

“Behold my friends, the spring is come. The earth has gladly received the embrace of the sun, and we shall soon see the results of their love.” - Sitting Bull

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Putin's War Hits Close To Home

by Carolyn Kovach

When bombs started falling in Ukraine, those explosions made an emotional impact in Parma, 5,000 miles away from the war. Cuyahoga County is home to 15,000 people of Ukrainian descent, with the greatest concentration of 4,400 living in Parma. “All of us working here have family in Ukraine,” said Solomia Bida, one of the many volunteers who daily sorts donations of food and medical supplies at Pokrova Ukrainian Greco-Catholic Church at Broadview Road. The supplies are packed and shipped to help support Ukrainian humanitarian relief efforts abroad.

Churches, businesses and community leaders are raising awareness and funds



to help support the millions of Ukrainians who have fled their country. Breads and Beyond Bakery in Ukrainian Village donated \$4,000 from its sales of Ukrainian flag cookies on March 25. Rudy's Strudel and Bakery in Pol-

ish Village donated \$10,000 to Plast Worldwide Scouting Organization, which provides Ukrainian humanitarian relief. All proceeds from sales were raised through the bakery's Stand With Ukraine event on March 12. Owner Lidia Polatajko Trempe has relatives who live in Ukraine and communicate with her daily. “Ukraine is part of our fabric here. We have a deep-rooted connection,” said Parma Mayor Tim DeGeeter. DeGeeter has marched in many August Ukrainian Village parades and participated in the St. Josaphat Ukrainian Catholic Cathedral's festival on State Road. He met in 2017 with the former Ukrai-

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City Of Parma Holds Demolition Event For Ridgewood Golf Course Clubhouse

by Carolyn Kovach

Built in 1925, Parma's Ridgewood Golf Course Clubhouse is now a pile of rubble. At 9 a.m., Monday, March 21, the city held a demolition event for the public to attend at 6505 Ridge Road. Spectators watched and cheered as con-

struction equipment knocked down the first wall. Throughout the week, the rest of the structure was destroyed. “It's something that's been needed for a really long time,” Parma Mayor Tim DeGeeter said. “We're excited about this new chapter for the clubhouse and

our city. We wanted to pause and recognize the clubhouse's history, so we held a ceremony and invited elected county and city officials, our golfers and members of the public. We saw a big turnout, local media attended, and we heard positive comments.”

Golfers, golf leagues and community groups have used the facility for decades, but the structure reached the point that repairs would no longer suffice. Cuyahoga County provided \$175,000 from its Community Development

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UH Parma Medical Center, Parma Fire Department Support St. Anthony's After Arson Fire



The Parma Fire Department held a "Stuff the Squad" event at UH Parma Medical Center to benefit St. Anthony's of Padua in Parma following a Feb. 19 arson fire that caused \$1 million in damage.

by CJ Sheppard

Generosity overflowed from the community at the March 2 Stuff the Squad event at UH Parma Medical Center, a collaboration with the Parma Fire Department to collect donations for the grade school at Saint Anthony of Padua. The State Road school sustained \$1 million damage in a Feb. 19 fire that was ruled arson.

On Ash Wednesday, the start of the Lenten season, a constant procession of vehicles throughout the day delivered donations of school and cleaning supplies to the ambulance, which was parked under the surgery addition in front of the hospital. Volunteers from the fire department and hospital filled one reserve ambulance, as

well as a 16-foot truck and a second one provided by Paul Davis Restoration, the company handling the work at St. Anthony's. Students had been relocated to St. Bridget's, a former parochial school in Parma.

“We were touched by the generosity of the community,” said Mary Beth Talerico, Manager of Business Development, who leads many of the hospital's community outreach efforts. “From brand new vacuums and monetary donations, to school supplies from retired teachers, we fully filled one squad, a 16-foot box truck and another truck two-thirds full.”

Christopher Dussel, MD, Chief Medical Officer of

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Script Parma Picture Of The Month



This month's script Parma picture of the month was submitted by Mary Vavro. Pictured are her children, Jaily, Joseph, Stephen, and Clare. She will receive a gift card courtesy of Rookies Sports Bar and Grill, as well as a free car wash courtesy of Sgt. Clean's Car Wash. Pictures can be emailed for the monthly contest to Parma City Council President Sean Brennan at councilmanbrennan@msn.com. Be sure to include your name and address.

COMMUNITY NEWS

The President's Corner

by Sean Brennan, Parma City Council President

This month I am continuing my series entitled Civics 101. The hope is to provide you with useful information about your local, state, and federal governments. So far I have covered municipal (city) and school district governments, as well as the judicial branch of government in Ohio. This month I will report on county government with a focus on Cuyahoga County.

Prior to January, 2011 Cuyahoga County's government consisted of a three-member Board of Commissioners. That changed as a result of voters adopting our current form of government, which consists of a County Executive and an 11-member County Council. Our current County Executive is Armond Budish. He has a four-year elected term and has decided not to seek re-election. Therefore, we will be electing a new one this year.

Each county councilmember represents a district. Parma is located



in County Council District 4, which includes Parma, Parma Heights, and Middleburg Heights. Our representative is Councilman Scott Tuma, who used to work with me on Parma City Council, representing Ward 8. He is currently the chairman of the important Public Works, Procurement, and Contracting Committee of County



Council. This is the committee that reviews and approves legislation involving water, sewer, road, bridge, and storm drain projects throughout the county, as well as the purchase and lease of equipment by the various county departments. He has been instrumental in steering county dollars to benefit our community in many ways. Councilmembers have a four-year elected term of office.

The County Executive of Cuyahoga County is like the mayor of the county. In other words, the job entails law enforcement and running the county on a day-to-day basis, much like how a mayor does the same for a city. The primary job of county government is to deliver health and human services to those across the county, to support infrastructure needs and services for cities throughout the county, to attract and retain businesses in the county, among many other services. The County Executive also appoints the Sheriff with County Council's approval.

On the other hand, County Council represents the legislative branch of our county government. That is, their job is to make the laws for the county, like a city council does at the municipal level of government. In the spirit of checks and balances, they oversee the County Executive, like a city council oversees a mayor. Further, as their website points out, they are "the link between government agencies and citizens." Their meetings are open to the public and take place on the 2nd and 4th Tuesdays of each month at 5:00 pm in Council Chambers on the 4th floor of the Cuyahoga County Administrative Headquarters at 2079 East 9th Street. Parking validation is available for meeting attendees who park in the attached garage. Meetings are also livestreamed on their website.

Here is a list of some of the many

services provided by our county government: alcohol, drug addiction, and mental health services, animal shelter, adoption and foster care, senior and adult services, including adult protective services, adults transitioning back into the community from prison, auto and boat titles, clothing and housing assistance, benefit application assistance, board of elections, child abuse and neglect investigations, child care assistance and licensing, child support case services, court of common pleas, property tax collections, property appraisals, veterans services, developmental disabilities services, Board of Health, real estate records, etc.

As always, this column only scratches the surface of our county government. To learn more about it and the plethora of services it provides, visit cuyahogacounty.us. Best wishes for a blessed Easter Season.

City Of Parma Holds Demolition Event For Ridgewood Golf Course Clubhouse

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Fund, which is tied to gross casino revenues distributed to the county, and Cuyahoga Land Bank added \$50,000 to cover demolition costs. "I know how important Ridgewood Golf Course is to the City of Parma and neighboring communities in Cuyahoga County. For nearly 100 years, it has served as a recreational center of activity for the community. It also brings in revenue for the City of Parma," said Cuyahoga County Councilman Scott Tuma. "The clubhouse demolition is a significant first step in allowing city officials to move forward with their vision for designing and building a new facility that will also serve as a community center for all of our residents while driving economic success in the process."

What city leaders envision for the new facility will be far different from the current building. "We respect the rich history of Ridgewood Golf Course, however, we are excited to offer to our golfers and non-golfers an event center that can be utilized 12 months a year," said Parks and Recreation Director

Mickey Vittardi.

An event center would go beyond a traditional clubhouse and host wedding receptions, banquets, large parties, as well as golf outings – providing access to people who don't golf but want to take advantage of the beautiful golf course view and its central location in the city. Although the clubhouse will be gone, golfers this season will be able to play the course, which will remain open. Golf course staff will operate from a triple-wide trailer. "We hope to provide the same level of service as prior years. The pavilion will also remain open," said Golf Course Manager and PGA Pro Dave Chuba.

There is no date yet for new construction. The city is in the process of sending out requests for qualifications from architects and finding additional funding sources, which includes the city going back to the county for economic development money to help cover the cost of a new facility. "Hopefully, sometime at the end of two years, we can start construction on the new facility, but we know it's going to take some time," DeGeeter said.

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HEALTH AND WELLNESS

From The Heart Of Ohio’s Ukrainian Community, UH Parma Stands With Ukraine

by CJ Sheppard

In the heart of Ohio’s largest Ukrainian community, UH Parma Medical Center organized a relief drive for the war-torn country as Russian forces continued their assault on Ukraine.

The hospital’s Ukrainian employees, many of whom emigrated to the United States decades ago but maintain close ties with their homeland, were grateful for the support. On March 11, UH Parma sent three pallets of donations, including walkers, crutches, baby diapers, and personal care items, to Ukraine through MedWish International. The Cleveland-based nonprofit humanitarian aid organization founded by Lee Ponsky, MD,

Chair, UH Urology Institute, has continue to hold relief supply drives around Cleveland.

The people of Ukraine are facing shortages of basic necessities such as personal hygiene products, baby/cleansing wipes, individual first aid kits, soap, shampoo, deodorant, toothbrushes/toothpaste and pediatric formula and diapers. MedWish International is working with longstanding Ukrainian recipients to distribute relief supplies.

"I'm proud of my hospital," says OR nurse Diana Skalsky, whose uncle, a pastor of a church in Ivano-Frankivsk, was sending supplies to eastern Ukraine, and now his town is being bombed. "Nobody is safe there right now."

Pharmacist Nina Protsyk moved to Parma when she was 4. Her parents remain in close contact with siblings, checking in daily with Nina’s aunts, uncles and cousins in western Ukraine, who are helping other Ukrainians flee and debating every day when to leave themselves.

"They’re staying put but trying to decide if they should flee as well," said Nina.

"They’re anxious."

Just before war broke out, Veronika Pagsanjan’s brother had secured a visa and a plane ticket to immigrate to the United States. Now he is unable to leave. Ukrainian President Volodymyr Zelenskyy declared martial law when Russia attacked. All men of fighting age 18-60 are forbidden from leaving the country.

The nurse practitioner in gastroenterology, who was born in Russia, feels lucky her family left for Ukraine when she was 11. Now her mother and brother are in Dnipro in the southeast. And the Ukrainian and Russian sides of her family no longer communicate.

"They don’t talk to us anymore," said Veronika, among the countless Ukrainians with Russian relatives who refuse to believe they’re being attacked by their brothers. "We’re enemies now. I wonder if I grew up in Russia, would I be that brain-washed? That’s my biggest fear."

Even Americans with no ethnic ties to Ukraine are joining the fight. Leovi Shields, a PCNA/MA for Drs.



OR nurse Diana Skalsky has lived in the United States for decades but maintain close ties with the country of her birth, where she still has family.



UH Parma Medical Center organized a relief support drive for Ukraine and collection three pallets of donations.

Mahajan and Bhatt at UH Parma, suddenly bid farewell to her husband for a few weeks early in the war when the U.S. Navy veteran felt inspired to head to Ukraine to assist. The Parma Ukrainian Village resident empathizes with those Ukrainians whose lives changed overnight – who had to flee comfortable homes and secure jobs just to survive.

Before leaving for Ukraine, her husband told friends: As Americans, we are supposed to be the guiding light.

For more information on donating supplies to Ukraine, please visit www.medwish.org/ukraine.

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PARMA OBSERVER

Putin's War Hits Close To Home

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nian Ambassador Valeriy Chaly at Parma City Hall and hosted Serhiy Nadal when the Ternopil mayor came to Parma in 2018. “Mayor Nadal and I exchanged gifts. He gave me a traditional Ukrainian embroidered shirt, which I wear in the Ukrainian parades,” DeGeeter said. “When I see news reports about what’s happening in Ukraine, I’m in dismay. Ukrainian cities built up over decades have been destroyed in weeks. Lives lost. Families split apart,” DeGeeter said. “For our Ukrainian residents, many are hearing reports about the devastation directly from their relatives. It’s heartbreaking.”

In a show of solidarity, the city flies a Ukrainian flag at Parma City Hall’s front entrance and illuminates the building at night with blue-and-yellow lights. The city’s sign shop created blue-and-yellow metal signs that resemble the Ukrainian flag, and Service Department workers affixed them on light posts in Ukrainian Village and at the intersection of Ridge and Ridgewood roads. Ukrainian Village straddles three city wards. When fighting began in Ukraine, three council members from those wards worked with the city to print “We Stand With Ukraine” signs. Ward 3 Councilman Mark Casselberry, Ward 4 Councilwoman Kristin Saban and Ward 9 Councilman Rob Euerle took the signs to small business owners in Ukrainian Village, who gladly agreed to hang the signs on their storefront windows. “When other business owners and residents saw the signs, they started asking us for more. We quickly ran out,” Saban said. “To accommodate everyone, we made a PDF of the sign available on the city’s website at cityofparma-oh.gov and asked people to print them and display them on their doors and windows. I now see the signs all over Ukrainian Village.”

On a chilly evening March 7, Ukrainian residents rallied outside City Hall. After speeches and songs, the large group filled Parma City Council Chamber to witness council members pass a resolution is support of Ukraine and its citizens. “After presentations and the vote, all the council members stepped down from the dais for a group photo with Ukrainian Village leaders and rally participants. It’s probably the big-



gest group photo we have ever taken in the chamber,” DeGeeter said. “It was really moving when the Ukrainian residents sang the Ukrainian national anthem as they exited the council chamber that evening.”

The relationship between Ukraine and Parma has caught the attention of national media and state leaders. The week of March 6, CNN and Fox & Friends visited the city to speak with residents and community leaders. On March 17, Gov. Mike DeWine held a summit at the St. Vladimir Ukrainian Orthodox Cathedral on State Road. He brought together state, city and community leaders to discuss how to assist Ukrainian refugees who might relocate to Ohio. “Looking ahead, Parma would be a natural landing pad for those refugees coming to United States,” DeGeeter said. “We definitely want to do our part at the city level.”

DeGeeter has spoken to Joe Cimperman, president of Global Cleveland, about how they can work together should there be an influx of Ukrainian immigrants. Global Cleveland connects international newcomers to economic, social and educational opportunities in Cuyahoga County.

Until that day arrives, Ukrainian community leaders Roman Fedkiw, Zoriana Zobniw and Marta Liscynsky-Kelleher will continue to communicate the needs of Ukrainian refugees with elected officials and others who can help support the humanitarian relief effort. They have compiled a list of vetted organizations on Ukrainian Village’s Facebook page. For those who want to help, visit @UkrainianVillageinParmaOhio for latest news about local fundraisers or go to www.ukrainevillageparma.org.

New Outlook/New You

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host New Outlook/New You on Tuesday, April 26, 2022 from 7:00-8:30 p.m. in Meeting Room A. As the world hits the reset button, trainer and extreme endurance athlete Tony Sigmund will talk about how to learn to take charge of your inner growth, despite external circumstances, in order to create the reality you want. In-person program. Registration required. To register, visit www.cuyahogalibrary.org or call the Parma Heights Branch Library at 440.884.2313.

Seven Hills Siblings Take Second In Science Olympiad Competition



Olivia Kude



Nelson Kude

by Abigail McNaughton

On Saturday, March 6, Seven Hills local Olivia Kude and her partner Nathan Thomas took second in the “Rock Hound” category while her younger brother Nelson Kude and his partner Shivam Mahajan also placed second in the “Don’t Bug Me” category of the 2022 Science Olympiad competition held at Case Western Reserve University. The siblings were on the Birchwood team, coached by Linda Brown, Michelle Bogden, Lauren Miller, Sam Miller, and Rana Bottino have been practicing since October 2021. This team composed of fourth through sixth-grade students faced off with many local schools and this event and met with great results.

Ohio’s brightest middle and high

school students attended the Ohio Science Olympiad regional tournament. Ohio Science Olympiad is the state’s premier competition that allows students in grades 5-12 to demonstrate their skills in the science, technology, engineering and math (STEM) areas.

“Science Olympiad students went through a rigorous tryout process in October to be selected for Team 1 or Team 2 in November. Students have been working diligently since November each week after school for an hour on Wednesdays. Many teams also put in extra time over weekends testing, building, and studying. We are very proud of the hard work they put in and their ability to be flexible when changes needed to be made along the way!” Reported, the Birchwood coaches.

Estate Planning Is Broken: Why You Need An Elder Law Attorney

by Matthew Snyder

Estate planning attorneys help high net-worth families plan to avoid or minimize estate tax concerns, and no one bats an eye at these strategies. Tax professionals work with all of their clients to help minimize income taxes and/or other potential liabilities to Uncle Sam, and we applaud their work. So why is it that so many people don’t know there are planning strategies to protect their hard-earned assets?

The fact is, elder law planning is every bit as legitimate as any other type of strategy used to minimize a person’s exposure to potential future expenses. The cost of nursing home care in our area surges over \$100,000 per year, and studies show that two out of three people who reach age 65 will need some form of long-term care in their lifetimes.

This is why elder law planning is becoming a necessity for a much larger swath of retirees, rather than traditional estate planning that focuses on avoiding probate and minimizing taxes. Probate and taxes are irrelevant when you have spent your entire life’s savings on nursing home care before you die.

Elder law planning is available to help families proactively protect

assets from future long-term care costs while factoring in Medicaid’s five-year lookback and planning strategically. Likewise, when a loved one is already in a long-term care facility and spending thousands of dollars monthly on care, we have the knowledge to put a cap on the exposure your loved one has to those costs. While we cannot protect everything in a crisis, we still have strategies that offer your loved one the opportunity to preserve a portion of their remaining assets.

If you have a loved one who is currently receiving care in a long-term care facility and spending all of their assets down, or if you have seen a close family member lose their entire life’s savings to long-term care costs, it is time to sit down with us and learn about your options.

With hundreds of thousands of your dollars at stake, the costs are too high to bury your heads in the sand and ignore the possibility that nursing home care might be in your future. Planning now can protect your assets for the future. We are here to teach you about your options and put a plan in place for you to avoid losing your assets in a nursing home crisis.

PARMA OBSERVER

Senator Antonio Honors University Hospitals Parma Medical Center Stroke Team

by Nickie Antonio

On February 16th, I was honored to be joined by University Hospitals Parma Medical Center's Stroke Team on the floor of the Ohio Senate to recognize them for excellence in stroke patient care. UH Parma Medical Center was honored by the American Heart Association/American Stroke Association for its commitment to ensuring stroke patients receive the most appropriate treatment, according to nationally recognized, research-based guidelines. UH Parma won the Stroke Gold Plus and Target: Stroke Honor Roll Elite awards.

Every 40 seconds, someone in the United States has a stroke. The proper treatment can mean the difference between life and death. Additionally, stroke is the 5th leading cause of death and a leading cause of disability in Ohio. Unfortunately, strokes are a health concern that can happen to anyone and have touched many of our lives. This issue is personal for me, as my mother died 23 years ago from complications of a stroke. Since I have been in the legislature, I have worked to lessen such a crushing loss for Ohio families through policy measures. We passed Senate Bill 21 last year to establish statewide guidelines for the assessment, triage and transport of stroke patients to hospitals, as well as House Bill 464 of the 132nd General



[From left to right] System Stroke Manager Julie Fussner; System Stroke Medical Director Cathy Sila; Pam Pascal, Parma Stroke Coordinator; Senator Antonio; Christopher Dussel, UH Parma's Chief Medical Officer and EMS Medical Director; Kristen Petro, Nurse Manager, Emergency Department, UH Parma; and Matt Cole, EMT-P, Manager, EMS Manager.

Assembly, which designated key hospitals based on the level of care for stroke victims.

On March 1st, I also introduced Senate Bill 305 to designate May as Ohio Stroke Awareness Month, which will be a crucial step in educating people on symptoms of stroke that may help lead to earlier detections and better health outcomes for patients. According to a recent study at the University of Kentucky Stroke Center, the



On March 28 crews began demolishing James E. Hanna Elementary School, formerly known as Snowview Elementary. The school was opened in 1955 and thousands of lives were started here, and these former students literally span the globe.



Left - On march 10 the popular cable news morning program Fox & Friends did their broadcast from Southside Diner in Parma.

trouble with balance.

E- Eyes-They could experience blurred, double or loss of vision.

F- Face- Do you notice one side of their face drooping? Ask them to smile.

A- Arms are they experiencing weakness in one arm? If they raise both arms does one drift down?

S- Speech- Is speech slurred, unable to speak or hard to understand? Can they repeat a short sentence? Does what they are saying make sense?

T- Time to get help. If you notice any of these symptoms, call 911 to get the person to the hospital immediately.

More than two decades after losing my mother, I work every day as a state senator to honor her memory. By working together to raise awareness of stroke, I firmly believe we can save lives and make a difference in Ohio. My sincere thanks to University Hospitals and all those in the healthcare field for their work to do just that every day.

acronym B.E. F.A.S.T can help people remember the signs of possible stroke to save lives. It stands for:

B- Balance- The person may have

UH Parma Medical Center, Parma Fire Department Support St. Anthony's After Arson Fire

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UH Parma and Medical Director of Emergency Medical Services, including the Parma Fire Department, said these types of initiatives show the strength of a community hospital. He was impressed by the steady stream of donors throughout the day. The

collaboration came together quickly, as Parma Fire and UH Parma work together regularly and well.

"As Parma's community hospital, our hearts go out to our friends and neighbors at Saint Anthony's," Dr. Dussel said. "We were proud to partner with Parma Fire in an effort to support the school through this tragedy."

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INSPIRATION

Saint Charles Borromeo To Celebrate 100 Years

by Sean Brennan

In 1923, Father Nicholas Monaghan, along with thirteen families, founded Saint Charles Borromeo Parish. Saint Charles was one of the first many ‘inner-ring’ suburb parishes of the Diocese of Cleveland. During the early 1920’s, industrial progress in Northeast Ohio meant plentiful jobs, and rapid growth for the new St. Charles Borromeo Parish. A wood frame church, brick rectory, and eight classroom school were built by 1928. The Ursuline Sisters of Cleveland arrived at the parish in 1924 and served until 2018. The good times stalled during the Great Depression of the 1930’s, however. Father Monaghan would later comment, “Some days we just barely made it.”

World War Two restored economic



health to the country, especially to Ohio’s manufacturing sector. At war’s end, thousands of returning veterans began to settle in Parma. Adding to this

was the initial out-migration from city to suburb, where land and new homes were plentiful. Cleveland would lose more than 500,000 inhabitants (half of its population) from 1950 to 2000.

During the 1950’s and 1960’s, a period of tremendous growth and prosperity for Roman Catholics in the U.S.A., St. Charles Borromeo Parish grew to be the largest parish in the State of Ohio. School enrollment topped 2,400 students in 1964. Dozens of new classrooms were built along with a gym and hall.

The wooden frame church, which originally stood where the Corrigan Gym is today, was moved to the corner of Ridge Road and Charles Avenue in 1949. The fast-growing parish needed a new permanent home for worship, and the American Romanesque church was built in 1954. St. Charles parishioners contrib-

uted greatly toward the building of a new church that would last for generations.

The parish has grown from those thirteen families in 1923 to 3,700 families today. On April 24, 2022, Saint Charles Borromeo Parish will begin its Centennial Year. The celebration will begin with a large mass celebrated by Fr. Jack Carlin, the third pastor of the parish, with a reception to follow.

Saint Charles Borromeo plans to celebrate its rich past while looking forward to its bright future. Celebrations throughout the year will be centered on the faith and Catholic tradition that has been handed down through multiple generations through the parish school as well as varied religious education programs. In the last 40 years alone, Saint Charles boasts of 18 men who have ‘answered the call’ to become priests along with men and women vocations to various religious communities. Recognizing its call to ‘support those in need’ the parish continues to minister to the poor and those in the community through various ministries such as Saint Vincent de Paul, as well as Dismas Ministry. With great anticipation in its future, Saint Charles seeks to celebrate the Centennial Year with thanks to God for helping bring hope and healing to Catholics and non-Catholics alike in Parma.

To learn more about the Parish of Saint Charles Borromeo, located at 5891 Ridge Road, and upcoming events, visit their website at stcharlesonline.org.

Share Your Shoes

by Erin Lally

The Parma Commission on Aging is conducting a shoe drive from March 25 through May 25, 2022 to raise funds for the Donna Smallwood Activities Center and Office on Aging. The Parma Commission on Aging organization will earn funds based on the total weight of the shoes collected as Funds2Orgs will purchase all of the donated footwear. Those dollars will be used to benefit programs, services, and activities at the Donna Smallwood Senior Center.

Anyone can help by donating gently worn, used, or new shoes at the Donna Smallwood Center located behind City Hall and next to the Parma-Powers branch of the Cuyahoga County Public Library. There is a collection box inside the Center and a bin outside our doors. All types of shoes are accepted including casual, dress, sandals, boots, cleats, and even flip-flops.

All donated shoes will then be redistributed throughout the Fund-

s2Orgs network of microenterprise partners in developing nations. Funds2Orgs helps impoverished people start, maintain and grow businesses in countries such as Haiti, Honduras, and other nations in Central America and Africa. Proceeds from their shoe sales are used to feed, clothe and house their families. One budding entrepreneur in Haiti even earned enough to send to her son to law school. “We are excited about our shoe drive,” said Julia Varley, Commission President. “We know that most people have extra shoes in their closets they would be willing to donate to not only help seniors in our community but also to help those less fortunate become self-sufficient. It’s a win-win for everyone,” added Varley.

By donating gently worn, used and new shoes to the Parma Commission on Aging, the shoes will be given a second chance and make a difference in people’s lives both in our community and abroad.

FAITH COMMUNITY DIRECTORY

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allfaithspantry.org

All Saints Episcopal Church

8911 West Ridgewood Drive, Parma, Ohio 44130, 440-888-4055
parishadmin@allsaintsparma.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.ridgewoodumc.org

St. Bridget's of Kildare Church

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www.Stbridgetparma.com

Holy Family Catholic Church

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Parma Christian Church

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Parma Stands With Ukraine

Blue Hearts Ceremony Honors Pandemic's Frontline Heroes At UH Parma

by CJ Sheppard

UH Parma Medical Center caregivers solemnly placed carnations in blue vases at the front of the room while music softly played. Then each received a blue heart pin from a leader to commemorate two of the most challenging years in health care that anyone could have ever imagined. They hugged and they released some of the emotions carried throughout the COVID-19 pandemic.

"We are obviously not done with

the pandemic, but this ceremony allowed us to put some closure to the fear, anxiety, and grief that have been such a big part of our lives over the last two years," said Kathi O'Connor, Director of Operations and Clinical Services, who was among the leaders greeting caregivers and handing each of them a white carnation as they entered the auditorium.

The Blue Hearts Ceremony at UH Parma on 2-22-22 was a chance to remember, recognize and reflect

all that this team of health care workers had been through over the past two years. Caregivers from departments across the hospital were invited to stop by the auditorium for a few minutes to reflect and write down what they would want someone to know a century from now about this time. Cards were collected to be stored in a time capsule to be opened in 100 years.

"Today's ceremony means that our contributions during COVID are not forgotten," said Infection Control nurse Maria Scheutzow, who has been integral to the hospital's pandemic response since its earliest days in March 2020 and helped plan the service with Chief Nursing Officer Kim Monaco. "We have been a part of history and our time capsule reflections are a record of UH Parma's experience with living through a pandemic."

Blue hearts have become an internet sensation signifying unity among



Chief Nursing Officer Kim Monaco presents a blue heart pin to Renee Zupancic, RN, while music therapist Danny Rose play acoustic music during the ceremony



ICU nurses were among those who attended the Blue Hearts ceremony on 2-22-22. UH Parma Medical Center leaders held this day of remembrance to honor health care workers for their enormous contributions during the pandemic.

healthcare workers, said Miranda Balog, BSN, RN, Operations Manager of Nursing. Letting go of loss and looking forward to better days is important for those who have been on the frontlines for the past two years.

"The last two years have truly been a struggle in healthcare and every one of us has been impacted by the repercussions of this virus," said Balog. "We've taken an immense hit to our healthcare workforce and now we have to work together and develop new ways to continue to provide high-quality care to patients."

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PERSPECTIVE

Freedom – A Cause Worth Fighting For

by Lee Kamps

Since I wrote my column last month, the daily news has been dominated by the war in Ukraine between the Russian invaders and the Ukrainian people. Clearly Russian Premier Vladimir Putin grossly underestimated the resolve and courage of the Ukrainian people and their President as well as the commitment of the United States and the NATO allies.

Vladimir Putin must have been taking too seriously the right wing propaganda in the United States that has been constantly saying that President Biden was a senile old man who would just allow Russia to get away with invading Ukraine after the United States left Afghanistan. Again, this was a gross underestimation of our President who has taken the lead in committing to a strong NATO.

Prior to the break up of the old Soviet Union, Ukraine was part of the Soviet Union. Before the Soviet Union was created, Ukraine had been part of greater Russia since the Czars conquered that territory a few centuries ago. From the time the Soviet Union dissolved in December 1991, the Ukrainian government has had mostly a Russian puppet gov-

ernment.

That ended in 2014 when the election of another puppet government was thrown out and in a new election, the Ukrainian people elected an independent government. This did not sit well with Vladimir Putin and his forces quickly annexed the Crimean peninsula as well as some eastern territories with Russian speaking majorities. At the time, the NATO allies and the United States did nothing to stop the Russian expansion in Ukraine other than impose economic sanctions on Russia.

Those economic sanctions have since severely crippled the Russian economy. At the same time, the Ukrainian government began making overtures in becoming part of the European Union and Ukraine was becoming more prosperous. In short, the Ukrainian people had gotten a taste of a democratic government and a free market society and was becoming more like western Europe.

The presence of NATO has been a thorn in the side of Vladimir Putin ever since he became Premier of Russia more than twenty years ago. The North Atlantic Treaty Organization was formed in 1949 by the nations

of western Europe, the United States and Canada as a means of countering expansion in Europe by the Soviet Union. Putin has seen NATO as a threat to Russia.

But what Vladimir Putin has accomplished by his invasion of Ukraine has to strengthen the NATO alliance and perhaps drive Ukraine toward joining the NATO alliance. Perhaps Vladimir Putin believed that NATO was becoming weaker when Donald Trump was President and suggested withdrawing from NATO since the Soviet threat no longer existed in Europe.

But the events of the past month have proven that an expansionist Russia is still a menace to European stability and peace. Not only has Putin's actions strengthened the NATO alliance, but it has isolated Russia from the global economy. Russian oligarchs who have helped place and keep Putin in power have had their foreign assets frozen and some of their assets, such as luxury yachts, seized.


There are no airlines flying into and no Russian airlines are allowed to land in many other nations. The Russian stock market has crashed and the Russian ruble has dropped to the point where one ruble is worth

less than one United States penny. Many affluent Russians have become stranded in foreign countries since their bank cards no longer work so they cannot access any cash and they cannot fly back to Russia.


The Ukrainian fighters have put up a strong resistance to the Russian invaders. They have inflicted a lot of casualties among the Russian invading force. Now Russia is resorting to bombing civilian targets which is a war crime according to the Geneva Convention. This is an act of desperation on the part of Russia and it only hardens the resistance and further alienates Russia from the rest of the civilized world.

There is no way that this could end well for Russia. Few dictators die of natural causes in old age. Most dictators are either overthrown, executed or assassinated. Russia has a long history of political violence going back centuries to the age of the Czars. The old Soviet Union was created a century ago after a bloody four year civil war between the Communists and their opponents. How this will end is anyone's guess. No one wants this to become World War Three. But as long as Vladimir Putin is Premier of Russia, the cold war is back on.

SIGNS OF AN OVERDOSE




Difficulty staying awake or unconscious



Slow or shallow breathing



Choking sounds, or a snore-like gurgling noise



Discoloration of lips or fingernails




Skin tone changes

For lighter skinned people, the skin tone turns bluish purple. For darker skinned people, the skin tone turns grayish or ashen.

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PERSPECTIVE

How Government Regulates, Profits From, Harm

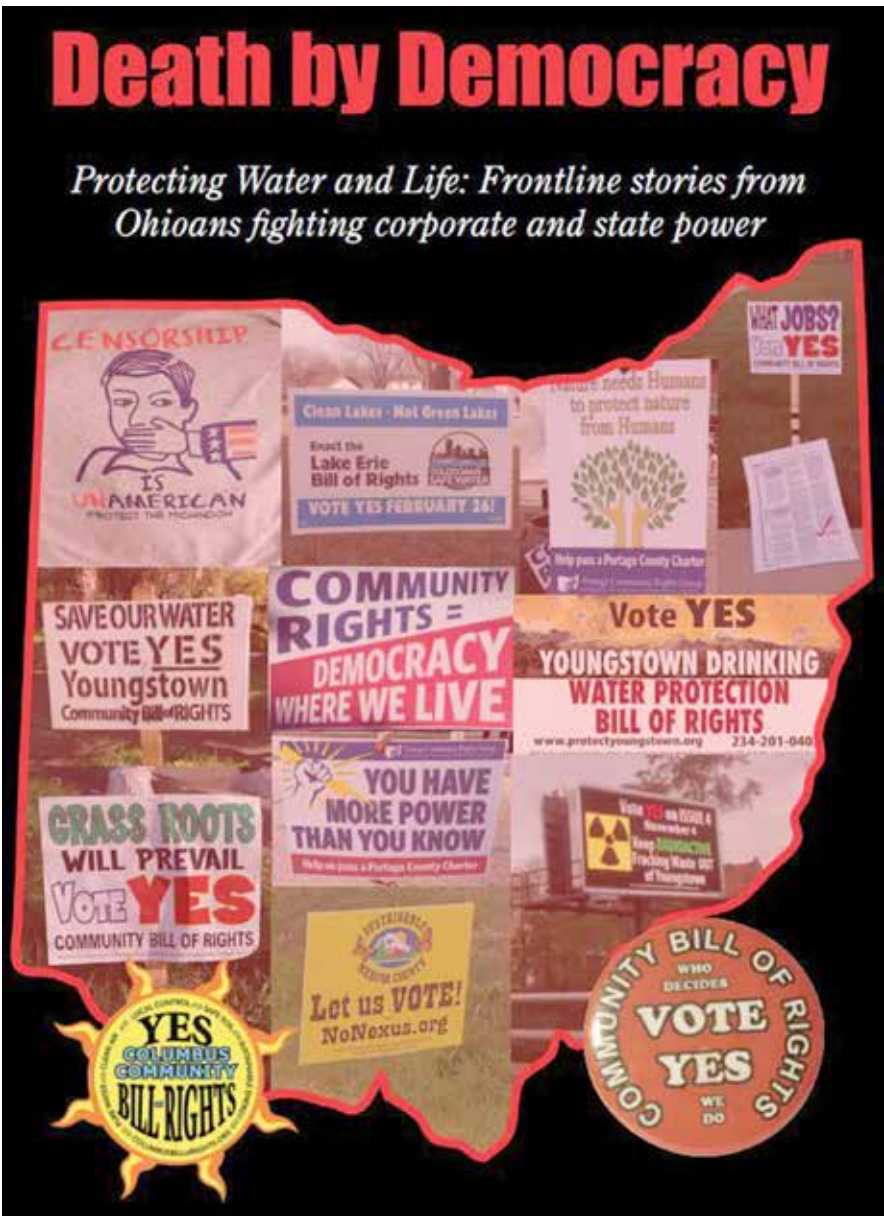
by Lucy McKernan

Ever wonder why countless people and causes -- supposedly constitutionally-protected actions for human, animal, environmental and other rights -- are increasingly flouted by the government? As long as business has its hand in government affairs, business trumps people and planet. To wit: The Lake Erie Bill of Rights (LEBOR), a first of its kind anywhere "Rights of Nature" bill, granted the shallowest of our five Great Lakes sovereign protection under the law. LEBOR passed ballot muster, and made its way through the regular channels, but not long after its enactment, was overturned by Ohio Attorney General Yost. Yost ruled in favor of agribusiness owners, who actually sued the state for the right to pollute Lake Erie with animal waste.

Another heart-breaking example of regulated harm: A European company erected wind turbines in a major bird flyway in Ottawa County, Ohio, at Black Brook Bird Observatory, where the machines' blades slice up iconic American bald eagles. Federal government not only gives permission for the company to legally "take" a certain number of eagles, bats and other birds, but Ohio Department of Natural Resources (ODNR) granted Iberdrola special, illegal protection to keep public records secret. These records would have included critically-essential bird and bat mortality.

It's no surprise all government-regulated wildlife control agencies across America not only regulate harm, but actually profit from it. For example, Ohio Division of Wildlife (ODOW), like all wildlife agencies, uses the "maximum sustained yield" formula to deliberately maintain high deer populations for profit. When a certain number of "antlered" and "antlerless" deer are hunted by way of state-regulated permits, a rebound of population is guaranteed. If ODOW didn't do this, populations would naturally level off. Paradoxically, the public is fooled into believing more deer must be killed.

At the same time ODOW stays in business through lethal permit sales, the agency refuses to allow EPA-approved, 90+ percent effective, affordable, and humane immunocontraception on deer. PZP has been used for decades on captive mammal species and feral deer in surrounding states. If permitted, PZP could



decrease Ohio's deer population -- something all lethal measures have failed to do -- and effectively put ODOW out of business.

At one time in the Buckeye State, licensed, humane wildlife rehabilitators were permitted to work with injured, orphaned animals. But about 10-plus years ago, when ODOW revoked their permits, the state agency began to hand out permits like candy to commercial trappers, with little or no oversight. After capturing animals and their families from mainly residences, trappers gas, drown, or by other means kill these beautiful animals. A recent brush with one of these serial killers, a particularly misogynistic jerk who verbally assaulted this writer for daring to request the humane release of trapped birds and other animals on private property, with ODOW's blessing (certain species can be released elsewhere, and all species can legally be released back onto one's

own property), left no doubt that those who work in the trapping industry have

no souls, but probably enjoy the killing. Trapping, "regulated" by ODOW, has created a holocaust for Ohio wildlife.

When we attempt to enact inalienable rights for nature, self, or other beings, and against business, government puts us in our place through arrest, or the threat thereof. Why else would Ohio and other states enact "hunter harassment" statutes that protect hunters' "rights" and violate all others by arresting them for free speech or invoking peaceful property rights? That government refuses to prevent harm, but works with business to regulate it, was recently driven home after reading stories of Ohioans whose valid referendums, initiatives, and court cases involving property, water, and other ecosystem rights were unequivocally and repeatedly shot down by local and state officials and corrupt judicial players. If you want to know more, check out the book *Death by Democracy: Protecting Water and Life*, written by Community Environmental Defense Fund activists.

Where our government is concerned, no consideration is afforded the individual, a frighteningly familiar, collectivistic form of government. There is hope, though. I have seen David make a difference against Goliath on more than one occasion, but it takes persistence and high hopes. As Calvin Coolidge wrote, "Nothing in the world can take the place of persistence."

New Business In Parma



On March 10 members of the Parma Area Chamber of Commerce were joined by Parma Mayor Timothy J. DeGeeter, Ward 2 Councilwoman Debbie Lime, and Ward 9 Councilman Rob Eurl to welcome a new business to Parma, Mom's Garden, at 5405 Pearl Rd. Owner Danielle Wells is proud to be realizing her dream of having a store like this which offers wholesome treats, exotic heirloom vegetables, herbs, teas, honey, spices, and more.

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AUTO ACCIDENTS

If you have been injured in an auto accident, you may be entitled to receive a money settlement for your injuries and expenses. We also handle injury claims involving slip and fall, dog bites and medical malpractice. Call us for a free consultation.

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PARMA ART SCENE

Parma Art Scene

by Kathryn Mabin
Prama Artspace & Gallery, 5411 Pearl Rd, latest exhibit opened March 25, 2022. It features artist Pip Logan's figurative, expressive paintings which are new works created during the last 2 years. The opening reception included the sounds of Duo Decibel System (Miss Melvis and John Scully). Stop in and see this exciting exhibit.
On April 22nd at 6 PM is the opening of A Common Denominator: Max A



Denney +. Max A. Denney has had the good fortune to work with many great artists. This show features collaborative work and solo work. Artists in this show include, Adam Chollet (writer), Amy Crognale (water color), Brett Hill (painter), Wendy Means (drawing), David Curtis (musician), Neffie M. La La (drawing), Angela Funovits (photography) and Max A Denney
This gallery also has a boutique which features numerous unique hand



crafted items affordably priced. Follow Prama on Facebook and Instagram for more information on upcoming events.
Call For Parma Authors – The newly created Flamingo Writers Guild in collaboration with Prama Artspace & Gallery is putting together a display of published books by Parma authors. Email flamingowritersguild@gmail.com, or stop up at Prama Gallery for details.
Call For Arts Instructors – The Parma Area Fine Arts Council is searching for artists of various mediums interested in teaching classes or workshops. If interested please send an email to kathrynmbabin@att.net, with your contact information and the type of class and/or workshop you'd like to teach.

1,000,000 PHOTOS The Cleveland Photo Fest is announcing its third annual event to take place in the fall of 2022. They are encouraging EVERYONE to submit their images to this event, the world's largest international photo exhibition. The event opens November of 2022 at Bostwick Design Initiative in downtown Cleveland. It runs through December 31st. Any type of photo is welcome. Send as many as you like. NO submission fee. This invitation is open to photographers from all over the world. The photos will be assembled into multi-image panels for viewing. Their mission is Unity Through Photography and hopes to uplift and unify the human condition through global photographic collaboration and partnership. Visit www.onemillionphotos.org for detailed information or email questions to info@onemillionphotos.org.
Upcoming FREE Art/Craft Classes brought to you by Parma Area Fine Arts Council and Cuyahoga Arts & Culture. Introduction to Woodcarving. Class limited to 12 students. Held at the Donna Smallwood Center, 7001 W Ridgewood Dr, Friday afternoons, 12:30 to 2:30 PM May 6, 13, 21 & 27. Must be over age 18. Supplies are included. Contact kathrynmbabin@att.net to sign up or for more details. Watch this space for more classes or follow Parma Fine Arts Council on Facebook.



Mitch Bienia as Janosik, Polish Folk Hero

Constitution Parallels

by Kathryn Mabin
While planning the Polish Constitution Day Parade to be held Sunday, May 1, 2022, in Polish Village, I had the pleasure to meet Dr. Mitchell Bienia from the Polish American Congress. The parade and after party are brought to you in partnership with the Ohio Division of the Polish American Congress, Polish Village Parma, Inc., the City of Parma, and Cuyahoga Arts & Culture. Mitch is definitely proud of his Polish heritage. It would take a whole page to list his accomplishments and that's not the focus of this article. The focus is the conversation I had with him and the education I obtained from it.
The Polish Constitution was adopted on May 3, 1791. The purpose was to create and establish a form of government called a constitutional

monarchy. A constitutional monarchy limited the power of the monarch by establishing laws by which he must abide, and spreads it to various components of the government. Each with it's own set of powers and rules. This form of government has a clear division of executive, legislative, and judiciary powers. Sound familiar? It should, it was modelled after our own U. S. Constitution. Poland was the first European country and the world's second to adopt this form of government. Some key points from the Polish Constitution I'd like to point out are that it guaranteed a wide range of civic rights. It placed peasants under the protection of law, and abolished serfdom. It allowed religious freedom.
Unfortunately it didn't last. Poland was attacked, conquered
continued on page 12

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PERSPECTIVE

Judge Cornelius O'Sullivan Appointed To Court Of Appeals

by Margaret Misencik

Judge Cornelius O'Sullivan was recently appointed to the Ohio Court of Appeals, Eighth Judicial District, by Governor Mike DeWine. He is currently serving the people of Cuyahoga County, hearing appeals from all lower courts.

Judge O'Sullivan earned his Juris Doctor degree from the Cleveland-Marshall College of Law in 1990. While in law school he was an editor of the Law Review and a member of the flag football team that won the championship for the entire university!

Judge O'Sullivan graduated from John Carroll University in 1985 and was a member of the school's rugby and hockey teams. He played Varsity football for St. Edward High School and graduated in 1981. Judge O'Sullivan was chosen Legal Eagles Man of the Year in 2008.

Judge O'Sullivan worked as a caddy at Westwood Country Club to help pay for grade school, was a Zamboni driver in high school and collected garbage for the City of Lakewood to pay for college.

Judge O'Sullivan has more than 30 years of legal experience with over 25 years in civil litigation. He routinely handled large loss matters and has tried over 40 cases as



the first chair attorney. His practice areas included catastrophic claims, general commercial liability, wrongful death, construction defect, professional liability, long term care, trucking and UM/UIM litigation. In 2015 he was named a Premier 100 Trial Attorney by the American Academy of Trial Attorneys. In 2020, Judge O'Sullivan was trained and certified by The Cleve-

land Mediation Center and became a Professional Mediator.

In his practice Judge O'Sullivan represented Parma Police officers

and the old Parmatown Mall. He has worked as a volunteer, walking door to door to help the campaign of his friend Tim Dobeck.

Judge O'Sullivan worked to establish the MacBride Principles in Cuyahoga County. He also served on the board of the Irish Music Academy of Cleveland.

Judge O'Sullivan currently serves as Director of the Flock Community Meals in Lakewood; an organization that prepares and serves 200 plus meals a month at two locations. He is a past-president of the Cleveland Association of Civil Trial Attorneys and was recognized by an international organization, DRI, for his exceptional service. In 2021, Judge O'Sullivan was named to the DRI Construction Law Steering Committee. The father of four Eagle Scouts, he is a Scout Leader in BSA Troop 287 in Lakewood, Ohio.

He and his wife Paula (Misencik) can often be seen with family at Fish Fry's in the Parma and Seven Hills areas

Rudy's Steps Up For Ukraine



On March 13 Rudy's Strudel in Parma donated their entire net proceeds from that day to the effort to support Ukraine.

Student From Parma Heights Places Second In Science Olympiad Competition



Nelson Kude



Shivam Mahajan

by Abigail McNaughton

On Saturday, March 6 Shivam Mahajan from Parma Heights and his partner Nelson Kude placed second in the "Don't Bug Me" category of the 2022 Science Olympiad competition held at Case Western Reserve University. The Birchwood team, coached by Linda Brown, Michelle Bogden, Lauren Miller, Sam Miller, and Rana Bottino have been practicing since October 2021. This team composed of fourth through sixth-grade students faced off with many local schools and this event met with great results.

Ohio's brightest middle and high school students attended the Ohio Science Olympiad regional tournament. Ohio Science Olympiad is

the state's premier competition that allows students in grades 5-12 to demonstrate their skills in the science, technology, engineering and math (STEM) areas.

"Science Olympiad students went through a rigorous tryout process in October to be selected for Team 1 or Team 2 in November. Students have been working diligently since November each week after school for an hour on Wednesdays. Many teams also put in extra time over weekends testing, building, and studying. We are very proud of the hard work they put in and their ability to be flexible when changes needed to be made along the way!" Reported, the Birchwood coaches.

Young Professionals
PARMA

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PERSPECTIVE



UFO's In Parma, Ohio?

by Kevin Kelly

A great majority of Parma residents do not realize that their State of Ohio is considered a hot spot for Unidentified Flying Objects (UFOs) sightings. In addition, some of the oldest UFO organizations originated in the Cleveland area. By 2021, there has been 3,012 reported sightings of UFOs in the State of Ohio alone. Some of the most popular UFO sightings in history took place in two areas in Ohio. The first was in 1958 in Pickaway County near Circleville which is 25 miles south of Columbus. The second one occurred in 1966 in Portage County which is located in north eastern Ohio.

The Portage County incident began when two Sheriff Deputies spotted a large object in the sky. Jumping into their police cruisers, they chased the UFO all the way into the State of Pennsylvania. The Portage County incident was even recreated by director/producer Steven Spielberg in his famous motion picture “Close Encounters of the Third Kind”.

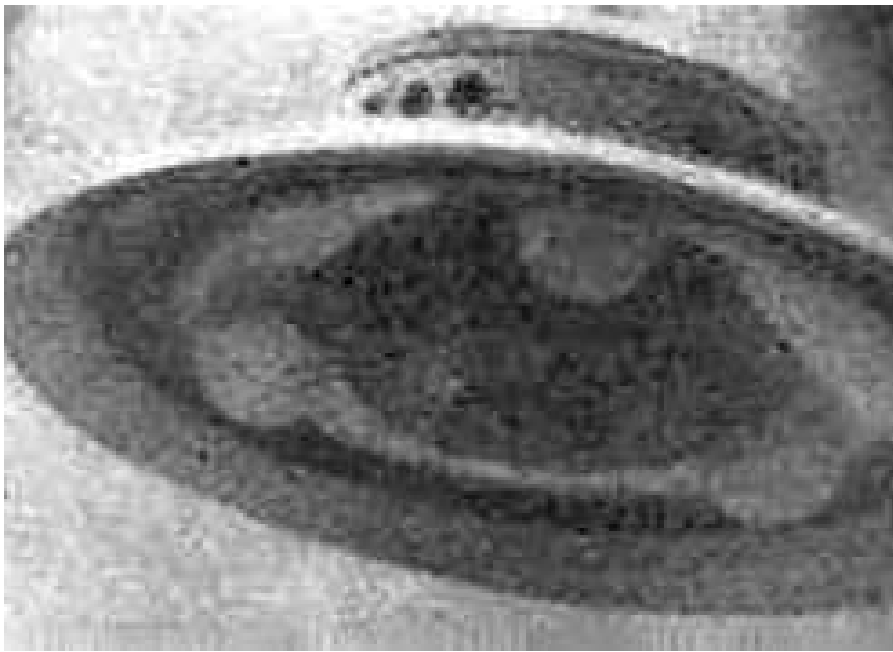
In addition, the Wright-Patterson Air Force Base, located in Dayton, Ohio, is considered to be the place where alien remains are being stored. These are the ones that were recovered in Roswell, New Mexico from a crashed alien spaceship that occurred way back in 1947.

Interestingly, most people do not realize that the City of Parma has

had its share of countless numbers of unusual sightings over the city. One of the first sightings that was seen was by a group of 21 witnesses which was on Pleasant Valley Road back in 1958. One of those witnesses later became the representative of the “International UFO Research and Analytic Organization”, which today is called MUFON.

During the 1960’s, when reports of strange objects being seen in the sky rose significantly, Parma was considered the ideal place in Ohio to hold UFO conferences. Some of the locations that were chosen for these meeting were Valley Forge High School and Parkbrook Motel on Brookpark Road . Many of the unknown objects were not seen over Parma itself but were sighted just over the city limits, like in Cleveland and two cities over in Strongsville.

In 1973 at 10PM, a UH-1H Helicopter which was carrying three United States reservists was in route from Port Columbus to Cleveland Hopkins Airport, which is west of Parma, when it was intercepted by an unidentified object in the sky. The incident was witnessed by not only the airmen but by people on the ground as well. Then in 1978 a Parma Gas station attendant, picnicking in the Brecksville Reservation with his family, snapped a photo of a flying saucer, which became a sensation when it was published in The Cleveland Plain Dealer newspaper the



following day.

For the first time ever, a documentary covering these Parma area UFO incidents, and others in Ohio, has been produced and will be broadcast locally on Cox Cable. It was created

by Shocker Enterprises Film Company located in Parma, Ohio. The film will be televised on Channel 45, during the entire month of April of 2022. The documentary will be shown Fridays at 8:30 PM and on Sundays at 9PM.

Constitution Parallels

continued from page 11

and occupied for the next 123 years. In 1916, at the end of World War I, President Roosevelt demanded that Poland be re-established as an independent country. That lasted 21 years. Next comes World War II. Germany and Russia invaded Poland in 1939, and followed another 50 years under communist Russian rule. In 1989 Poland overthrew communism. So not once, not twice, but three times the people of Poland fought for their freedom, and that

constitution they created in 1791 was their beacon of hope for their independence, freedom and democracy.

With events evolving around the world as they are today, with Ukraine bordering Poland, with Poland welcoming their Ukraine brothers with open arms, it’s important to remember May 3, 1791, and celebrate the freedom and independence of Poland.

The weekend kicks off on April 29th, Friday with a Polish Happy Hour at the Ridge Road Tavern

at 5587 Ridge Rd. Cost is \$20, and includes food and beverages. There also will be games. Saturday, April 30th, A Taste of Polish Culture, tour the Polish Museum and Garden Cultural Program, located at 6501 Lansing Avenue in Slavic Village. Sunday, May 1st starts with a mass at St Charles Borromeo Catholic Church on Ridge Rd. A festival celebration at the Unity Catholic Federal Credit Union parking lot runs from noon to 6:00 PM. The parade begins at 3:00 PM at the Parma Circle on

Ridge and travels north to the Unity parking lot.

I hope you will join us for this weekend long celebration. Celebrate at Ridge Road Tavern Visit and tour the Polish Museum. Enjoy the parade. Come to the celebration at Unity Credit Union parking lot to party, dance to polka music, watch the Polish dancers entertain you in their beautiful costumes, fill your stomach with the delicious food, and toast the Polish culture with us.

PARMA OBSERVER

News You Can Use (And Where To Find It)

by Gene Lovasy

Note: View the digital version to activate hyperlinks – www.parmaobserver.com/read/news

RAISING AWARENESS: Human Trafficking/Abuse:

From The Collaborative to End Human Trafficking:

Know who to call....If you believe someone may be a victim of human trafficking call the Cuyahoga County Regional Human Trafficking Task Force Hotline at 216-443-6085 or 911 in the case of an emergency.

Visit Collab’s website a/o Follow them on Facebook. View the close to 70 local partners working collaboratively in support of victim recovery by clicking here. To stay current in regards to HT-related events and activities sign up for their E-newsletter here.

From Cleveland Rape Crisis Center (CRCC):

If you’re affiliated w/a group of any sort & looking for a program, go here to check out their extensive list of Prevention/Education programs for students, parents, teachers, etc. Presentations can be age-appropriate, gender-specific & tailored to meet your needs.

For more information on a national level check out:

The Polaris Project...Home of the National Human Trafficking Hotline – 888/ 373-7888

Futures Without Violence... Devoted to developing innovative ways to end violence against women, children & families.

Truckers Against Trafficking... Over 1.2 million truckers are TAT certified. Learn what that means & more about their fight against human trafficking.

LOCAL EVENTS AND OPPORTUNITIES:

Grant Sources for Nonprofits... Here is another set of five grantors, these w/a youth scholarship focus, identified by the MyCom network:

The Bridgestone Americas Trust Fund The Bruening Foundation The CHS Foundation The EMCM Foundation Lumina Foundation. If you’re affiliated with a family/youth-serving organization you s/b visiting these funders’ sites to see if your program/service fits their mission.

From University Hospitals...Just as a reminder, UH offers free membership for their AGE WELL. BE WELL Club for folks 55 and older. GO here to join and/or check out March’s schedule of activities available at any of the 12 UH facilities, including UH/Parma Medical Center.

Re: Summer Camps...In case you missed itclick hereto view a comprehensive piece WKYC did on finding a summer camp for your kids. Included is a link to a searchable database of over 3,000 camps.

From Connecting For Kids (www.connectingforkids.org) :

Go here to learn about their 10th Annual Meet & Greet, from 6 – 8 pm, Thursday, April 7th. Rocky River Civic Center. Learn about local resources, therapies, after-school programs, and summer camps for their child (birth - 12)

GO to the CFK Flier Connection page on FB for all of the latest fliers and webinar information received from local and national youth-related service providers. Join A CFK Closed Facebook Group CFK Families, CFK Dads Only, CFK Gifted Children, CFK Complex Needs,CFK Familias Hispanas

From OCALI – Click here to check out these and other current offerings:

Learn why a child w/a disability might need a surrogate parent and how you can become one;

If connected in any way to the hearing challenged, consider registering for a new interactive, three-part learning series titled “Word Recognition Toolkit for Deaf & Hard of Hearing Learners” series.

Or, perhaps this program may also be of interest, “The Earlier the Better: Recognizing Autism in Young Children “.

From University Settlement/SW Community Based Svcs...

NOTE: EFFECTIVE MONDAY, APRIL 4th SWCBS will be MOVING TO ALL SAINTS EPISCOPAL Church, 8911 W. Ridgewood. They’ll be open for business on Thursday, April 7th.

>> The Centers (formerly Circle Health Services) in collaboration with Greater Cleveland Congregations will be hosting “Dollars For Doses” where COVID vaccinations & boosters will be available to those 5 years and older.

at various locations throughout the summer starting in April through September. You receive \$100 for your 1st shot, \$50 for the 2nd & \$25 for a booster. You get an additional \$25 for every friend you bring that gets vaccinated. Register here. Call The Centers w/any questions: 216.325.WELL (9355).

Parma Council of PTA’s (PCPTA - <https://www.parmacityschools.org/PCPTA> or FB at: <https://www.facebook.com/parmacouncilpta/>)

The Parma Council of PTAs 70th Annual Geranium Sale has begun! Support scholarships for the district’s graduating seniors! Learn more & order here.

Click here to join a local PTA unit

From Parma City Schools:

The next free, Embracing Parent-hood program, scheduled for April 13th, deals with issues related to “Technological Advances”. The program begins at 6:30 pm in the Normandy H.S. Cafeteria...Learn more and regis-

ter here.

From Workforce Development... 3rd Annual Young Entrepreneurs Day 2022 - For students enrolled in grades 5 - 7 attending Hillside, Greenbriar, and Shiloh Middle Schools. Registration deadline is April 8th. To learn more, go here.

GO here to view PCSD YouTube channel videos to include, among many others, the Superintendent’s State of the School address, Building Our Future meetings, BOE meetings, Town Halls, PCS in :60 videos, etc.

It’s student registration time for the 2022 – 2023 school year. Click here for information & links to enroll.

Parents looking to enroll their child in Kindergarten can get program details here. If you missed it, scroll down to view a YouTube video of the recently held Kindergarten Information Night.

For links to some of the more unique programs of special interest or for exceptional/special needs kids ...

STEM (Science, Technology, Engineering, Math)

PVLA (Parma Virtual Learning Academy),

ACES (Education for children w/ autism)

PACTS (Parma Area Center for Transition Services)

Pleasant Valley Elementary will once again be hosting Camp Invention from June 13 – 17. Two age groups to participate! Campers: Entering Grades K-6 next school year; Leaders In Training: Entering Grades 7-9 next school year! To register go here. For more details about the program, click here.

SAVE THE DATES:

Saturday, April 9, 2022, The district-sponsored Community Easter Egg Hunt at Byers Field.Click here if you’d like to help and/or donate some of the estimated 35,000+ candy-filled plastic eggs.

Movie nights are coming every Thursday in July at Byers Field. Let them know what you’d like to see by filling out this survey: <https://forms.gle/LXqgBFsEv4HbjR>

Saturday, August 20, 2022, The Opening Day Kick-off Celebration.

Visitwww.parmacityschools.org for the most current information regarding COVID Dashboard/protocols, community walking, and open swim programs, the latest “PCSD in :60” video, and much more.

From Cuyahoga County Public Library (CCPL):

If you need home access to the Internet, click here to learn about CCPL’s portable HOTSPOT lending program.

Recognizing that the news may

be scary, especially for children, CCPL has curated a list of titles that will help young ones better cope with what they might witness on the news these days. Check it out at www.tinyurl.com/CCPLHELPKIDSCOPE

At-home COVID-19 testing kits are available via DRIVE-THOUGH ONLY at the Powers & Parma-Snow locations; call ahead to check for availability. Or, you can request four free rapid antigen test kits to be mailed directly to their home by the U.S. government at <https://special.usps.com/testkits>.

Go here to view when specific Branches will be hosting a **Cleveland Food Bank Mobile Food Pantry.**

Locally,

Parma-Snow will have theirs on Tuesday, April 5, 3:30 pm – 5:00 pm. The Parma Heights Branch mobile pantry will take place from 10 – 12 noon on April 20th.

Don’t forget, our three local branches are providing and will continue, Monday – Friday through May 30th, to provide children with free grab-and-go meals. Go here to learn more about KIDS CAFÉ.

A Special event coming to Parma-Snow: Boost your baby’s brain through play! Register for **BABY CLUB**, a free, 5-week club for caregivers and children ages birth to walking. Click here for more detail & to register at your preferred branch.

Use your CCPL library card (or get one here) to take advantage of just some of these more unique services/programs available at your library.

Get access to these free online learning platforms taught by professionals in their fields

WiFi Access & Computer Classes

Learn how to hold a conversation in over 70 languages

Digital Newstand - Enjoy digital versions of your favorite news publications and magazines

Learn more or register for any of 50+ virtual programs for adult learners

Take your pick from thousands of streaming movies & TV shows from Hoopla, Kanopy & Overdrive

Design something & use the 3D printing capabilities of the Parma-Snow Innovation Center

Learn more about Library2You, their homebound delivery service

Passport services are now available.

PARMA HEIGHTS

Shop Local This Easter-
Small Business Matters

by Emery Pinter

For peep's sake, I hope everyone gets the chance to "shop small" in preparation for the upcoming holidays of Easter and Passover. The small businesses in Parma Heights are egg-septional. If you are not lucky enough to know the people behind the counters where you go, don't worry, be hoppy. Perhaps now might be an egg-cellent time to make a change, look around and try a new place. On 2ND Friday, April 8th, select Pearl Road businesses in Parma Heights will be giving out Easter eggs, treats, and special give-

aways. Some stores will be revealed on the Facebook page "Parma Heights 2ND Fridays" That's egg-sactly right! Ask friends, neighbors or some bunny for suggestions on the egg-citing independently-owned gems where you live and don't just hop over there and race through, but take the time and a little bit of effort to get to know the real heart and soul of Pearl Road, the mom & pop shops and family-operated favorites of the community, and you'll find a basket full of egg-citement. Shop small businesses hopfully ever after. And have an egg-celent Easter!

You Must Learn:

A Discussion About
Cleveland's Hip-Hop
Cultural History

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host a virtual program You Must Learn: a Discussion about Cleveland's Hip-Hop Cultural History on Tuesday, April 5, 2022 from 7:00-8:30 p.m. In the 1980s and 1990s, Cleveland was home to one of the most fertile hip-hop cultural arts scenes in the country. From the rap music of Bone Thugs-N-Harmony to graffiiti artists to dance groups, Northeast Ohio's hip-hop

roots run deep. Part of ThirdSpace Action Lab's "Chocolate Cities" project, Twelve Literary Arts and Spread the Love Foundation will discuss ways to better document Cleveland's rich cultural legacies. Learn more about some of Cleveland's true legends of "Theiveland" hip-hop and Cleveland's history of hip-hop. This event will be held virtually on Zoom. Registration required. To register, visit www.cuyahogalibrary.org or contact a librarian at the Parma Heights Branch at 440.884.2313.

Iditarod Trail

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host Iditarod Trail on Wednesday, April 6, 2022 from 7:00 -8:30 p.m. Join local dog sledding enthusiast Eleanor Csizmadia who will share her experiences visiting the Iditarod Trail Sled Dog Race and her passion for this most unique sporting event in the world. Returning from attending the 2022 Iditarod, Eleanor will speak about her studies of the Last Great Race and share photos. Eleanor will discuss the history, facts, rules and what makes this race so special and unique. Learn about the mushers, the race, the Cleveland connection to the 2023 race and why dogs love to run. Sponsored by The Friends of the Parma Heights Branch Library. In-person program.



Registration required. To register, visit www.cuyahogalibrary.org or call the Parma Heights Branch Library at 440.884.2313.



North Coast Nostalgia in Parma celebrates 40 years in July!

Celebrate "Free Comic Book Day" And
40 Years At North Coast Nostalgia

by Emery Pinter

In the past couple of years, some of the many highest-grossing movies were nurtured by comic books. Many of the most popular and acclaimed TV shows have been based on comics as well. Nowadays, comics are a positive influence for millions of people of all backgrounds to come together and celebrate stories. Every reader can identify with something different when they pick up a comic by uniquely attaching to some characters, writers, or even artists. At North Coast Nostalgia, 5853 Ridge Road, in Parma, people of all ages come together and find others that you can share those experiences with. Local comic book shops like North Coast Nostalgia are like tiny hubs in the community where people can gather, discuss ideas, and build fantastic comic collections.

Every Wednesday new comics are released, and if you can't make it to the store, Adam Barsa, the owner who has been collecting and dealing comics since he was a child, will put you on a 'pull list' to ensure you won't miss out on your favorites. Who is your favorite superhero? Captain America? Wonder Woman? maybe Batman? or even the new Rogue Sun? Whatever your pleasure, head on over to North Coast Nostalgia and read about your favorite superhero adventures. If you are looking for something in particular and can't find it, stop in and tell the knowledgeable staff about it. They are able to special order hundreds of titles. And follow the store on Facebook to see what events are due

to take place. Comic book lovers can look forward to a day of FREE COMICS on Saturday May 7th. Wear your favorite costume and come visit the store. This event celebrates the independent comic book specialty shops. Each one is unique in its community, with a style and personality of its own. North Cost Nostalgia carries a full line of comic books, graphic novels, toys, T-shirts, and collectible Pop-Culture items. This July 10th North Coast Nostalgia will celebrate 40 years! Still selling comics out of the same location! Barsa has managed to carefully navigate the business through the industry's changing landscape and has allowed himself to focus on what he knows instead of getting caught up in expensive trends. North Coast Nostalgia draws serious collectors from afar and a large neighborhood crowd alike. Stop in and celebrate 40 years of local business and comic book culture today.

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INSPIRATION

Hometown Heroes...

by Tony Kessler

Former US Navy Gunners Mate, James Shield said he does not know what came over him, “but I just knew I could no longer sit back and watch.” James of course was referring to the horrific scenes coming in from the Ukraine after Russia started shelling the country. He decided that he could make a difference and after discussing with wife Leovi, within a few days he was on the ground in Ukraine helping with the humanitarian effort to get people out of the country and across the border.

James spent 10 years in the US Navy as a second class (E5) gunners’ mate from 1987 to 1997. He served tours on two different ships and one land-based tour. He is a lifetime



member of the VFW and a member of the Parma American Legion Post 572, yours truly had the honor as commander of swearing him in to Post 572 five years ago. He grew up in Parma and after a brief period away, he returned and now has been his home for the past 15 years

He said one of the most difficult parts of the evacuation process, was getting people out of the safety of the underground shelters of the train station to get them to board the trains that were heading for the border. He saw many humanitarian acts of kindness, many elderly people who were anxious to get out, were staying behind giving up their seats on the trains to young women with children. The evacuation process was made even more difficult when the roads to the borders were so congested, that at one point they had to abandon their vehicle and walk five miles to the border. Enroute, they saw suitcases, personal belongings, even stuffed animals, and children’s toys, lying alongside the road as the refugees tried everything to lighten their load. He estimates that in the two weeks he was there, he assisted in the border crossing of roughly 1000 refugees.

There was one point during their mission that they had to live outside for four days with temperatures between 18 and 21 degrees, with nothing but bread to water. He had just left the peace keeping base a day earlier when it was destroyed by Russian artillery. One of the biggest risks was the Chechnyan hit squads. They have no rules, they are playing both sides, targeting both Ukrainians and Russians.

He describes the situation as “Armageddon” “The Ukraine military along with 1000,s of civilians are putting up one hell of a fight, the biggest fear is that when Putin decides he is in a lost cause, he will resort to nuclear or Chemical warfare. And I am afraid that is when NATO or the US has to step in militarily. I hope people don't get the impression when this is over that things will go back to normal. That's not going to happen". Jim plans on going back to Ukraine, he is buying Ceramic body armor plates, kevlar helmets, optics, ammo, radios and some of his own weapons to take back with him.

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 - **Daily social activities** that use visual aides and functional routines to promote independence and well-being.
 - **Activities and recreation** provided by a Certified Dementia Practitioner.
- **Opening Minds through Art Program (OMA).** This is an intergenerational art program for people with Alzheimer's Disease and other forms of neurocognitive disorders. Provides opportunities for creative, self-expression and social engagement for people with dementia.
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