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November, 2022
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ParmaObserver

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

All In For Cleveland Metroparks Issue 5

by Derek Schafer

Reasons to Vote for Cleveland Metroparks Issue 5 this November 8

Over the last decade, Cleveland Metroparks has become more and more important for our region. The acquisition and transformation of the lakefront parks have turned Cleveland's lakefront into a regional destination. New park land and the addition of more than 50 miles of trails—including right

in our backyard at West Creek Reservation – have connected more communities to park space than ever before. And the pandemic underscored the importance of our parks as a place to seek respite and connect with nature and each other, resulting in the highest park visitation on record.

Now, after nine years with no increase, Cleveland Metroparks has a 2.7 mill replacement levy on the November ballot to protect our important community

asset. The ballot issue does not change the millage rate but updates it to current property valuations. This ballot issue (Issue 5 in Cuyahoga County and Issue 10 in Hinckley Township) will add about \$2 a month per one hundred thousand dollars of property value. Issue 5 in Cuyahoga County and Issue 10 in Hinckley Township account for over 60% of Cleveland Metroparks annual budget.

Parks are important

Cleveland Metroparks protects and stewards nearly 25,000 acres across 18 park reservations. These parks are essential to every community in our region – offering us places to learn, explore and connect with each other and the outdoors. The Park District offers more than 5,000 free programs each year where

we can be immersed in the wonders of nature. Each year, Cleveland Metroparks and Zoo draw more than 19 million visits – more than every major sports team, museum and major attraction in our region combined.

And while these parks are

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Parma Heights Recreation Fall And Holiday Calendar Of Events

by Marie Gallo

The Parma Heights Recreation team has been offering a great mix of sports, programs, activities and special events this year. On Saturday, October 22 they hosted Creatures on the Commons featuring live animals, crafts, the Parma Heights Police and Fire Departments with vehicles for kids to sit-in, Halloween decorations and everyone's favorite – treat stations. The first-time event attracted over 500 guests and the evening was capped off with an evening Owl Prowl.

Parma Heights Recreation Department is offering the current programs and events:

Ornament Art Contest



now through November 10 – artists can help decorate the ornaments for the community tree. The ornaments can be

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Support Issue 9

by Melissa Wolfe

On behalf of the Parma Council of PTAs, we urge our communities to vote "yes" on Issue 9, the Parma Schools bond issue. We recently adopted a resolution in support of Issue 9 because we believe this is an important investment in our children. The one high school campus that the administration is developing will have more Career Tech, Advanced Placement, and College Credit Plus classes in one location than we are able to have now. Students will not have to travel across the district to capitalize on the wealth of options that the district offers. We will

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Parma City Council Recognizes UH Child Care And Soccer Coach



by Carolyn Kovach

There was much to celebrate at Parma City Council's Oct. 17 meeting.

Before receiving the 2022 Youth Soccer Coach of the Year award from Ward 9 Councilman Rob Euerle and Mayor Tim DeGeeter, Coach Dan Murphy's two daughters and their teammates shared high-fives on the Council Chambers floor. Recreation Director Mickey Vittardi

nominated Murphy for his exceptional coaching skills and ability to promote teamwork and camaraderie among his young soccer players. After the awards were presented, the parent paparazzi in attendance snapped photos.

University Hospitals Medical Center's Child Care Center on 7300 State Road also was honored. Child care staff

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Mayor Tim DeGeeter Stands With Chris Ronayne Along With 20 Other Mayors



Last week at Merwin's Wharf they gathered with candidate for County Executive Chris Ronyane. Including; Michael R. White, former Mayor of Cleveland; Jane L. Campbell, former Mayor of Cleveland; Justin Bibb, Mayor of Cleveland; Justin Berns, Mayor of Beachwood; Annette Blackwell, Mayor of Maple Heights; Brenda Bodnar, Mayor of Mayfield Village; Michael Booker, Mayor of the Village of Highland Hills; Michael Dylan Brennan, Mayor of University Heights; Matt Burke, Mayor of Garfield Heights; Tim DeGeeter, Mayor of Parma; Katie Gallagher, Mayor of Brooklyn; Marie Gallo, Mayor of Parma Heights; Meghan George, Mayor of Lakewood; Ben Holbert, Mayor of Woodmere; Kirsten Holzheimer Gail, Mayor of Euclid; Nicole Dailey Jones, Mayor of North Olmsted; Paul Koomar, Mayor of Bay Village; Edward Kraus, Mayor of Solon; John M. Licastro, Mayor Bratenahl; Ashlee McLaughlin, Mayor of Linndale; Kathy U. Mulcahy, Mayor of the Orange Village; Edward Orcutt, Mayor of Brook Park; Kahlil Seren, Mayor of Cleveland Heights; Kim Thomas, Mayor of Richmond Heights; Gigi Traore, Mayor of Newburgh Heights; David Weiss, Mayor of Shaker Heights; Georgine Welo, Mayor of South Euclid

Script Parma Picture Of The Month

This month's script Parma picture of the month was submitted by Randy Katona. It includes the band "NorthCoast Mix" after performing the July 'Concert in the Park' for an appreciative crowd by Ridgewood Lake. Randy 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.



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

COMMUNITY NEWS

The President's Corner

by Sean Brennan, Parma City Council President

Parma is Ohio's seventh most populous city and, commensurate with its size and population, is a city of parks. But, how many residents have visited or are even aware of all 20 parks and the amenities that each provides? This month's column is dedicated to Parma's recreational parks and will hopefully encourage you to visit all that they have to offer. They are listed loosely in order from north to south. Cut out the column and use it as your checklist!

Miller Park – Aaron Drive, off of Queens Highway

John Petruska Park (Formerly Marlborough Park) – 8218 Marlborough Avenue

Jerry Stano Park (Formerly Gerald Park) – Gerald Avenue near West 54th Street

Michael A. Ries Park and Ice Rink – 5000 Forestwood Drive

Walters Grove Park and Pool – 4400 Walter Avenue

Captain James Lovell Park – 5531 West 24th Street

South Park – Snow Road and South Park Boulevard

Green Valley Park – Bonny Boulevard

Sandy Hook Park – Sandy Hook



and Larch Drives

Hetzel Park – Hetzel Drive
Veterans Memorial Park (Formerly State Road Park) – 6328 State Road

Hollywood Park – West 54th Street and Loya Parkway

Ridgewood Golf Course – 6505 Ridge Road

Anthony Zielinski Park and Splash Pad – 7620 West Ridgewood Drive

Stearn's Homestead and Historical Farm – 6975 Ridge Road



Located at James Day Park "All Kids Playground" provides opportunities for all youngsters to have fun, regardless of mobility level.

Selwick Park – Selwick and Arcadia Drives

James Day Park and Pool (Formerly Nike Site Park) – 11828 West Pleasant Valley Road

Bonny Banks Park – Stormes Drive

List Lane Park – List Lane

Glamer Park – Glamer and Schwab Drives

I hope that you enjoyed this month's column, but I hope that you will enjoy Parma's parks even more. Special thanks to Parma's Director of Parks and Recreation Mickey Vittardi and his fine staff for all that they do to

keep our parks beautiful. Don't forget to leave out the Cleveland Metroparks Big Creek Parkway and West Creek Reservation in your exploring. Next month I will write about the origins of the names of Parma's parks. Best wishes for a blessed Thanksgiving Season.

Parma Heights Recreation Fall And Holiday Calendar Of Events

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picked up from City Hall and returned by November 15. Voting will take place from November 26 through December 15 and prizes will be announced after all the votes are tallied

Ballroom & Big Band Dance Party on Friday, November 4 from 5:30 to 7:30pm in the Community Rooms of the Cassidy Theatre. Adults

can put on their dancing shoes and relish in a variety of music and dance steps. Registration is required.

Line Dancing on Saturday, November 19 from 5:30 to 7:30pm in the Community Rooms of the Cassidy Theatre. Mary Harwood will help instruct everyone on a boot-scooting time. Registration is requested and the fee is \$6 cash at the door.

Tree Lighting on Sunday,

November 27 from 5:30 to 7pm at the Greenbrier Gazebo. Experience an evening of music, treats, special mailbox with letters that will be sent to the North Pole and the lighting of the tree!

Breakfast with Santa on Sunday, December 11 from 9 to 11am in the Community Rooms of the Cassidy Theatre. Parma Heights residents and their guests will enjoy breakfast and a visit from the Man in the Red Suit! Registration and tickets are required.

Tis' the season for holiday fun programs and events with the Parma Heights Recreation team. For more information and to register for some of the programs and events, visit <http://parmaheightsoh.gov/en-us/recreation.aspx>

*<http://www.parmaheightsoh.gov/>
<https://www.facebook.com/CityofParmaHeights/>
Parma Heights – Community Grows Here.*

Free Training For Parma Landlords And Tenants On Nov. 17

by Carolyn Kovach


The City of Parma has a contract with Katz Consultants LLC to provide Parma landlords and tenants with information and answers to frequently asked questions regarding landlord-tenant law.

On Thursday, Nov. 17 from 6 to 8 p.m., Gary Katz will provide free Landlord & Tenant Training at Parma City Hall's Council Chambers, 6611 Ridge Road. The training will cover landlord and tenant duties, rent and security deposits, eviction procedures and conflict resolution. No registration

is required. Law Director Tim Dobeck and Mayor Tim DeGeeter are sponsoring the event.

"Residential landlords and tenants are encouraged to attend the training and take advantage of the service," Dobeck said. "Katz Consultants is a good resource for addressing issues that arise in the landlord-tenant relationship."

For more information, Katz can be contacted via email at katzconsultants@gmail.com by phone at 216-926-4999 from 9 a.m. to 4 p.m., Monday through Friday, except on holidays.



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HEALTH AND WELLNESS

UH Surgical Treatment For Atrial Fibrillation Restores Patient's Energy

by CJ Sheppard

Joe Timko figured he was just growing old, with a persistent heaviness in his chest that left him feeling sluggish. He didn't realize he had atrial fibrillation (AFib), the most common heart rhythm disorder and one experienced unknowingly by millions of Americans.

AFib is caused by disorganized electrical impulses in the chambers of the heart. These uneven and often rapid impulses cause "quivering" in the atria and can leave a patient feeling like their heart is racing or even slowed down – and some people, like Joe, don't feel it at all. This abnormality in the atria, or upper chambers of the heart, may prevent it from pushing enough blood into the ventricles, or lower chambers of the heart. Such sluggish blood flow means the heart isn't pumping effectively, and can cause heart failure over time or blood clots that lead to stroke.

"AFib just wears your heart out," says cardiac surgeon, Gregory Rushing, MD, who offers surgical ablation for patients with long-standing, persistent AFib that has lasted more than one year and who have failed other treatments.

AFib can present in a variety of ways. While irregular heart rhythms may be persistent or permanent for

some patients, others may experience paroxysmal or intermittent AFib, which can occur suddenly, last seconds, minutes or even hours, and may resolve on its own. Paroxysmal AFib is actually no less concerning and can be dizzying and scary for a person unaware of what's happening.

The majority of people with AFib don't even know their heart is malfunctioning this way. They may go to a doctor for a check-up, or for a work-up before a procedure, and an EKG reveals their heart is in AFib. Joe just happened to learn about his AFib during a routine physician office visit. He had no idea the heaviness in his chest and unexplained fatigue was the result of AFib.

"Actually, when heart palpitations are not present, the majority of patients' symptoms are not attributed to the heart," says Dr. Rushing. "They show up at their doctor's office for a cholesterol evaluation, or to get ready for a colonoscopy, and AFib is an incidental finding."

Surgical ablation uses either heat or cold energy to electrically isolate the tissue of a small part of the heart to stop its quivering.

Surgery takes two forms: either traditional open heart surgery, or a newer minimally invasive approach,



Joe Timko felt revived after a surgical procedure to correct his atrial fibrillation.

in which surgeons use special cameras and catheters to ablate or correct AFib using small incisions. Minimally invasive surgical ablation is safe and has an 85 percent success rate, Dr. Rushing said. As long as the patient has not undergone previous cardiac surgery, they may be a candidate.

"This is not an option for patients who have already had heart surgery due to scar tissue," he added. "For those patients, open heart surgery is the only option."

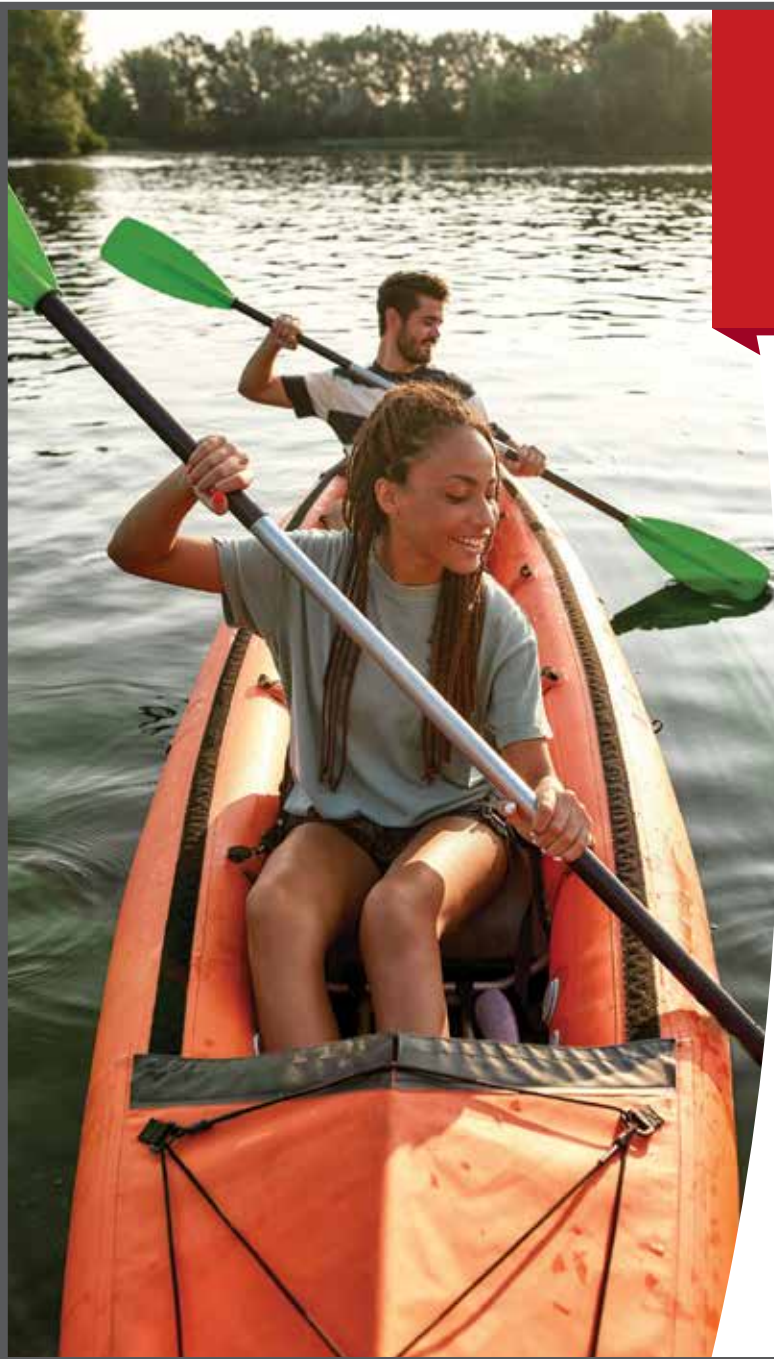
In minimally invasive surgical ablation, the cardiac surgeon uses a thoracoscope, a long scope with light and camera, to view the outside of the heart. A flexible catheter is used to ablate or "burn" the top chambers of the heart. This minimally invasive procedure involves only an overnight stay in the hospital and a few weeks of recovery.

This minimally invasive thoracoscopic epicardial ablation has a high success rate. Just ask Joe.

"I run up and down the steps now," said Joe, now 72. "I feel I can do almost anything again."

"I had felt old, like this was the way I was going to be the rest of my days, sitting in my recliner watching TV. Now, if you ask me to do something, I'll say, 'Let's go.' I have energy I didn't even realize I was missing."

Some AFib patients do not respond well to medical therapies or have other health conditions that make long-term blood thinner use inadvisable, even dangerous. For these patients, the atrial fibrillation specialists at University Hospitals Harrington Heart & Vascular Institute offer the full range of surgical and nonsurgical treatment options. Learn More.



Don't suffer in silence from common urologic problems you "Don't want to talk about."

Urological disorders are very common among both men and women. These problems can cause stress and embarrassment, disrupt your daily routines and reduce your quality of life.

The urology experts at University Hospitals are focused on addressing a full spectrum of urologic, reproductive and sexual health needs and concerns, including:

Men

- Enlarged prostate (BPH)
- Erectile dysfunction (ED)
- Infertility
- Frequent nighttime urination

Women

- Urinary incontinence
- Frequent urinary tract infections

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UH Parma Medical Center
7007 Powers Boulevard, Parma

GLIMPSES OF THE TRI-CITY AREA

Save The Date For Frosty's Fest

by Kathryn Mabin

Frosty's Fest is back, and this year, it will be bigger, better, and at a new location.

Frosty's Fest is brought to you by the non-profit We Are Parma Proud. This family-oriented event occurs directly after the Parma Christmas Parade on Sunday, December 4th. The parade starts at 1:00 PM near Stearns Farm on Ridge Road and travels north down Ridge to Parma City Hall Commons.

Frosty's Fest begins when Santa arrives at the Donna Smallwood Activity Center (7001 W Ridgewood Drive) at approximately 1:30 PM. Admission is free. There will be free photos with Santa, and Santa and his elves will pass out free stuffed animals to the kids who visit him. Indoors, the Parma Commission On Aging will be providing food and beverages. There will also be free "make-it, take-it home"

craft ornaments for the kids. A few Disney Princesses will be on hand to greet the kids and entertain them, too, and so will a face-painter and a balloon twister. Added this year, there will be a handmade arts & craft show for those unique, last-minute gifts, and fresh bakery from local bakers. We Are Parma Proud will be selling their awesome Parma Proud merchandise, they'll have a large raffle basket, and a 50/50, split the pot drawing, which helps to fund events like this throughout the year.

Outside the center, watch for an ice sculptor demonstration, three food trucks, free S'mores with the Parma Firemen, and more.

Follow We Are Parma Proud on Facebook and Instagram for updates. Save the date, bring your friends and family, and come celebrate the holidays the Parma Proud way.

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AARP Tax Aide Volunteers Needed

by Stephen Donovan

AARP Foundation Tax-Aide, the nation's largest free volunteer-run tax assistance and preparation service is seeking volunteers to assist taxpayers in southwestern Cuyahoga County. Volunteers do not have to be retired or members of AARP. We plan 2 tax preparation sites in Parma and 6 additional sites in the neighboring cities.

All of our sites are electronic filing sites. Volunteers are expected to work for at least 5 hours per week on weekdays during the tax season, which runs from the first week in February through the 15th of April. Each volunteer must have an email address and computer experience is preferred for tax return preparers. Volunteers do not need previ-

ous income tax experience. We provide a free two-week virtual course for tax return preparers during January. We are also looking for greeters and provide them with a free one-day course.

Tax-Aide is a very rewarding IRS-supported program offered by the AARP Foundation providing free assistance to taxpayers with special attention given to senior citizens with low to moderate incomes. It is a great way for volunteers to become involved in their communities and learn about the preparation of the 1040 tax form. Our recruitment of volunteers is on a non-discriminatory basis without consideration of race, religion, gender, disability, or sexual orientation.

For more information please call Tax-Aide District Coordinator Steve Donovan at 440-237-7348, call AARP's toll-free number at 888-687-2277, or visit Tax-Aide's web site at www.aarp.org/taxvolunteer

Parma City Council Recognizes UH Child Care And Soccer Coach

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received awards from Ward 5 Councilman Allan Divis and DeGeeter for Business of the Month. For more than 30 years, the five-star rated facility has offered affordable quality child care for UH employees, physicians and the public. The facility provides a full-spectrum of school activities and services.

Support Issue 9

continued from page 1

actually be able to have strong Freshmen and JV teams in our sports, too, instead of the low numbers we often see now. It's time for Parma to start being more competitive with so many of our neighbors who have already invested in new schools. Our students, too, deserve the best we can give them. As a graduate of the district, mother of two current students, and the President of the Parma Council of PTAs, I support Issue 9 and ask you to join me!

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PARMA HEIGHTS

2ND FRIDAYS Salutes Small Businesses

by Emery Pinter

2ND Fridays Parma Heights has long been known as a leader in supporting small businesses and entrepreneurial growth. If you love to shop, or even if you just have to shop, this is your time to pay back the small businesses. Shopping locally, it's the best present that you can give to your community.

Parma Heights has been the smart choice for women seeking to start their own business. From the restaurant to the card shop, fitness centers and boutiques, Parma Heights business women rule. Small businesses, after all, aren't owned by big corporations based on the other side of the country. They're owned, and employ, our family and friends and neighbors. Small businesses create jobs. These same small businesses are the organizations that support your Little League team, Girls Scouts and local charities. Shopping at small businesses often means you're putting your money directly back into your community. Local entrepreneurs who put their all into their businesses, usually solo or with a small team, deserve to have their hard work noticed and shared far and wide, not just on Small Business Saturday, but all year-round.



So when you're shopping about for that special Christmas gift or on Small Business Saturday, check out these top places to buy gifts, have a drink in between stores, and even enjoy a rewarding meal after you've knocked out your list.

Thee Tree House has everything you need to get yourself good and centered. The staff is incredibly friendly and knowledgeable,

celebrating 3 years with an Anniversary event November 6th! Alongside hand-picked and affordable crystals, jewelry, and books covering all things spiritual, this woman-owned business also offers yoga sessions. Rockport Bridals, 6686 Pearl Road, has bridal wear and ideas for the entire wedding party and Kim celebrates one year along with Diamond Strength Fit-

ness, 6690 Pearl Rd, where Michelle empowers women in strength with both cardio and weight-training. Martini's Drive-thru Beverage is all decked out for the holidays and Renee has all your Holiday favorites for those who want to cruise through a liquor store without getting out of the car. Village Cards & Gifts, 6643 Pearl Road, is the best place to buy any stationary or cards that you need! Sophisticated fun, Christmas decor, Kedzie purses and jewelry. Linda has been running the store since 1982 and has the small presents that make a big impact. And at 168 Optical, 6315 Pearl Rd #206, Amy will help you get a new pair of eye wear for you to see clearly a wonderful Christmas this year!

When local small businesses grow and succeed, their communities grow and succeed. If you want jobs in your community, if you want businesses in your community, you need to shop local. Keep up the good work, small business owners, I've already found a few great gifts, and that's the holidays spirit! Supporting the local community!

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INSPIRATION

During National Family Caregiver Month, CWRU Researchers Study Stress Management In Dementia Caregivers

by Catherine Larsen

For over a decade, Dr. Jaclene Zauszniewski, an internationally recognized nurse-scientist and Distinguished Faculty Researcher Award recipient of Case Western Reserve University, and her research team, have learned from caregivers and for caregivers. Her research has one common goal: helping family caregivers to better manage stress and stay healthy.

Our current project, funded by the National Institutes of Health, is focused on adult family caregivers of persons experiencing a progressive memory problem or dementia such as Alzheimer's Disease.

"Given the lengthy downward progression of dementia, caregivers are faced with a long-term commitment to providing care during which they experience seeing a family member transition from independence and self-sufficiency to complete dependency on others in order to have their basic needs met," Dr. Zauszniewski says.

In dementia care, she describes three discernable milestones, which may or may not happen for all caregivers. "These milestones are points of transition during which the stress level of dementia caregivers may peak," she said. "These include becoming a caregiver for a person with dementia in the home, becoming a care partner with a care facility when unable to care for the person in the home, and becoming a caretaker when the care recipient dies."

Currently, our study is enrolling those who have moved their family member into a care facility, as well as those whose family member died in the past 12 months.

Study participants will learn a stress management method that may help to minimize stress and promote health, and also complete 3 data collection sessions over one year. They will be compensated for their time. Most study activities can be completed remotely. For in-person activities, research assistants will meet participants at a location convenient to them. Participants do not have to travel to the university.

In recognition of National Family Caregiver Month in November, the research team, including Parma resident Catherine Larsen, hopes to continue to bring awareness to their work. To learn more, please contact us at 216-368-8848 or caregiver@case.edu, or find us on Facebook at "Dementia Caregiver Studies at Case Western Reserve University".

Faith Community Directory

- 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
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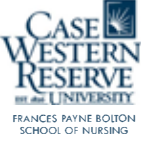
Researchers at CWRU are studying stress and health among dementia family caregivers.

You may qualify if you:

- Have a family member with dementia that moved into a care facility in the past 12 months, **and/or**
- Have a family member with dementia who has died within the past 12 months.

Study participants will be compensated for their time.

To find out more about the Dementia Caregiver Study, please contact **216.368.8848** or caregiver@case.edu.



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NEIGHBORHOODS

Hand & Stone Opens New Spa in Parma

by Nicole Hunnicutt

Hand & Stone Massage and Facial Spa, the nation’s leading luxury massage and facial spa franchise, announced today the opening of its newest franchised location in Parma. Located in The Shoppes at Parma at 7841 W. Ridgewood Drive, the new Hand & Stone spa is owned and operated by longtime Independence resident and pharmacist Neel Patel. With the opening of his new spa, Neel is bringing Hand & Stone’s signature skincare services and luxury spa experience to his community, making high-end wellness services affordable and accessible in Parma.

“My wife Vrunda and I love that Hand & Stone makes getting a massage or facial every month affordable,” said Neel Patel, owner of Hand & Stone in Parma. “There are so many health and wellness benefits associated with incorporating body and skin care as a regular part of your routine. We want our neighbors in this community to have access to those any day of the month and not just on special occasions.”

This is Neel’s first time owning a franchise business, but he’s been training for it from a young age. His father owns several locations of Mr. Hero’s in the Cleveland area, and Neel is primed to eventually take ownership of those as well when his dad is ready to retire. For now,

he and Vrunda look forward to working together in their new spa and possibly opening more locations in the future.

The newest Hand & Stone in Parma brings high-quality professional massage services, including Swedish, Himalayan Salt, Sports, Deep Tissue, Oncology and Prenatal massages to the community. Guests can also visit the new spa to enjoy Hand & Stone’s signature hot stone massage and best-in-class facial treatments tailored to each individual’s needs or skin concerns, with a wide-range of services available for women, men and teens.

Like all Hand & Stone spas nationwide, the new Parma location offers advanced skincare and spa services that incorporate new technologies at the forefront of the wellness market to enhance each guest’s overall experience. These advanced services include Cryo-Skin, Diamond Glow facial, NuFACE microcurrent facial, Percussive Therapy massage and LED Phototherapy facial, as well as innovations such as CBD oil enhancements and partnerships with award-winning skincare lines Dermalogica® and ClarityRX.

All Hand & Stone services are performed by experienced licensed estheticians and massage therapists. The brand’s commitment to guest experience has translated to an unparalleled level of expertise at

each location, supported by best-in-class training and ongoing education resources. At Hand & Stone in Parma, members will have access to a team of wellness experts who specialize in providing exceptional skincare and massage treatments, ensuring a tranquil, relaxing and comfortable environment.

The Parma Hand & Stone spa is open Monday-Friday from 9 a.m. to 9 p.m., Saturday from 8 a.m. to 8 p.m. and Sunday from 10 a.m. to 6 p.m. For more information about Hand & Stone’s massage and facial services or to schedule an appointment, call 440-427-3523 or visit www.handandstoneparma.com.

With more than 500 spas across 35 states and Canada, Hand & Stone is the massage and facial industry leader and fastest growing spa franchise con-

cept. For more information about franchise opportunities, visit www.handandstonefranchise.com.

ABOUT HAND & STONE MASSAGE AND FACIAL SPA

Hand & Stone is a 500-plus unit massage and facial spa franchise with a mission to bring massage and facial services to the masses. Launched in 2004, Hand & Stone now has locations in 35 states and Canada. Over the past several years, the brand has garnered noteworthy industry recognition including being named No. 1 in the spa category by Entrepreneur Magazine, ranked No. 8 on Forbes’ Best Franchises to Buy list in the high investment category and is the fastest-growing spa concept in the country. For more information on Hand & Stone, visit www.handandstonefranchise.com.



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PERSPECTIVE

Why Are So Many Americans Angry?

by Lee Kamps

This month all across the country, families and individuals will be sitting down for a dinner and to give thanks what ever we have received throughout the year. The annual feast of Thanksgiving is truly a unique American holiday that is neither a religious holiday nor a purely secular holiday. Throughout the country Americans will be sitting down with family and/or friends and giving thanks for what we have, regardless of personal wealth or faith.

Of course, we all have learned the story of the first thanksgiving ceremony in 1621 at the Plymouth settlement in Massachusetts where the English settlers invited the native Americans to join with them in a celebration of a successful harvest and surviving in the new world. In fact, had it not been the friendship of the native Americans living there few of those English settlers would have survived.

Yet, despite just about every American sitting down to a Thanksgiving dinner and giving thanks for what we have in this world, it seems that so many Americans are angry. It is everywhere. We see examples of “road rage” on our streets and highways of people actually using their car as a weapon against another person on the street or highway. Hardly a month passes without a mass shooting taking place somewhere in the United States. Then there is the domestic violence that

plagues many families.

Then there is the political arena. The two political parties are not just opponents with differing approaches to solving the nation’s problems; but are enemies in mortal combat as if an election were a war for the very survival of the nation. Every time the President gives the annual State of the Union address to congress; whenever the President says something that they want to see accomplished, the members of congress of the political party of the President applaud while the opposition party sits in silence.

In our government bipartisanship and compromise have become dirty words. But throughout our nation’s history anything great has involved making compromises. If a President or member of congress actually attempts to make compromises with the opposite party, they are called a traitor or worse.

Families have become estranged from each other over political beliefs. I have had Facebook friends “unfriend” me because we have different political viewpoints. Families have been torn apart because one member doesn’t vote the way the other likes. But is it worth it?

The past number of years I have seen political rallies that resembled more like one of those rallies in Nazi Germany complete with thugs to beat up anyone who dares disagree or protest. We even saw a presidential candidate offering to pay legal fees for

any supporter who “punched out” a protester at a rally. Then we saw a video clip of the Speaker of the House saying that she wanted to “punch out” the President who incited a mob of his supporters to storm the capitol with some in the mob calling for the assassination of the Vice President.

We have all seen the videos of that riot at the Capitol on January 6, 2021. There was definitely a lot of anger in the people at the Capitol that day. Then there was the current President saying to his supporters “if you don’t fight like hell, then you won’t have a country”.

There is a line in an old song that went “you don’t know what you’ve got till it’s gone”. Perhaps one thing that seems to have vanished in our society

nowadays has been civility and respect. There was a time in my life when I remember politicians of both parties actually showing respect for each other and of an outgoing President who lost a bid for a second term leaving a nice welcoming letter to their successor at the White House.

I also remember a President sitting down with the Speaker of the House who was in the opposition party having marathon negotiations over proposed legislation. Then coming together with something that both could agree upon. Then after the negotiations, relaxing with some whiskey like two buddies. We need to get back to that before “we don’t know what we’ve got till it’s gone.”

All In For Cleveland Metroparks Issue 5

continued from page 1

great for us, they’re vital for the environment. Our “Emerald Necklace” protects woodlands and wetlands and improves our region’s air and water quality as well as wildlife habitats. Issue 5 ensures that the Park District’s 105 years of environmental protection continues.

Cleveland Metroparks makes the most of our support

Issue 5 is Cleveland Metroparks’ only levy, the only local public funding, and it provides over 60% of the budget each year. In 2021, Cleveland Metroparks was recognized as the “Best in Nation” in Parks and Recreation Management. They are a point of pride for our region and are nationally recognized for their work in innovation, social equity, as well as financial management, with over 25 years of spotless audits.

Our support of Issue 5 will have a major impact on our region and future, and sound management has worked to transform every taxpayer dollar into four times the investment for our region. Over the last several years, 75% of new park land was funded through external partnerships, major grant awards, and philanthropic support which have brought transformative new amenities to our great park system.

Also simply said, parks are important and are good for the economy. According to a study by The Trust for Public Land, Cleveland Metroparks collectively contributes \$873 million in economic value to the region’s economy by enhancing property values, reducing stormwater

opportunities for residents, contributing to the multimodal transportation network, improving community health, and boosting economic development.

There’s too much to lose
Despite broad approval and support of Cleveland Metroparks over recent years, there’s simply too much to lose if Issue 5 does not get the votes it needs to pass. This is Cleveland Metroparks only levy and—simply put—without public support, the award-winning Cleveland Metroparks will not exist in the way it does today and would face devastating cuts and reductions in services.

Representing over 60% of the annual budget, Issue 5 is an absolute necessity to continue:

Maintaining and enhancing high quality parks, offering hiking, biking, kayaking, swimming, water sports, winter sports, golfing, and other outdoor recreation.

Programs that educate thousands of students, families, seniors, and local groups about our environment.

Exceptionally maintained hiking and all-purpose trails, bridges and parkways, picnic areas, and facilities that so many of us use.

Safe parks and zoo, with well-trained police officers and sound infrastructure.

Enhanced access to parks and recreational resources for residents across Cuyahoga County and Hinckley Township.

I urge you to vote for Issue 5 on or before November 8 and continue to protect our Emerald Necklace!

Cheers, Derek Schafer
West Creek Conservancy



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PERSPECTIVE

There Is A Kinder, Gentler Way To Thin The Deer Herd

by Emery Pinter

Wildlife management is often a euphemism for killing, and the most beautiful creatures are typically the ones under fire. Why does Mayor Marie Gallo and Parma Heights City Council have this fixation with killing deer through hunting in city parks as the solution? White-tails are wily by nature, and they turn understandably skittish around gun-packing strangers. An humane effort should be considered by the Cuyahoga County Mayors/City Managers Association and there could be a program with funding from humanitarians. Immunocontraception, a type of contraception that uses the deer's own immune system to prevent pregnancy, is a viable alternative available to any city. The method has been shown to be effective in a wide range of species, including deer, is not harmful to animals; doesn't pose a danger to humans; and provides a humane option for urban communities seeking to control the deer population.

There is no reason for Parma Heights to jump immediately to culling. And culling has been proven NOT to work. It's a short-term fix, and it has to be done year after year after year. In addition to their inhumanity, shooting deer pose a risk to nearby residents, since rifle bullets can travel up to two miles generally and the intended parks for the cullings are fairly

small.

Deer culling programs generate an endless succession of removal and replacement in which animals die unnecessarily while the root causes of problems go unaddressed. As long as attractive habitat remains accessible (the Metroparks go right through Parma Heights) and no effort is made to suppress the deer population growth rate humanely, the remaining deer will continue to breed resulting in a perpetual kill cycle. Immunocontraception is the only proven method to decrease the number of deer in populations.

"We can judge the heart of a man by his treatment of animals," said Immanuel Kant; but you don't need an 18th century German philosopher to tell you that.

Voting For The Person, Not The Party

by Teresa Sikorski

Like most voters, I look at the person, not the party, and that's why I'm going to vote for Sean Brennan for the Ohio House of Representatives this year. We need leaders who will unite us, instead of divide us – and Sean is the man for the job. Over the past few years, I've seen too many politicians rely on inflammatory rhetoric, distracting us from the real issues at hand; but Sean promotes and acts on the common sense, common ground ideas that tangibly help our community.

He has served our community as President of our City Council and a teacher in our public schools, and I've never seen a public servant who works and delivers like Sean does. He is "all action," and that's why he has my vote. And to be clear, Sean is the only



Democrat I'll be voting for this year because I know he is the candidate who will get the job done better than anyone else. I urge my fellow citizens who are dedicated to their faith, their families, and their community to do the same.

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NEWS YOU CAN USE

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

KNOW THE SIGNS

Pay attention if a person: Be alert if a young person:

- * Appears submissive, afraid or nervous.
- * Has a much older “boyfriend / “girlfriend.
- * Tells a well-rehearsed or inconsistent story.
- * Has new jewelry, new hairdo or polished nails (not paid for)
- * Is not in control of his/her identification papers by the youth’s parent or guardian/s.
- * Shows signs of physical or mental abuse.
- * Has sporadic or poor school attendance.
- * Is not able to come and go as he/she pleases.
- * Possesses multiple hotel cards or cell phones.
- * Does not want to tell you about a tattoo which may be
- * Wears clothing inappropriate for his/her age or for the a trafficker’s branding. weather.
- * Signs a friend or someone you know may be experiencing human trafficking:
- * Someone has isolated your friend from you and other loving & supportive people.
- * Someone makes decisions for your friend about when he/she is free, where they can go, or who they can hang out with.

Know who to contact....a trusted adult, your local police department, the County’s Regional Human Trafficking Task Force at 216.443.6085, or if you feel it’s an emergency dial 911. Should services and/or support for a victim be required, a call to the H. T, Collaborative, 440.872.6500 can result in the appropriate connection/s being made w/any of its 70+ partner organizations or agencies.

From Cleveland Rape Crisis Center... Click here to learn about support for survivors who are d/Deaf and hard

of hearing. Check out the video presented in American Sign Language w/ English sub-titles describing services available.

From The Collaborative to End Human Trafficking:

“Fundamentals of Human Trafficking” presentations are scheduled for 7:00 pm on Tues, Nov 15th, and again at 10:30 am on Tues, Dec 6th. These hour-long presentations are both free and virtual. Note that Social Workers completing this program are eligible to receive 1 free CEU. Get details & register here.

LOCAL EVENTS AND OPPORTUNITIES:

Grant Sources for Nonprofits...

Here is another set of five grantors identified by the MyCom network: Colibri Grants, Classics for Kids Foundation, The Edward E. Ford Foundation , The Fordham Street Foundation, The Global Fund for Children. If you’re affiliated with a family/youth-serving organization visit these funders’ sites to see if your program/service fits their mission.

From Parma City Schools:


Go hereto learn more about how PCSD has & is responding to the mental health crisis, the notoriety the program has received, and how its efficacy has attracted key sponsorships & the support of Cav’s player Kevin Love.

Proposed new school boundary maps for the 2023-2024 School Year have been drafted. Go here to view & learn more.



In partnership with PSE Credit Union, K-4 students are now able to open an actual savings account & “bank” weekly! The “PCSD Pennie Club” program is student-run & staff facilitated at each of their elementary buildings. Staff training is now complete and they’re ready for bankers!

If you’re not already aware, new Senior Discount cards qualify Senior citizens for 20% off of services offered by Normandy’s Cosmetology program and meals served by the Sword & Shield Culinary restaurant! Senior discount coupons are available at the central office on Longwood. Learn more here.

Read the rest of this article online at: parmaobserver.com



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Friday- \$4.00 Hookah All Day
Saturday- 50% Off Specialty Drinks Noon-6 PM
Sunday- Open Mic Night-Patio

PARMA ARTS DISTRICT

Parma Art Scene

by Kathryn Mabin

Prama Artspace & Gallery, 5411 Pearl Rd, is having their Annual Spooktacular Show. They sure do love the spooky stuff at Prama. If you love dark, mysterious and spooky, you'll love this show. Opening night was Friday, October 28, 2022. Patrons came dressed in costumes, refreshments were served. and listened to the sounds of Sept Le Charme perform their latest Draculian dirges at 8 PM. Sept le Charme just released a new album of their dark poetry as lyrics titled, And on the 7th Day, the Goth God Created Sept le Charme. This exhibit will be available for you to peruse through November 20th.

Coming soon to Prama Artspace & Gallery - book signing. "Bobby's Shivery Shadows Book" by Thomas Tobie. Follow Prama on Facebook and Instagram for details on this exciting event.

Menlo Park Children's Art Show

sponsored by Cleveland Photo Fest is coming to Prama, November 25th through December 18th.

While visiting Prama, stop at the many unique food and beverage establishments located on Ridge and Pearl Roads. Shop small, shop local and often. You won't be sorry you did.

Lynne Shayko, a member of Parma Area Fine Arts Council is one of the 50 Pretentious Cleveland Portrait Artists on exhibit at Beachwood Community Center, October 23rd through November 12th. The Pretentious Cleveland Portrait Artists are a group of area portrait artists who meet to draw the portrait of whomever signed up to pose. No money is ever exchanged as the model poses for portraits. They are unique as they prefer to draw in front of the public, all the models come from the public, and the public is always welcome to draw with them.

Greenbrier Art League is a group



of artists that meet every Tuesday at the Parma Heights Cassidy Theater, in the social room in the downstairs of the theater. It is free and open to all artists that would like to come and work on their projects from 10 am to 1pm. They

do a little assignment each month and have a critic on the last Tuesday. Coffee and friendship is provided. If you are interested stop in and join them.

Sean Mabin owner/operator of Prama Artspace & Gallery has certainly been busy. He is one of several artists/photographers in the 4 Your Love show, October 14 to November 11 at 818 Studio in Tremont. Also in Tremont, his works appear in The Occult Show at Doubting Thomas Gallery, 856 Jefferson Ave., which opened October 20th. He also has two pieces in the Robert Thurmer People's Art Show at Galleries at CSU, 1307 Euclid Ave., which runs to November 26. Additionally, two of his photos were chosen to be a part of the International Photography Exchange Exhibition between Cleveland Photo Fest and Len's School of Photography in New South Wales (Sydney) Australia..

Treat And Greet 2022

by Kathryn Mabin

The 12th Annual Polish Village Treat & Greet, October 22nd, was a huge success this year. The weather was sunny and warm, which brought people out in droves. This event is brought to you by the Polish Village non-profit volunteers. The route included over 40 stops to trick-or-treat, from Ridge and Pearl to Ridge and Hamstead. Parma Police, Parma Fire, and Parma UH also participated passing out candy. Twenty-four raffle prizes were awarded to the adults this year, each with a value of \$50 or more. Several shop owners dressed in costume also. As did the adults accompanying children. One stop had free coffee for the adults and a chance to rest. Sparky The Dog was seen greeting kids on Ridge Road. One stop had balloons for the kids. So many great costumes!

This event not only attracts families from Parma, Parma Heights, and Seven Hills, but this year brought families from Strongsville, Fairview, East Cleveland, Old Brooklyn, Brooklyn, Brookpark, Cuyahoga Heights and Akron. It introduces the participating businesses to new potential customers. It's a win-win for adults, kids and the



Thank you to The Bacon Guys at Barabacu.

participating businesses.

I personally spoke to three families new to the area that made it a point to not only comment what a great event but how wonderful it was to visit the businesses they didn't know existed, and plan on returning to. Polish Village has a very walkable business district. In our auto-centric society, we often miss the good things found in our own neighborhoods. Shop small, support local!

Visit the Polish Village Parma Facebook page to view the smiling, happy faces, and the unique and creative costumes. Hope you all had a Happy Halloween.

FREE Workshop

by Kathryn Mabin

On Monday, November 21, 2022, a FREE Colored Pencil Workshop, will be held at the Donna Smallwood Activities Center, 7001 W Ridgewood Drive, 12:30 to 2:30 PM. The workshop will be taught by local artist and retired art teacher, Donata Rahne. This workshop is for those who state they can't draw a straight line. It's a friendly, relaxing, non-judgemental workshop that that introduces beginners to a fun way of creating something you can be proud to show to your friends. You'll learn how to shade and color with pencils. It's FREE and all supplies are included.

To register, email kathrynmabin@



att.net. Register now, this class is filling up fast.

Brought to you by Parma Area Fine Arts Council, and in part through a small grant from Cuyahoga Arts & Culture.

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