

“With people seeking riches, beware of schemes that look like glitches.”- Ralph Nader

FREE!
TAKE ONE!

Please Patronize
Our Advertisers

January, 2024
Vol, 16, Is. 1

ParmaObserver

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

2024: The Year Of Finding, Preserving Mother Trees In The Tri-Cities

by Lucy McKernan

Suzanne Simard, Professor of Forest Ecology in the University of British Columbia's Faculty of Forestry, recently published the book: Finding the Mother Tree: Discovering the Wisdom of the Forest. Simard's unparalleled research uprooted the industry's understanding of the forest ecosystem, and shifted the paradigm for the way we understand trees and their ecosystems. Over eons, Simard established, trees have learned to "perceive" their neighbors

through intricate chemical signals; to remember threats to protect other trees and a multitude of other organisms around them; communicate warnings and elicit defenses; and exhibit photosynthetic capacity. Mother trees are responsible for the entire food system, the soil web of life, around them. Removing or crippling Mother Trees damages ecosystems that extend far beyond legal boundaries, including residential. These removals slash private property values. Removing

large, old trees not deemed hazardous can result in losses up to tens of thousands of dollars. Recently, the crown jewel centerpiece Mother Tree in our Seven Hills neighborhood was demolished. She was healthy, and not deemed "hazardous." I spotted my first great-horned owl calling for a mate on a cold January night on that tree, and enjoyed seeing her every day. She provided for us all: shade, shelter, food, nesting, carbon-sequestration, and beauty. continued on page 9



Leader Antonio in Senate session.

A Year In Review: Legislative Wrap-Up From The Statehouse

by Nickie Antonio

In January, I was sworn into the 135th General Assembly as the new Ohio Senate Minority Leader. Since then, it's been a whirlwind of both challenges and accomplishments, and I want to take a moment to thank all of my constituents and Ohioans for working together to get things done. Below is a wrap-up of some of the great things we've achieved this year. In February, I introduced Senate Bill 57, a bill to designate the month of May as Stroke Awareness Month, as well as Senate Bill 69 to designate the week including March 22nd as Ohio Doula Awareness Week. Both of these bills have been referred to the Senate Health Committee. In March, Senator Nathan Manning (R-North Ridgeville) and I introduced Senate Bill 100, a bill to prohibit the installation of tracking devices or apps without consent. This bill passed the Senate in June and is now awaiting its second hearing in the House Criminal Justice Committee. In the same month, I introduced Senate Bill 101 with Senator Steve Huffman (R-Tipp City) which would abolish the death penalty and replace it with life without parole. Senate Bill 101 has had two hearings, with 97 submissions of proponent testimony in November. In April, the \$13.5 billion two-year transportation budget was finalized. Serving as the

ranking member of the Senate Transportation Committee, I worked tirelessly with Chair Stephanie Kunze and several other senators on this bill to implement a series of changes aimed at making Ohio a safer place to live and to advance businesses. This bipartisan budget came directly after the devastating East Palestine train derailment and made clear the need to regulate railroad operations in Ohio further. In May, the Ohio Senate Select Committee on Rail Safety was in full swing, as we met to hear testimony from the EPA and other institutions in addition to producing recommendations to Governor DeWine and President Biden in order to hold Norfolk Southern accountable. At the same time, Ohio's two-year operating budget was at its height. My office held countless budget meetings with advocacy groups and organizations requesting money from the General Revenue Fund (GRF). At the end of the month, we were able to submit our final amendments to House Bill 33 for consideration. In June, I introduced the Ohio Fairness Act (Senate Bill 132), alongside Representative Michael J. Skindell (D-Lakewood), who introduced companion legislation in the House. This bill would prohibit discrimination on the basis continued on page 4

2024 City Of Parma Boyko Scholarship Announced

by Sean Patrick Brennan

The Board of Trustees of the City of Parma Andrew Boyko Memorial Scholarship Foundation is pleased to announce that applications are being accepted for the 2024 award season. In its sixteenth year, the Foundation will once again offer three to five scholarships with a minimum award of \$1,500 each. One of these scholarships will be designated for an applicant exhibiting an exceptional com-

mitment to community service. Applications are available on the City of Parma website at tinyurl.com/parmascholarship or you may call the City of Parma Law Department at (440) 885-8132 for a copy. The Scholarship is intended to provide financial assistance to high school seniors or equivalent who are residents of the City of Parma wishing to pursue post-secondary education during the 2024 – 2025 academic year.

Financial need, work ethic, community service and accomplishments are among the selection criteria for the scholarship. The application deadline is Monday, April 8, 2024 at 4:00 pm. For more information or to donate to the Foundation please contact board of trustees member Sean Patrick Brennan at ParmaScholarship@gmail.com or 567-309-0318.

Script Parma Picture Of The Month



This month's script Parma photo of the month contest winner is Parma Ward 4 Councilwoman Kelly Zacharias. Here she is with her pooch, Oliver, enjoying the sunshine. If you have a photo in front of the sign that you would like to have published, email it, along with your address, to Sean Patrick Brennan at pirogie5k@gmail.com. You could win a great prize if yours is selected.

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 Representative's Corner

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

Recently, I proposed a bill in the Ohio House of Representatives that will reimburse communities, like Parma, for police canines that have been rendered nearly unusable due to the passage of Issue 2 in November.

The legislation is a result of Parma Law Director Timothy Dobeck, Police Chief Joseph Boback, and Parma Police Department Canine Director Sgt. Bobby Jackson contacting me about their concerns that three out of five of Parma's canines are imprinted to detect the odor of marijuana. As a result, these dogs can no longer be used to determine probable cause or reasonable suspicion in narcotics cases, which is the lion's share of their work. Dogs cannot bark once for marijuana, twice for heroin, or three times for fentanyl. Therefore, court cases could be jeopardized by narcotic evidence seized as a result of K-9 detection.

I found that there are 298 canines in police departments throughout Ohio that have been trained to detect marijuana. Once imprinted with the detection of marijuana, dogs cannot be untrained. Therefore, in most cases, they need to be retired. In fact, the Ohio Highway Patrol has retired seven of their canines as a result of Issue 2 passing.

Luckily, many departments, like Parma, saw this coming and stopped training dogs to detect cannabis. However, many have one or more dogs imprinted with marijuana that they rely on and are now challenged to replace these dogs due to the passage of Issue 2. It is totally justifiable to use

some of the tax dollars generated by the sale of recreational cannabis to buy new dogs for these departments.

It is estimated that the bill will set aside \$6 million with funds being directed from the State of Ohio's general revenue fund, which would later be reimbursed from tax revenues gener-

ated by the sale of legal cannabis. Local police departments would be authorized to apply for grants to replace their affected canines, as well as train and equip them, which is estimated to cost between \$18,000 to \$20,000 apiece.

I am concerned that the safety of the affected communities is at risk and that time is of the essence. My colleague, Republican Josh Williams of Sylvania, has agreed to join me as joint-sponsor of the bill. The fact that this is a one-time allocation of funds, along with the bipartisan nature of our bill will hopefully lead to swift passage. The bill will soon be assigned to a committee for deliberation.

It is an honor to serve as your state representative. Best wishes for a healthy and happy 2024!



State Representative Sean Patrick Brennan with Parma Police Officer Nick Schuld and retired K-9 Officer Cooney.

Empowering Epilepsy Fundraiser Saturday March 9, 2024

by Christin Sorensen

Want to help a local charity PLUS have a great time? The Leprechaun Chase at Gunselman's Tavern

on March 9, 2024 is the answer to both questions! Race starts and ends at Fairview High School track, 4507 W 213th St, Fairview Park, OH 44126. Two race options available: 1 mile or

plus great food and drinks.

What if you are not a runner? Walking is fine too! Registration is open NOW!

Tickets available at <https://www.empoweringepilepsy.org/leprechaun-chase>. All participants will receive a custom t-shirt, plus awards to top finishers in each age group.

Empowering epilepsy was founded in Cleveland, Ohio in 2014. A plethora of family friendly activities are held all year long for those living with epilepsy and their families. Please visit empoweringepilepsy.org to find out more about all the beneficial programs offered and upcoming events for 2024. Help change the conversation!

5TH ANNUAL

GUNSELMAN'S TAVERN

LEPRECHAUN CHASE 5K

9AM MARCH 9TH

\$35

CUSTOM T-SHIRT

FINISHER MEDALS

BEAT THE LEPRECHAUN

PRIZES

TOP 3 MEDALS

Walk/Run begins and ends at Fairview High School Track 4507 W 213th St, Fairview Park, OH 44126

Doors open at 7:30 AM Race begins at 9:00 AM

gunselmans.com

Register: <https://www.empoweringepilepsy.org/leprechaun-chase>

Thank you to our Sponsors:

BENEFITS:

5k. All ages and skill levels are welcome to join the festivities with proceeds benefiting Empowering Epilepsy. Race starts at 9 am with after party to be held right across the street at Gunselman's Tavern, 21490 Lorain Rd, Fairview Park, OH 44126. Live Irish Music all day long,

Crime Tip Line (440) 887-7340

crimetips@parmajustice.net

www.cityofparmapolice.com

Emergency – 911

Non Emergency - (440) 885-1234

We work for you

Lakewood's #1 choice for interior and exterior painting

Serving Northeast Ohio Homeowners since 1975

Quality Painting.

THAT'S ALL WE DO!

Call us at 216-529-0360 for a Free Consultation!

neubertpainting.com

Parma • Parma Hts. • Seven Hills

The **Parma Observer** is a community owned and operated citizen based news source. The views and opinions expressed do not necessarily reflect the views and opinions of The **Parma Observer** staff or our advertisers.

P.O. Box 29030

Parma, Ohio 44129

440.884.7625 •

<http://parmaobserver.com>

Advisory Board

Craig Czepczynski

Lisa Zaremba

George Salo

Bill DeMarco

Penny Schultz

Publisher

Daniel P. McCarthy

Editor-In-Chief

Stefan P. Stefaniuk

Design and Production

AGS Design

Advertising Sales

440-884-7625

Writers

Nickie Antonio

Sean Patrick Brennan

Stephen Donovan

Marie Gallo

Susannah Hamm

Christopher Harris

Lee Kamps

Kevin Kelly

Tony Kessler

Bridget Lavelle

Gene Lovasy

Kathryn Mabin

Lucy McKernan

Emery Pinter

Lee Volenec

Photography

Nickie Antonio

Sean Patrick Brennan

Marie Gallo

Susannah Hamm

Christopher Harris

Kevin Kelly

Tony Kessler

Kathryn Mabin

Robert Stilwell

The Parma Observer is powered by:

Winth Estate Software

Join the Discussion at: www.parmaobserver.com

HEALTH AND WELLNESS

University Hospitals Parma Medical Center Opens New Electrophysiology Lab

by Christopher Harris

University Hospitals (UH) Parma Medical Center has opened a new laboratory to help patients seeking treatment for cardiac arrhythmias. The new lab will help meet the increased demand for patients seeking treatment of atrial fibrillation, the most common cardiac arrhythmia and a leading cause of stroke.

“Our new cardiac electrophysiology lab is going to be a great resource for our community, especially for those local patients in our west and south markets,” said James Lee Hill Jr., MD, MBA, CPE, FASA, FACHE, UH Parma Chief Operating Officer. “We are grateful for the UH Harrington Heart & Vascular Institute and their commitment to technology and patient care in Northeast Ohio.”

The new lab is located in a larger space and contains a new 3D mapping system and fluoroscopy equipment. 3D mapping measures the electrical activity of cardiac tissue, creating a three-dimensional image of the heart’s anatomy. James Ramicone, DO, and Shashank Jain, MD, are two cardiac electrophysiologists who will use the lab for their cardiac ablations and implantable devices like pacemakers and internal defibrillators.

“This is a pretty busy lab,” said Dr. Jain. “From our perspective, we have



James Ramicone, DO (left), and Shashank Jain, MD (right)

more space to maneuver and the monitors allow for full use of the mapping system.”

“Our volume has steadily increased over the last several years,” said Dr. Ramicone. “This upgrade was desperately needed. It’s less radiation exposure for the patients, and it’s better for all the people in the room.”

UH Harrington Heart & Vascular Institute has invested \$1.6 million into the UH Parma electrophysiology lab. In addition to UH Cleveland Medi-

cal Center, UH Harrington Heart & Vascular Institute has dedicated electrophysiology labs at UH Parma, UH Elyria, UH Lake West, and UH Portage medical centers.

About University Hospitals / Cleveland, Ohio

Founded in 1866, University Hospitals serves the needs of patients through an integrated network of 21 hospitals (including five joint ventures), more than 50 health centers and outpatient facilities, and over 200 phy-

sician offices in 16 counties throughout northern Ohio. The system’s flagship quaternary care, academic medical center, University Hospitals Cleveland Medical Center, is affiliated with Case Western Reserve University School of Medicine, Northeast Ohio Medical University, Oxford University, the Technion Israel Institute of Technology and National Taiwan University College of Medicine. The main campus also includes the UH Rainbow Babies & Children’s Hospital, ranked among the top children’s hospitals in the nation; UH MacDonald Women’s Hospital, Ohio’s only hospital for women; and UH Seidman Cancer Center, part of the NCI-designated Case Comprehensive Cancer Center. UH is home to some of the most prestigious clinical and research programs in the nation, with more than 3,000 active clinical trials and research studies underway. UH Cleveland Medical Center is perennially among the highest performers in national ranking surveys, including “America’s Best Hospitals” from U.S. News & World Report. UH is also home to 19 Clinical Care Delivery and Research Institutes. UH is one of the largest employers in Northeast Ohio with more than 30,000 employees. Follow UH on LinkedIn, Facebook and Twitter. For more information, go to UHhospitals.org.



Wound Care Center located at UH Parma Medical Center

Providing comprehensive care using the latest surgical and nonsurgical treatments for chronic or nonhealing wounds, at a convenient location. Our team of providers, including, Podiatric, Vascular, and Plastic Surgeons, as well as Infectious Disease and Family Medicine providers can develop an effective treatment plan just for you.

Some of the types of ulcers treated are:

- Diabetic foot ulcers
- Skin tears/Traumatic wounds
- Road rash
- Vascular wounds
- Mild burns
- Pressure ulcers



6707 Powers
MAC 2, Suite 104
Parma, OH 44129
440-743-4774

GLIMPSES OF THE TRI-CITY AREA

A Year In Review:
Legislative Wrap-Up From The Statehouse

continued from page 1

of sexual orientation, gender identity or expression. I have introduced this piece of legislation every year since I was elected. Not only is this bill a clear statement on non-discrimination, equal opportunity and inclusivity, but it also is crucial for attracting business investments to Ohio and growing its economy.

In July, Ohio's operating budget for fiscal years 2024-2025 was signed by the governor. This budget had some elements in it that hurt everyday Ohioans and rewarded the wealthy, along with some good things. House Bill 33 created universal school subsidies, slashed nearly \$1 billion from Medicaid, and cut taxes for the benefit of Ohio's wealthiest residents. Additionally, it contained a number of controversial policy provisions, including Senate Bill 1 which transferred most powers of the elected state Board of Education, to a new executive agency (DEW), as well as Senate Bill 117 to create new centers for "conservative indoctrination" at five state universities. Though portions of the budget were abysmal, there were positive highlights worthy of recognition including: increased funding for infant vitality, expanded access to greater support for childcare, \$3 million in support for behavioral healthcare for children, removed barriers to access to SNAP, \$50 million in support for vulnerable multi-system youth and \$5 million to provide free period products in Ohio schools.

In August, we collectively defeated Issue 1, a tremendous victory for all Ohioans. This Issue was a despicable attempt by the GOP to engage in misinformation and keep the Republican supermajority and cruel policies in Ohio. However, Ohioans saw through this attempt and voted to protect one person, one vote in Ohio.

In September, I began serving as

the co-chair for the Ohio Redistricting Commission alongside House Minority Leader Allison Russo (D-Upper Arlington). The process to the final map was anything but easy. The Redistricting Commission was originally delayed through Republican infighting, and even after the Republican co-chairs were chosen, there was still dysfunction and Republican attempts to propose unconstitutional maps. This process only made it resoundingly clear that the redistricting process does not belong in the hands of politicians. It deserves to be in the hands of citizens and done in an objective, independent process.

In October, early voting for Issues 1 and 2 began. Issue 1 enshrined reproductive rights into the Ohio Constitution, by guaranteeing the right to abortion and protecting the right to other reproductive health care such as contraception, fertility treatment, miscarriage care and the right to continue a pregnancy. Issue 2 legalized adult-use recreational marijuana.

In November, Ohioans voted to protect reproductive rights in addition to legalizing recreational marijuana. This was a major victory for the fundamental right to self-determination for women and their families in Ohio while setting the stage for similar wins across the country. By codifying reproductive rights in our constitution, we have ensured that Ohioans will have access to safe, reproductive health care options making their own personal, private decisions without government interference.

In December, the will of the voters was once again challenged and put in question after Republicans inserted language into House Bill 86 that would propose extreme changes to Issue 2. However, after a long, deliberative bipartisan process, the Senate agreed on the final version of House Bill 86. In the middle of the month, the Government

Oversight Committee held countless hearings on House Bill 68, a bill that would ban gender-affirming care for minors, deny parental rights and ban trans student-athletes from participating in sports. I urged my colleagues to vote "no" on this bill. Ohio voters have repeatedly told us that they don't want the government involved in their personal health care decisions. Over 800 Ohioans have pleaded with the legislature to not pass this bill. House Bill 68 now awaits the governor's signature. Wrapping up the month of December, Senator Hearcel F. Craig (D-Columbus), Senator Vernon Sykes (D-Akron) and I introduced a new package of legis-

lation to prevent gun-related deaths and violence in Ohio. Senate Bill 187 would harmonize state and federal law by prohibiting individuals with a domestic violence conviction from possessing a firearm. Although it is already illegal under federal law for such individuals to possess a firearm, gaps in Ohio law subvert the federal statute.

Though this year was packed full of challenges and meaningful accomplishments, I'm honored to serve and will continue to serve Ohioans and Senate District 23 into 2024. I thank all of you for all the support and advocacy you have brought to this work!

Parma Heights
Historical Society

by Robert Stilwell

2023 was a great year for the Parma Heights Historical. In March a new President was elected, Chuck Kacynski. Under his leadership we had 3 Bus tours that he directed to Historical areas of interest through out Parma Heights. Then with full cooperation from the Parma Heights Police, Chuck did a visual narrative at the Replica Toll House of the History of the Parma Heights Police Dept. to an enthusiastic crowd. The police also provided a demonstration from Gunny, the Police Dog. We also did a walking tour of the Parma Heights Cemetery to highlight some of our 76 Veterans buried here and bringing awareness to Parma Heights and the surrounding communities of the Patriotism that has been a big part of our unity in times of need. All of these Events were in addition to our Seasonal events such as the Easter Egg Hunt, Christmas in July. and Halloween Pumpkin Painting. Thank You very much to The Parma Heights Recreation Department for always including us in their planned events. We also want to thank Police Chief, Steve Scharschmidt for his dedicated



years of service to the Police Dept. and congratulations to our new Police Chief, Tonya Czack. We wish the very best to both of you.

2024 President, Chuck Kacynski and Vice President, Zach Humphrey have been working on a plan to build a user friendly Web Site that will be announced when completed. 3 more major events are planned. The History of the Parma Heights Fire Dept, Important women of Parma Heights, Crile Hospital and Nike Site. New Members or Volunteers are always encouraged. We are on Facebook, (Parma Heights Historical Society).



Hopko
Funeral Home
John C. Hopko
www.hopkofuneralhome.com
6020 Broadview Road - Parma, Ohio
216-631-4888



Remembered Expressions

Phone: 440.236.6282
www.RememberedExpressions.com

Cutting Edge Branded Apparel & Promotional Products
For Your Business or Non-Profit
Mention This Ad To Receive \$75.00 Off Your Order!
(Limited time only. Order minimum required. Call for details.)
Huge Apparel Selections.
Latest Styles and Performance Wear.
In-House Equipment & Design Service

PROBATE OF ESTATES

Contact us for a free consultation
Parmatown Mayfield Heights
(440) 843-8400 or (440) 461-8500

Have you?

- Been injured in an auto accident?
- Been injured due to medical malpractice?
- Been attacked by a dog?
- Been hurt as a result of a fall at a business or another residence?
- Been injured at work?

YOU MAY BE ENTITLED TO RECEIVE A MONETARY SETTLEMENT FOR YOUR INJURIES AND EXPENSES.

Call us for a Free Consultation

At Russo, Rosalina, & Co., we fully explore the questions you have – or should have concerning any injury you have suffered.

PROBATE OF ESTATES
If you have suffered the loss of a loved one, our office will promptly handle the estate for you. There is no charge to discuss a probate matter with us.

WRONGFUL DEATH
If you have suffered an injury or the loss of a loved one due to someone else's negligence, you and/or your family may be entitled to compensation. Call us for a free consultation.

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

WILLS — ONLY \$40⁰⁰
If you die without a Will, the state decides who inherits your property. This can only create hardship and financial problems for the ones you love. **The cost of a will is only \$40. This price will remain in effect for 30 days.** Our firm also prepares Living Wills, Durable Powers of Attorney, Deeds & Trusts.

CRIMINAL & TRAFFIC OFFENSES
We provide experienced representation for Driving Under the Influence offenses, Driving Under Suspension offenses, Domestic Violence charges and all Misdemeanor and Felony charges.

DIVORCE
When divorce seems to be the only answer, we can provide the professional advice you need to make sound decisions about your future. Know your rights concerning alimony, child support, and pension benefits.

RUSSO, ROSALINA & CO.
ATTORNEYS-AT-LAW



Gabriella Russo-Rosalina • Joseph Rosalina
Parmatown 440-843-8400
Mayfield Hts 440-461-8500
1240 Som Center Rd.
www.rrlpa.com

NEW LOCATION

PARMA HEIGHTS

How AI Is Impacting Our World

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host How AI is Impacting Our World on Tuesday, January 16th, 2024 from 7:00 –8:00p.m. in Meeting Room C. Gary Arnosk, an integration and technology educator, will talk about the history of artificial intelligence (AI) from computers and smart-phones using voice recognition and the future with developments in virtual reality and autonomous vehicles. Learn the influence and impact of AI in modern lives. Registration required. To register, please visit www.cuyahogalibrary.org or call the Parma Heights Branch at 440.884.2313.

Early History Of Cleveland And Northeast Ohio

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host Early History of Cleveland and Northeast Ohio on Thursday, January 25th, 2024 from 7:00-8:00 p.m. in Meeting Room C. Local historian John C. Schepley will present a fascinating history of Cleveland and Northeast Ohio before 1900 using photographs, illustrations and maps. Learn about

the earliest inhabitants from Paleo Native Americans to the first European settlers including Harry Coubly. Discover how the canals and railroads built during the Industrial Revolution contributed to the progress of manufacturing industries. Registration required. To register, please visit www.cuyahogalibrary.org or call the Parma Heights Branch at 440.884.2313.

Build Self-Confidence At Diamond Strength Fitness

by Emery Pinter

Another January is upon us, and with your holiday feasting over, you might be hearing the voice of an invisible trainer in your head, telling you to hit the gym, and hit it fast. The New Year brings an opportunity to initiate meaningful changes. Transform your workout — and your body! Whether you're a beginner or you've been lifting for years, you'll discover new exercises, techniques, and routines at Diamond Strength Fitness. Michelle Kitchen, the owner of Diamond Strength Fitness, wants to uplift and empower women through fitness.

Exercise demonstrates perseverance and drive working toward a goal, adding that exercise also allows one to escape self-imposed limitations and prove to ourselves that we're stronger than we may have previously thought. Michelle believes that physical activity may offer the following benefits:

Improved mood

Improved sleep

Increased focus and attention

Stress management

Improved confidence and self-esteem

Diamond Strength Fitness is so much more than a gym. It's a community club where Michelle brings women together to celebrate through sisterhood and fitness.

For the Mom comfortable in her surroundings-- Diamond Strength Fitness, 6690 Pearl Rd, (216) 870-4383 is racking up impressive reviews and customer feedback. A clear benefit of this women-only gym is the fact Michelle can tailor classes very specifically to her audience, and it's going to lead to a better workout. Gift certificates are available to get any Mom started on a more personalized exercise experience. And there is a Girls After School Workout. An energetic, self-paced class for kids of all fitness levels where they can shred through cardio bursts and



7 Brew Drive Thru Coffee Opened In Parma Heights

by Marie Gallo

It was an early holiday gift to the City of Parma Heights. On December 19, 7 Brew Drive Thru Coffee hosted their ribbon cutting and officially opened at 6675 Pearl Rd.

7 Brew started in 2017 in Rogers, Arkansas. They wanted to join the trend of customers wanting drive thru coffee, but to serve them quickly. 7 Brew prides itself on the drive thru coffee by making it a fun and mind-blowing experience for everyone.

The menu features coffee, cold brews, iced or hot coffees from lattes, mochas, cappuccino, macchiatos, their own 7 Energy that can be iced or chiller, teas, lemonades, smoothies, shakes and

strength training for the upper body, lower body. It's 2024...time to decide, commit, and succeed!

more. Motley Brew owns the Parma Heights 7 Brew and three more across Ohio. Rick Nader with Motley Brew said, "the menu may look small, but with all the combinations, we actually have over 20,000 unique options to try."

When you drive up, you'll notice the 7 Brew cooler and the team painted the Valley Forge High School and Holy Name High School mascots on it. After the ribbon cutting, 7 Brew presented a check for \$1000 to Valley Forge High School.

Cheers to the 7 Brew Drive Thru Coffee team and joining the community of Parma Heights. I'm looking forward to trying all 20,000 beverage options.

Facebook: <https://www.facebook.com/CityofParmaHeights>

Instagram: <https://www.instagram.com/parmahts/>

[http://www.parmaheightsoh.gov/Parma Heights – Community Grows Here.](http://www.parmaheightsoh.gov/Parma%20Heights%20-%20Community%20Grows%20Here)

Fighting for our families for over 25 years.

DePiero Law

DeanDePiero.com 440.884.2400

CRAIN'S CLEVELAND BUSINESS 2022

NOTABLES

IN LAW

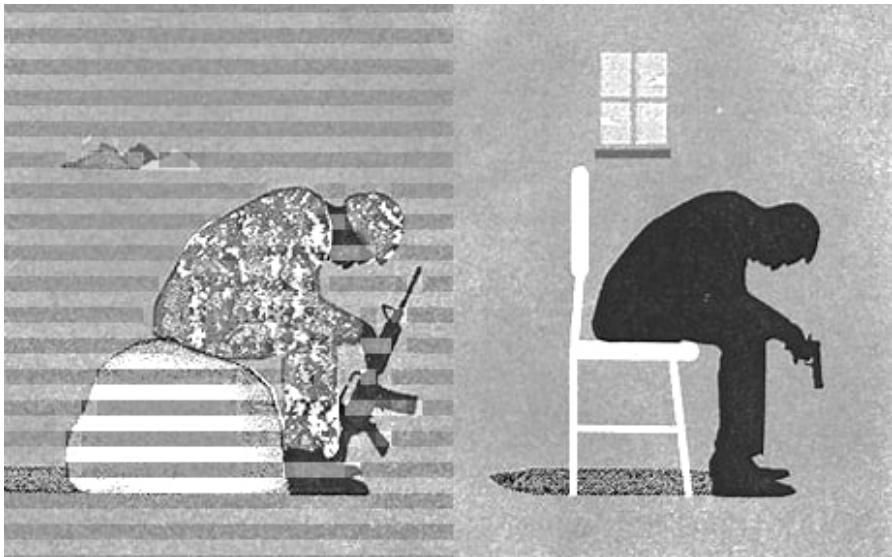
INSPIRATION

Hometown Heroes....Veterans Beware:
New Year Resolutions Can Be Dangerous To Your Health

by Tony Kessler

According to the 2023 National Veteran Suicide Prevention Annual Report in 2021, which is the last update from the VA, 6,392 Veterans died by suicide, an increase of 114 suicides from 2020. This means that an average of 17.5 Veterans died by suicide each day in 2021. The age- and sex-adjusted suicide rate among Veterans increased by 11.6% from 2020 to 2021, if the 11.6% yearly increase over the past few years, remains constant, we can assume that the 2023 to 2024 increase means the daily average of veteran’s suicides is near twenty-three. Veterans remain at a 13% higher elevated risk for suicide compared to the general population.

There are many unique and specific challenges and stressors that creates the higher rate among veterans, such as combat exposure, moral injury, traumatic brain injury, or military sexual trauma, which can affect their mental health. Veterans may experience difficulties in transitioning to civilian life, such as finding employment, housing, or social support, which can lead to feelings of isolation, hopelessness, or despair. Setting goals or making resolutions is a means of self-motivation and can help a person progress toward a lifestyle they are seeking. However, setting unrealistic goals or setting the bar too high can lead to a feeling that you are a failure because you did not reach your goal. If you do fall short of your goal here are some strategies that can help



Let a Veteran know they are never alone.

you cope with your feeling of failure.

Re-frame your failure: Instead of seeing your failure as a sign of your inadequacy, see it as an opportunity to gain experience from your mistakes, improve your skills and try new strategies.

Focus on your strengths: Instead of dwelling on your weaknesses or comparing yourself to others, remind yourself of your achievements, talents and values, and how they can help you overcome your challenges.

Seek Support: Instead of isolating yourself or hiding your failure, reach out to people who care about you, such as friends, family, or mentors, and ask for their advice, encouragement, or feedback.

Set Realistic Goals: Instead of aiming for perfection unrealistic outcomes,

set goals that are specific, measurable, attainable, relevant and time bound, and break them down into smaller

and manageable steps. Attaining these smaller goals will give you’re the feeling of accomplishment and encourages you to continue toward the goal.

Veterans Suicide Hotlines:

WebCall 988 and select 1. Text 838255. Start a confidential chat. If you have hearing loss, call TTY: 800-799-4889. You can also take these actions: Call 911. Go to the nearest emergency room. Go directly to your nearest VA medical center. It does not matter what your discharge ...Go To: Veteran Suicide Prevention | Veterans Affairs (va.gov)

Veterans 50 or over, join the Parma Area Senior Veterans Meetup Group at The Donna Smallwood Activity Center. For info call or text 440-263-0507. Next Meeting Wednesday January 31st 1pm.

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 full week in February and ending the 12th of April 2024. 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.

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 2024. 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 return) processes to prepare returns.

Please bring to your appointments copies of your Federal and Ohio 2022 returns; 2023 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.

YOUR LOCAL
HOMETOWN
BARBER SHOP!

Mario's
Barbershop

216-520-1977

NEXT TO BIG LOTS
IN THE PLAZA

7526 Broadview Rd
Parma, OH 44134

Young Professionals
PARMA

Facebook icon

ParmaYPs

Twitter icon

@YPParma

Instagram icon

@follow_floyd_of_parma

Strengthening the community
of Parma through networking,
activism, and local pride.

ParmaYPs.com
#ThisIsParma

meet.

share.

network.

change.

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.blc7500.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

Calvary Lutheran Church

6906 W. Pleasant Valley Rd., Parma, Ohio 44130 440-845-0070
CalvaryParma.360unite.com

PERSPECTIVE

Hate Has No Place In The United States

by Lee Kamps

Following the attack by Hamas on Israeli settlements outside the Gaza Strip in Israeli territory on October 7, there has been an increase in anti-Semitism around the world and even in the United States. This country was founded by people escaping religious persecution in Great Britain and elsewhere in Europe. When Thomas Jefferson wrote the Declaration of Independence, that document established the reasons for independence from Great Britain enshrined the ideals of freedom from tyranny.

Several years later after the constitution was written that established the form of our government, Thomas Jefferson wrote ten amendments to that constitution that formally established the freedoms from the Declaration of Independence into the constitution. Those ten amendments are what we now call the Bill of Rights. Jefferson was moved to codify individual freedoms in the constitution after witnessing how the French Revolution had gotten out of hand and individual rights were threatened by the government that took over following the overthrow of the king.

The first of those ten amendments known as the Bill of Rights stated that there should be no establishment of any official religion. It guaranteed freedom

of religion and worship in our constitution. Since those ten amendments were adopted into the constitution in 1791, millions have come to this country to be allowed to practice their faith as they saw fit. That includes millions of Jews who came to the United States to escape persecution in Europe.

At his concerts, Neil Diamond introduced his song "America" by telling the story of his grandmother, who at age 13, walked 1200 miles from inside Russia to the port city of Hamburg Germany to board a ship to the United States. She eventually settled in Jewish neighborhood in Brooklyn where she grew up, raised a family, and saw her grandson become a star.

I am old enough to have seen civil rights workers who were helping Blacks register to vote in Mississippi murdered by police who were members of the Ku Klux Klan. Then after the people accused of committing this crime were acquitted by an all-white jury, the injustice of all this was on full display. I also remember when many Black and some white people, wearing their Sunday best clothing after church were beaten by police while peacefully marching from Selma to Montgomery Alabama for the right to vote.

Now there is a former President running again for the presidency who is making comments in the media using

language straight from Adolph Hitler. In a recent comment he referred to “vermin poisoning our blood” in reference to immigrants. The sad thing about this is many Americans want him to become President again. When he first began his presidential campaign more than eight years ago, he made comments about immigrants bringing disease and crime into the United States.

The Second World War ended before I was born, but I grew up on the stories from that war and I saw the horrors of Nazi Germany on television and learned about it in school and from what my parents told me about that time. There is a well-written saying that evil thrives when good people do nothing. Now, I am seeing a growth in hate toward others, not because of the color of their skin, but about their political beliefs.

Let's say this, Hamas is a terrorist organization that built a network of tunnels under civilian habitats and established their command center beneath a hospital. They were using civilians as human shields. The terrorists that crashed airplanes into the World Trade Center twin towers in New York and the Pentagon while crashing another airplane in a field in Pennsylvania on September 11, 2001 had no respect for human life. Their targets were civilian targets designed only to kill as many people as possible.

Terrorist organizations such as Al Qaida and Hamas show no mercy to innocent civilians. They attack civilians because they are cowards and wouldn't stand a chance of going up against well trained and highly disciplined military troops armed with powerful weapons. In any war, there are civilian casualties. But only cowards attack civilian targets.

Terrorism is fueled by hate. It feeds on hatred toward another group of people, any group. To them, human life, even their own, doesn't matter. This is what hate can do. It can lead to mass murder and when it becomes part of the State, it leads to genocide.

For a nation founded on the principles of individual freedom and tolerance, there is no place for hate in the United States, anywhere, any place, any time. Anti-Semitism is nothing but hate, period. There is no defense for hate or terrorism, whether it is suicide bombers in the middle east or a disgruntled young man who blows up a government building in Oklahoma City killing 168 civilians, including several children.

For a former President using words and phrases from Adolph Hitler, that is inexcusable and should disqualify that man from ever holding any elected office ever again in the United States, especially as President.

Pleasantview Care Center

Skilled Nursing and Rehabilitation

Clinical Specialty Programs

Physician driven programs with on-site rounding
by each specialist in

Cardiology ▪ Infectious Disease
Respiratory ▪ Psychiatry ▪ Wound Care



Legacy Place Parma

Assisted Living

- Apartment Style Assisted Living – Studio and 1 Bedroom Suites
 - Extensive Assistance Unit
- Bridge to Home and Respite Care



Five Star Overall Rating

by the Centers for Medicare & Medicaid Services

For more information or a tour, call

440-845-0200

Pleasantview Care Center Legacy Place Parma

Part of the **Legacy Health Services** Family

7377 Ridge Road · Parma, OH 44129 · 440-845-0200

NEIGHBORHOODS

This Little Shop With A Big Heart Gives Back To Our Community

by Daniel P. McCarthy

Every year on the day after "Black Friday" in November we celebrate Small Business Saturday, but really, it's important to think of and support the small businesses in our community all year long. One of those businesses is Mario's Barbershop at 7526 Broadview Rd. located within the shopping center at the intersection of Pleasant Valley Road. Owned and operated by Mario Innocenzi, a long time old school barber who makes customers for life every day as people come there to experience the quality service that only a small neighborhood shop like this can offer.

For many years, Mario has been involved with directly helping those impacted by natural disasters, including collecting items for those devastated by hurricanes. More than once he personally delivered a truckload of absolutely essential items to victims in disaster zones which had been donated by so many generous people in our area. Who can even say just how many people benefited from his efforts during their time of need, possibly the very worst moments in their lives? It is very uplifting, to say the least, just knowing that there are people in our community like Mario

that go way above what is expected in order to help others.

A few years ago some health issues sidelined Mario in a big way, and it took some time for him to return to his normal routine operating his business. We were very concerned, and also very relieved when he did recover and was once again in his shop doing what he does so well. No one would have blamed him if he didn't have the time or energy to continue with his mission of helping others in their time of need, but that's not what happened. Before long Mario was back at it, and his latest effort is a good example of the old saying "you can't keep a good man down". During the Holiday Season, Mario's Barbershop held their annual Christmas Toy Drive, where people from the community are asked to donate new toys for boys and girls that otherwise might not experience much if anything at all for the holidays.

The response from citizens in our area was very satisfactory indeed, and the toys began to pile up in the shop. As Christmas approached, there were many new gifts for children who will no doubt always appreciate that someone cared about them enough to take the time to help. If that weren't enough,

Mario's Barbershop also donated items for the second Winterfest in Parma held at Westcreek Reservation on December 29., including delicious hot cocoa several free haircuts.

I have absolutely nothing against big box, globally operated businesses, several of which operate in our fair city, but I have a special place in my heart for hyper-local businesses like Mario's Barbershop, that make up the literal fabric of our local business com-

munity. When you come here, you are meeting the owner of the business face to face, and the money you spend will go directly back into the community, as opposed to being deposited in a bank account far, far away. I believe it is for this reason that we all should remember to patronize our small businesses without fail, and remember that they are the building blocks of vibrant local commerce that make a city whole. Way to go Mario! See you soon.



During the Christmas Toy Drive at Mario's Barbershop, Mario Innocenzi was visited by Parma Ward 6 Councilman Kevin Kussmaul, who stopped by to bring toys and recognize Mario for all that he gives back to our community.



LAW OFFICE OF
**KELLY M.
ZACHARIAS**



(216) 505-0310
5546 Pearl Road
Parma, Ohio 44129

ZachariasLaw.com

Your choice for quality short-term rehabilitation
Providing quality health care services for seniors since 1953, we are pleased to offer short-term rehabilitation services and programs.

**MOUNT ALVERNA VILLAGE**
FRANCISCAN COMMUNITIES
6765 State Rd., Parma, OH 44134
www.mountalvernavillage.com/np
(440) 843-7800
Sponsored by the Franciscan Sisters of Chicago

Danny's Auto Service
Domestic / Foreign Light Trucks

ASE certified

**Meyers Snowplow Parts And Service**
Daniel J. Skonezny
(216) 267-1267
5273 Commerce Parkway West
Parma, Ohio 44130

LETTERS TO THE EDITOR

Maybe There's Hope

by Lee Volenec

Hamas rapes and tortures women, kills and beheads men and children and we have celebrities like Susan Sarandon telling us how bad the people are who were raped and murdered. Reminds me of listening to Truman Capote one night on the old Johnny Carson Show. He made an awfully good case that being intelligent and being an actor are mutually exclusive. Now, over fifty years later, Sarandon is proving that hasn't change. Personally, I've never seen an actor demonstrate any expertise in anything other than pretending to be someone they are not. Con men do the same thing and go to jail for it. There's a lesson there but a lot of people just can't seem to learn it and they keep believing everything celebrities say. Apparently, intelligence isn't only mutually exclusive with acting.

Speaking of lack of intelligence, the terrorists believe that if they die for the sake of their religion they'll go straight to paradise where they'll be rewarded with 72 virgins. Either that's a misconception or Allah is quite the prankster. Imagine spending eternity with 72 virgins. For the first few thousand years they'll be squabbling with each other. Then they'll turn their attention to Mister Terrorist. For the

rest of eternity at least 71 of them are going be in a bad mood and yakking at him about every shortcoming he has and some he doesn't. Buddy, your only hope is that the UTW (United Terror Workers) strike for better compensation or at least renegotiate to allow some women with a few miles on them to infiltrate the celibate 72. They'll have the maturity and patience to keep the virgins in line, something no man could ever do. Besides, there's nothing quite as wonderful as the loving touch of a mature woman and that experience could cut the virgins' learning curve by millions of years.

Worst of all are the college and university students around the country demonstrating against Israel. They say that Israel had it coming. I think I could make a case for either side when it comes to who has the right to the real estate in question but I don't envision either side leaving any time soon so compromise seems to be the only rational solution. Beginning with a UN resolution in 1947, there have been attempts at a two-state compromise. Israel agreed but the Arabs rejected the plan and started shooting. That alone tips the scale to Israel. But even if you subscribe to the Arab point of view, when did it become acceptable to rape

and torture women and murder little children? And where the hell are all those college students who were demonstrating in support of the Me-Too movement? They must have all died and gone to terrorist heaven where they now aspire to becoming part of privileged 72 and are eagerly awaiting new Hamas arrivals.

Actually, I suspect they just found a more important cause that is taking up all their time, student loan forgiveness. Of course, the loans are never going to be forgiven. Somebody is going to pay. If no one else, the taxpayers. What they really want is student loan "shifting" so somebody else repays the loans. And anyone will do as long as it isn't them. Fortunately, unlike the Palestinian issue, there is a rational solution for the student loans that ought to satisfy just about everyone including the students. The loans were paid to the institutions in return for providing an educate to the students. With students demon-

strating about something they know nothing about, with students believing that raping women and killing children is acceptable behavior, with students believing they shouldn't be held accountable for their debts, with ALL the woke stupidity that is occurring on campus today, it is agonizingly obvious that colleges and universities have failed to satisfy their part of the contract. Instead of teaching them to think critically, they're teaching them to be useful idiots. And when a breach of contract occurs, the party that caused the breach is liable. Therefore, the colleges and universities should be required to repay the student loans. And all the other tuition they took under false pretenses.

Oddly enough, all this nonsense gives me that warm and fuzzy feeling called hope. Now that the students and faculty are attacking each other and turning on the college administrators, maybe they'll all cancel each other out. And with the woke/cancel culture gone, civility can return and the rest of us can live happily ever after.

2024: The Year Of Finding, Preserving Mother Trees In The Tri-Cities

continued from page 1

Now, what's left in her place is a weird-looking 15-foot trunk, with no plans for removal. Reason number one for enacting an ordinance requiring tree permits.

A tree lover and professional trimmer who has worked for a small outfit, whose owner often said "no" to potential customers wanting to remove such trees, I've researched and curated native trees and plantings for decades, volunteered with tree nonprofits, and witnessed nonsensical removals all around us. One of these involved two amateurs who tied a rope around an 80-foot tree, made a low cut, and pulled the tree down onto a lamppost. The giant could have landed on Hill-side Road traffic. Reason number two tree permits should be required.

Homeowners have struck down huge, old, healthy trees at an alarming rate all around us the past five years, only to replace them with chlorinated

pools, fireplaces, sterile backyards and more monoculture: unsustainable grass. Reason three to require permits.

Mother Trees can't be replaced in one, two, or even three lifetimes. Often, they are at least one hundred years old. No matter how many trees and shrubs I curate -- including the burr oak sapling planted on my father's 100th birthday -- these removals cannot be mitigated. The traumas affect the immediate needs of wildlife, human health, neighborhood aesthetics, personal enjoyment, and property values. Reason number four permits should be required.

A calculation for the loss of a Mother Tree like the one recently removed from our neighborhood resulted in a \$35,000 potential property devaluation, which doesn't affect only that homeowner.

Trees are the only parts of urban infrastructure that appreciate in value.

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

The Twin Towers

by Kevin Kelly

Ever wonder how the massive Twin Towers were constructed? What were the business deals and the unethical decisions made for the project? The real reason the towers collapsed which was kept from the general public. This documentary will answer all those questions and many more, including:

- Why the towers had to be built inside of a giant bathtub structure.
- The owners of the Empire State Building were extremely jealous of Tower project.

- The criticism that the World Trade Center brought upon the designers.
- The reasoning behind the unique design of the Twin Towers.
- Underhanded business deals made with the New York Mafia.

The documentary on the Twin Towers will air on Cox cable on Wednesdays @ 8:PM and Sundays @ 9:PM during the month of January, 2024. for more information you can email: Kevin@shockerenterprises.com or call: 216 534-7968

The Future of Home Care is Share Care...

Providing Around-the-clock, one-on-one care. Our trained Care Professionals provide the flexibility, safety, and peace of mind families are seeking...at an affordable cost.

To tour one of our lovely homes, call (440) 888-3809

AFFORDABLE: A place to call home located in a beautiful neighborhood.*

LIFESTYLE: Personal Care Plans implemented by Home Instead.

BEST SOLUTION: Resident to caregiver ratio is 3:1, best in area.

 **Home Instead.**
To us, it's personal

If your loved one is vulnerable and needs in-home care, we're here to help.

<https://geocare.wixsite.com/share-care>
"licensed residential facility in Parma"

PERSONAL CARE | MEMORY CARE | HOSPICE SUPPORT | MEALS AND NUTRITION

Each Home Instead Senior Care Franchise is independently owned and operated.
©2023 Home Instead, Inc.

ARABICA
COFFEE HOUSE & HOOKAH CAFE
6285 PEARL ROAD • 440.886.6648
PARMA HEIGHTS, OHIO 44130
Daily Promos From 1p.m. to 5p.m.

Monday- Buy 1 Pastry- Get Medium Coffee FREE
Tuesday- Noon-6PM \$6.00 Hookah w/Bev. Purchase
Wednesday- Buy Large Mocha- 2nd one 50% off
Thursday- Ladies Night- 50% off any drinks w/ad
Friday- \$4.00 Hookah All Day
Saturday- 50% Off Specialty Drinks Noon-6 PM
Sunday- Open Mic Night-Patio

OBSERVER

News You Can Use (And Where To Find It)

by Gene Lovasy
LOCAL EVENTS AND OPPORTUNITIES:

From Ohio House District 14 Representative Sean Brennan - Monthly Newsletter ... or website.

Mark your calendars & plan now to register for his 13th Annual Run/Walk For Pierogis scheduled for Saturday, June 29, 2024.

Grant Sources for Nonprofits...
Here is another set of five grantors identified & vetted by the MyCom network. These funders support organizations, programs, and projects that offer after-school activities for kids:

Celebrate Urban Birds The IMA Foundation The Local Initiatives Support Corporation (LISC) The Aim High grant program, funded by the New York Life Foundation The Emily Hall Tremaine Foundation. 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:
Interested in a Parma Senior H.S. keepsake? Go here to learn how you can purchase a memento from the high school.

Learn what's new in the District by attending the Town Hall Meetings scheduled for Tuesday, Feb. 6th @ Parma Hts Library. And, mark your

calendar for the 3rd and final one of the school year on Tuesday, Apr 23rd @ Parma-Powers Library. Start times: 6:00 pm

Important upcoming events
These are open to the entire community; no RSVP is required; call 440.885.8334 w/questions.

STEM Information Night (K – 8) ... 6 pm, Wednesday, January 10th at Pleasant Valley Elem

College Credit Plus... 6 pm, Tuesday, January 16th at Valley Forge H. S.

Honors, Gifted AP programs (K – 12) ... 6 pm, Wednesday, January 17th at Normandy H. S.

Kindergarten Night ... 6 pm, Tuesday, January 23rd at Pleasant Valley Elem

From Parma Council of PTAs:
Supporting the PTA Council's Community Scholarship program is now easier than ever. Simply click here & complete the Donation Form online.

Plan now to attend PCPTA Night at the Cleveland Monsters Hockey Game on the evening of Saturday, February 10, 2024. Go here to learn more & to purchase tickets.

From Achievement Centers for Children/Camp Cheerful: What they do there – At A Glance.

Camp Cheerful, located on RT 82 just about ¼ mi east of the I-71 Inter-

change, is gearing up for its Spring/Summer program offerings. Click on the respective link for more information:

Therapeutic **Horsemanship**
Cheerful Day Camp River Rock Adult Day Program Adapted Sports

If you're looking for a unique, feel-good volunteer opportunity, any of these programs would fit the bill, and they can always use more volunteers.

The organization is actively recruiting for a number of various positions. Go here for details.

From Re:Source Cleveland (was The Refugee Response) ... If you're involved with or interested in issues related to immigrant resettlement you should give their website a visit. Included in amongst a whole host of unique programs, services, and volunteer opportunities, Re:Source CLE currently supports over 700 newcomers each year, provides opportunities for hundreds of Clevelanders to mentor and volunteer, and supports over 25% of the annual budget from farm sales.

From The Center For Community Solutions ... For organizations seeking funding for capital projects check out this article to learn how to improve your chances of getting a piece of the \$700 million general revenue-funded One-Time Strategic Community

Investment Fund.

From Centers for Disease Control & Prevention ... For parents/caregivers of children 0 – 5 years of age:

Milestones matter! Track your child's milestones from age 2 months to 5 years with the CDC's easy-to-use illustrated checklists; get tips from the CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing. Get details & download the app here.

From The Literacy Cooperative (TLC) & Dolly Parton Imagination Library (DPIL):

For 24/7 access to a FREE library of digital books for families & your children, check out BOOKSMART from WorldReader. > Books are available in English & Spanish; > For children & families to read together;

Learning activities w/each book. Click on the BOOKSMART hyperlink & give it a try.

Take a couple of minutes to read these recommended fact-filled articles:

Raise A Reader: A Parent Guide to Reading For Ages 0 - 2

What We Know About Reading & The Brain

continued online with hotlinks at parmaobserver.com

“Recovery is possible!”

Addiction treatment works, people recover.

Connect with treatment today.
Call 216-623-6888 or 988

Learn about recovery.







Justin in recovery since Sept. 15, 2014

Join the Discussion at: www.parmaobserver.com

PARMA ARTS DISTRICT

Arts In Parma

by Kathryn Mabin

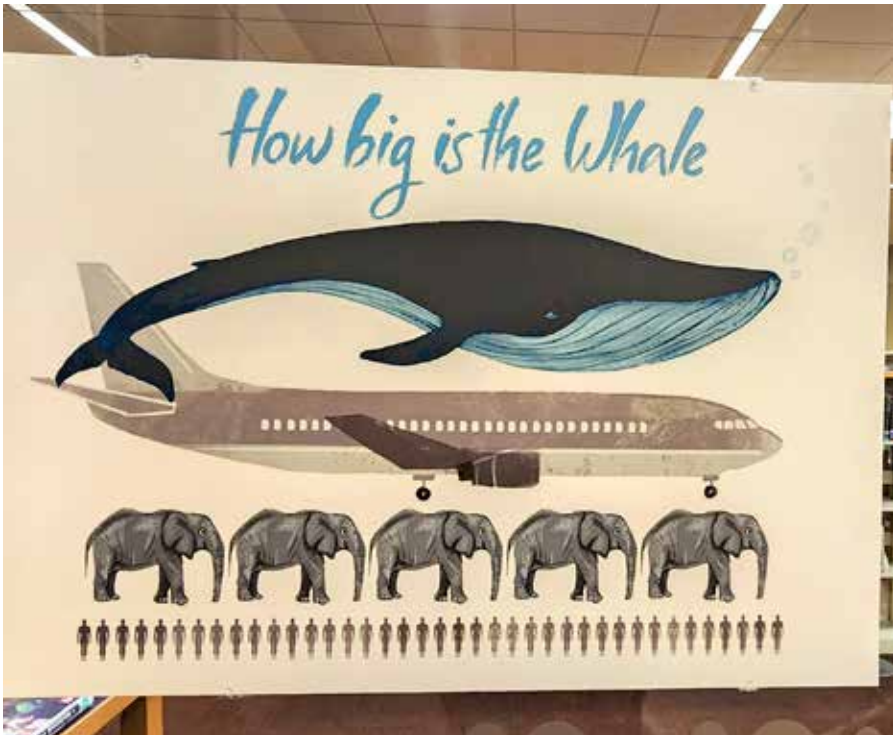
Prama ArtSpace Gallery, located at 5411 Pearl Rd. To start the new year, Prama is having a group show and sale of several talented artists. Opening night is Friday, January 12, 2024, 6:00 PM to 10:00 PM. Meet and mingle with the artists, visit the restaurants and bars on Pearl and Ridge Rd. in Polish Village, for a unique and fun date night.

Figure Drawing at The Parma Art Center, 7335 Ridge Rd (inside City of Parma Parks & Recreation Center). Ongoing FREE figure drawing the 2nd and 4th Mondays of the month, 6:30 to 8:30 PM, starting January 22, 2024. No instructor, just a gathering of artists. We welcome beginning or experienced artists to draw or paint. Live models, fully clothed. Each session a different volunteer model from the community will pose in exchange for a drawing/ painting from each artist present. This is a body-positive group, models are all shapes, sizes, and ages are welcome to pose. Great way for artists to hone your figure drawing skills, meet

other artists, in a relaxing atmosphere. For more information, or if you want to volunteer to model, email Lynne Shayko at Lshayko@kent.edu.

Beginning Watercolor at The Parma Art Center, 7335 Ridge Rd (inside City of Parma Parks & Recreation Center). Instructor Jan McAndrew is a licensed art instructor. Starting Thursday, January 25, 2024, 1:00 PM to 3:00 PM. This 4 week “Try Me” beginners class is limited to 12 students, in order to offer individualized attention. A \$20 supply fee, payable first session, covers the cost of paper, paint and brushes for the entire 4 weeks of class. Dates are January 25, February 1, 8, & 15. Register now by email to kathrynmabin@att.net. Instructors fee is covered by a grant received from Cuyahoga Arts & Culture, the cigarette tax monies. Thank you CAC.

Coming Soon!!! Beginning Acoustic Guitar at The Parma Art Center, 7335 Ridge Rd (inside City of Parma Parks & Recreation Center). Class for ages 10 to 17. One hour instruction on Saturdays from 2:00 to 3:00 PM, 6 week introductory class. Taught by a 30 year veteran of the local & national music scene. Limited to 6 students, to ensure student receives individualized attention. Cost \$60, payable in advance for the 6 week session. Must have own acoustic guitar. Instructor can offer his advise if you need to purchase a guitar for this class. Contact by email for more information regarding start date, or with questions at kathrynmabin@att.net.



Blue Whales At Your Library

by Susannah Hamm

Blue Whales at Your Library will be at Parma-Powers Branch of Cuyahoga County Public Library from December 26, 2023 to April 30, 2024. Visit the Children’s Room to explore the world of the largest animal ever

to have lived and learn about our own unique wildlife.

See the life-size whale-tail floor mat. Learn about whale size and anatomy from illustrations by the Ukrainian author, Yuliya Barannikova and artist, Teti a na Kopytova of the children’s book, The Blue Whale. See a short version of the new film, Blue Whales: Return of the Giants or explore an interactive app about blue whales. Read books about whales and the ocean in a variety of languages.

Parma-Powers Branch will present storytimes and STEM programs about whales, the ocean and conservation. Meet two local giants, the endangered Lake Sturgeon and Dunkleosteus, a Devonian fish that hunted sharks when a shallow sea covered Cleveland. For a full list of programs, go to <https://attend.cuyahogalibrary.org/event/9192530> or <https://tinyurl.com/BlueWhalesPowers>

Blue Whales at Your Library is a STAR Library Network (STAR Net) project in partnership with hhmi | Tangled Bank Studios, California Science Center, SK Films and Oceanic Films, with funding from U.S. National Science Foundation.

This work is based upon work funded by NSF under grant No. 2115860. Any opinions, findings, and conclusions or recommendations expressed in this material are those of Blue Whales at Your Library and do not necessarily reflect the views of the National Science Foundation.

BODY-POSITIVE
Figure Drawing

2nd and 4th Mondays from 6:30-8:30 pm
at The Parma Art Center
7335 Ridge Rd (inside Parma Parks and Rec Center)
starting January 22, 2024

(acrylic painting by Chris Greco)

Did you know?
With an average length of 88 feet, the blue whale is the largest mammal on Earth

BLUE WHALES
RETURN OF THE GIANTS

Scan Me For More Info!

Cuyahoga Reads

Readers Win

Making a Difference

CuyahogaReads.org

Cuyahoga Reads Report

Happy New Year! It's that special time of the year for New Year's resolutions, which may include new financial goals, health goals, and family goals. How about setting a reading goal? The nine libraries in Cuyahoga County (Cleveland Public Library, Cuyahoga County Public Library, East Cleveland Public Library, Euclid Public Library, Heights Libraries, Lakewood Public Library, Rocky River Public Library, Shaker Heights Public Library, and Westlake Porter Public Library) are here to help! Join Cuyahoga Reads, a year-long reading challenge for children and families in Cuyahoga County.

To track reading, find a literacy program, or to learn more, visit us online at CuyahogaReads.org.

A Message from County Executive Chris Ronayne

Happy New Year! Thank you for coming along on this important reading journey. On January 10, 2024, I will join students at Cleveland Metropolitan School District's Charles Mooney School for an Ohio Department of Education spotlight video. We will share great stories and showcase the literacy programs throughout Cuyahoga County to help our students succeed.

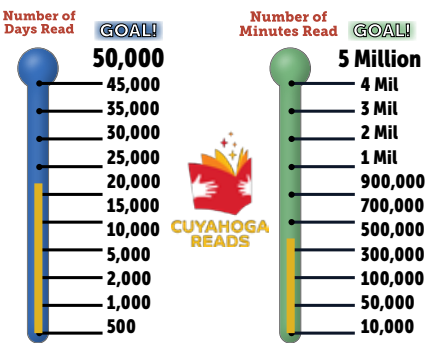
Cuyahoga Reads now has 372,000 minutes read and 18,600 days completed. We need you to keep reading. What are you reading this month? I'm enjoying *Let the Trumpet Sound: A Life of Martin Luther King, Jr.* by Stephen B. Oates.



Cuyahoga Reads Literacy Tips

OverDrive

Overdrive, Inc. is a worldwide digital distributor of eBooks, audiobooks, online magazines, and streaming video titles. They are headquartered right here in Cuyahoga County and one of our key Cuyahoga Reads partners. Since launching the program, they have issued 4,506 new Instant Digital Cards, allowing residents instant access to millions of titles. This month, our literacy tip is to download the Libby app and start reading today. Through the Libby app, you can find guides for Kids, Teens, Magazines, Mystery & Thriller titles and more. Children can enjoy Read & Play books, traditional read-alongs, and foreign language books. While reading, take a picture and share it online using the hashtag #CuyahogaReads.





Pleasant Lake Villa

Skilled Nursing · Rehabilitation · Long Term Care · Assisted Living



Five Star Quality Measures

by the Centers for Medicare & Medicaid Services

Come experience premier health care with all the touches of home – and more. At Pleasant Lake Villa, we make it our priority to provide you with high quality care, spacious accommodations and the comforts of home.

Clinical Specialty Programs

Physician driven programs with on-site rounding by each specialist in:

Cardiology ▪ Orthopedics ▪ Nephrology ▪ Pulmonology ▪ Psychiatry

On-site Hemodialysis partnered with CDC

Amenities and services:

- 60 private short term rehab suites with private bathroom and shower
- Medications administered by 24-hour nursing staff
- Visiting physicians, including dentist, optometrist and podiatrist
- 24-hour personal response system
- Secure Dementia unit
- Beautiful, secure and private courtyard for residents to enjoy fresh air
- Medical model assisted living
- Non-Denominational chapel

- Housekeeping, personal laundry and linen services
- Barber shop and beauty salon services
- Complimentary in-house cable television and in-suite internet and phone service
- Aromatherapy/gentle massage. The use of essential oils and lotions helps reduce stress for the resident
- Music stimulation, which includes using instruments, provides an invigorating experience provoking improved memory and coordination
- Gardening, cooking and arts and crafts

For more information or a tour, call 440-842-2273



Pleasant Lake Villa

Part of the Legacy Health Services Family

7260 Ridge Road · Parma, OH 44129 · 440-842-2273

www.lhshealth.com