

Shoppes At Parma Has New Owner

by Daniel P. McCarthy

Allied Development of Great Neck, New York has purchased the 765.000 square feet shopping complex known as The Shoppes at Parma for \$81.6 million dollars, it has been reported. Parmatown Station LLC, an affiliate of Prep Property Group, had redeveloped the former Parmatown Mall through several years of intensive reconfiguration. The results were apparently very appealing to Allied Development, as they expressed great optimism in what they view as a promising opportunity, with 95% of existing space filled and an additional 10 acres available on the property for future retail development. The acquisition of Shoppes at Parma is the first



Shoppes at Parma

investment in Northeast Ohio for the New York based company.

Most people in Parma have fond memories and countless stories when they think of Parmatown Mall. When I grew up in the 1960's the mall was expanding constantly from what had originally been a strip shopping center on Ridgewood Dr. Changes that occurred from the mid 1990's led to profound decisions on the part of the owners at that time, and for a time it didn't really look all that good for the future of this place. Since the redevelopment and transformation from a traditional mall to an open retail community, the space now seems firmly

rooted in the 21st Century concept of what retail looks like today, and therefore the future is considerably brighter than it was 8 years ago. Allied's purchase is obviously a vote of confidence in the Greater Parma Community, and we should be glad that business concerns feel so strongly about being confident in investing here. Congratulations to Prep Property Group for sticking to their plan and successfully performing the task of saving and re-purposing our vital retail center. There are still many questions to be answered concerning plans of the new owners. One of mine is: Will the Shoppes at Parma name be kept?

Script Parma Picture Of The Month



The founders of the Parma script sign - the Brennan Family - Patrick, Sean (Parma City Council President), Colleen and Deena.

Local Students Win Young Astronauts Day Competition

by Cindy McNaughton

On November 9th local students gathered at Cleveland State University for the 27th Annual Young Astronaut Day. They competed in engineering tasks that required them to work together creating and testing prototypes over a two-hour period. Students explored the same challenges that engineers are working on to get humans back to the moon and Mars. We are proud to announce that Birchwood School students met and excelled at these challenges winning first place in the team competition. They also earned awards individually in the following events:

Lego Mindstorms Robotic Arm: James Mamone (8th grade of Parma) & Qiwen Wu (8th grade of Cleveland)-1st place Young Astronauts Day is an outreach event of American Institute of Aeronautics and Astronautics. Each year since 1992, NASA Glen Research Center hosts student to compete in engineering and problem solving handson activities. Their fun events build enthusiasm among students for STEM (Science, Technology.





by Jim O'Bryan

One of Ohio's most interesting industries is Space Travel. With NASA having a presence in 4 Ohio cities. This past week NASA flew the Artemis/Orion Spacecraft to Plum Brook in Sandusky for testing. The Artemis/Orion will take the first woman to the moon, and then in 2030 on to Mars. And our friends and neighbors had a huge part in it!

Cox Communications \$5,000 Donation Ensures Impact Local Students

by Carolyn Kovach With an increased interest



Northern Ohio's favorite Weather Person Betsy Kling videos the arrival of the Super Guppy for her blog.



This photo shows the size of the cargo. See all the photos online!



in the government process during an election year, the City of Parma's Leadership for Tomorrow program takes on new levels of relevance in its goal of educating Parma City School District fourth graders about the importance of civic engagement. This year, Leadership for Tomorrow has partnered with the offices of State Representative Jeff Crossman and State Senator Nickie Antonio, which issued proclamations of support for the program's mission. A \$5,000 donation from Cox Communications

Students ask Parma Mayor Tim DeGeeter to pose for a selfie.

provides an additional boost by covering the entire cost of the program, which encompasses nine visits by eight public schools in the district. As students explore different functions and features of their local government offices, Representative Crossman and

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Interested In Writing For The Observer? - Join Us At Our Public Meeting At Arabica Coffee House (6285 Pearl Rd.) Every Tuesday 7 PM

COMMUNITY NEWS

The President's Corner

by Sean Brennan, Parma City Council President

Nine years ago I read an article about rising peanut butter prices. The article made me think about growing up the son of a single-mother, following my father abandoning us. As a young boy I never thought about why I ate so much peanut butter, but the article made me realize that it was our main source of protein in those lean years due to its relative affordability. The article made me concerned for families like mine growing up.

These thoughts obviously weighed on my mind that evening, as I awoke at 3:00 am with an epiphany that some might call divine intervention. I called my good friend John Visnauskas, founder and director of All Faiths Pantry, and proposed the Parma Peanut Butter Drive. Thanks to John's encouragement and the generosity of many residents, business owners, and others, we have raised thousands of dollars and pounds of peanut butter that have benefitted the needy of our community.

I am happy to report that the ninth rendition of the Parma Peanut Butter Drive will kick off December 1 and run through the end of the year. I am hopeful that you, dear reader, will be moved to give generously to the drive this year.

Although jars of Peanut Butter are truly appreciated, All Faith Pantry prefers cash donations, as they can purchase peanut butter at wholesale prices, multiplying the effect of your gift.

Peanut Butter jars may be dropped off at one of our special community partners: either branch of the Cuyahoga County Public Library in Parma, University Hospitals Parma Medical Center, Parma City Hall, Dollar Bank (5219 Pearl Road), Office Depot/Office Max in Parma and Middelburg Heights, or the Parma Area Chamber of Commerce.

Cash donations may be sent in the form of a check made payable to All Faiths Pantry and mailed to Parma City Council President Sean Brennan, 6611 Ridge Road, Parma, Ohio, 44129. Feel free to contact me via email with questions at councilmanbrennan@ msn.com.

All Faiths Pantry is a simple, practical program that delivers nutritious groceries to seniors and people with limited mobility once a month at no cost to the recipients. With direct deliveries to clients' homes, the volunteers at All Faiths are practicing their vision of a community where diverse individuals and groups unite to feed the underserved.

Special thanks to the following sponsors of the Peanut Butter Drive: Office Depot/Office Max, Dollar Bank, University Hospitals, the Parma Area Chamber of Commerce, Jones' Bones



Smokin' Good BBQ, the Cuyahoga County Public Library System, the Parma Observer, Innovative Window Cleaning, Sustainawell, Chuppa's Marketplace, Yorktown Service Plaza, and Lamar Outdoor.

To find out more about All Faiths Pantry, check out their website at www. allfaithspantry.org. Best wishes to you and yours for a wonderful holiday season.

Authors To Bring Food Fun To The Parma Heights Library On December 17

by Rick Haase

Mark your calendars now for this special program at the Parma Heights branch of the Cuyahoga County Public Library, which you don't want to miss. Award-winning authors Fran Golden and David G. Molyneaux, former travel editor of the Plain Dealer, will visit our library at 7 p.m. Tuesday, December 17 to discuss their latest book, Unique Eats and Eateries of Cleveland, and will also discuss some of the people who built Cleveland's most iconic restaurants. Golden and David G. Molyneaux have been writing and eating their way through the Forest City for decades. They'll appear in Meeting Room A of the library, 6206 Pearl Road. Register online for the program at Cuyahogalibrary.org.

ERIE HEIGHTS BRASS ENSEM-BLE – The group will perform in concert at 7 p.m. Thursday, December 12 with a holiday-themed program. Register online at cuyahogalibrary.org.

RING THOSE HOLIDAY BELLS -- The Celebration Ringers will present a holiday concert at 7 p.m. December 14 at Divinity Lutheran Church, 11877 Blossom Avenue, Parma Heights. The concert is presented through Divinity's Arts in Action program. It is free and open to the public. A reception will follow.

Arts in Action is a program of



Divinity with the purpose of infusing the local community using the church as a venue, for community outreach in all forms of the fine and performing arts. It was founded by Greenbriar Drive residents Fredric and Marlene Dray. Mrs. Dray is the principal organist of the church, and a retired Parma City School District music teacher.

The Celebration Ringers are a community handbell choir dedicated to taking their music ministry to senior citizens, churches and other audiences in Northeast Ohio. They typically schedule eight to twelve concerts twice a year. The group was founded in 2000 by six people from Strongsville who rang three octaves of borrowed handbells and has since grown to 18 people from seven communities and six churches. The group owns 5-1/2 octaves of handbells and seven octaves of hand chimes with percussion instruments, keyboard, a public address

read the full list online at: parmaobserver.com



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HEALTH AND WELLNESS

Healing Before The Holidays With Pure Oxygen

by CJ Sheppard

Ken Sikora lay in the hyperbaric oxygen chamber, dozing on and off while breathing 100 percent oxygen. With each breath, the oxygen traveled through Ken's tissues, delivering healing properties to the deep wound in his big toe. A diabetic with poor blood circulation and feeling in his feet, Ken was unaware that the new boots he received last Christmas were causing an ulcer on his great toe. Mary Alice, his wife of 45 years, was the first to notice the hole in the bottom of his left foot, which was so deep that the bone was visible. An estimated 30 million Americans suffer from diabetes, and 25 percent of diabetics will develop a foot ulcer in their lifetime. Untreated ulcers can lead to amputations, which can drive up the mortality rate.

For patients like Ken, the outpatient Wound Care and Hyperbaric Medicine

Center at UH Parma Medical Center can safely treat and heal wounds and ulcers. Ken endured two courses of IV antibiotics that failed to heal his wound – until he tried hyperbaric oxygen therapy. "The people at the Wound Care Center are a wonderful caring group of people," says the Seven Hills resident. "The treatment I received there was spectacular. They treated me as if I was family, it was just really terrific."

Ken was admitted to UH Parma Medical Center with an abscess on his great toe. A PICC line was placed to administer IV antibiotics over the next month. Discharged from the hospital after 10 days, Ken was referred by Podiatrist Jeffrey A. Halpert, DPM, for follow-up care at the Wound Center on the ground floor of Medical Arts Center 2, adjacent to UH Parma Medical Center. "The Wound Center is the optimal place for multidisciplinary

UH Parma Medical Center Opens Clinic To Track, Treat Lung Nodules

by CJ Sheppard

Lung nodules detected on chest X-rays and CT scans, such as coronary calcium scoring, will receive expedited care through the new Lung Nodule Center at University Hospitals Parma Medical Center. The Center, located within UH Parma's Community Care Clinic in Medical Arts Center 1, Suite 205, will ensure that patients are seen quickly and continually tracked to receive follow-up care. "The Lung Nodule Center at UH Parma allows patients expedited access to the highest-quality academic care in the heart of our community," says James Hill,

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Hyperbaric oxygen therapy delivers healing properties of 100 percent oxygen by an experienced staff at the Wound Care and Hyperbaric Medicine Center at UH Parma Medical Center.

care of patients with chronic, nonhealing wounds," says Dr. Halpert, adding that patients can see a variety of specialists, including doctors and nurses who specialize in the care and treatment of infectious diseases. "It's really a one-stop-shop, which makes it more convenient for the patient."

Ken was among the first patients to experience the effectiveness of hyperbaric oxygen in the new monoplace chambers. Located across from the Wound Center in the hyperbaric suite that opened in the Spring of 2019, the two pressurized chambers offer privacy and comfort while patients breath in 100 percent oxygen. Once inside the chambers, patients lay down and can sleep or watch television. Staff stays close by to ensure patient comfort. "Hyperbaric oxygen therapy is a great adjunct therapy, which we are excited to offer to our patients in addition to the advanced wound care provided at our Center,"said Clinical Nurse ManagerLisa Martinis, RN. "While in the chamber, the patient breathes 100 percent pure oxygen, allowing the blood to

carry more oxygen to the body's tissues. This improves microcirculation and also stimulates growth factor production, which stimulates healing."

Medicare and other insurances have approved coverage for hyperbaric oxygen therapy for many types of chronic, non-healing wounds, including diabetic wounds of the legs and feet, wounds and irritations to the skin and bones caused by radiation therapy such as soft tissue radionecrosis and osteoradionecrosis, bone infections that don't heal from antibiotics, skin grafts that don't take, and more. Hyperbaric oxygen is also covered for diagnoses such as crush and traumatic injuries and suturing of severed limbs, acute peripheral arterial ischemia, gas gangrene and more. "It was two hours out of every day, but the results were phenomenal," said Ken, who is walking again without any problems. "Those treatments in that chamber really healed the wound beautifully."

To make an appointment at the Wound Care and Hyperbaric Medicine Center, or to learn more, call 440-743-4774.



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BSERVER



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

Asset Corner #120 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.

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

UH Parma Medical Center Opens Clinic To Track, Treat Lung Nodules

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MD, Associate Chief Medical Officer at UH Parma Medical Center.

The first of its kind in the UH system, the Lung Nodule Center is overseen by Medical Directors Basel Altaqi, MD, and Daniel Iltchev, MD. Special appointment openings will be reserved for these patients to ensure that they are seen within a week of discovery of a lung nodule. Certified Nurse Practitioner Lynda Boldt, CNP, will initially evaluate each patient, then refer them to the appropriate specialist, such as a pulmonologist for bronchoscopy, interventional radiology for biopsy or additional scanning, or thoracic surgeon Christopher Towe, MD, for removal. The Lung Nodule Center has established a lung nodule registry to track these patients and ensure follow-up. Patients will continue to be seen by their regular primary care providers for all other medical care. Boldt notes that an estimated 50,000 patients across the region



Lynda Boldt, CNP, of UH Parma Medical Center's Community Care Clinic, sees patients with recently detected lung nodules and refers to the appropriate specialists, including Pulmonologists like Basel Altaqi, MD, left, or Thoracic Surgeon Chistopher Towe, MD.

have lung nodules that are not necessarily tracked and treated. Through this registry, she will be able to determine the right practitioner to follow up for treatment based on the nodule's size, location and characteristics. Risk factors such as smoking and a family history of cancer also are considered.

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.

Democrats Detail "Family First" Legislation

by Mallory DeTota

At a recent media event at the Ohio Statehouse, members of the Ohio House Democratic caucus outlined their legislative successes so far in this General Assembly with respect to "family first" legislation. According to the legislators, they intend to continue pressing additional family focused legislation as part of the "Ohio Promise" framework rolled out earlier in the year.

According to Democratic House Leader Emilia Sykes (D-Akron), Democratic legislators have been working to craft legislation that demonstrates their commitment to families. According to Minority Leader Sykes, the Republican majority's priorities have been "misplaced" in focusing on "legislation that people have not asked for. That's why our caucus put forth the Ohio Promise this past spring, so we could focus on the issues people care about."

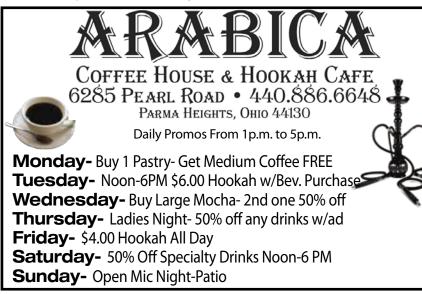
Sykes pointed to a number of Democratic-backed family first bills that already cleared the House, including proposals to establish the Kinship Care Navigators Program, which supports foster families, improves maternal health, creates the state's first-ever Children's Behavioral Health Network,

and makes it easier for military families caring for a loved one with special needs; to apply for Medicaid services.

Additional proposals focus on eldercare and Ohio's senior population, with bills to establish training standards for dementia care, simplify and streamline the application for SNAP and other benefits, and to improve quality of life at nursing homes. "It's critical for lawmakers to understand many of the issues facing our elderly populations, especially those with chronic diseases," said Rep. Stephanie Howse (D-Cleveland), who introduced a bill to better care for Ohioans living with dementia. "By having these conversations, we can better serve seniors and the elderly and connect families with the resources they need to care for their loved ones."

Parma Representative Jeff Crossman presented details regarding his House Bill 390 also known as the Pre-existing Condition Protection Act. Rep. Crossman filed the bill in an effort to protect the healthcare for approximately 2 million Ohioans that could lose their healthcare, in the event read the rest of this story online at: parmaobserver.com

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PEA Food Drive helps families in need this holiday season





by Amy Popik

The holiday season is the perfect time to give thanks and give back.

Every year, students, families and staff get into the giving spirit and generously donate to the annual Parma Education Association Food Drive. All donations directly benefit those in need in the communities Parma City School District proudly serves.

The PEA Food Drive is a long-standing tradition in the PCSD, and this year, the districtwide collection was held from November 1 - 8.

On November 8, schools dropped off their

families to help them have a full pantry during the winter months.

"PEA does this in an effort to bring the school community together and support those who live in our community," Olexa shared. "It is important to give back because it gives us a chance to help those we go to school with and numerous others in the community. The event gives students a chance to see their kindness in action."

action." Students and staff not only donated food but also made posters, helped pack items and even held contests and competitions to help make

the food drive a success.

What's Happening in the Parma City School District

by Dan Rajkovich

We Need Your Input!

The final Strategic Consolidation meeting will be held on Saturday, December 7, 2019 at Parm School District's Administrative Offices, 5311 Longwood Avenue. The meeting will begin at the The community is encouraged to attend to provide input on the future of the district's facilitie

Upcoming Board of Education Meetings

All Board of Education meetings will be held in the Board Meeting Room at Parma City § District's Administrative Offices, 5311 Longwood Avenue. Meetings begin at 6 p.m. unless othe noted. The Board of Education meetings for December 2019 are as follows:

- Tuesday, December 10, 2019 Board of Education Work Session
- Thursday, December 19, 2019 Regular Board of Education Meeting

Operation Toy Soldier Collection

The Parma City School District is proud to be a drop-off location for Operation Toy Soldier thi In partnership with American Legion Post 703 in Parma Heights and Yurch Funeral Home, P Administrative Offices will be collecting toys from November 18 – December 18, 2019. The munity is invited to drop off unwrapped toys to 5311 Longwood Avenue from 7:30 a.m. to 4:3¹ Monday through Friday. There is a bin located in the lobby for all donations. Thank you!

Parma Parent University - Crisis Prevention Intervention Dec

Join PCSD for the next Parma Parent University, free parenting workshops each month for fa: with children enrolled in the district. The next topic is Crisis Prevention Intervention: What P Need to Know. The session will be held at Parma Senior High School at 6 p.m. *Visit www.parmacityschools.org/parentuniversity for more information.*

Sign Up for PCSD's Weekly Newsletter

Like what you see? Get more news from Parma City School District right to your email boo week! Sign up for the Monday Morning Monitor, the district's weekly newsletter, at www.parmacityschools.org/monitor.

Veterans Day Celebrations 2019





donations to the Parma Hunger Center located at the Parma Lutheran Church. PEA and PTA volunteers sorted, packaged and labeled all donations for families.

"The food drive was amazing this year," expressed Will Olexa, a third-grade teacher at Green Valley Elementary School and the community relations chair for PEA. "Some standout donations came from Hillside Middle School and Pleasant Valley Elementary School with at least three to four carloads each. All other schools had at least two carloads."

With these plentiful and benevolent donations, 67 families received six boxes of a variety of food including two boxes of vegetables, one box of soup, one box of starches, one box of fruit/dessert and one box of meats/proteins. Each family also received a bag of supplies like paper towels, toilet paper and tissues and a \$20 Giant Eagle gift card.

Over 400 boxes of food were donated to

One student at Hillside donated over 100 cans of food and other non-perishable food items in just one day!

"The outpouring of food donations, monetary giving and helping hands was remarkable," he conveyed. "It is a fabulous and fulfilling feeling to see all the donations come in year after year. It makes me proud of all those who helped through donating, giving time, promoting, collecting, sorting and organizing at the building levels."

Families can get help year-round at the Parma Hunger Center.

"The need is great is Parma, Parma Heights and Seven Hills and the assistance is greatly appreciated," Olexa expressed. "I am proud to be part of such a kind and thoughtful school district."

View photos from the PEA Food Drive at www.parmacityschools.org/monitor.

Veterans Day in the Parma City School District was a special time where students and staff honored and recognized the brave men and women who have fearlessly served in the Armed Forces. Schools throughout the district held a ety of programs, special events and acti to salute the heroes of our country. To read the full story and view a photo ga visit www.parmacityschools.org/monito

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INSPIRATION

I Believe

by Daniel Taddeo

A difficult past can be overcome by continuing to move on. A good friend is cheaper than therapy. As far as possible, without surrender, be on good terms with all people. Biblical baptism requires choice, faith, repentance, and commitment on the part of the participant. Every aspect of our lives should be so ordered as to glorify God in whatever we think, say, and do. Friends are those rare people who ask how you are and wait for an answer.

God is "ready to forgive" everyone. He will never turn away those who approach Him with repentant hearts.

If we are looking for trouble, we will soon find it. If we are not happy single, we will not be happy married. The same principle applies to having children. If we compare ourselves with others, we could become vain and bitter-not a good thing to do. It is not too much to proclaim that Christ's res-

urrection is the most certain fact in all of history. It is not what other people think of us, it is what we think of ourselves. Nurture strength of spirit to shield us in sudden misfortunes. Obedience to God's commandments is an expression of our love for Him.

True morality is generated internally from a heart of gratitude and love for God and His Word. We should recount all of our blessings and share our burdens with God. When Jesus makes His second appearance, everything will be subjected to Him. When we choose not to follow God, He does not abandon us, but does allow us to go our own way. When we speak, our words should center on "that which is good to edify" and lift people up.

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?

Cox Communications \$5,000 Donation **Ensures Impact Local Students**

continued from page 1

Senator Antonio will provide an extra layer of insight into what it means to perform the duties of an elected offi-



cial in a close-knit community like Parma. "The City of Parma and Cox Communication's commitment to providing students with unfettered access to their local government operations represents a tremendous opportunity for our young people," Representative Crossman said. "Senator Antonio and I are excited to participate and help Parma students gain an appreciation for what it means to be engaged in the civic process."

Cofounders of the Leadership for Tomorrow program - City Treasurer Tom Mastroianni, Parma Mayor Tim DeGeeter and the late Anthony Zielinski, who preceded Mastroianni as city treasurer - wanted to help school-age children learn about how local government works. Cox Communications is a proud supporter of the program and partner to the city in its efforts to help young people see possible future careers in a municipal setting. "Leadership for Tomorrow continues to wield



Blank Stares And Hope

by Wayne Mesker

On November 20th my son Bill and I traveled to Pittsburgh to meet Jay Allen where we witnessed a very special performance of his song Blank Stares. Jay had been watching his mother fight her battle with Early-Onset Alzheimer's for the last 5 years seeing her memory and her personality continue to slip away. Sadly at the young age of 55 she lost that battle this past February. Jay wrote Blank Stares to honor his mother and to share some of the pain that families and Care Partners face. The video of Jay singing this song with his mother on stage has been viewed Millions of times around the world. His performance at the Transform Aging Town Hall was more a Prayer than a song and it touched me on a personal level. I applaud his courage as he continues to perform this tribute because I felt his sadness and realized that it must break his heart every time he does. I know it broke mine.

As an Advocate/Activist for people living with Dementia my knowledge and understanding cannot compare with the personal experience of people

tremendous influence on the community and its students," said Robert Brill, market vice president for Cox Communications "With the important jobs our municipal leaders hold, Cox is thrilled to see the exposure this program provides local students, year after year." The program brings local fourth graders to Parma City Hall, where students hold a mock city council meeting about an issue the class has chosen to consider. The students then travel to the Parma Justice Center, where they learn about the court system.



like Jay or the millions of Care Partners the world over that are playing a vital role in the lives of their loved ones who are fighting this battle. God Bless all of them. The opportunity to meet Jay was made possible by the Clearfield County Area Agency on Aging.CCAAA Director Kathryn Gillespie teamed up with Dr. Bill Thomas founder of Changing Aging and designer of MINKA Age / Dementia Friendly housing units in order to create the Village of Hope. I will be inter-acting with them and closely following their progress. Dr. Thomas and I have been friends since I became part of the Alive Inside Foundation. It was good to have the chance to see him again and also to make a connection with Kathryn.I know that given the prospect of addressing the needs of a growing Aging population our Tri-City area of Parma,Parma Heights and Seven Hills could definitely benefit from a project such as this ideally as part of the Westcreek Conservancy project to Re-Purpose Parmadale. That is an idea I plan to present to the Mayors and Administrations of all 3 cities and the West Creek people as well.

Stay Tuned Blessed Holidays to All

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NEIGHBORHOODS

Let's Plant Trees In Parma– There Are Excellent Economic Benefits

by Jeremy Jusek

When I first moved to Parma, one of the first things I did was plant three trees in my front yard. This choice wasn't environmentally motivated. I'd simply grown up around trees and missed the greenery. Eight years later my Red Maple has doubled in size and offers enough shade to picnic with my kids on the lawn. The two cherry blossoms on the treelawn flower each year with beautiful white and pink petals, before quietly shedding their spring coat and switching to photosynthesis full-time. To me this is relief. My road, Maplecrest, is curiously short of maples. It's short of trees, period.

According to the Cuyahoga County Planning Commission, the list of benefits for planting more trees include "improving water quality, reducing erosion, reducing stormwater runoff, saving energy, lowering city temperatures, reducing air pollution, enhancing property values, providing wildlife habitat, facilitating social and educational opportunities, and providing aesthetic benefits." If the city of Cleveland were to increase our tree canopy from its current 19% coverage to 30%, the economic and social value of land in Cleveland would rise from \$28 millionannually to \$42 million, a hefty 50% increase. Home values rely

on greenery to make neighborhoods look and feel inviting. Trees also reduce water and pollution damage to infrastructure. Parma, a city which badly needs to address its water runoff and sewer line issues, would greatly benefit from having trees reduce the amount of water entering our pipes and getting processed at the treatment plant.

Trees also matter to young home buyers looking to start families, the very demographic Cleveland should want to attract the most to safeguard its long-term economic health. Environmentally-conscious of impending climate change, millennials are far more likely to buy homes in green areas. This is important because the rate of home ownership by adults under the age of 35 is nearly 40% and is climbing every year.

The trees we do have offer measurable benefits. Among others, our trees save Cleveland property owners \$3.5million in energy costs annually, they intercept 1.8 billion gallons of rainwater (valued at \$11 million if released into our sewer systems), they prevent upwards of 1,200 incidents of health problems including asthma, diabetes, and mental health, and remove 42,000 tons of carbon dioxide per year. If we relied on CO2 capture methods to clean up the pollution captured by our current canopy it would cost taxpayers \$800,000 each year.

In terms of climate change, planting trees is a wonderful means of prolonging its worst effects. Planting trees on 0.9 billion hectares of land could trap two-thirds of the carbon emitted since the Industrial Revolution. Most importantly, methane—a greenhouse gas 23 times as potent as carbon dioxide—is absorbed by certain types of trees like pine,spruce, and birch.

That's all a lot of numbers. Here's a simple one: the EPA found that depending on where you live, every dollar invested in planting trees provided a ROI ranging from \$1.50 to \$3.

I believe the answer is twofold: we need to demand the local government launch a green initiative and we must take it upon ourselves to plant more. Roughly 75% of Cleveland land is privately-owned, which means government initiatives alone will not improve the problem. It is not upon Parma's citizens to solve climate change, but it is up to us to contribute to the fight against it. Every tree counts. And even if you believe climate change's worst effects are overblown, I urge you to consider the potential financial benefits listed above.

There are two things you can do to

help:

1) Plant trees. You can buy seeds, which are relatively cheap, or purchase from a nursery. If you are not a homeowner, consider donating to an environmental group that plants trees for you. There are plenty of valid charities online.

2) Contact your city counselor. They will not act unless we ask!

There is zero point in being defeatist about climate change or poo-pooing the impact of our actions. Now is the time to create the kind of world we want our children to inherit.

Sources:

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Culture Wars And Christmas Lee Kamps

PERSPECTIVE

Culture Wars And Christmas

by Lee Kamps

by Davidione Pearl

Much has been said in the media over the past decades about the "culture wars" in the United States. I believe that this is a bogus issue. The United States is a nation composed of many different cultures from all over the world. It was recently reported that there are more than 300 different languages spoken in the United States. Many are obscure native American languages only spoken by a few tribes, but practically every language in the world

There is a stretch of contested land

rising out of the Caribbean ninety

miles south of the Florida Keys, at a

very neighboring latitude/longitude of

21.5218 N/77.7812 W. A nation remark-

ably close in proximity to our own,

yet so incredibly distant in what we

have historically been permitted to

know of one another beyond the Iron

Curtain and the Cold War campaign

- a virulent posturing of superpower

ideologies on the world stage by the

United States and former Soviet Union,

which culminated in a bitter debilitat-

ing twentieth century military and

political standoff over allegiance and

control of her shores. This nation,

The Republic of Cuba, consequently

found herself in the midst of a severe

push-pull dynamic between The Soviet

Union and United States, and would

ultimately be used by the U.S and

U.S.S.R as the pretext and catalyst to lay

the groundwork towards what would

become the single-most largest scale arms race in the history of the world,

with the central pursuit being the development of nuclear warheads and

their delivery systems. Her developing

leader at the time, Fidel Castro, would

eventually align with Soviet support

and a campaign of armed insurrection,

which triggered an immediate cul-

may be spoken in the United States.

In many respects our Christmas traditions that most Americans celebrate come from different countries. The putting up of a Christmas tree indoors comes from northern Europe where evergreen trees were revered because they stayed green through the winter. The lights on the tree are supposed to represent the stars in the heavens. Other traditions of the season come from other lands such as luminaries from Spain and Italy. St. Nicholas, who became the archetype for Santa Claus was a man from modern day Turkey. But different cultural traditions of Christmas have found themselves represented in the United States.

However the United States in the 21st century is much different than the United States of 100 or 200 years ago. More immigrants have settled here from non Christian regions where December 25 is another day on the calendar. Just take a look around Parma for example of that change which has occurred in my lifetime.

When I was growing up in Parma, the big divide was whether one was Roman Catholic or not. Ridge Brook elementary school where I attended was all white. The cultural difference was based on ethnic groups; whether one's family was Polish or Italian or some other mix. But no one made a big deal over that. Several years after I graduated from Valley Forge High School I was living in South Carolina. I was showing a friend of mine the yearbook from my senior year at Valley Forge High School and her comment was "that is awfully big for a private school". To her any school that was that new, that clean and all white had to be a private school. But that was Parma fifty three years ago.

Looking around Parma, the city if the home of the largest Islamic Center in the state of Ohio. It is a beautiful building that looks like it was dropped from the Middle East. There is also a vibrant Indian community in Parma as well as a large Hindu temple in Parma as well.

Change is never easy. In 1925 a high school biology teacher in Tennessee was arrested for teaching Charles Darwin's theory of evolution. The ensuing "monkey trial' captivated the nation as science and religion clashed.

continued on page 9



Thank you Ward 5 voters for allowing me to have the privilege of continuing to serve and represent

all people in Ward 5

tural and financial shutdown between the United States and Cuba by means of sweeping embargoes orchestrated through American policy.

Far from perfect, Cuba would however fully blossom and culturally thrive on her own, with vast amounts of state sponsored assets that would unremittingly be earmarked and apportioned directly into medicine, social services, and the arts. Arts and culture soon became one of Cuba's most lasting exports unto the world, with entire communities subsisting on government supported arts programs within the country, and their wider audiences abroad.

One such community are the artists of Pinar del Rio. Located 163 km west of the capital Havana, the city of Pinar del Rio evinces one immediately to a time that bridges antiquity with the modern day - from antique 1950s American motorcars still on the road today (not particularly as a result of an avid national movement of collector's passions, but of necessity itself), to eye popping vibrant pastels awash every inch of available dry stone across the brilliance that is their predominant Art Deco architecture. A raw vibrant beauty mixed in with modern accoutrements like any other developing nation, as their allies extend far

Cuba: A Vibrant Tapestry Shrouded In Iron Curtains and wide across the world and have helped to link them well on the road of progress despite continued American sanctions.

> The heart of Pinar del Rio however is her world-class artists; at any given moment you can hear the pulsating Afro-Spanish variances of Rumba rhythms in and around her every corner, effortlessly played by friends that have held each other up in honor since their early years as children at the very beginning of their artistic journeys. You can wander down any of her streets and find visual artists quietly immersed in the intensity of their current projects, or performance artists hard at work rehearsing lines in prepa-

array of upcoming musicals at Teatro Milanes. If there is one word that would sum up the artistic essence of Pinar del Rio and Cuba herself, it would be none other than, Guarapachanga. La Guarapachanga is an annual week long music festival in Pinar del Rio that celebrates Cubanity both local and abroad. with many international performers of Cuban heritage returning home each April celebrate to continued on page 9

ration for a wide





Merry Christmas, Happy Holidays and Happy New Year to **ALLAN J. DIVIS** everyone in the Parma Community PARMA COUNCILMAN WARD 5

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PERSPECTIVE

Cuba: A Vibrant Tapestry Shrouded In Iron Curtains

continued from page 8

together in the spirit of performance with former teachers and classmates. The community delights in all-day workshops throughout the city, and evening performances highlighting some of the most sought-after artists from across the island nation and those living abroad. What is particularly warming is to bear witness to the phenomenal caliber of up and coming young Cuban musicians during the festival, their work especially, is nothing short of absolutely bedazzling. The arts is a language of giving, we could even say a language of love.

The Republic of Cuba has forged in no uncertain terms, a unique path though the power of art to more effectively neutralize even the effects of racism itself, as all Cubans, no matter their tint of hue dark or light, fully and zealously embrace their essential bloodline roots of African, European, and Indigenous heritage. This collective acceptance of their wide-ranging forebears is proudly exhibited vigorously through their music, dance,

Culture Wars And Christmas

continued from page 8

But that law remained on the books until 1968 in Tennessee.

Change is never easy. This past spring I took a trip to Alabama where I visited the cities of Montgomery and Birmingham. During my lifetime those cities saw radical change as the Jim Crow south changed and integrated. But that change didn't come easy. Change was met by violence. I visited a black church in Birmingham that was fire bombed three times, the first one being on Christmas Day.

I crossed over the Edmund Pettis Bridge in Selma where people peacefully marching for the right to vote were savagely beaten by local police on what became known as "Bloody Sunday". I saw the house where Martin Luther King Jr once lived in Montgomery that was fire bombed several times. I also visited a Baptist church in Birmingham where a bomb exploded on a Sunday morning in September 1963 killing four girls.

But things did change. Integration became the law of the land and eventually people did move on. Alabama has changed and it is a credit to that state that they have not sugar coated its history of violence and racism.

So let us celebrate our diversity instead of desiring for a past that really never existed. Look at the message of the season; Peace on Earth and Good Will to All. Merry Christmas. and overall harmonic national tone. That is to say, what they have uncovered through embracing all lineages of heritage that have made Cuba the cultural beacon it is today, is the very thing that rendered racial tensions less prominent: love and acceptance of one another, the essence and vitality of ancestral co-assembly through a shared heritage, and celebrating the binding of our bloodlines at key points in history that has made the world what it is today. For a great many years, we Americans have allowed the nature of our understanding to often be expropriated by the directives of those that have decided to deem what is better for us as a result of political agenda. Be that as it may, we are now thirty long years removed from the Cold War; may we each reach deep inside to a more natural state of warmth, connection, compassion, and reason, and release ourselves from outdated antiquated fears against our lovely island neighbors to the south, to more fully live the eternal lessons and depth of what we know to be true at the heart of our good books...

Valley Forge Alum Graduates From Basic Military Training

by Linda Tas

San Antonio-U.S. Air Force Airman Sutone Napoleon Tasavanh graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. The Airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Tasavanh is the son of N. Linda Tasavanh and Sornsin Phanthouhem, and is a 2019 graduate of Valley Forge High School, Parma Heights.



Sutone Napoleon Tasavanh

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AREA WIDE EVENTS



PSO Holiday Concert December 8

by Joe Germana

Parma Symphony Orchestra will perform a Holiday Concert on Sunday, December 8, 2019 at 3:00 PM at Valley Forge High School Auditorium located at 9999 Independence Boulevard in Parma Heights. Music Director Dr. Randolph P. Laycock will feature "Les Preludes" by Franz Liszt, "A Musicological Journey Through the Twelve Days of Christmas" by Craig Courtney accompanied by the combined choirs of Parma, Valley Forge, Normandy and Padua Franciscan High Schools and CCC-West Collegiate Choir. Also featuring a transcription by orchestra member Everett Brandt and cartoon video of "Corny Concerto" shown with music performed by the orchestra. Christmas favorites to be featured are the Robert Bowden arrangement of "A Christmas Treat", "Christmas on Broadway" arranged by John Higgins and everyone's favorite "Sleigh Ride" by Leroy Anderson.

The orchestra, in its 51st season consists of 75 members of all walks of life from all over the entire Greater Cleveland area. They meet weekly for rehearsals and present at least four concerts annually.

General admission 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.

Parma Symphony Orchestra is a self-supporting community orchestra in cooperation with the Parma City Schools. For more information can be found on Facebook, web-site www.parmasymphony.org or calling Business Manager Joe Germana 440-882-2012.

News You Can Use (And Where To Find It)

by Gene Lovasy

More re: Human Trafficking

Visit the State of Ohio's Human Trafficking Task Force Web site for Related Information and Available Resources... https://humantrafficking. ohio.gov/

Go here: https://humantrafficking.ohio.gov/response.html to review a Toolkit for Serving Survivors of Trafficking in Ohio

Go here: https:// humantraffickinghotline.org/nhthhhs-online-trainings for an extensive list of available, free online training modules from NHTH & HHS

Go here: https://humantraffickinghotline.org/resources/ human-trafficking-awareness-educators to view the training video on Human Trafficking Awareness for Educators.

Watch for more information re Human Trafficking in the next issue.

Compliments of the Imagine Foundation.

OTHER ANNOUNCEMENTS:

The Parma Heights PACT (Police & Community Together) Youth Group: A special thank you to everyone who donated personal care items for the group's "Comeback Kits" for the homeless project. The kits were assembled by the kids & delivered to the City Mission for distribution to their homeless population. The community's financial support is always appreciated & can be made by check payable to the Parma Height Police Department, memo'd "PACT Youth Group.

• All area students ages 12 -17 are welcome to join. For announcements & detailed information visit the PACT Facebook page at: www.facebook.com/ parmaheights.police; email: pactunit@ gmail.com; ph: 440.884.1235.

From Parma Area Chamber of Commerce...

The ever popular Annual Christmas Parade is scheduled to step off at 2:00 pm, Sunday, Dec 8th. It'll start by Stearns Farm, head north on Ridge Rd. to end at Ridgewood Golf Course where a host of special, special family oriented holiday activities will be offered.

From Parma City Schools:

Ridge-Brook Elementary needs COMMUNITY VOLUNTEERS to support their Project MORE (Mentoring in Ohio for Reading Excellence), 1:1 reading mentoring program for 3rd grade students. The school is looking to begin the program on Tuesdays and/or Thursdays from 12:15-1:15 beginning the week of January 14th (note change in time/day previously reported). This is a great program but needs volunteers to fully realize its potential. Please call the school at 440.885.2350 to let them know your available. Project MORE is hosted throughout the district. However, each elementary building hosts on various days and times. If you would prefer volunteering at another building simply give the school a call & and indicate your interest.

procedures more clearly define how the district will move forward w/requests to transfer current students in grades K - 12 between schools. The application process runs from Nov 15 to Jan 15 and is made via an online, digital form. Note also that the "Special Transfer" process has changed slightly. Visit www.parmacityschools.org/schoolofchoice for details.

The district has been selected as adrop-off location for this year's "Operation Toy Soldier". This nationwide initiative provides toys to children of soldiers deployed, non-deployed or who have just returned home. You're invited to drop off unwrapped toys (age range between 5 - 10) at the Admin Bldg. lobby (5311 Longwood Ave.) from 7:30 am to 4:30 pm, Monday thru Friday through Dec. 18th. All toys collected will benefit the USO of

Northern Ohio & will go to local families in the Cleveland area.

Parma Parent University... PCSD & Tri-C have teamed up to offer free, informative & entertaining workshops for parents w/students in the district. The next session is scheduled for Dec 5th from 6:00 pm to 7:00 pm at Parma Sr. H.S. – Topic: Crises Intervention: What Parents Need to Know. Call Audrey Holtzman at 440.885.8334 to register. Visit www.parmacityschools. org/parentuniversity to learn more.

Take advantage of "Donuts wth Dr. Smialek," a once-a-month opportunity for a donut, coffee & an informal conversation with the Superintendent. The next two sessions are scheduled for: 7:30 am, Mon., Dec. 02, at Royal

read the rest of this story online at: parmaobserver.com



As of November 15th the "Open Enrollment" program has been renamed "Parma School of Choice". New

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PARMA ART SCENE

Parma Art Scene

by Kathryn Mabin

Gary G. Nass, a Parma Area Fine Arts Board Member, is a participant in the Scatterings: 3-Dimensions On the Wall & Off Show, brought to you by Cleveland Photo Fest at Doubting Thomas Gallery located at 856 Jefferson Avenue in Tremont. This event is also a part of the Tremont Artwalk. The show features sculptures and assemblages incorporating photo-based imagery from 13 creative individuals. You may remember reading an artist profile of Gary's work in the March 2019 issue of the Parma Observer, which detailed his unique and lengthy process, involving wood, handmade paper and photographs. This event opens Friday, December 13, 2019 6 to 9 PM. Closing reception is January 3, 2020 from 6 to 10 PM with a Multimedia performance by Jim Szudy and Shawn Sloburn.

Craig Lindsley, Parma Fine Arts Board Member, and instructor, is a participant in the Annual Carol & John's Holiday Party and Charity Art Show at Carol & John's Comic Shop at Kamm's Plaza. Comic book covers are created by local artists, placed on display, and raffled off at this event. The proceeds benefit the Cleveland Food Bank. This year's theme is a Comic Book/Christmas Movie Mash-up.

Call For Instructors: Parma Area Fine Arts Council, a 501(c)3 nonprofit organization, operating in the Tri-City area, for over 50 years, is looking to expand their art class offerings. If you, or know of someone who, would be interested in teaching an art class, or a one day workshop, please email your resume and class details to kathrynmabin@att.net.

Prama Artspace & Gallery - Call For Artists: Located at 5411 Pearl Road, this Parma gallery offers you a new exhibit each month. December is Krampus & Kringle. In Central European folklore Krampus is a horned half goat, half demon who punishes children who misbehave. Kringle aka Santa rewards well behaved children. Krampus & Kringle is a celebration of both the naughty and nice. Artists drop off of work is December 6th, at 6:00 PM through December 9th. The opening reception is December 13th, 6 to 10 PM. The exhibit runs December 13, 2019 through January 6, 2020. The gallery also houses a small boutique where you'll find unique one-of-a-kind inexpensive gifts and stocking stuffers. Follow Prama on Facebook.



Michelle Behal, President of Parma Area Fine Arts and owner of Bear Tracks Art will be at the Mulberry Creek Christmas Open at Mulberry Creek Farm, 3212 Bogart Rd. in Hudson, Ohio., on December 7th and 8th. Bear Tracks Art specializes in custom wood-burned items, and acrylic painting. She has an excellent selection of small stocking stuffers for reasonable prices. Visit her web site at www.beartracksarts.com, or follow on Facebook. Katrina Lindsley, Parma Area Fine Arts member and owner of Devotions, with homemade room fresheners ("smelly jelly") and more, will be at Normandy High School on December 7th, St Nick's Craft Show at the Seven Hills Rec Center on December 8th, Brunswick High School on December 14th and Broadview Multi Care Craft Show on December 21st. You can follow her on Facebook at Devotions. Support your local artists and shop small!

Emerging Artists Showcased At Tri-C Gallery West

by John Horton

The talent of eight emerging Northeast Ohio artists who work in a variety of mediums will be highlighted during a monthlong exhibit at the Western Campus of Cuyahoga Community College (Tri-C).

The exhibit will be on view through Nov. 21 at Gallery West, located on the second floor of the campus library. Gallery hours are 8 a.m. to 8 p.m. Mondays through Thursdays and 9 a.m. to 2 p.m. Fridays and Saturdays.

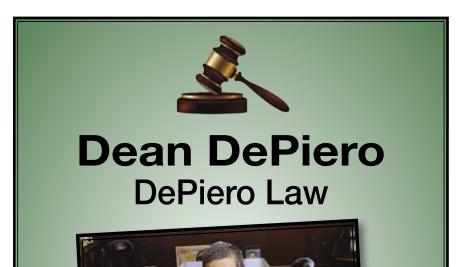
Featured artists include Elisa Albrecht, Madison Egleston, Jessica Hokes, Jasmine Kornel, Marlene Michl, Mary Kay Palazzo, Phaedra Scherl and Meagan Smith. All are recent graduates of Kent State University.

Free parking for Gallery West visitors is available at Western Cam-

pus, located at 11000 Pleasant Valley Road in Parma. For more information, call 216-987-5322 or visit www. tri-c.edu/gallerywest.







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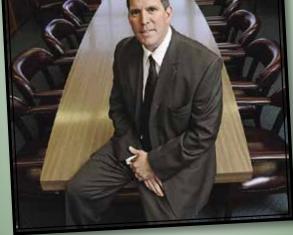


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