Serving the Tri-City Area of Parma, Parma Heights, & Seven Hills

## **Antonio Announces State Investment In**

by Nickie Antonio

**Parma And Senate District 23** 

On June 1st, the Senate passed the state's biennial Capital Budget, which included \$3.7 million for eleven economic development projects within Ohio's 23rd Senate District, along with over \$23 million for Cuyahoga County as a whole and \$90,000 for the City of Parma's improvements to Hetzel Park, Walters Grove Park and John Petruska Park. It also included \$809 million in American Rescue Plan Act funding for school safety grants, state park improvements, trails and local water and sewer infrastructure improvements.

I am happy to have advocated for this important project in Parma that means so much to the community. These state dollars will go a long way towards increasing the quality of the City of Parma's parks and making sure that they can be enjoyed by all residents.

This process was highly competitive and there were many more worthy projects that sadly did not receive fund-



ing awards. However, along with the City of Parma, other projects that I advocated support for and that were chosen to receive capital funding include:

\$1,700,000 for the Cleveland Zoo

**\$700,000** for Cleveland Christian Home

\$500,000 for Ohio Aerospace Institute

**\$1 million** for the Rock and Roll Hall of Fame

\$1 million for the Bellefaire Jewish Children's Bureau

**\$1 million** for the Playhouse Square

\$900,000 for the Cleveland Museum of Natural History

**\$500,000** for the Severance Hall

\$900,000 for the Cleve-

land Museum of Art \$750,000 for the Greater

Cleveland Food Bank **\$850,000** for the Irish-

town Bend & Canal Basin Park \$500,000 for the Cleveland Institute of Music Kulas Hall

The full list of funded projects throughout Cuyahoga County and across Ohio is accessible here.



**Script Photo of The Month** 

This month's script Parma picture of the month was submitted by

Danielle Wells. It includes her 5 children, Christian, Connor, Katie,

Cameron, and Carter. She will receive a gift card courtesy of Rook-

ies 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

nan@msn.com. Be sure to include your name and address.

to Parma City Council President Sean Brennan at councilmanbren-

**Christmas In July Food Drive** 

A Padua student volunteer hands a donation to a City of Parma service worker during the Christmas in July Food Drive, which starts this year on July 4 during Parma's Independence Day Parade.



Kevin Leigh's large crowd of admirers included his mailman and a priest from St. Charles, where Leigh is the athletic director and a parish member.

### **Citizen Of The Month Recipient Shares His Love Of Sports With Athletes**

by Carolyn Kovach

On behalf of Parma City Council, Ward 7 Councilwoman Kammy Shuman presented Parma resident, athlete and coach Kevin Leigh with the June Citizen of the Month Award. Recreation Department Director Mickey Vittardi nominated Leigh, who resides at 8623 Scarlet Oak Lane.

A retired pharmaceuti-

cal sales representative, he has worked as the St. Charles Borromeo Church athletic director for 47 years and coached track and field for 56 years. A member of the St. Charles Athletic Hall of Fame, his love for sports has included coaching basketball, football and cross country.

A dedicated St. Charles parishioner, he has served as the parish's carnival chairper-

son for more than 25 years. Presently, he is the president of the St. Charles Golf League and volunteers for the Ridgewood Golf Course Youth/ Junior Program.

For 60 years, Leigh has lived in Parma. He and his wife, Paula, have been married for 52 years and raised six children together. They are now proud grandparents of eight grandchildren.

by Carolyn Kovach

The City of Parma will launch its month-long Christmas in July Food Drive at its Independence Day Parade, starting at 10 a.m., Monday, July 4.

Padua High School student volunteers and city workers walking next to the Christmas in July float will collect donations along the parade route, which will travel south on Ridge Road from Snow Road to West Ridgewood Drive by The Shoppes at Parma. Spectators can bring their donations to the parade. When they see the Christmas in July float, they should wave

down volunteers, who will then walk over to them to take their bagged items. The donations will help fill the Parma Hunger Center's food pantry.

Items needed are boxed, bagged and canned nonperishable food items, as well as products such as napkins, facial tissue, paper towels, toilet paper, toothpaste, soap, shampoo and other toiletries.

In addition to the parade collection, donations will be collected throughout July in blue plastic bins at Parma City Hall's front lobby and

continued on page 4

### **COMMUNITY NEWS**

### The President's Corner

by Sean Brennan, Parma City Council President

In the wake of the recent shootings in a grocery store in Buffalo, an elementary school in Texas, and others, this month I am going to take a brief hiatus from my Civic 101 series. Parma Law Director Timothy Dobeck, Parma Ward 5 Councilman Alan Divis and I are, once again, reminding the community that we are offering free gun locks to help ensure gun safety in the community.

We have given out nearly 1,000 gun locks since we started the program in 2018, but the work is not done. With

about three guns in circulation for every American, my colleagues and I are positive that many more residents could put the locks to use to ensure that their guns are being safely stored.

The three of us are concerned about the problem that guns are getting into the wrong hands. For instance, in 2018 right here in Parma a young boy accidentally shot and killed his little brother with an unlocked, loaded handgun. In fact, this was the incident that was the impetus for me seeking the assistance of Mr. Dobeck and Mr. Divis to put together the gun



lock program.

Since living on my grandma's

farm growing up, I have always been an advocate for responsible gun ownership and, as a father, elected official, and schoolteacher, I never want a tragedy involving a gun to take place on my watch. That is why I am a huge supporter of gun locks. A gun lock is a device that makes a gun inoperable when it is utilized. We have partnered with the National Shooting Sports Foundation's Project Childsafe, whose mission is to promote firearms safety and education, to offer free metal cablestyle gun locks to residents who would like them. The goal is to get them in the hands of every gun owner in the community who would like them.

Each kit contains a safety curriculum and a cable-style gun lock, which fits on most types of handguns, rifles, and shotguns. If you are interested in receiving a gun lock, call me at city hall at 440-885-8091 or email me at sbrennan@cityofparma-oh.gov. Have a safe and enjoyable July.

# Cox Celebrates Nurses With \$1,000 Prizes And Donations To Local Nonprofits

by Jeff Lavery

Everyday, nurses go to work facing unknown challenges. Despite the unpredictability of their jobs, nurses are accustomed to dealing with the unexpected – but even the most seasoned nurses likely weren't expecting

to face a pandemic in addition to their daily duties. That's why Cox Communications decided to enlist the support of the community to recognize deserving nurses with a \$1,000 prize for the many ways they improve the lives of everyone around them.





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The request for nominations was put out over Facebook in a heavily socialized campaign, which yielded well over 150 responses. With no shortage of deserving candidates, Cox identified winners in each of its northeast footprint states of Rhode Island, Connecticut, and Ohio. The winners all shared many qualities, including selfless commitment to community; longstanding tenure in their roles with outstanding track records; and the ability to change lives for the better, every step of the way.

In Ohio, Cox recognized the following nurses: Lou Novak, Cleveland Clinic (hometown – Berea); and Lauren Zak, Rainbow Babies and Children's Hospital (hometown – Westlake).

Each winner received a \$1,000 award and a \$500 donation made in their name to the nonprofit of their choosing. Winners were informed via Zoom meeting that they had been nominated by a peer and selected by a jury from among a large pool of contestants.

"Nurses show us every day how invaluable they are to our collective wellbeing," Rob Brill, market vice president, Cox Communications. "We at Cox have all been personally affected by a nurse in some way, and because of that, we were compelled to find a way to say thank you as a company for all that they do. Congratulations to all of our winners across the region."





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### **HEALTH AND WELLNESS**

# **UH Parma's Wound Center Helps Keep Patients From Being Admitted To The Hospital For Chronic, Non-Healing Wounds**

by CJ Sheppard

Not all patients are admitted to the hospital for heart attacks, strokes, hip replacement surgery or pneumonia. Sometimes chronic, non-healing wounds, and related side effects such as infection, are the cause. At University Hospitals Parma Medical Center, the Wound & Hyperbaric Medicine Center is helping prevent patients from being admitted to the hospital for conditions that can be treated by specialists on an outpatient basis.

National statistics show that patients with untreated wounds are 20 times more likely to end up in the Emergency Department or be admitted to the hospital. But that is not the case at UH Parma, where specialists can see patients quickly for a wide array of conditions: vascular surgeons treating venous ulcers and consulting on procedures to improve circulation and expedite healing; podiatrists treating diabetic foot ulcers; infectious disease physicians providing long-term antibiotics for bone infections; and a plastic surgery-trained nurse practitioner tending to dog bites, minor burns and non-healing surgical wounds.

UH Parma's Wound & Hyperbaric Medicine Center has been recognized with a Center of Distinction award by Healogics, the nation's largest provider of advanced wound care services. The award signifies outstanding clini-

cal outcomes and exceptionally high patient satisfaction.

"The Wound Center is truly an awesome service to have on our UH Parma campus," said Chief Medical Officer Chris Dussel, MD, an ED physician who sees a regular flow of referrals to the Wound Center. "They provide timely and consistent follow-up, often seeing our patients the very next day. They are fantastic at expediting consults. If we put in a referral at night, they typically schedule the patient as soon as the office opens."

The Wound Center at UH Parma has a decade-long record of keeping patients out of the hospital. Specialists that see patients in the accessible ground-floor suite in Medical Arts Center 2 adjacent to the hospital include plastic surgery, infectious disease, vascular surgery, podiatric surgery, family medicine and general surgery.

The Center also features two pressurized hyperbaric oxygen chambers that deliver 100 percent oxygen to wounds that have not responded to traditional treatments. Hyperbaric oxygen therapy is approved by Medicare and most insurance companies for many types of chronic, non-healing wounds, including diabetic wounds of the legs and feet, soft tissue and osteoradionecrosis caused by radiation therapy, bone infections that fail

to heal from antibiotics, and other indications. "Patients with wounds are complex and already compromised, with many being treated for multiple comorbidities," said Program Director Julianne Bauer. "We prioritize patient access and see all referrals within 24-48 hours of request. Time is tissue. The sooner you treat a wound, the better the outcome. "This award formally

recognizes the UH Parma Wound & Hyperbaric Medicine Center's dedication to our patients, the providers who refer to us, and the greater Parma community."

A referral is not required to be seen by the Wound Care and Hyperbaric Medicine Center. To schedule an appointment with a specialist, call 440-743-4774.

### **FREE July Faux Watercolor Class**

by Kathryn Mabin

Amanda Nyx of Fiercely Serene Studios is truly a renaissance woman. Her passions are creating art, live performance art and dance. Her enthusiastic personality is infectious. She's participated at events at Ingenuity Cleveland, Brite Winterfest, Cleveland Public Theater, and Prama Artspace & Gallery. She'll be teaching a FREE class titled Faux Watercolor with Amanda on Thursday, July 14, 2022 from 12:30 to 2:30 PM, at the Donna Smallwood Activities Center, 7001 W Ridgewood Drive.

This beginners class is for those who love the look of watercolor abstract paintings but are reluctant to try. The class introduces students to an inexpensive, easy, alternative to abstract waterolors. Students will be amazed at their results. Participants typically cre-



ate 3 to 5 pieces in this two hour class. Plus, supplies are included!

Don't hesitate, register now by email at kathrynmabin@att.net, as space is limited. For more information on Amanda Nyx, Fiercely Serene Studios, visit her web page at www. fiercelyserene.com, or visit Parma Area Fine Arts Council at www.parmafinearts.org.

Hosted by the Parma Area Fine Arts Council, Inc and in part through grant funding from Cuyahoga Arts & Culture.



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**UH Parma Medical Center** 7007 Powers Boulevard, Parma

### GLIMPSES OF THE TRI-CITY AREA



Floyd Longworth performs at Prama Artspace and Gallery on 6-24.

### Parma Startup Is Changing The Way You Locally Buy And Sell Goods/Services

by Bill Magura

MeowSold which is located at 5522 Pearl Rd. Parma, OH was founded in December 2021 by a mix of retail and tech executives. In the midst of COVID-19 pandemic, and recognizing the demand for affordable goods, Meow-Sold launched an online platform that ultimately connects end-consumers to items/service at significant discounts. The company uses an online platform, limited staff, and pick-up locations that can change, to significantly reduce operating costs. "We are a customer base, and a discount retailer to the end-customer. A truck comes in, we unload it, post it online, customer bids-or-buys, and comes to pick-up their items. In addition, our contracts with suppliers guarantee the most affordable price for items, most of the time less than suppliers cost... we can guarantee the best of

all best prices" says Charles Smith Sr. - Director of Sales, Meowsold Inc.

With over 100% growth in customers and sales month-after-month, MeowSold got on the radar of many local investors. "We had local investors show up at our door asking if we need capital and even if we sell stock?" "Unfortunately being a small pea in a big can, MeowSold is currently focused on smoothing out it's operation" - Charles Smith Sr. "Once the customer base exceeds 10,000 users, MeowSold will release the sell-with-us section of our platform. Currently we are lining up more goods and services to offer to our customers, one example is the tool rental & landscape supply purchasing/delivery that we launched this week" - Charles Smith Sr.

Stop in and check them out anytime at 5522 Pearl Rd. Parma, OH 44129.

### **FREE Square Dance Lessons!**

by Brenda Nelson

Solo Square Dance Club cordially invites you to 3 FREE square dance lessons on: September 12th, 19th, & 26th, 2022, 7-9PM, @ St. Paul Lutheran Church (276 Bagley Rd. Berea, Ohio 44017- corner of Eastland & Bagley)! All ages are welcome (12 yrs. & up); singles & couples are welcome! Come & see what square dancing is like! It's a wonderful, wholesome family activity! It's fun, friendship, & exercise, set to music!!! Please join us for lessons, if you like what you see! (continuing on October 3rd, 2022, @ \$5/lesson, or we have bargains)!

Questions? Call Diane (440-779-8379), Brenda (216-281-3958), or email solo-squaredanceclub@outlook.com





## **Christmas In July Food Drive Starts During Independence Day Parade**

#### continued from page 1

Council Chamber, Donna Smallwood Activities Center, University Hospitals Parma Medical Center's front entrance and the Snow Road and Powers Boulevard libraries. These collection sites will be available starting Friday, July 8. Donors should look for blue plastic bins marked with signs that read: Christmas in July Food Drive, Donations for Parma Hunger Center.

"Most people make food donations during the holidays, but it's not on their minds during the summer months," said City of Parma Communications Director Carolyn Kovach, who organizes the annual food drive. "Independence Day is a summer holiday when we can remind residents not to forget about the Parma Hunger Center and residents who need support, especially for those on tight budgets or fixed incomes who are coping with rising grocery bills."

The Christmas in July Food Drive began several years ago under the direction of the City of Parma Mayor's Office.

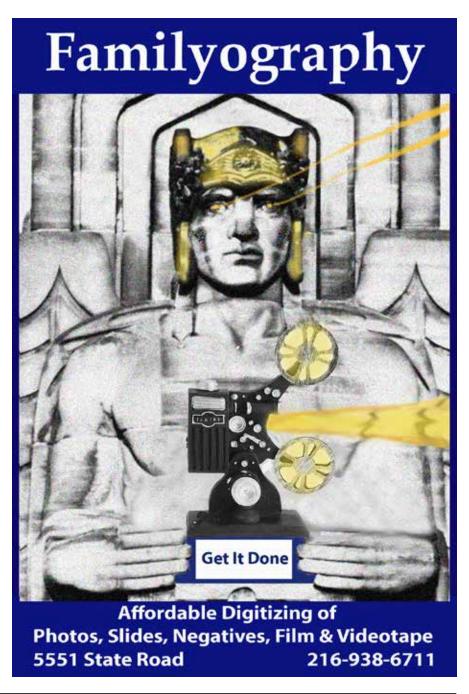
"Last year, our blue plastic bins were filled to their brims with donations during the parade and at the collection sites. Residents were generous, and we hope to see that generosity again this year," Mayor Tim DeGeeter said. "We appreciate the hard work



of the Parma Hunger Center's volunteers and the important role they play in helping residents. This is our way to support the Center."

In addition to in-person donations, online donations are a convenient option. Residents can go to the Parma Hunger Center website at www. plcparma.org/donate.html to donate. After clicking on the donation button, the donor should select the Parma Hunger Center food program to donate and indicate it contribution is for the Christmas in July campaign.

For questions about the Christmas in July Food Drive, email ckovach@cityofparma-oh.gov with the subject line Food Drive.



### **PARMA HEIGHTS**

### Never Say No To Ice Cream At Lumpy's Shake Shop

by Emery Pinter

With so many uncertainties in life as of late, it's nice to know that there's always one thing you can count on to make you happy. ICE CREAM from Lumpy's Shake Shop. This store was established in 2017 in Parma Heights and has always been, and will always be committed to serving up the best ice cream in town! Looking for nostalgic flavors of bygone eras? Want something more adventurous? Or a contemporary new flavor? There's no better time to be an ice cream lover, and they've got the scoop at Lumpy's Shake Shop, 6372 Pearl Road, Parma Heights.

Any day in Parma Heights, you can choose from a rotating list of flavors including Lake Erie Salt Mine, Peanut Butter Overdose RX, and my personal favorite, Coconut Avalanche! I was never one of those kids who snuck raw cookie dough from a mixing bowl, but if you are, then Chocolate Chip Cookie Dough is the treat for you. But if it's your first time, go for the classic like Butter Pecan, which offers a creamy and rich texture and bits of pecan in every taste. Your taste buds will tingle at the mere thought of Raspberry Chip Cheesecake. Fresh, flavorful swirled raspberry with pieces of cheesecake



and loaded with rich chocolaty chips. Get your ice cream to go in cups, cones, pints, or a sundae.

I asked my niece to describe Lumpy's Shake Shop in 10 words or less. She replied, "Amazing ice cream. Your mouth will thank you!" Lumpy's Shake Shop is the place to treat yourself, and when the dog days of summer arrive and the heat index reaches triple digits, a trip to the ice cream shop is tough to beat.

### The Future Of **The Cleveland Cultural Gardens**

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host a virtual program The Future of The Cleveland Cultural Gardens on Thursday, July 28, 2022 from 7:00-8:00 p.m. The Cleveland Cultural Gardens have a rich and colorful history. What's happening in the Gardens? Which cultures are joining the Gardens and how does that happen? What will the Gardens look like in the future? Lori Ashyk, Executive Director of The Cleveland Cultural Gardens Federation will answer these questions. Ms. Ashyk will also answer questions and hear thoughts from the participants about what the future holds for The Cleveland Cultural Gardens. 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. A meeting link will be emailed to registered participants approximately one hour prior to the start of the program. Staff will



be available for help with connecting to Zoom and technical issues beginning 15 minutes prior to the program. You will need a device with audio and/ or video and an internet connection to join. Please contact a librarian at the Parma Heights Branch at 440.884.2313 with any questions about this program.

### **Saturday Afternoon Book Discussion**

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will present Saturday Afternoon Book Discussion on Saturday, July 23, 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 discussion we discuss Harlem Shuffle by Colson Whitehead. Registration required before picking up a copy of the book at the circulation desk. To register, visit www.cuyahogalibrary.org or call the Parma Heights Branch Library at 440.884.2313.

### 100th Birthday Book Folding

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will present 100th Birthday Book Folding on Saturday, July 30th from 2:00-4:00 p.m. In Meeting Room C. For Adults over 18. Join us and celebrate Cuyahoga County Public Library's 100th birthday by combining art and books. Create a birthday cake by folding book pages. All supplies provided by the library. Must be over 18 to participate. Sponsored by The Friends of 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.





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### INSPIRATION

### Fireworks!

by Kathryn Mabin

The reorganized and updated non-profit We Are Parma Proud brought you the fireworks on Sunday evening June 12th. The organization solicited local businesses throughout Parma and surrounding communities to raise the funds for this event. Thank you to all the local businesses that participated. You can see them listed on the We Are Parma Proud Facebook page. They hope to make this an annual event.

Since inception, back in late 2018, this all volunteer, non-partisan board has brought to the area family oriented events. Their mission is to build upon the traditions that Proud of Parma once held for many decades back in the

## Mobile Food Pantry

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, July 20th from 10:00 a.m. -12 Noon for customers who are in need. Please visit www. cuyahogalibrary.org or call the Parma Heights Branch Library at 440.884.2313 for additionalinformation.



Light The Night Firework

1970s, while simultaneously moving forward and writing a new chapter for our great city, to make this a great place to raise a family.

Early in 2019, a meeting was held, inviting residents, businesses, non-profits and politicians to meet the newly formed organization. At that meeting the board asked, "What would you like us to bring to the city?" From that meeting several ideas were brought forth.

The Parma Visitor's Guide was one. It's now in the process of a second printing. This guide not only lists participating local business, but provides a brief history Discover Parma, Ohio by Daniel P. McCarthy, information about Ukrainian & Polish Village, short stories of interest about Parma, such as the most popular, What's With The Flamingos by Dan Tylicki. It's a great read for new and old residents, as well as vis-

itors to our city.

Frosty's Fest has been a huge success, and follows Parma's Christmas Parade. The first occurred in 2019. They expected a couple hundred people to attend and ended up with thousands. Free admission. Visit with Santa & Mrs. Claus do, free photos, s'mores with Parma Firemen, ice sculptor, lots of give-aways, and more winter holiday fun. On-line Santa Story-Time was also a huge favorite during the pandemic.

Trash crawls to clean up our city is another favorite that occurs in spring, summer, and fall.

Coming soon, on Saturday, August 6th, is Picnic In The Park. It brings family fun in the form of games, prizes, food trucks and entertainment. This event is free to children and adults. Local non-profits are offered free space to set up booths that provide information on their services. This year, local artists and crafters will also be able to participate. For more information on this upcoming event follow We Are Parma Proud on Facebook and Instagram.

This non-profit survives on donations, and the kind volunteers who work to bring these events to you. If you are interested in volunteering for one or all events, email parmaproud1@gmail.com with your name and contact information. We are Parma Proud, are you?



### FAI+H COMMUNI+Y DIREC+ORY

#### **All Faiths Pantry**

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

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

#### Holy Family Catholic Church

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

www,holyfamparma.org

#### **Parma Christian Church**

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





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Emergency – 911

Non Emergency - (440) 885-1234

### **NEIGHBORHOODS**

### AlterG Weightless Treadmill Benefits UH Parma Patients Of All Ages, Activity Levels

by CJ Sheppard

innovative new treadmill at University Hospitals Parma Medical Center is helping patients of all ages and activity levels return more quickly and safely to weight bearing, thanks to a generous gift from the Parma Hospital Health Care Foundation. The new AlterG weightless treadmill facilitates a faster and earlier return to upright weight-bearing activity for post-operative and post-injury patients than is possible on a traditional treadmill. A quicker return to motion and appropriate weight-bearing decreases muscle atrophy and swelling and markedly improves patient outcomes. In older patients, it reduces risk of falls by initiating gait and balance training more quickly.

The Parma Hospital Health Care Foundation made a \$45,000 gift to University Hospitals Parma Medical Center to fund the purchase of this important equipment, at the request of orthopedic surgeon Jared Levin, MD, team physician for the Cleveland Monsters hockey team. "The Alter G will be used by a wide range of patients of varying ages and medical problems, which is what makes it such a valuable addition to our physi-



AlterG is a new weightless treadmill at UH Parma Medical Center, used by orthopedic surgeon Jared Levin, MD, right, and therapists Tim Porco, front, and Zack Bires on the treadmill. in back left is Aldo Fillipelli, treasurer of the Parma Hospital Health Care Foundation that funded the purchase.

cal therapy space in MAC 4," said Dr. Levin. "High school, college and professional athletes recovering from leg injuries will benefit from the chance to progress back to activity earlier. Runners specifically will find it a valuable way to maintain conditioning as they rehabilitate from hip, knee or ankle problems. "Total knee and hip patients will benefit in the early stages of recovery from the chance to walk and perform exercises with their body

weight decreased. Patients with lower extremity fractures will also be able to mobilize sooner and shorten their recovery time."

The equipment is housed in the physical therapy suite in Medical Arts Center 4, which shares a lobby with UH Parma's Outpatient Center. This PT location also is adjacent to the new home of the Center of Orthopedic Surgery, where Dr. Levin practices with orthopedic surgeons Drs. Michael LoPresti and Alan Panteck, Hannah Detec, CNP, and primary care sports medicine physician Jock Taylor, MD, who also is a team physician for the Monsters hockey team.

The weightless treadmill is only available at select UH locations, including UH Westlake and Streetsboro health centers and UH Rehabilitation Services at T3 Performance in Avon.

The Foundation has a long history of providing financial support of hospital clinical services that benefit patients. In recent years, the Foundation has contributed to the expansion of surgical services to bring more advanced procedures to the UH Parma community, the renovation of rooms on 6 Medical for patients admitted to hospice, the extension of music therapy and massage therapy for patients and nursing education.

"The Foundation is committed to helping our doctors and caregivers fulfill their vision for providing the best care close to home in key services needed by our community," said Marcia Ferguson, the Foundation's executive director.





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### **PERSPECTIVE**

### **Culture Clashes Are Nothing New**

by Lee Kamps

Somehow it seems that our country and society has become consumed with "culture wars" between the political parties and among different lifestyles recently. But culture clashes are nothing new and there were times when there were great divisions in the United States. Of course, the period before and during the civil war always comes to mind when the nation literally split apart over the issue of slavery. But there have been serious culture clashes in more recent times.

One hundred years ago, in the 1920s, it was an interesting time to be living. The war had just ended and it seemed that after a period of rapid change and war, the nation and the world could enjoy a period of peace and prosperity. There were new inventions that were making life much easier for many Americans. The country was changing from horses and buggies to automobiles and many new roads were paved. Cars went faster and further and the Sunday drive became a popular

thing for families to do, especially in the summer.

Then there was this new form of music that conservatives called "jungle music". But most people called it jazz. Women had just been allowed to vote across the country and it seemed that many young women also began wearing their skirts much shorter and cutting their hair shorter. Another item that many young women shed were the girdles and corsets. After all one couldn't dance to this mew music called jazz wearing a corset.

There was a new form of entertainment called the motion pictures or simply the "movies". Movie stars lived exciting lives and they set fashion trends. When a popular movie star named Rudolph Valentino died suddenly, it became a major event. A new media called the radio brought news and entertainment into everyone's living room.

Then there was Prohibition, the "noble experiment" that made the production, distribution and sale of alcoholic beverages illegal across the

nation. It seemed that almost every American was now breaking the law by going to "speakeasies" and making "bathtub gin" or "moonshine".

Another new invention that was drawing attention was the airplane. In the war many young men learned to fly those contraptions. Those "brave young men in their flying machines" took their airplanes across the country and drew huge crowds to watch them show their aerobatics. This gave a new word to the vocabulary called "barnstorming". But it also introduced many Americans to the wonders of flight.

Then in the spring of 1927, a young aviator named Charles Lindberg became an overnight sensation when he flew solo across the Atlantic from Long Island to Paris. When he landed in Paris, the crowds went wild. He became an instant celebrity back in the United States. Soon commercial passenger airplanes came around with the most popular being the Trimotor manufactured by Ford, called the "tin goose".

But for many people, especially

those living in the rural areas of the country and far away from the large cities, life was pretty much the same as it had always been. Many people couldn't get radio signals and in many rural areas, they didn't have this new fangled thing called electricity. Many people in the rural areas couldn't afford those new cars and they still went to church every Sunday.

In the summer of 1925, in a small town in eastern Tennessee this culture clash was on full display for all the world to see thanks to the magic of radio. This involved a minor case of a high school science teacher being tried for breaking the law banning the teaching of Darwin's theory of evolution. The trial of John Scopes riveted the nation and became a "media circus", a term coined by journalist H. L. Mencken during that trial.

In the 1920s there was the rise of the celebrity preacher who could fill a stadium or auditorium with people hearing their message. A former baseball player, named Billy Sunday drew huge crowds to listen to his message. A woman named Aimee Semple McPherson also drew huge crowds as well to her rallies.

Then, in the summer of 1926, Aimee Semple McPherson disappeared. It was reported that she was kidnapped. But later it was revealed that she simply escaped for a tryst with a lover in Mexico and it became a major scandal.

But all those new inventions and ideas disturbed many people in the United States. These culture clashes were a major division between the affluent and those not so affluent as well as those who lived in the cities versus those who lived in the country. It also was a major division between those who were better educated and those not so educated. For those living 100 years ago, a major change in the culture resulted in clashes. Somehow, the more things change, the more they also remain the same.

## Seven Hills Home Day & More

by Tony Biasiotta

Summer is in full swing and outdoor activities are ramping up throughout Seven Hills. One sign of summer is baseball. The Guardians are battling for first place in their division and all 5 City of Seven Hills ball fields are in daily use. We have witnessed such a resurgence of youth in our city that we changed our master plan and intend to bring back a 6th ball field for next season. Our parks and recreation team are doing a great job getting these fields ready for use. This same team recently assisted in the planting of 61 native trees at The Beverly Nature Preserve at North Park. This planting included 11 different types of trees. The preserve will officially open and

be named during a July 8th ceremony at the site.

Perhaps the biggest sign of summer in Seven Hills is our home days festival. All are welcome to join us for the 48th Annual Seven Hills Home Days. I am sure your family and friends will enjoy this time-honored tradition as much as I do! What is not to like about summer weather, good music, delicious food and getting together with great friends? This year's festivities are being celebrated over three days beginning Friday July 22nd – Sunday July 24th. Friday and Saturday will BOTH conclude with a fabulous fireworks display. Our Home Days Committee has worked hard this past year to grow and make this year's Home Days

even better! We have secured some of Cleveland's finest local bands, exciting rides, along with a wide range of food selections, and community programs ensuring that it is once again a joyful celebration. Sunday is truly a special day, our "Community Day." I look forward to watching so many talented individuals that call Seven Hills home perform on this day. I want to thank you our great sponsors, volunteers, employees, and residents who without their help this event couldn't be possible.

I am looking forward to seeing each of you. Please make sure to stop by the City's booth and say hi. I look forward to seeing many friends as well as making new ones.



### **PARMA FUN**

### **Good Citizen?**

by Daniel P. McCarthy

Nearly 50 years ago, in a grassy field on Chevrolet Blvd. north of Snow Road in Parma, a brand new bank was built. First Federal was where I had my first bank account, started with my paper route money when I was 10 years old. Eventually the bank changed to Charter One, and in recent years Citizens Bank. When the National City Bank across the street closed, Citizens Bank became the only bank in my part of Ward 1. It has served the needs of this neighborhood well for many years since then.

Imagine our disappointment when the bank revealed that it is closing in July. This means that our neighborhood will now be without a bank to serve local residents, especially those who do not drive and depend on this nearby financial institution for their banking needs. I know of many Seniors who are now left with no way to carry out basic financial transactions which are essential to modern living. This has only added to increasing inequities in our part of Ward 1- including the fact that we no longer have a grocery store, schools, parks, and only recently. the 7-11 next door to the bank stopped selling money orders, causing people who can't drive to walk nearly 2 miles if they wish to purchase this simple necessity. All of this in a part of Parma that has within it the largest tax payer in the city.

Paradoxically, while travelling on Pearl Rd. in the Old Brooklyn neigh-



Sign at Citizens Bank in Ward 1 informing customers that hey will no longer have a bank at all in their neighborhood, after they have supported it for nearly 50 years.

borhood in Cleveland, I discovered that Citizens Bank has built a brand new bank in that community. So after 50 years of serving our neighborhood, we are rewarded with our bank being closed, and this area is benefiting from having a brand new bank being built there by the same company? Am I the only one who feels that this is a tremendous kick in the teeth, to say the least? I have had a bank account at this location for 50 years, and now I feel that I am being abandoned by this company as they turn their backs on me and the rest of the people in my community.

Speaking for myself, I intend to close my account at Citizens Bank



Long time activist Rick Lasky spoke to Parma City Council in June about what he sees as the lack of support and accommodation for cycling in Parma when compared to surrounding cities and how he feels the community is not benefitting because of that.

### **Community Activist Speaks To Parma City Council Concerning Cycling**

by Daniel P. McCarthy

Richard Lasky, community activist, filmmaker artist and pilot, came before Parma City Council in June to address the issue of the lack of accommodation for cyclists in the seventh largest city in the State of Ohio. He pointed out that cities surrounding Parma, large and small, have adopted bike lanes, "sharrows", and other signage which facilitate

as soon as they abandon our neigh-

borhood, after having an account

at that building for nearly 50 years.

I won't be travelling several miles

just to have the "privilege" of giving

them my business. I will gladly do

my banking with any bank willing to

take their place and establish a loca-

tion in my part of Ward 1, an area

that has many willing customers in

strong need of a local bank who val-

ues their customers. I have personally

branch here. I am won-

dering about the level of concern held by the

Parma Area Chamber

of Commerce, the City

of Parma Community **Economic Development** Office, and the Parma City Council Representative for Ward 1. I certainly hope that they also feel for the residents

and their loss of the one

remeining bank in our

immediate area. The

sign on the bank says "We're closing, but we're

still close by". They are

abandoning and desert-

ing our neighborhood,

but still urge us to show

loyalty and continue to provide our money

to their business. How

about "NO"?

ted to ride bicycles on the public roads and have been for all of our lives, so this is not a new concept by any means. He mentioned that at the very least it is a great way to market our city in a way that potential new residents can feel they will be safe on the 500 miles of roadway here. If the city joins other communities in securing safe travel on our roads for people using all manner of transportation, he suggested that it would only be better for everyone in the community. He expressed concern that there could be serious injury or death if the city doesn't take a central role in educating the public on the laws concerning cycling, such as the Ohio state law which requires giving a cyclist at least 3 feet when passing in a motorized vehicle, and the fact that all those travelling on the streets, no matter by what means, are required by law to share the road. He promised to monitor progress and return in the future for updated

safe travel for cyclists, while Parma has

little if any of these features. He also

made the point that people are permit-



Brand new Citizens Bank under construction for the people in the Old Brooklyn Neighborhood in Cleveland, at the very same time that this company is abandoni our neighborhood in Parma.







### 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 adamhscc.org/talk.



#TalkTheyHearYou





### PARMA OBSERVER

#### News You Can Use (And Where To Find It)

by Gene Lovasy

**RAISING AWARENESS: Human Trafficking/Abuse:** Note: View the digital version to activate hyperlinks – www.parmaobserver.com/read/news

### From The Collaborative to End Human Trafficking:

Go here to register for a free, virtual "Fundamentals of Human Trafficking" program scheduled for Tuesday, July 12th, beginning at 10:30 am.

Save the date: October 20-21, 2022... join us in envisioning a new movement focused on creating a roadmap for collaboration where all systems and survivors work together for solutions. This county-wide, appreciative inquiry, "Thriving Youth Summit" will be facilitated by the Community Innovation Network at Case Western Reserve University. Watch for more information coming soon.

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.

From Futures Without Violence: In recognition of Fathers Day click on the links below to learn more about their work to end gender-based violence

Coaching Boys Into Men - Since 2001, this program has provided high school athletic coaches with the resources they need to prevent harassment and sexual assault.

How Do You Want Your Kids to Remember You? - a powerful new workbook for fathers who have harmed their partners and families and want to change.

National Strategy Center on Engaging Men to End Gender-Based Violence. This groundbreaking new initiative is designed to inspire men to help stop violence and abuse. The new website offers principles and considerations for initiatives that engage men, resources and tools for men's programming, contemporary research, and much more.

### From Cleveland Rape Crisis Center (CRCC):

Visit their "Training Institute" page for course offerings scheduled for July & August.

Learn about the ways YOU can help prevent sexual abuse in our communities by registering for the 2-part, free, virtual Ambassador Training Series. Check available dates and register here.

### LOCAL EVENTS AND OPPORTUNITIES:

Grant Sources for Nonprofits...

Here is another set of five grantors, these w/a mostly education (both educator & student) focus, identified by the MyCom network: > The Justin J. Watt Foundation > Circle of Sisterhood Foundation > The Road Runners Club of America (RCCA) > The Upswing Fund for Adolescent Mental Health > The VELA Education Fund. If you're

affiliated with a family/youth-serving organization visit these funders' sites to see if your program/service fits their mission

Parma Area Chamber of Commerce (PACC)... Go here for details about their 2022 Christmas In July Golf Outing scheduled for July 22nd at Ridgewood Golf Course.

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

Go here to learn more about their new and extensive list of summer education enrichment opportunities for kids ages 18 mos and up.

The 2022 Northeast Ohio Buddy Walk will take place on Saturday, August 20, 2022, at Lake Metroparks FarmPark. Go here for details and to register.

Also, check out their FB page at https://www.facebook.com/dsaOFneo and/or sign up for the E-newsletter here.

**From OCALI...** Go here to view free InspirED sessions designed to connect families and caregivers with free information and resources to support accessibility, online learning, plus tips.

From UH/Parma Medical Center... Starting June 27th to August 22nd, from 11 am to 1 pm, Monday thru Friday, children ages 1 – 18 will be eligible to receive a free, healthy lunch in the ground floor cafeteria. Registration is not required but, children must eat in the hospital cafeteria to be eligible.

### From Ohio Dept of Education (ODE):

Has just announced the release of "Triple P" a free training program designed to support parents and caregivers to promote children's well-being and make family life more enjoyable. Click here to learn more. There's some good stuff here – worth at least a visit.

ODE now is accepting requests from families to establish Afterschool Child Enrichment (ACE) Educational Savings Accounts. The ACE Educational Savings Account program provides students ages 6-18 years old whose family income is at or below 300% of the federal poverty level with a \$500 credit to use for a variety of enrichment activities to accelerate learning for students affected by the COVID-19 pandemic. Examples of eligible activities include tutoring, day camps, music lessons and field trips. Families can find details about how to verify their income and start an ACE account on the Department website.

The Ohio Statewide Family Engagement Center at The Ohio State University is hosting a free, virtual Ohio Family Engagement Leadership Summit on Sept. 16, 9 a.m.-3 p.m. Program's designed to provide teachers, leaders, parents, caregivers, and community partners the tools they need to evolve their practice into authentic and impactful partnerships to support the success of all students. Go here to learn more & to register.

read the rest of this story online

### PARMA ART SCENE

## **60th Anniversary**

by Kathryn Mabin

July 11, 2022 marks the 60th year anniversary of the Parma Fine Arts Council, Inc., or PAFAC. The founder Betty Woodworth Clark was a long time member of the Ohio Watercolor Society. Her work is held in many collections, including the Canton Art Institute, and Massillon Museum. She earned bachelors and masters degrees in art at Otterbein College, Ohio University and taught art in Euclid City Schools, the Cleveland Museum of Art and various other programs, including at Parma Area Fine Arts Council, before retiring and moving to Westerville, Ohio in 1993. Two of her paintings were published in Watercolor Magazine. She dedicated her life to the arts and passed away in 2007. Betty and her husband Tom worked diligently to grow the Fine Arts Council. She is best remembered for her watercolors, and Tom for photography.

In 1962 PAFAC was incorporated as a non-profit by the State Of Ohio. In 1963 Parmatown officials gave PAFAC a small space and the first artist exhibitor was August F. Biehle. PAFAC later rented a larger space which housed Center Gallery, and room space to hold classes. The first exhibit at Center Gallery showcased the work of Marc Moon and Kinley Shogren. After 18 years

PAFAC lost their lease. They were rescued by Kate Petruska, wife of Mayor Petruska. Through her efforts PAFAC was relocated to Parkview School.

While PAFAC was located at Parkview, they offered classes through CETA funding. CETA, Comprehensive Employment and Training Act/Neighborhood Arts Program, employed artists, musicians, poets and gardeners to work in schools and community centers to add value to their communities, by using federal dollars at the state and local levels. This program trained unemployed creative people and provided musical programs, visual arts and dance programs to the community.

PAFAC moved to Pleasant Valley Jr High for a period and later to a building behind City Hall which was a much smaller space and limited their ability to hold classes. Under the auspices of Mayor Boldt, PAFAC moved into the renovated Schaaf Community Center. When Schaaf was sold they moved to their current location within the Donna Smallwood Activities Center.

In it's heyday, in addition to the gallery shows, they held art festivals where The Parma Symphony and The Messiah Chorale preformed. Rent-A-Painting was a popular fundraiser, where people rented a painting with the



option to buy. Party In The Park held at Ridgewood Lakes Park showcased both arts and crafts. Many scholarships were provided to the five area high schools over the years for graduates interested in pursuing a career in art. Fashion shows, luncheons, potlucks, and dinners were popular. PAFAC also created an 8 page monthly newsletter which included art, poetry, and listed current events. At one time, they boasted a mailing list of 500 members.

Many prominent local and nationally known artists were members and instructors, such as Fred Leach, Robert Laessig, James Seward, Clarence Perkins, Windsor Chen, Ruth Benson, Ann Fassinger, Helen Lubinski, Jo Greenwald, Doug Pasek, Cheryl Fetko, Mitzi Lai, Marco Vaccher, Bob

Backston, Ann Marie Pribish, Gus Volas, and John Kua.

The mission of this 501(c)3 non-profit is to bring art to the Parma and surrounding communities for the enjoyment and benefit of all. Through the years the mission has never changed. The group meets on the third Monday of the month, at 6:30 PM, at the Donna Smallwood Activities Center, 7001 W Ridgewood Drive. Stop in and visit to learn more of what they do.

Or, for more information on Parma Area Fine Arts Council, or if you are interested in becoming involved, check out their web site, www.parmafinearts. org, or follow them on Facebook.

### Parma Art Scene

by Kathryn Mabin

Prama Artspace & Gallery, 5411 Pearl Rd, is featuring Huemachine, on July 15, 2022, at 7:30 PM. Huemachine is the next step in the evolution of music. Greater then all so called archaic forms of music. More evolved then Kraftwerk, light years ahead of the rest. Snacks provided.

Prama Artspace & Gallery - Oh The Places He Will Go, a photography exhibit, opens July 22, 2022, 6:00 PM. This show is about place, whether real or imagined, whether inside or outside the mind.

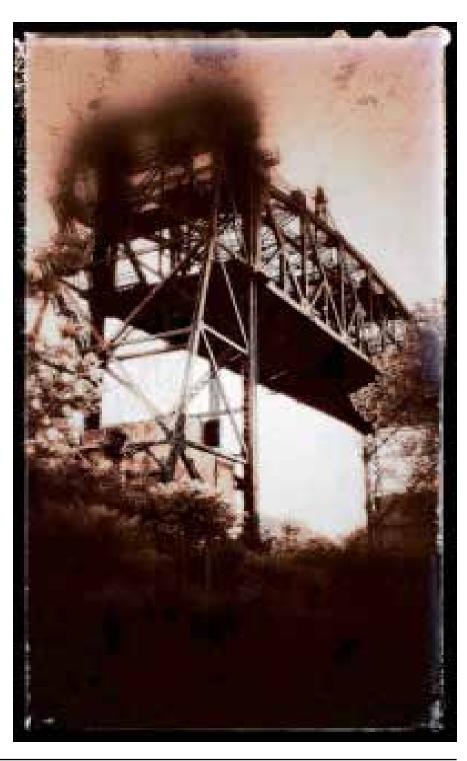
Sean Mabin's photograph, titled Rust Belt Relic, was accepted to the juried exhibit at Stella's Art Gallery in Willoughby which featured The Extended View from Lakeland Community College's May Show.

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

Local Artists Katie Harroff and Donata Rahne will be exhibiting at the Beachwood Library, located at 25501 Shaker Blvd, in July. Opening reception on July 3, 2022 from 1:00 to 5:00 PM. This show runs through July 28th. Both are members of Parma Area Fine Arts Council.

Farm Art Day at Stearns Homestead is brought to you by the Parma Area Historical Society, Saturday, July 9, 2022. Artists of all ages and mediums are invited to set up their easel and create their farm related works of art. Artists should pre-register by sending your name, age (if under age 18), and medium at StearnsHomestead@gmail.com, with subject Farm Art Day. Artists will set up 9:30 – 10:00 AM. Stearns opens to the public at 11:00 AM. Visitors will be able to view artists at work.

Call For Photographers - Cleveland Photo Fest is undertaking an event of historic proportions! One Million Photos, the world's largest photography show is an epic event. The exhibit will be held at a gallery on Prospect Avenue in Cleveland in December of 2022. Anyone from anywhere in the world, amateur or professional, is encouraged to submit their photos, and it's free. Use your camera, iPad, tablet, Android or iPhone to submit your digital photos. 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



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At Pleasant Lake Villa's Assisted Living unit, memory care is provided by specially trained professionals dedicated to the unique and ever changing needs of those living with Alzheimer's and related dementias. Utilizing a SecureCare system allows each individual a safe, secure and homelike environment.



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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.
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