

“The truth has no defense against a fool determined to believe a lie.”- Mark Twain

## Parma Fire Marshal Responds To His Own Five Alarm Fire

by CJ Sheppard

A five-alarm fire was coming, and Ricky Fetter’s only warning sign was shortness of breath. Just days before he got winded climbing up a hill to his truck, the Parma Fire captain was instructing the city’s new firefighters in a burning building. Loaded down with heavy gear at the live burn training – with five heart vessels more than 80 percent blocked – he feels lucky that a heart attack didn’t strike then. “Knowing what I know now, I could’ve died in that training,” says the Parma fire marshal and 28-year firefighter/paramedic, who would have been hauling an extra 70 pounds of gear on his 195-pound, 5-foot-8 frame. But the city’s EMS coordinator, who also runs University Hospitals Parma Medical Center’s EMS Education program, still had a few lessons to learn – and to teach his fellow firefighters and paramedics.

A few days later, walking up stairs to Parma City Hall from the nearby fire station, it happened again. Ricky reached

the top and had to stop and wait several minutes. Fortunately, his wife Katie, a nurse, happened to FaceTime him at that moment. He was ashen-faced and out of breath. Katie knew he needed to see a cardiologist immediately. The EKG taken in the doctor’s office didn’t look good; Ricky, who has trained many paramedics and nurses, has seen quite a few in his time. The scheduled cardiac catheterization just a few days later revealed why: not only were all

five cardiac vessels blocked, but his left anterior descending artery (LAD) – the widow-maker – was almost completely occluded. Raju Modi, MD, cardiologist with University Hospitals Harrington Heart & Vascular Institute, told Ricky he needed immediate cardiac bypass surgery.

“Ricky was a classic story of patients – especially men, and most especially men

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Ricky Fetter

working in health care or as first responders – not always heeding their own advice,” said Dr. Modi. “His symptoms were very concerning and his catheterization confirmed my suspicions. However, I did not

even expect such severe and diffuse disease, particularly a critical left main lesion, the widow-maker.” The grim news “put me in a panic,” Ricky recalls. He simply couldn’t

**continued on page 2**

## Peroigi Run And More Fun



Yes it is that time of year again! Check out page 9 for the info.

## Seven Hills Memorial Day And More

by Tony Biasiotta

As we enter the season that brings fresh hope every year, please continue to keep the brave people of the Ukraine in your thoughts and prayers. Think global and act local!

Congratulations to St. Charles Parish on the official opening of their Centennial Year. It has truly been a blessing in my life to have been a part of almost half of their 100-year journey!

This month Seven Hills will host our annual Memorial Day parade. The parade kicks off at 10:30 am at St. Columbkille and will head south along

**continued on page 5**

## Shred Day Gives Parma Residents Safe Way To Dispose Confidential Documents



by Carolyn Kovach

The City of Parma Shred Day & Food Drive event is 9 a.m. to noon, Saturday, May 21, rear parking lot of Parma Senior High School, 6285 West 54th St. Drivers should enter from Longwood Avenue. “To have confidential documents safely shredded, a resident must show proof of residency with a driver’s license, gas bill or electric bill. There are no limits on the amount of documents shredded,” Mayor Tim DeGeeter said.

Although the service is free, participants are asked to make nonperishable food or monetary donations to All Faiths Pantry. Nonperishable canned and boxed food items or paper products such as paper towels, napkins, toilet paper and facial tissues are needed. Monetary donations

are also an option and can be easily made at allfaithspantry.org. All Faiths Pantry delivers nutritious groceries to senior citizens and people with limited mobility once a month at no cost to the recipients.

Residents are not required to stick around while documents are being shredded, but they must secure their documents in tied bags or covered boxes. Documents can’t be bound with rubber bands, paper clips or binder clips, and no plastic folders, sleeves or binders are allowed. These materials can jam the shredder. The event does not include Parma businesses. This service is only for residents.

No registration is required, and the event will take place rain or shine. A grant from Cuyahoga County Solid Waste District is covering the costs.



This month’s script Parma picture of the month was submitted by Carolyn Dugan. Pictured is her husband and lifelong Parma resident Ken Dugan. 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 our municipal (city), school district, and county governments, as well as the judicial branch of government in Ohio. This month I will write about our state government, focusing on the executive and legislative branches.

The executive branch of our state government is headed by the separately elected governor, treasurer, auditor, secretary of state, and attorney general. Each of these officers are elected to a 4-year term and are limited to 2 consecutive terms in office. Our current Governor is Mike DeWine. The Governor acts as the chief executive officer of the state, similar to how a mayor is the chief executive of a city. As such, the Governor's jobs include running the state government on a day-to-day basis and ensuring that state laws are being enforced fairly. The Lieutenant Governor serves alongside the governor.

The State Treasurer is primarily responsible for safeguarding most of the state's taxes and fees and managing the state's investments. This amounts to over \$260 billion. The State Auditor, on the other hand, is primarily responsible for auditing the over 5,900 public entities in Ohio, including counties, cities, towns, villages, townships, schools, state uni-



State Representative Jeffrey Crossman and I at the Statehouse in Columbus recently.

versities, public libraries, as well as state agencies, board, and commissions, to ensure that they are running efficiently.

The Secretary of State is the chief elections official for the state of Ohio, responsible for running fair and accurate elections throughout the state. The office is also responsible for grant-

ing the authority to do business in the state of Ohio. Finally, the Ohio Attorney General is the state's chief law enforcement officer. According to their website, they "advocate for consumers and victims of crime, support the criminal justice community, provide legal counsel for state offices and agencies, and enforce certain laws."

The legislative branch of our state government consists of the Ohio General Assembly. Like U.S. Congress, the General Assembly is a bicameral legislature made up of the Ohio House of Representatives and Ohio Senate. The Ohio House is made up of 99 members who each represent a district. Parma is currently part of District 15 and is represented by Representative Jeffrey Crossman, who used to serve with me on Parma City Council representing Ward 9. Members of the Ohio House serve a 2-year term and are limited to 4 consecutive terms.

The Ohio Senate consists of 33 members who each represent their own district, as well. Parma is a part of Senate District 23, represented by Senator Nickie Anto-

## Councilman Ward 9 Introduction

by Robert Euerle

Thank you, neighbors, for trusting me to be your Ward 9 voice in city hall.

Looking back as a life-long resident of Parma, I see a kid that enjoyed so much that Parma offered with little awareness then of how it was possible. As a teen starting my first tiny business in Parma, I began to understand and utilize the wonderful opportunities that abound in our City. Today, with both feet firmly planted on its soil, Parma is the home of my businesses, my loves, and my future. Thank you for making it possible for me to share my future with you as your Ward 9 Councilman.

### A Pledge to My Neighbors:

"I will remain cognizant of Ward 9's uniqueness as well as its part in concert with the City of Parma. For your benefit, engaging with residents of all ages, interests, and needs -- as well as with businesses and City officials -- will be paramount. Helping to enact sensible local legislation and appropriate budgets are key goals. Keeping you



safe and informed is my highest priority. I work for you! When you need me, I am only a phone call or email away. Now that you know my face, I hope you will say hello when we meet in our great neighborhood."

**Rob Euerle**  
Ward 9 Councilman  
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nio. Senators have a 4-year term and are limited to 2 consecutive terms.

The General Assembly makes laws for the state of Ohio. In order for a bill to become a law, a member of the General Assembly must introduce the bill. It must then pass both Houses of the General Assembly in identical form. Next, the bill goes to the Governor to be signed into law or vetoed. If the Governor vetoes a bill, a three-fifths majority of both houses of the General Assembly may vote to override the veto. That is, if 20 of the 33 and 60 of the 99 members of each chamber vote to override the veto, the bill becomes a law without the Governor's approval.

Once again, I hope that you found this column informative. To find out more about any of Ohio's executive offices or the Ohio General Assembly check out their websites. Please remember our fallen veterans throughout the month, especially on upcoming Memorial Day.

# O-B-S-E-R-V-E-R Parma

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HEALTH AND WELLNESS

University Hospitals And Sodexo Reduce Food Waste Through WasteWatch

by CJ Sheppard

University Hospitals has prevented more than 223,000 pounds of food waste, conserved nearly 2.5 million bathtubs of water and saved over 186,000 meals since implementing a new program 18 months ago to reduce food waste.

Fighting the global crises of climate change and hunger is part of the mission of Sodexo – the company that provides food service to UH – as they seek to improve the quality of life in the communities they serve around the world. Sodexo is championing these efforts to reduce the amount of food that goes to waste, implementing Waste-Watch as part of daily operations at every food service location across the 23-hospital UH System.

Using WasteWatch, Sodexo site teams can rapidly and easily capture food waste data, take action based upon intuitive analytics, and drive behavioral change to help end avoidable food waste.

“If food waste was its own country, it would rank as the third largest greenhouse gas emitter on the planet,” said Ryan Hamel, CEC, CCA, one of the Sodexo chefs supporting the UH System. “By utilizing this tool, Sodexo and UH



Cindy whatley from UH Parma medical Center is joined by Ryan Hamel, Jay Loughner, and Mike Urbanik from Sodexo. They were among the top participants in a recent contest to track and reduce food waste.

are showing our commitment to improving the well-being of those we serve. The WasteWatch program is helping us reduce our carbon emissions and champion sustainability.”

Employees log into the Waste-Watch program to weigh food waste such as fruit and vegetable trimmings and unusable leftovers. The

software tracks the transactions and highlights their financial and environmental impact.

“We analyze the data, educate and retrain staff, and adjust the amount of food we prepare,” said UH’s Culinary Director Anthony Verona, CEC, CCA.

For example, UH Cleveland Medical Center focused on track-

ing all vegetable leftovers in the cafeteria for the first two weeks of February. LeanPath results allowed the team to review that information, zero in on a specific target, and make adjustments that led to a decrease in vegetable waste for the second half of the month.

UH recently ramped up its use of WasteWatch through a month-long competition called Goalypics. Sodexo locations across the nation competed in several categories aimed at engaging staff and increasing participation. During the month, UH kitchens prevented more than 15,000 pounds of food from being wasted, more than doubling its efforts from the same period a year earlier.

UH employees were celebrated for the number of transactions they recorded. Cindy Wheatley of UH Parma Medical Center was among the top participants in the competition for UH.

“When collectively your team is working together, it’s great energy,” said Jay Loughner, UH Parma’s director of food service. “Goalypics has been a high-engagement activity, and it’s helped us tailor our production to our demand.”

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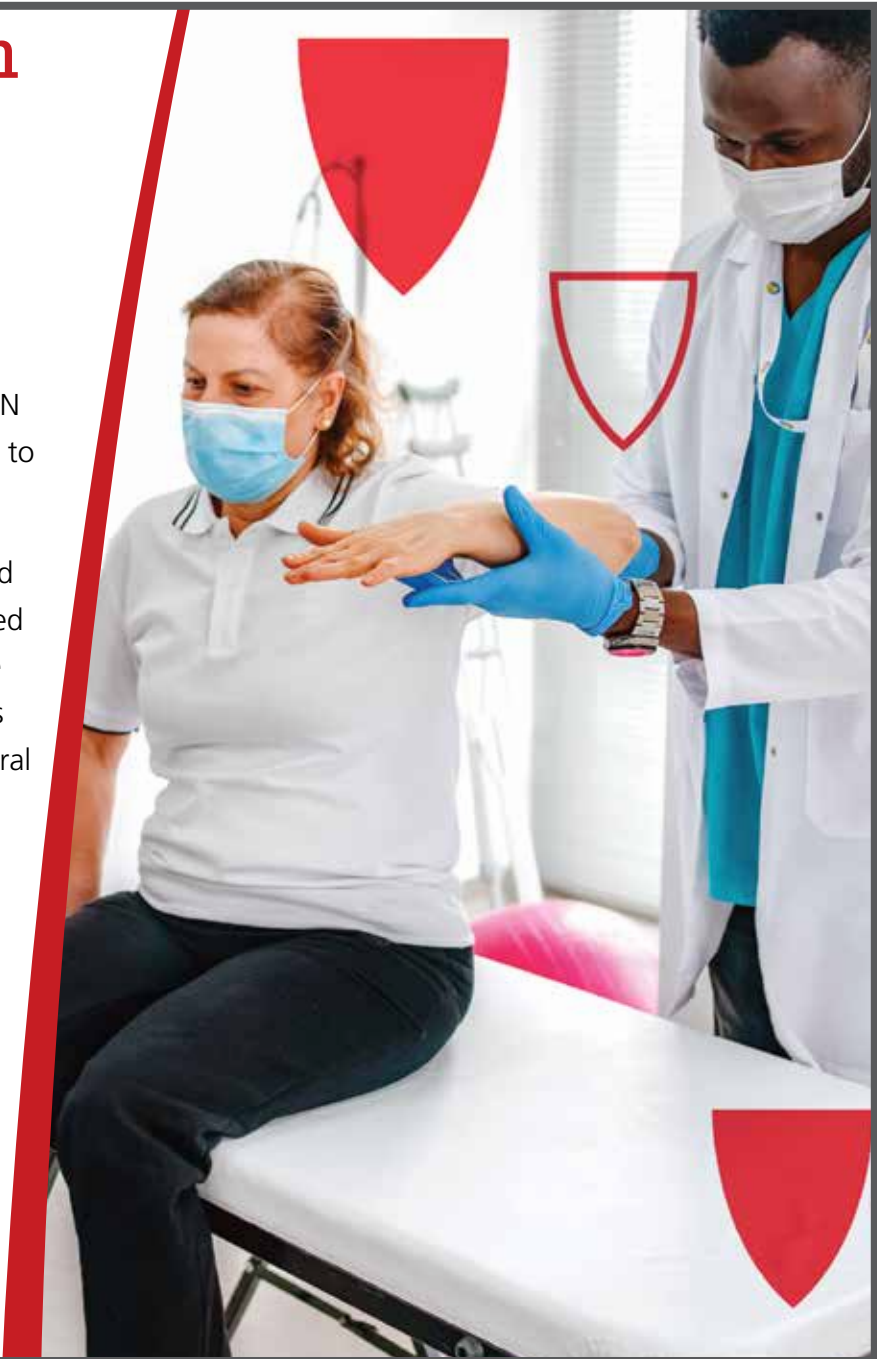
At the Comprehensive Pain Center at UH Parma Medical Center, we recognize the effect chronic pain can have on your life. We use an RN nurse navigator to help patients expedite care and eliminate barriers to treatment, with a multi-disciplinary approach.

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# GLIMPSES OF THE TRI-CITY AREA



Salman, Haadeya

## Seventh Grader Earns Silver On National Latin Exam

by Abigail McNaughton

Seventh grader Haadeya Salman from Birchwood School earned a Silver Award (Maxima Cum Laude) for her score on the 2022 National Latin Exam. Every year Latin students are invited to take the exam that tests students on their knowledge of Latin grammar and vocabulary as well as aspects of

Roman culture such as history, architecture, and clothing. Salman and her classmates were coached by Catherine Haskins who said "I am very proud of my students and most especially of the effort they invested in preparing for the exam, since it results in a good deal of extra learning during the winter months."

## Virtual CASA Informational Session

by Hannah Wiltshire

A Court Appointed Special Advocate (CASA) is a trained community volunteer appointed by the Juvenile Court to represent the best interests of an abused or neglected child. Join us to learn what it means to be a CASA volunteer in our community.

The virtual CASA Informational Session will be held on Thursday, May 19, 2022, from 5:00 - 6:00 pm. This event will be held via Zoom and a link will be provided to those individuals who register. Please visit our website to learn more and to register for the session. <https://cfadvocates.org/events/>

## Kevin O'Boyle Memorial Scholarship For Former Foster Youth Now Accepting Applications For Fall 2022 Term

by Hannah Wiltshire

Child and Family Advocates of Cuyahoga County (CFACC) is pleased to announce that the Kevin O'Boyle Memorial Scholarship for former local foster youth will be opening for applications April 1, 2022 for the Fall 2022 academic term.

Kevin was a Cleveland native, CFACC and Ohio CASA board member, and active CASA volunteer for 15+ years when he suddenly and unexpectedly passed away in June 2020. Kevin worked as a CASA volunteer with more than 20 foster youth in Cleveland and Chicago, and directed many to higher ed and job training programs as well as direct employment.

CFACC is poised to offer initial awards for up to four students for the fall 2022 academic term. Eligible students must be:

- currently enrolled in a formal post-secondary degree, vocational training or job certificate program in Cuyahoga County
- have a documentable foster child

history of at least one year with CCD-CFS

have achieved 50% degree or program/certificate completion

have documented financial needs based on the FAFSA filing and/or advisor recommendation concerning unique financial circumstances

referred by their school or program advisor to apply

Former foster youth who are eligible student candidates for this scholarship award should be referred by their program advisor. This scholarship is only open to former foster youth served by the Cuyahoga County Division of Children and Family Services for educational services provided in Cuyahoga County.

The scholarship application and required reference & recommendation forms can be accessed at <https://cfadvocates.org/scholarship-fund/>. For additional questions about eligibility for the scholarship, please contact CFACC: [info@cfadvocates.org](mailto:info@cfadvocates.org) or 216.325.7747.

## Your Opportunity To Be A Part Of History!



by Kathryn Mabin

Cleveland Photo Fest, established in 2019, is undertaking an event of historic proportions! One Million Photos, the world's largest photography show is an epic event. Cleveland Photo Fest has been in contact with the Guinness World Record people. The exhibit will be held at a gallery on Prospect Avenue in Cleveland in December of 2022.

The best part is anyone from anywhere in the world, amateur or

professional, is encouraged to submit their photos. It's free, so contact your friends and relatives and pass the word. Use your camera, iPad, tablet, Android or iPhone to submit your digital photos. So far over 8,500 photos have been submitted.

This is your chance to be a part of a historic event and have bragging rights for the rest of your life. For details, more information, or to submit photos go to [www.onemillionphotos.org](http://www.onemillionphotos.org).

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PARMA HEIGHTS

Luminaria:  
Candle Shades

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will present a virtual program Luminaria: Candle Shades on Wednesday, May 25, 2022 from 7:00-8:30 p.m. This event will be held virtually on Zoom. Registration required. Learn how to combine wax paper, washi tape, and decorative elements to create beautiful

glowing lanterns that add a warm glow to any small candle. The library will provide materials free of charge but registered participants will also need a few items from home. To register and for more information about this virtual program, visit [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org) or contact a librarian at the Parma Heights Branch at 440.884.2313

Saturday Afternoon Book Discussion

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will present Saturday Afternoon Book Discussion on Saturday, May 21, 2022 from 2:30-4:00 p.m. in Meeting Room C. In-person program. Join a librarian from the Adult Services Department for a brand new, staff-led book discus-

sion we discuss The Midnight Library by Matt Haig. Registration required- before picking up a copy of the book at the circulation desk. To register, visit [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org) or call the Parma Heights Branch Library at 440.884.2313.

Seven Hills Memorial Day And More

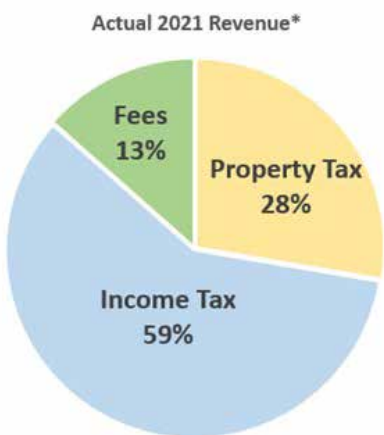
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Broadview Rd towards Hillside Rd and finishing at Seven Hills City Hall. The parade has many entries and will feature the marching bands of Parma Senior, Normandy, Padua, and Holy Name High Schools. Spread the word. All are welcome attend.

Often my staff and I answer property tax questions but rarely does the question of income taxes arise. Seven Hills like all other municipalities derive much of our revenue from income taxes. This often comes as surprise to many. It is also why economic development among cities and states is so hotly contested. In 2021 59% of our year over year revenue was sourced from income tax. From a straight dollar perspective our income tax receipts grew over \$800,000 over 2020. This increase was primarily attributed to our new businesses and job growth hear in Seven Hills.

This is also why economic development has been a focus for my administration. For instance, our current proposal for the Rockside Development has projected new income to the City of Seven Hills \$850,000 annually and Parma City School district \$950,000 annually when

the entire project (front and back) fully built and assuming all proposed economic incentives are approved by the City and Parma City School District. Preliminary Development Plan (PDP) for this project was submitted to the City of Seven Hills on April 6, 2022. The submission has been reviewed and confirmed that the package submitted contained all components required of our PDP process. The planning commission intends to call a meeting for May 4 to officially began the PDP approval process where the City will begin the due diligence on submittal and to insure, we are comfortable all aspects of project at this point. Look forward to more updates on this important project in future issues of the Parma Observer.



Celebrating Mother's Day Locally!

by Emery Pinter

If you're celebrating Mother's Day, going local is a great way to find unique gifts while supporting the local mom and pop shops in our midst. After reaching out to many mothers to ask what they would like for Mother' Day, almost every one of them wanted one thing. They want something affordable, so you won't need to bust open your piggy bank, and something from your heart.

Show Mom some local love with thoughtful gifts from small businesses. Let her relax and open up a thoughtfully curated box of goodies from Thee Tree House, 6269 Pearl Road, which has one-of-a-kind holistic Mother's Day gifts. Rose quartz crystals would make a great gift. Shop, and be inspired by unique items you can't find anywhere else. You'll find no shortage of candles, crystals, and apothecary products. But be sure to check out the one-of-a-kind soaps and beauty gifts made with all-natural botanicals.

Natural Creations Soaps & More, 6597 Pearl Road, has soy candles, natural soaps, essential oils, and customized gift packages. Buy a great Mother's Day candle gift & show your Mom how much you treasure her. Give your Mom an excuse to light a candle, put her feet up, and enjoy a moment of pure relaxation. You should probably also pour her a glass of wine or make her a cup of tea if you know what's good for you!

Get Mom a new pair of designer eyeglasses or sunglasses for Mother's Day. 168 Optical LLC, 6315 Pearl Road, Ste#206 has some of the most stylish options you can choose from and at a very affordable price! Every mom is unique. Discover

their Mother's Day sunglasses selection and give your mom a pair that reflects how special she is. And don't forget the fashion eyeglass cases with matching microfiber cleaning cloths.

Village Cards & Gifts, 6643 Pearl Road, is a go-to spot for locals to pick up cards for all occasions, including Mother's Day! Pick up a card, and shop the rest of the store to put together a Mother's Day-inspired gift with jewelry, apparel, and accessories, Kedzie products, bath and spa items to relax her, and maybe even a soft, cuddly Ty plush.

Shopping locally certainly has its perks. Not only do you save yourself from the last minute scramble to find a gift and ridiculous shipping fees, but you're also supporting Parma Heights businesses recovering from the economic downturn of the pandemic. These are my ideas of some of the best places to grab Mother's Day gifts in Parma Heights. Happy Mother's Day!



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NEW LOCATION



INSPIRATION

Cleveland American Middle Eastern Association Honors Sean Brennan

by Amanda Boyd

Parma City Council President and Ohio House candidate Sean Brennan, a teacher for almost three decades, has been named teacher of the year by the Cleveland American Middle Eastern Association (C.A.M.E.O.). Pierre Bejjani, President of C.A.M.E.O. recently presented Brennan with a certificate and medal, honoring him “In recogni-

tion of your outstanding achievements in teaching and dedicated service to our students.”  
“I have always tried to go above and beyond for my students, especially those who are new to our country,” Brennan said. “As the son of a single mother, I know how difficult it is when life throws you curves. Coming to America from places like Lebanon,

Ukraine, and other war-torn countries is quite a challenge, yet, with some extra help, these kids step up, overcome the hurdles, and achieve great things in the classroom and beyond,” Brennan added.  
Brennan was also recognized by Cuyahoga County Executive Armond Budish and State Senator Matt Dolan, whose senatorial citation states, “You have worked diligently to channel the curiosity of young people, thereby helping them gain a better understand-

ing of the complex world around them. By presenting lessons in an interesting and comprehensive manner, you have consistently inspired your students to excel.”  
Brennan is an American Government and Law teacher at Brecksville-Broadview High School. He is also the Youth and Government club advisor and Social Studies Department Chair.



Layla LaHoud (left) and Pierre Bejjani, President of C.A.M.E.O. (right) present Sean Brennan with certificate and medal to honor him as Teacher of the Month.

Mobile Food Pantry - May

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library, partnering with The Greater Cleveland Food Bank, will offer a monthly Mobile Food Pantry distribution on the 3rd Wednesday of every month at the Parma Heights Branch Library, 6206 Pearl Road, on Wednesday, May 18th from 10:00 a.m. -12 Noon for customers who are in need. Please visit [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org) or call the Parma Heights Branch Library at 440.884.2313 for additional information.

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**Bethlehem Lutheran Church**  
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[www.Stbridgetparma.com](http://www.Stbridgetparma.com)

**Holy Family Catholic Church**  
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[www.holyfamparma.org](http://www.holyfamparma.org)

**Parma Christian Church**  
7000 Ridge Rd., Parma, Ohio 44129, 440-842-1614  
[www.parmachristianchurch.org](http://www.parmachristianchurch.org)

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[crimetips@parmajustice.net](mailto:crimetips@parmajustice.net)  
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NEIGHBORHOODS

Parma Fire Marshal Responds To His Own Five Alarm Fire

continued from page 1

believe he wasn't leaving the hospital until he had major heart surgery. Pablo Ruda Vega, MD, cardiac surgeon with UH Harrington Heart & Vascular Institute, performed a quintuple coronary artery bypass surgery early the next morning. Ricky was discharged four days later.

He raved about the care from a team who had taken care of countless heart STEMI patients he'd brought them through past decades. Ricky returned to the fire station two months to the day of his heart surgery. He believes his hard work during 36 sessions of Cardiac Rehab at UH Parma Medical Center was key to resuming the rigorous fitness

level required for a firefighter. "They really pushed me and helped me prepare for the functional capacity test to come back to work," said Ricky. "The guys around here can't believe I'm back to work here already." His brush with death "scared the living daylight" out of the safety forces, Ricky said. Dozens of firefighters and police officers followed up on their own cardiac health after Ricky's heart scare. Many underwent coronary calcium score tests – which only UH provides for free – that can detect calcification in the arteries of the heart and assess risk of future heart attacks. Some firefighters underwent stress tests, started medication for hypertension or needed cardiac catheterizations. "I always promoted heart care, but now I can speak to it from personal experience," said the Midwest Region director for the American Heart Association, who also sur-

vived Hodgkin's lymphoma with eight months of chemotherapy and radiation when he was just 28. In the months after his open heart surgery, this survivor hit two major milestones: he turned 50, and he and his wife celebrated 30 years of marriage on a trip to Hawaii. The parents of three, including two medics, are breathing easier now with a new lease on life – and an unexpected lesson to share. "Being a firefighter/paramedic alone is an extremely stressful line of work," says UH Parma Chief Medical Officer Christopher Dussel, MD, who is Medical Director of the Parma Fire Department. "The last two years dealing with the pandemic have intensified that, and seeing what Ricky went through has really raised awareness of the occupational stresses. "As frontline workers, you have to take care of yourself so you can take care of other people."

Parma Symphony Orchestra Spring Concert May 15

by Joe Germana

Parma Symphony Orchestra will perform a LIVE Classical Music Concert on Sunday, May 15 at 3:00 PM at Valley Forge High School Auditorium located at 9999 Independence Boulevard in Parma Heights featuring: Oboist Bruce Biggin performing Jean Francaix: L'Horloge de Flore for oboe and orchestra, Three Dance Episodes from "On the Town" by Leonard Bernstein and Symphonic Dances by Sergei Rachmaninoff The orchestra, in its 53rd 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. For more information can be found on Facebook,

web-site [www.parmasympphony.org](http://www.parmasympphony.org) or calling Business Manager Joe Germana 440-882-2012. Tickets are available at the door beginning at 2:30 PM or from any member of the orchestra. Cash 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. Advance Sale tickets are available online at Home | PARMA SYMPHONY ORCHESTRA ([square.site](http://square.site)) Credit card purchases available include \$2.75 per ticket handling fee. Parma Symphony Orchestra is a self-supporting community orchestra in cooperation with the Parma City Schools.

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PERSPECTIVE

Inflation; Many Causes, But Few Solutions

by Lee Kamps

Right now, the rate if inflation in the United States is the highest in forty years. Already a host of candidates seeking the Senate seat being vacated by retiring Senator Rob Portman are campaigning heavily on “Biden’s inflation” as if his policies are the cause of the inflation in the country right now. However simple solutions to complex problems very often create another set of problems without really solving the initial problem.

Here is a history question for you. In what year did the United States have the highest rate of inflation in the pass one hundred years? I’ll give a clue; it wasn’t during the 1970s or 1980s.

That year was in 1947 when the annual rate of inflation was more than 14% for the entire year. It never got that high during the inflation of the 1970s or 1980s. In addition the years 1946 and 1948 were also years of high inflation. Now, if you remember your history, what was going on after 1945? FYI, the Second World War had ended, and an entire generation of young men were suddenly discharged from the armed forces and needed housing as well as other consumer goods.

For almost four years, the United States was engaged in fighting a major world war. There were wartime wage and price controls in place to prevent

war profiteering and prevent runaway inflation. Also, during that same four year period few new consumer goods were manufactured. The auto industry converted all of its plants to the production of war material and no civilian passenger cars were made for four years.

However as soon as our industry began caching up with the demand, more autos and consumer goods were manufactured. Developers began building new housing for the returning veterans and their families. Fueled by the G. I. Bill, returning veterans of the war were able to get low or no down payment low interest mortgages for houses. That is what built Parma. My parents moved into a new development in the fast growing city of Parma in a new development called Tuxedo Heights near Pearl and Ridge in December 1949. I was a little more than a year old and my mother was pregnant with my brother. Not long after he was born a sister joined the family.

But by 1950 the rate of inflation was back to a normal stable rate that persisted until the late 1960s. But the postwar inflation was a major campaign issue in the presidential election of 1948 as Republicans were blaming it on incumbent President Harry Truman. Not many gave Truman a chance in the election of 1948. He had to deal

with a revolt in his own party as southern Democrats, upset with Truman desegregating the military, ran a man on the Dixiecrat party and actually carried five states in the deep south. At the same time, a more progressive wing of the Democratic party broke with Truman on his stand against communism.

I won’t belabor anyone with a history lecture. But right now in 2022, the United States is recovering from the equivalent of a major war. The war was not against any hostile foreign power but with an unseen virus that killed far more Americans than anu war in our country’s history. For more than a year, the nation’s economy was on full or partial shutdown. Because of stimulus payments and generous unemployment benefits that allowed people to maintain their life, people all of a sudden have money to spend and they are spending it, just as if there was a full scale war.

Remember two years ago when no one was traveling and airports were empty and no one was renting cars either and not many people were buy-

ing cars as well? Now, to exacerbate this situation comes a war in Europe between Russia and Ukraine and as a result of that war, exports of Russian oil have been suspended.

Simply stated, the major cause of the current inflation is a free market economy. When the demand for goods and services exceeds the supply, prices increase. This inflation too will eventually end as soon as supply catches up with demand. Short of imposing wage and price controls, there is very little any President, regardless of their political party can do.

For politicians, it is always easier to blame others for the problems and make promises to fix those problems. But governing and actually solving the problems is much more difficult than campaigning. If the Republican party has a better idea, I would like to hear it. My answer to all those candidates running and railing about “Biden’s inflation”; let’s hear some bona fide solutions.



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PARMA FUN

# 11th Parma Run-Walk For Pierogies

by Sean Brennan

Lace up your running or walking shoes for the 11th Parma Run-Walk for Pierogies, sponsored by Perla Pierogies and UH Parma Medical Center, coming up on Saturday, June 25 at 7:30 am at Cuyahoga Community College's western campus. Those who know me know that running is my passion. So, eleven years ago I combined my love

for running, pierogies, and giving back to the community by creating what has become one of our city's signature summer events. Participants may either run or walk the 5k (3.1 miles) or walk the one-mile course. Pre-registration is only \$25 (\$15 for ages 11 and under) and may be completed online at [runsignup.com/Race/OH/Parma/runwalkforpierogies](https://runsignup.com/Race/OH/Parma/runwalkforpierogies).

Day of event registration is \$30. You can also e-mail us at [pierogie5k@gmail.com](mailto:pierogie5k@gmail.com) or call me at (440) 885-8091 for a mail-in registration form or for sponsorship opportunities. The Run-Walk takes place on the beautiful CCC-West campus, which makes for a very flat course. Those who place in the top three spots in several age groups win our signature pierogie

necklace award. The first 600 participants who pre-register are guaranteed to receive our famous Parma Run-Walk for Pierogies t-shirt, so register early. When you have completed the event Parma's own Perla Pierogies will generously provide each participant with mouth-watering pierogies! Proceeds raised by the Run-Walk will, once again, benefit many local charities and community projects. Find us on Facebook and Twitter @pierogie5k.

11<sup>th</sup> Annual Parma  
Run-Walk for Pierogies  
5K Run/Walk and 1 Mile Fun Walk  
Saturday, June 25, 2022 - 7:30 am  
Tri-C Western Campus - 11000 Pleasant Valley Road



CHIP TIMED RACE!!

First 600 pre-registered are guaranteed a t-shirt, as well as a certificate for pierogies from Perla's.

Please follow us on Facebook and Twitter: @pierogie5k

**5K Run Award Age Groups:** Top overall male and female 11 and under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 Over - Pierogie awards to top three male and female finishers in each division.

Mail entries must be received by Wednesday, June 22.  
Make checks payable to: Hermes Sports & Events  
2425 W. 11<sup>th</sup> Street Suite 2, Cleveland, OH 44113

\*Pre-Registration \$25  
\*Day of Registration \$30  
\*Ages 11 and Under: \$15

Register online at: [www.hermescleveland.com](http://www.hermescleveland.com)

On-Site Registration/Check-In:  
6:30 am - 7:15 am

Race Director: Parma City Council President Sean Brennan: 440-885-8091 [pierogie5k@gmail.com](mailto:pierogie5k@gmail.com)

Proceeds benefit local charities and projects. Sponsorship opportunities available!

Run/Walk for Pierogies

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
Race Day Age: \_\_\_\_\_; Gender: M F  
Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State and Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-Mail: \_\_\_\_\_  
Signature (Parent/Guardian, if under 18): \_\_\_\_\_

Shirt Size: YS YM YL S M L XL XXL XXXL Circle One: 5K Run, 5K Walk or 1 Mile Walk

I hereby understand that upon my entry into the Pierogies 5K race/walk or 1 mile fun walk, I waive any and all claims for damages that I may have against University Hospitals, Cuyahoga Community College, Perla Pierogies, the City of Parma, the Parma Charitable Fund, Hermes Sports & Events, promoters, sponsors or anyone involved in the production of this race, regarding any and all injuries suffered by me while running, traveling to and from, or participation in this event, for myself, my heirs and/or assignors. I also understand that refunds will not be available for entry fees. Due to COVID restrictions, we will not be serving food at the event this year.







# Videogame break

A good time to start having short, frequent conversations about alcohol and other drugs.

Talking with your child at an early age about drinking and drug use is the first step toward keeping them safe. For tips on how and when to begin the conversation, visit [adamhsc.org/talk](http://adamhsc.org/talk).



#TalkTheyHearYou



## 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](http://www.parmaobserver.com/read/news)*

#### RAISING AWARENESS: Human Trafficking/Abuse:

O From The Collaborative to End Human Trafficking:

The next free & virtual “Fundamentals of Human Trafficking” training session is scheduled for Tuesday, May 3rd from 10:30 am to noon. Go here for details and to register.

According to World Without Exploitation, the majority of women and girls who are survivors of sex trafficking are survivors of childhood sexual abuse.[1] Go here to view the Seven Facts about the intersection between sexual violence & 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):

“How You Can Support A Survivor” What can you say if your friend or loved one tells you they have been raped or sexually abused? Learn how here.

Go here to learn how your organization can participate in CRCC’s just announced 2022 Community Partner initiative.

Visit their “Training Institute” page for Spring course offerings, Note that the 2- part Ambassador Training programs are both virtual & free.

#### From Futures Without Violence...

Visit their website to learn more about this new initiative – CBIM: Coaching Boys Into Men...An evidence-based program designed to leverage sports to teach young student-athletes healthy relationship skills and that violence never equals strength.

#### 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 Arnold and Mabel Beckman Foundation > The Blackburn Foundation> The Bollinger Foundation > The Brinson Foundation > The Burroughs Wellcome Fund. If you’re affiliated with a family/youth-serving organization visit these funders’ sites to see if your program/service fits their mission. If you have or know of a grad-

uating senior interested in pursuing the sciences check out these 5 potential grantors.

**From University Hospitals...UH/Parma Medical Center** is participating in the system’s Medication “Take Back Day” – 10:00 am – 2:00 pm, Saturday, April 30 in the John A. Nelson Auditorium, located on the ground floor just inside the main entrance.

**From The National Summer Learning Association (NSLA)...**Check out their website for resources and ideas on how to keep kids learning during the summer while having fun doing it.

#### West Creek Conservancy:

West Creek is gearing up for lots of exciting projects and events in the coming months. We are seeking volunteers to assist with events, land stewardship, and office work. Fill out our volunteer form and we’ll be in touch soon!

Check out this short video to learn about West Creek’s plans for the Stearns Farm homestead property on Ridge Rd. Under consideration for potential uses include a tree farm, apiary, cutting garden, food forest, composting facility, and more!

**From Child & Family Advocates of Cuyahoga County...**Go here to learn about this organization & the support being provided by CASA (Court Appointed Special Advocates) volunteers. They are thoroughly trained & well-supported by professional staff to help them through every case. If you’re interested, go here to complete a Pre-application form.

**Parma Area Run/Walk for Pierogies...**Saturday, June 25th at Tri-C Western Campus. Go here for details & to register

**From Search Institute...**Go here for some thoughts on nurturing a community mindset and some tips for getting started in building developmental relationships. Visit their Resources Hub, where details & downloads are available re: the developmental relationships framework, a relationship check-up tool, a relational culture checkup tool and tips to cultivate & sustain a relationship-rich culture.

**From The Downs Syndrome Association** - <https://www.dsaneo.org/> (formerly the Upside of Downs):

Give “sunburst Snacks” a try! This new adult employment initiative is designed to prepare, connect, and employ adults with Downs syndrome. Learn more here.

Also, check out their FB page at <https://www.facebook.com/dsaOFneo> for info on their extensive list of programs coming up in May.



PARMA ART SCENE

Parma Art Scene

by Kathryn Mabin

Prama Artspace & Gallery, located at 5411 Pearl Rd. The latest exhibit opened on April 22, 2022. 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 Crog-nale (water color), Brett Hill (painter), Wendy Means (drawing), David Curtis (musician), Neffie M. La La (drawing), Angela Funovits (photography), Sean Wheeler (painting), Samantha Vick-ers (mixed media) and Max A Denney. Per Denney his work “is informed by a relationship with a cosmic disorder. He’s called the “mystic man”. I accept. cope, and manage my disorder suc-cessfully, with joy. The collaboration pieces are in real time, jamming ses-sions. call and response mailing tube



gospel, and musical conversation. Big Love and Honor for the Master Artists who choose to dance with me.” Opening night the gallery was packed and a good time was had by all. Gal-leries openings are a fun way to start the weekend. View interesting original



artworks, meet interesting people, free beverages and snacks are usually avail-able, or shop the boutique for unique items priced reasonably. Shop local, shop often, support your local artists. Exhibit closes May 22, 2022.

Coming soon! Slain Nemo Exhibit May 27th to June 26th. Slain Nemo’s creations uses computer generated images, laser burns, and oil paint on canvas. His very precise work shows no visible brush strokes. His artistic creations are sacred geometric forms, surrealistic, Sci-Fi, Shamanistic, and linear. Opening night, May 27thwill be enhanced with music by Dee Deprator.

Sunday, April 24th, Prama Artspace & Gallery offered a four hour “Let’s Draw Flowers” event. It was a fun time making art with friends, old and new. They had some lovely spring flowers set up in vases and ready to draw, outdoors and inside. Attendees brought their own supplies. Follow Prama to watch for other fun events planned in the future.

Follow Prama Artspace & Gal-leries on Facebook and Instagram, or

visit their web page for details on all upcoming events.

Call For Arts Instructors – The Parma Area Fine Arts Council is searching for artists of various medi-ums interested in teaching classes or workshops. Instructors are paid the going rate. If interested please send an email to kathrynabin@att.net, with your contact information and the type of class and/or workshop you’d like to teach.

FREE WORKSHOP - Great Lakes Master Wood Carver, Laurie Sak will be teaching this workshop. There are only 12 spots for this FREE workshop sponsored by The Parma Area Fine Arts Council and The Great Lakes Wood Carvers. Brought to you in part by a Cuyahoga Country Art and Culture Grant. 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. Sup-plies are included.

Call Jane Zampedro at 440-885-1357, and reserve your space today as space is limited.

FREE One Day Workshop

by Kathryn Mabin

Doll Making with Joyce Mor-row Jones, Thursday, May 19th, 12:30 to 3:00 PM at the Donna Smallwood Activities Center, 7001 W. Ridgewood Drive. This workshop is free, supplies included, and brought to you by Parma Area Fine Arts Council and in part through a grant from Cuyahoga Arts & Culture. Space is limited, so email kathrynabin@att.net to register now. Join Joyce to learn how to use recy-cled paper products to make amazing doll sculptures. Joyce is a well known

Cleveland based mixed media fiber artist. Her passion is to reuse, recycle and recreate with materials normally headed for the landfill. Joyce’s art dolls are mixed media sculptures that have appeared locally and in neighboring states. This year alone she’s exhibited in seven galleries. She was the 2021 artist in residence at moCA. For information on this workshop and others check out Parma Fine Arts Council’s revised web page, www.par-mafinearts.org.



**Parma Area Fine Arts Council**  
proudly presents  
**FREE Doll Making Workshop**  
With  
**Joyce Morrow-Jones**

**Thursday, May 19, 2022**  
**12:30 to 3:00 PM**  
at  
**Donna Smallwood Activities Center**  
**7001 W Ridgewood Dr.**  
**Parma, Ohio 44129**

**Space is limited!**  
**Email:**  
**[kathrynabin@att.net](mailto:kathrynabin@att.net)**  
**to register now**

**Joyce Morrow-Jones is a well known Cleveland based mixed media fiber artist. Join Joyce to learn how to use recycled paper products to make amazing dolls. Brought to you in part through a grant from Cuyahoga Arts & Culture.**



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July 21 • 2 p.m.  
Nick Gerad • Singer/ Pianist  
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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.
- **Memory Care Activity Coordinator** on staff.
- **Live music.**
- **Psychiatry and psychology services** to meet the changing needs of our residents.
- **Respite, hospice and palliative care** services are available if needed.
- **Private rooms** available.



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