

“In the fields of observation chance favors the prepared mind.”- Louis Pasteur

Tim Dobeck To Run For Parma Municipal Judge Seat In 2023

by Daniel P. McCarthy

Longtime elected Law Director / Chief Prosecutor, Tim Dobeck, has announced his intention to run for Judge in the Parma Municipal Court for the term commencing January 1, 2024. Dobeck is currently serving in his 24th year, having been elected to Law Director / Chief Prosecutor for six (6) consecutive terms.

Dobeck will be running for Judge in the seat being vacated by Judge Kenneth

Spanagel, who is prevented by law from running for another term. Dobeck stated, “Judge Spanagel has been a fixture on the Parma bench for over thirty years. He has served the community well and has earned statewide respect.”

Dobeck began his public service career in 1984 when he was elected to Parma City Council at age 22. He served two terms. He left City Council in 1987 when he was hired as an Assistant Cuyahoga

County Prosecutor where he served for eleven years, being promoted to the Major Trial Division which prosecutes murder, rape, and public corruption cases.

In 1998, Dobeck left the County Prosecutor’s office and began working as a Prosecutor in the City of Parma, until he was elected to Law Director / Chief Prosecutor in 1999. During his public service career Dobeck also engaged in the private practice of law. From 1986 until 1998, he worked as an associate attorney with the Parma Heights law firm of Cassidy & Mottl. In 1998, Dobeck and longtime Parma attorney Tim Boyko founded the law firm of Boyko & Dobeck and practiced together until 2017.

Some of Dobeck’s accomplishments in office include:

- created, with then-State Representative Dean DePiero, a witness/victim advocacy program at the Parma Municipal Court.
- worked with the Judges to create a first-time offender diversion program at the Parma Municipal Court.
- with the Parma Court, created the Traffic Intervention Program to help drivers become compliant with Ohio motor vehicle laws



Longtime elected Law Director / Chief Prosecutor, Tim Dobeck

- created a landlord-tenant assistance program.
- was the first to file a lawsuit in Cuyahoga County suing the manufacturers and distributors of opioids, ultimately leading to settlements for drug treatment programs for cities and counties.
- worked with then Councilman Ken Ramser to create the first “Do not Knock” ordinance in the area to stop unwanted home solicitations.
- provides semi-annual

- training to the Parma Police on legal issues.
- worked with Councilwoman Kammy Shuman and the Parma Police to create a program to thwart the theft of parcels from residences.
- worked closely with the founders of the conservation group that eventually became the Westcreek Reservation of the Cleveland Metroparks.
- is a frequent speaker at

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Join The Fun And Laughter At The Parma Heights Senior Center

by Marie Gallo

As the new year begins, many seniors are looking to get more involved. The City of Parma Heights Senior Center welcomes residents, 60 and over to join them at programs and events. The best way the staff describes the Parma Heights Senior Center is fun and laughter. It starts with the joke of the day that Trish James posts and everyone stops to read it. At the Parma Heights Senior Center, located at 9275 North Church Drive, seniors arrive as participants and leave as family!

On average, the City of Parma Heights Senior Center offers 40 activities a month, ranging from fitness programs,



games and special events. Senior Center Programming allows seniors to meet new friends, develop new hobbies and stay actively involved in the community. As Trish stated, there is something for everyone and this is, “their senior center, we’re here for them.” There is

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Parma City Council Recognizes Undefeated Valley Forge Team



by Carolyn Kovach

The last Parma City Council meeting of 2022 nearly had a full chamber when council members honored Parma City School District’s Valley Forge High School eighth grade football team. City Coun-

cil President Sean Brennan and Parma Mayor Tim DeGeeter gave multiple proclamations and awards to the jubilant players and coaches, who together achieved a perfect record. The team has been undefeated for the past two seasons.



Script Parma Picture Of The Month

This month’s script Parma picture of the month was submitted by Caitlin (Adams) Palm. It includes her two boys Landon and Liam back on warm Labor Day. Caitlin will receive a gift card courtesy of a local Parma business, as well as a free car wash courtesy of Sgt. Clean’s Car Wash. Pictures can be emailed for the monthly contest to State Representative Sean Brennan at staterepbrennan@gmail.com. Be sure to include your name and address.

COMMUNITY NEWS

The Representative's Corner

by Sean Brennan, State Representative, Ohio's 14th District

Happy 2023! After over ten years of writing this column as President of Parma City Council under “The President’s Corner,” I am happy to begin writing on behalf of my new role of State Representative for Ohio’s 14th District, which includes all of Parma and Parma Heights, as well as precincts in Cleveland’s Wards 11, 16, and 17 in the historic West Park District. Since Election Day on November 8, life has been a whirlwind of activity. Below I will give you a synopsis of what I have been elected to do, as well as a glimpse into what I have been up to and where I go from here.

First, I was elected to the Ohio House of Representatives, which is one of the two Houses that make up the Ohio General Assembly. The House has 99 members, while the Senate has 33 members. Each Representative and Senator represents a district. Each Senate district includes three House districts. Our House district is included in the 23rd Senate district which is represented by my friend and colleague State Senator Nickie Antonio. Members of the House are elected to a two year term, while State Senators have a four year term. Representatives are limited to serving four consecutive terms, while Senators are limited to two consecutive terms.

The Ohio General Assembly is the legislative branch of our state government. As such, it is tasked with making



laws for the state. In order for a bill to become a law, it must pass both the House and Senate. Once this occurs, the bill is presented to the Governor who may sign it into law or veto the bill. If the bill is vetoed, the General Assembly may override the veto with a supermajority vote and the bill becomes a law without the Governor’s

signature.

Soon after Election Day, I spent multiple days in Columbus in many meetings with other legislators and representatives from various state departments. I also hired my legislative aide, McKenna Dugan. Ms. Dugan was my campaign manager and proved to be a very bright, capable, creative, and hard-working young woman. As life-long resident of West Park, I am very happy that she has agreed to move to Columbus to serve our district as my aide. I believe that it is very important to have a staffer who knows the district.

By this writing, I will have been sworn in as your State Representative. I have asked Parma Mayor Timothy DeGeeter to do the honors. Before serving as Mayor, Mr. DeGeeter was our very capable State Representative. Needless to say, he was a great help throughout the campaign and has given me sage advice as I prepare to work for all of you in Columbus. I could think of no one better to swear me in.

Many folks have asked if I will be moving to Columbus. The answer

is that Parma will remain my home. Deena and I love our home on Hampstead Avenue where we are within walking distance of our beloved St. Charles. Typically, members of the General Assembly are in Columbus Tuesday through Thursday, then work back in their respective districts the rest of the week. So, like most members, I will stay in hotels when I am in the capital city.


In closing, I want to thank our outgoing State Representative Jeffrey Crossman for his years of service, as well as his support of my candidacy. Next month I will provide you with more information about my role as State Representative, as well as my contact information in Columbus. Best wishes for a healthy, happy, and blessed 2023!

2023

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440.884.7625 •
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Design and Production
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HEALTH AND WELLNESS

Destiny Walks Again For UH Parma Caregivers
Two Years After Paralysis Strikes

by CJ Sheppard

Two years after a mysterious virus attacked her nervous system and paralyzed her from the waist down, Destiny Porter returned to University Hospitals Parma Medical Center with a present for her caregivers. They gathered around her wheelchair, overjoyed to see this young woman who at 25, on the verge of getting married and start-



The physical and occupational therapists in Acute Rehab were overwhelmed with emotion to see Destiny rise up from her wheelchair and walk again.

ing a new life, was struck down by a medical crisis and forced to learn how to navigate life as a paraplegic. The ICU nurses and physical and occupational therapists from the Acute Rehabilitation Unit were eager to hear how she had been faring.

Destiny announced that she had a surprise. Then she locked her wheelchair into place and rose to her feet. She

took one step, then another, while caregivers gasped, cried and screamed, “Oh, my goodness!” Tears sprang to their eyes. “You made my whole day – actually you made my year,” said ICU Medical Director Abdullah AlGhamdi, MD, the doctor who had urgently called for the ECMO heart-lung machine from UH Cleveland Medical Center that fateful morning when Destiny arrived in the Emergency Department and was admitted. He discovered through a cardiac ultrasound that her ailing heart

was failing to pump sufficient oxygenated blood to her vital organs. Without immediate intervention, he believed, her heart would stop. He was right. The ECMO team came from main campus to bring Destiny to the CardioThoracic ICU, and within an hour of her arrival at the academic medical center, she suffered a cardiac arrest.

Destiny woke up from a coma six days later, paralyzed. The virus had affected her spine and ability to walk. The longer she went without walking, the less likely she would be to walk again, doctors surmised. But they never relinquished hope. “The fight we had together, your charisma, you proved that if you want to make it, you can make it,” Dr. AlGhamdi told Destiny. “You are one of the success stories. The fact that you are back and walking is amazing.”

Destiny was two weeks away from her wedding day when this unexpected medical crisis occurred. She went from preparing for married life in the couple’s newly purchased Parma bungalow to learning how to move safely through her days in a wheelchair. She would later learn that the virus she contracted sometime that fall before her



Destiny Porter of Parma was paralyzed in fall 2020 by a mysterious virus two weeks before her wedding to Craig Pawlus. The couple were married the following Valentine’s Day.

wedding had given her Guillain-Barre syndrome, a disorder in which the immune system attacks one’s nerves. It’s believed that this resulted in Type 1 diabetes and the acute diabetic keto-acidosis attack that spiraled her toward stress-induced cardiomyopathy and organ failure.

After 37 days in UH Parma’s Acute Rehab, Destiny was discharged to intensive Home Health Care. Over a period of eight months, she went from daily therapy visits to every-other day and eventually weekly before being discharged to outpatient therapy. She would spend another six months working with outpatient PT/OT in UH Parma’s Medical Arts Center 1.

“The biggest factor was not to let

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GLIMPSES OF THE TRI-CITY AREA



Parma Area Chamber of Commerce Executive Director Megan Cooney, Parma City Councilwoman Linda Kohar from Ward 5, and others join Parma Bazaar in cutting the ribbon for their new business.

Two New Businesses In The Tri-City Area

by Daniel P. McCarthy

The Parma Area Chamber of Commerce welcomed two new businesses to the Tri-City Area last month. The first was Parma Bazaar, at 8255 Day Drive in Parma. This is a year round inclusive indoor market, with different vendors featuring a diverse pool of local small businesses offering hand made products, arts and crafts, fresh produce, services, culturally diverse food, and a farmers market.

The second new business is Little

Italia, at 6863 W. 130th Street in Parma Heights, across from the Southland Shopping Center. Tasty, authentic Italian food is what they server here, and from the delicious sampling, I would say that this location will be quite popular before too long.

It is great to welcome two new businesses to our community, and they will join the many others that we are blessed to have in the Tri-City Area of Parma, Parma Heights and Seven Hills.



The owners of Little Italia are joined by members of the Parma Area Chamber of Commerce on December 13 as they celebrate the opening of their restaurant.

Tim Dobeck To Run For Parma Municipal Judge Seat In 2023

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churches and senior groups on the issue of identity theft.

Dobeck stated, “I have had the privilege of working with three Mayor Administrations and dozens of councilmembers in my twenty-four years as Law Director. I have dedicated my entire professional life to public service and this judgeship would allow me to continue to serve the public in a larger capacity.”

Dobeck lives in Parma with his wife of 34 years, Rochelle. They have 2 adult children.



Longtime elected Law Director / Chief Prosecutor, Tim Dobeck

Join The Fun And Laughter At The Parma Heights Senior Center

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no cost to be a member at the Senior Center and everyone enjoys the guest speakers, health screenings, movies and more.

In addition to the programs offered, the Senior Center also provides meals for the homebound, transportation to church services and the ever-popular field trips, to malls, baseball games and even the Nautica Queen. Don't be fooled, the competitive spirit arises during Wii Bowling, Bingo and when the Parma Heights Senior Center takes on the Parma Senior Center chair volleyball team in February. A handful of the participants are over a 100-years old and the

Senior Center helps keep them young at heart.

Parma Heights Senior Center is like a club, in which age has its benefits! For more information, visit <http://parmaheightsoh.gov/en-US/Senior-Center.aspx> and discover the fun and family atmosphere at the senior center.

<http://www.parmaheightsoh.gov/>

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CRAIN'S CLEVELAND BUSINESS 2022

NOTABLES

IN LAW

PARMA HEIGHTS

Hit Your New Year Stride With Zumba And Cardio

by Emery Pinter

So you want to be healthier in the New Year. Why go it solo when you can have company along the way? Diamond Strength Fitness is teaming up with Charlotte Braun Dance Studio's Patty Nowak in a dual class for women. 30 minutes of Core Strength with Michelle downstairs and 30 minutes of Zumba with Patty upstairs. If you promised yourself 2023 was the year you'd start working out, you don't have to make your fitness journey alone.

Anyone who's ever started a new fitness program knows that getting started isn't the problem. So what is? Keeping your momentum going when the initial thrill wears off. Because of their diversity, group fitness classes are a great way to keep your energy and enthusiasm up. You'll do more than just show up when you work out with others; you'll perform better, too. This unique fitness class offers a structure that working out alone does not. The more structure your workout routine has, the more likely it is to become a habit. You're also more likely to work out longer if you're in a formal group class than if you're exercising alone. If your goals for 2023 involve leading a healthier, happier life, then participating in this class can offer the perfect opportunity to make friends with like-minded individuals. You'll look forward to connecting with your new



friends every day, which transforms a trip to the gym from something to dread to something to delight in.

30 minutes of Core Strength training. Cardio workouts AND strength training. Yes, that's right. A woman

needs both. These cardio exercises were selected by Michelle for their effectiveness and efficiency.

30 minutes of Zumba is a fitness program that combines Latin and international music with dance moves.

It is a combination of dance and aerobic movements to energetic music. Like every workout session, a Zumba session will leave you feeling elated and satisfied. It is the perfect stress buster.

This New Year, try something new and try something fun. This New Year, give these 30 minute classes a shot! The best reason to try these fitness classes is that they're fun! For more information contact Michelle at 216-870-4383. It's all happening at 6690 Pearl Road in Parma Heights! HAPPY NEW YEAR!

Eating Healthy On A Budget

by Bridget Lavelle

The Parma Heights Branch Library of Cuyahoga County Public Library will host Eating Healthy on a Budget on Thursday, January 19, 2023 from 7:00-8:00 p.m. in Meeting Room C. Learn how to eat healthy food inexpensively. The nutrition team from Greater Cleveland Food Bank will share tips for saving money, spending less cash on food and eating healthier. The nutrition team will talk about planning, gardening, shopping and preparing food along with eating out. In-person program. Registration required. To register, visit www.cuyahogalibrary.org or call the Parma Heights Branch Library at 440.884.2313.



Frosty's Fest was a huge success again in 2022. Held at the Donna Smallwood Activities Center while the new Clubhouse at the Ridgewood Golf Course is being constructed, people were everywhere and the weather was perfect for Early December.

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INSPIRATION

TRI-C's Encore 55+ Classes Proves It's Never Too Late For College

by Emery Pinter

It's a new year, which means you have goal setting on your mind to create a new, better you! As a senior, it's never too late to learn something new. If you've always wanted to study history or art or one of the myriad other courses offered at TRI-C Community College, now might be the perfect time. Residents 55+ can sign up for Encore 55+ Classes. There are virtual sessions or on-campus sessions which run on Fridays only from Jan 27- March 10. Only \$99 for up to 6 courses (bundle) or \$30 per course (a la carte).

It's something positive to get and do during the winter months. Classes are only on Fridays between 9 a.m. and 3 p.m. And one also has access to the Campus library and cafeteria. An individual may be drawn to courses to enhance their own hobbies or personal interests: Casino Games, Watercolor

Journaling, Meditative Music: Healing Body and Soul, or Retirement Planning 101. Or there are a range of other learning opportunities available: The Beatles Redone, History of Cleveland, Stoic Philosophy: Ancient Wisdom for Modern Life, Historic Figures in Psychology, Political Parties: Voting and Voter Rights, or We Built This City.

According to NPR, Seniors are not just interested in lifelong learning, many are actively pursuing it. In fact, nearly one-in-five seniors (19 percent) say they have taken an academic course, either online or in person, within the last six months. Thirty-one percent said they have plans to enroll in academic classes at some time in the future, which equates to more than 21 million seniors!! For more information on the Encore 55+ Learning call 216-987-2274 or go to encore@tri-c.edu.



Parma Mayor Timothy J. DeGeeter, Parma Heights Mayor Marie Gallo, and Seven Hills Mayor Anthony J. Biasiotta took time from their busy schedules to enjoy themselves at the Parma Area Chamber of Commerce Holiday Party.

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. Boxes of shelf stable food items will be available for curbside pickup—first come, first serve—at the Parma Heights Branch Library, 6206 Pearl Road, on Wednesday, January 18th 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 additional information

Faith Community Directory

All Faiths Pantry

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allfaithspantry.org

All Saints Episcopal Church

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

Bethlehem Lutheran Church

7500 State Rd. Parma, OH 440-845-2230
www.BethlehemLutheranChurchParma.com

Divinity Lutheran Church

11877 Blossom Ave. Parma Hts., OH 44130, 440-845-2060
www.divinitylutheran.com

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NEIGHBORHOODS

Destiny Walks Again For UH Parma Caregivers Two Years After Paralysis Strikes

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her dwell on the hill she had to climb, but to focus on each individual milestone, such as transferring to bed, or bearing weight on her legs again,” said Lori Rohde, a Home Care physical therapist who worked with Destiny for eight months starting immediately after her discharge from the Acute Rehab. Lori recommended the leg braces that helped her walk again. She worked closely with Occupational Therapy, particularly Kim Sladick, to push Destiny safely toward her goal of walking again. “Destiny was always so motivated and open to trying new things, and she had amazing support from her family. She never tried to coast.”

Destiny was grateful that her therapists pushed her hard, because she knew she would benefit in the long run. They believed that if they could get her standing, supported by leg braces to prevent her knees from buckling, that she would walk again. By the time she was discharged from Home Care, she could walk up and down the wheelchair ramp outside her home with a walker. She cried on her last day of



Destiny returned to UH Parma Medical Center in December to thank her ICU nurses and the Acute Rehabilitation Center caregivers who took care of her after she was paralyzed.

therapy.

“I felt confident in the tools they were giving me, but I was missing them – their presence and support,” said Destiny, also grateful to her fiancé, who stood by her side through it all and married her on Valentine’s Day the following year. “I couldn’t have done it without the people here and Home Health Care teaching me how to be a human being again.”

Destiny learned a great deal about resilience and the payoff from focused, hard work. She also learned to be patient with herself as she worked her way through each day. The elemen-

tary schoolteacher switched jobs and found a Cleveland charter school with an elevator that could accommodate a physically challenged staffer.

She took on teaching children ranging from Kindergarten to second grade, and far more than basic subjects. Having a physically challenged teacher determined to rise up from her wheelchair and walk again was an unexpected lesson.

“I’m so glad I could be that first person for them, to meet a person with disabilities,” she said. “This has opened doors for them, to look at the world differently.”

She told her therapy team that even though she no longer sees them every day in sessions, they are always with her – and through her, they are influencing another generation.

“I’m so thankful for you,” Destiny told the caregivers gathered around her in support and celebration. “I think about you every day, I think about the things you taught me every day – one step at a time, baby steps. I say that to my students every day. It’s become part of who I am, and I am a better person – a better teacher – because of you guys. So thank you.”

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PERSPECTIVE

Public Health And The Public Good

by Lee Kamps

I grew up around health care. My mother was a long time RN at Lutheran Hospital in the OB-GYN Department. Later in her career she became in instructor in OB-GYN at the Lutheran Hospital School of Nursing. She went to Ohio University right out of high school in 1936 and was in a six year cooperative program between Ohio University and the Lutheran Hospital School of Nursing that led to a BA degree and a RN certification. She finished that program and started her nursing career in 1942, the same year that she married my father. She retired in 1984.

Growing up around health care gave me an interest in science and in health care as well. My undergraduate major in college was in biology and I had an extensive course work in all the sciences in college. Therefore, I have a keen interest and understanding of the role that science plays in society as well as in public health. In fact, the college where I received my degree, Kent State University now has a School of Nursing and a School of Public Health.

It was around one hundred years ago that the movement toward public health became very important in the United States. For decades, millions of immigrants were coming to the United States seeking a better life

and our factories certainly needed the cheap labor provided by those immigrants. But the harsh reality was that for most of those immigrants, they lived in crowded slums in our cities, including Cleveland. Those urban slums were havens for disease and infection.

Then came the “Great War” and the influenza pandemic that caused millions of deaths worldwide and in the United States. About the same time there was a movement in the country to “clean up” those slums in the cities when “muckraking” journalists like Jacob Riis exposed the horrible conditions in those slums. One hundred years ago killer diseases like diphtheria and pertussis or whooping cough killed millions of children. Other deadly diseases then were tuberculosis, pneumonia and cholera that killed millions.

At the same time vaccines were developed against those killer diseases and due to vaccination clinics and the vaccines, those diseases were almost eliminated in the United States. Later, antibiotics were discovered that were very effective in treating diseases and as a result far fewer Americans were dying from communicable diseases. When I was born in 1948, children were vaccinated against whopping cough and diphtheria, so those diseases were unknown to my generation.

But there was a new disease threat to my generation, polio, which had crippled former President Franklin D Roosevelt as a young adult. There was no cure for polio and every summer parents were afraid that polio could cripple or kill their children. Then in 1955 there was nothing short of a miracle as the Salk polio vaccine became available. No one questioned the vaccine, and they even brought the polio vaccine into the schools. Then seven years later in 1962 came the Sabin oral vaccine that was more effective. Since then, polio as well as diseases of my childhood such as measles have almost been eradicated in the United States.

But recently there has been a movement in the United States against vaccination. This was accelerated during the COVID pandemic. Suddenly many Americans are skeptical about vaccinating themselves or their children against killer diseases. But just because those diseases are rare in the United States doesn’t mean that the bacteria and viruses that cause those diseases have gone away. Now, diseases like whooping cough (pertussis) and measles are coming back because children have not been vaccinated. They have even detected the presence of polio again in wastewater.

In addition, COVID hasn’t gone away. It is still a leading cause of death in the United States and most of the COVID deaths are among the unvaccinated. In Michigan, two par-

ents recently were convicted of child endangerment when their child died from whooping cough because they never vaccinated their child. So this compounds the tragedy of losing their child as they were sentenced to prison.

As far as I am concerned it is sheer stupidity to ignore the science and medicine and refuse to get vaccinated or to vaccinate your children against diseases that have the potential to kill. Somehow there is a network spreading misinformation and lies about vaccines despite the rigorous testing requirements before a vaccine is approved for use to the public.

But there is one thing that is incurable and there is no vaccine for it either. That is stupidity. The only method of combatting stupidity is to become better informed. But that is the difference between ignorance and stupidity. Ignorance can be “cured” by becoming better informed. Stupidity is refusing to become informed or ignoring the information completely while believing misinformation that could possibly kill you or your children.

Correction to my December column about Christmas in Cleveland. The old Higbee’s department store became Dillard’s in 1996. Then the Dillard’s store downtown closed on December 31 2001. That was the last of the downtown department stores to close. The building is now the Jack Casino.



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PERSPECTIVE

A Mayor's Legacy

by Sharon Stahurski

The Parma of today looks vastly different from the Parma of the 1970's. Station wagons remember those? The Ford LTD wagons once common are gone from our neighborhood drive-ways. Today Sport Utility Vehicles fill the void. Pintos with the large goldfish bowl rear windows were popular and Volkswagen Beetles were seen, often a teen driver at the wheel new license tucked into her suede fringed purse. Parma Home Bakery & Kitchen Maid Meats, Baron's Bar and James Books a glimpse of yesterday. Time moves us forward. What has happened to Parmas trees?

I have heard stories of out of town family visiting back home. Stark changes in landscape noticed, the loss

of trees that once were. Trees are not unlike people with a lifetime measured by years. Tree by tree Parma continues to cut trees down with a horrible efficiency. Why does Parma continue to cut it's trees down? I have asked that question of both Mayor Tim DeGeeter and Council at the Monday night council meetings. The question is met with a continuing silence

Many of the trees cut down were 35-40 year old trees . Tree lawn trees cut down at the homeowners request. The Mayor appears desperate to please these constituents in granting thier requests. He continues to maintain an outdated global view of our city's dwindling tree canopy. Mayor DeGeeter has long supported West Creek's endeavors yet our city trees have received much

different treatment. While a planting of fewer than 200 trees earlier this year has occurred, Parma has a dismal record in repairing the cutting damage. Two tree plantings in the last 23 years. City leaders were notified in June of the 500 trees cut down. Yet that number has continued to rise. At the time of this publication more than 700 trees have been cut down all over Parma throughout the 9 wards and city parks in the last 2 years alone.

Mayor DeGeeter remains unmoved and resolute in refusing to address the crisis. Parma has been without an Urban Forester or Arborist and it shows. In our parks and neighborhoods pavement increases and the city appears more grey. Pama's tree canopy is shrinking at twice the rate of neighboring cities. One response the city has offered has been that the trees are diseased or a safety concern yet offer no documentation to support those claims.

The expertise of Executive Director Derek Schafer of West Creek Conservancy is heavily leaned upon by Mayor DeGeeter and City Council. Yet that expertise is nowhere to be found with the removal of more than 700 trees. Mr. Schafer remains separate and

uninvolved. The decision to cut those 700 trees has been made by the Mayor and our City leaders by matter of default. Meanwhile Cuyahoga County leaders encourage growth of our tree canopy for a multitude of health and fiscal reasons.

Trees are the lungs of our earth. They provide oxygen, store carbon and regulate temperature extremes. Parma neighborhood tree lawn trees are city owned. Although they reside at the homeowners address the trees remain property of the city. Those 700 trees belonged to all residents. After Mayor DeGeeter has served his term and moved on, the damage that has occurred these last years will have implications for decades to come. I am a 56 year old resident of Parma. The next time I will be able to walk under trees again that are the same age as those removed I will be 96 years old.

We can do better, we can demand an educated approach to the management of our city trees. Above all, stop the cutting. Politicians will only respond if we as citizens voice our concern and continue to voice that concern until Parma will at long last become a tree friendly city.



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AARP Tax Aide - Free Tax Preparation

by Stephen Donovan

The AARP Foundation Tax-Aide Program will be getting underway again this year starting the first week in February and ending the 14th of April 2023. This IRS-supported FREE tax service is offered on a non-discriminatory basis without consideration of race, religion, gender, disability, or sexual orientation. We give special attention to those with low or moderate incomes and/or aged 60 and older. Taxpayers do NOT have to be retired or a member of AARP.

Tax-Aide sites in southwest Cuyahoga County are located at:

Parma Powers Branch, Cuyahoga County Public Library, 6996 Powers Blvd., Parma, OH 44129. Appointments on Tuesdays and Wednesdays from 9:30 AM to 2:00 PM. To make an appointment, go to the Parma Powers Library and complete sign-up book or call 440-885-5362.

Brook Park United Methodist Church, 6220 Smith Road, Brook Park, OH 44142. Appointments on Thursdays from 10:00 AM to 2:00 PM. Call 216-676-4738 Wednesdays through Fridays from 9:30 AM to 1:00 PM for an appointment.

Middleburg Heights Branch, Cuyahoga County Public Library, 16699

Bagley Road, Middleburg Heights, OH 44130. Appointments on Mondays and Tuesdays from 9:30 AM to 12:30 PM. To make an appointment, go to the Middleburg Heights Library and complete sign-up book or call 440-234-3600.

North Royalton Branch, Cuyahoga County Public Library, 5071 Wallings Road, North Royalton, OH 44133. Appointments on Wednesdays from 9:30 AM to 2:00 PM. To make an appointment, go to the North Royalton Library and complete sign-up book or call 440-237-3800.

We are opening fewer sites than in past years due to a reduced number of volunteers. Appointments will be taken starting the first week of January 2023 except for Parma Powers, which will start January 9, 2023. Availability of appointments is subject to the status of the Covid-19 pandemic. We anticipate using both in-person and drop-off (necessitating a return visit to the site to finalize them) processes to prepare returns.

Please bring to your appointments copies of your Federal and Ohio 2021 and 2020 returns; 2022 forms W-2, 1099, and 1098; social security cards or statements for all persons on your tax return; a picture ID (i.e., a valid driver's license) for you and your spouse, and any IRS or Ohio Tax correspondence.

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Valley Forge Swim And Cross Country Teams Host 24th Annual Spring Craft Fair

by Jodi Moriarty

March 18th marks the 24th Spring Craft Fair at Valley Forge High School. Each spring the Cross Country and Swim teams host this annual event; the primary fundraiser for both teams. All proceeds are then funneled to support the athletes in their conditioning and training endeavors.

For Cross Country runners, the biggest investment is shoes. A cheap pair of shoes will wear down quickly and can result in injury, including hip, knee, back, and foot problems. These athletes run well over 350 miles each season; any injury that takes them off the course affects their ability to compete. Every August, a shoe fitting is coordinated at a local running store. There, athletes are measured and fitted for a proper running shoe. Funds raised at this Craft Fair are used to offset the cost by giving each runner a stipend to apply towards the purchase of new shoes. This allows the athletes to affordably obtain the high quality shoes required for their rigorous training regime.

The Swim Team is typically composed of athletes fairly new to the sport. Of these, many have never swam competitively, making training a more complicated and challenging task, but it is a challenge they willingly take head on! Every day school is open, these

swimmers are in the pool, but swimming is a much more technical sport and utilizing specialized equipment greatly benefits their ability to effectively train. Funds raised will go directly towards the purchase of fins, cords, and paddles which are necessary to help our swimmers improve their technical skills.

Wearing fins while training can improve a swimmers' kick and stroke technique, ankle flexibility, and endurance. Stretch cord training enhances swim-specific strength, conditions specific muscle groups, and mimics swim movements while paddles develop power, speed, efficiency, and build muscle. Due to constant use and exposure to harsh chemicals, these items must be replaced on a regular schedule. Funds raised will allow proper maintenance and replacement of training equipment.

The student athletes will be manning concessions, helping vendors set up, assisting in take down, and moving equipment, as well as taking food orders and making deliveries to tables. These tasks help the students gain interpersonal communication and social skills that will benefit them now and in their future endeavors.

If you are interested in reserving a table, or for more information please visit <https://www.facebook.com/ValleyForgeSpringCraftShow/>

Exploring And Understanding The Arabic Culture

by Bridget Lavelle

The Parma Heights Branch Library of Cuyahoga County Public Library will host Exploring and Understanding the Arabic Culture on Friday, January 27, 2023 from 10:30 a.m. - 12 Noon in Meeting Room C. This workshop will present an overview of 22 Arab countries, share insight on the misunderstandings about Arabic culture, and inform the audience participants. Focusing on these 22 Arab countries, which share the same language and religion, learn how key values and customs in Arabic culture can also be found in American culture. In-person program.



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

The Scale Of UFOs In Ohio And The United States

by Bridget Lavelle

The Parma Heights Branch Library of Cuyahoga County Public Library will host The Scale of UFOs in the United States and Ohio on Wednesday, January 25, 2023 from 7:00-8:30 p.m. in Meeting Room C. Witnessed a UFO sighting in Ohio or another area in the United States and filed a report? Linda Miller Costa, a Career Scientist and Environmental Researcher, and Cheryl Costa, Career Data Analyst and UFO Statistician, will present and examine the truth behind the number of UFO sightings in the United States and Ohio. 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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