathie Zipp

While areas like Lakewood, Tremont and Ohio City are popular for people in their 20s and 30s to live, Parma has its own appeal for young professionals. Here's why.

Parma is full of small businesses and mom and pop shops, with plenty of opportunity for entrepreneurs to start their own business away from the competition in Cleveland and other neighborhoods. Parma's Chamber of Commerce is a great resource for businesses and one of the most affordable around. Parma also has larger employers like Parma Hospital.

"I started my business here, Parma Armory. It has been a major success; I would encourage more young entrepreneurs to come make Parma great." -Rob

Parma has plentiful, affordable housing. Whether you're looking for a small starter home, something with some historic charm, want to live near the Metroparks or even the water (Yes, Parma has a lake!), Parma is large and diverse enough to accommodate all tastes and budgets.

"Parma is affordable in terms of the size and quality of house you get for the money, in a great location. We live in a house built in the 30s with all the character and charm you can ask for. Parma Circle is a beautiful, safe, walkable area of Parma." -Jared

"I'm on a main road and I work out of my garage. My driveway is big enough for visitors to come and even turn around. The house came with a 2.5 car garage and sits on an acre, so I can expand my workspace." -Nick

Parma has air conditioning. This may sound silly, but how often have you had a friend or coworker living in some of the older apartment buildings and houses in other neighborhoods complain how it was so hot the night before that they couldn't sleep? In a world of global warming, Parma values its AC.

Parma's in a great location. You hear all about the East Side and West Side, but Parmidians know the South Side is where it's at. Highways 480, 77, 71 and 176 all have exits near or in Parma. It's easy enough to get downtown for work or for fun. Parma's also only a few miles from the Cleveland airport.

Parma has great people and nice

neighbors. There's always someone to send you a smile or help you out.

"My neighbors are very friendly, and we all watch out for each other." -Nick

"Neighbors talk to each other and friendships are formed." -Sandy

Parma has cheap drinks and delicious eats. Grabbing a drink at a bar in Parma won't break the bank, unlike many other trendier locations. Parma also has tons of restaurants. Yes, some have pierogies but there are plenty of other international selections.

Parma is safe. While you may not feel comfortable walking your dog or running alone down some of the streets in other neighborhoods, Parma was recently named one of the safest cities in Ohio.

Parma has personality. Whether it's pink flamingo or Polish pride, Parma has great history and culture.

"I've long said Parma should play up its 'authenticity.' It has history and culture and great pre-war houses, not so unlike Ohio City, Tremont and St Clair-Superior. And the houses and neighborhoods are far cooler than the pre-fab mansions of some of the more Southern suburbs." -Laura

Parma has a Young Professionals group. YP passion for Parma is so strong that there's a group specifically targeted toward people in their 20s and 30s (though it doesn't ID at the door). YPOP hosts monthly social events, along with volunteer and professional development opportunities. And you don't have to live or work in Parma to attend! There are many other city organizations that could use the energy and new ideas of YPs too. If you're looking to get involved and make a difference, look no further than Parma.

"There's so much to get involved in like YPOP, rotary and the chamber. So many community organizations!" -Leah

Parma's got suburban appeal. While other neighborhoods may not have basic food and retail shopping for miles, Parma's got everything you need, on top of a golf course, skating rink, 100 acres of metroparks and even a working farm.

"I like that I can do anything I need to do in Parma. Having a Target alone knocks off like 75% of a to-do list. I can take the baby to play somewhere;

I can take the dog to play somewhere; there's bars and restaurants." -Jeff

"You can get to pretty much any store within five or ten minutes between the Shoppes at Parma, Southland and Ridge Park Square. And Great Northern, SouthPark, Steelyard, etc. aren't too much farther. Then there's smaller shopping areas like Midtown Plaza and Pleasant Valley Shopping Center. I live in the middle of three Giant Eagles. When I lived in Independence, we drove to Parma to do our shopping." -Jackie

Parma has great schools. You may have heard otherwise, but Parma citizens were upset with the financial decisions of their school board and responded by electing new representatives in the last election. The silver lining of these issues was how

strongly city students and school faculty responded. They confronted the school board with passion and pride. There are many hard working teachers and administrators that are committed to giving students a quality education, athletic and extracurricular experience. All three of Parma's public high schools have graduation rates above 83%. What can hurt is when young families move elsewhere. Parma's school system can continue to be great, but only if young families support it.

"Parma has great schools. When my kids were younger, we participated in Parma's Early Childhood PTA, tons of fun for young families!" -Leah

"The sports they offer for youth are affordable, so most families can participate." -Melissa

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Wednesday- Buy Large Mocha- 2nd one 50% off

Thursday- Ladies Night- 50% off any drinks w/ad

Friday- \$4.00 Hookah All Day

Saturday- 50% Off Specialty Drinks Noon-6 PM

Sunday- Open Mic Night-Patio





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