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April, 2024  
Vol, 16, Is. 4

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## 3rd Annual Earth Day In The Commons

by Marie Gallo

The City of Parma Heights is hosting the 3rd Annual Earth Day in the Commons sponsored by NOPEC on Saturday, April 27 from 1 to 4pm in Greenbriar Commons. The family-friendly, free event features a mix of local vendors and exhibitors: NOPEC, Cleveland Metroparks – Watershed Stewardship Center, Drink Local Drink Tap, Good Nature Organic Lawn Care, Cuyahoga County Solid Waste District, Meadow City Native Plant Nursery, West Creek Conservancy, Cuyahoga County Department of Sustainability, Nature Center at Shaker Lakes, Big Creek Connects, Western Cuyahoga Audubon Chapter, Hive Works Honey, Lucky Paws Foster Group, Cuyahoga Soil & Water, Republic Services and more.

Parma Heights com-

munity partners will feature Cuyahoga County Public Library – Parma Heights Branch, Parma Heights Senior Center, Parma Heights Historical Society, Parma City Schools District, Parma Heights Garden Club, Parma Animal Shelter and Parma Heights City Council.

SATOO Reptiles & Aquatics will have live animals on display, too.

Plus, the Parma Heights Police and Parma Heights Fire Departments will have vehicles for kids to sit-in, Samurai Dynasty food trucks and more.

For more information and update to date schedule of events, visit Facebook Event

<http://www.parma-heightsoh.gov/>

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

**Parma Heights – Community Grows Here.**

## Script Parma Picture Of The Month



This month's script Parma photo of the month contest winner is Emily Hoag. Here is Emily with her daughter Elliana for her first Halloween at 2 months old - Parma's cutest flamingo. If you have a creative photo with the sign that you would like to have published, email it, along with your address and phone number, to Sean Patrick Brennan at [pierogie5k@gmail.com](mailto:pierogie5k@gmail.com). You could win a great Parma prize if yours is selected.

## Parade And Party Coming To Parma's Polish Village

by Kathryn Mabin

SAVE THE DATE! The Polish Constitution Day Parade, will be held this year on Sunday, May 5th, at 2:00 PM, is the first annual parade of the year in Parma. It's a harbinger of Spring! The parade is held in partnership with the Polish American Congress, the City of Parma, and the non-profit Polish Village Parma. It's brought to you by donations, and in part by a small grant from Cuyahoga Arts & Culture, (the cigarette tax) and lots of volunteer hours. The parade and party are open to the public. Residents and visitors alike line the side walk and tree lawns on Ridge Rd from the Parma Circle to Unity Catholic Federal Credit Union to watch the parade of Polish dignitaries, politicians, high school bands, and an assortment of various units marching, including residents from the neighborhood and surrounding communities. Businesses, non-profits, clubs



and groups are encouraged to march in the parade, at no cost. If you are interested in marching email [pacohparade@gmail.com](mailto:pacohparade@gmail.com), or contact Ward 2 Councilwoman Debbie Lime.

The weekend kicks off with a fundraiser at Ridge Road

Tavern, 5587 Ridge Rd., Friday, May 3, 2024, from 6 to 8 pm. Food, 2 drinks, live music, games & more for \$25 a person. The proceeds raised will help cover the expenses occurred for

continued on page 2

## June 5th Benefits All Faiths Pantry Wheels For Meals “Cruise In”

by Felicia Martinez

The 2nd Annual Wheels for Meals Cruise-In will be held at Yorktown Lanes on Wednesday, June 5th. Whether you come to show off your car or just stop in to experience a blast from your past, all are welcome to this family friendly event to benefit All Faiths Pantry. Last June, over 55 cars and trucks – classic, custom, hot rod, rat rod and convertibles - cruised in to Yorktown Lanes in Parma Hts. It was a great first effort with beautiful weather, plenty of parking and three Choice Awards given out.

The idea of Wheels for Meals came from All Faiths Pantry volunteer, Carl Schanz, who owns a 1956 Chevy. He wanted to help get the word out about the important work AFP does helping seniors, add in his love of classic cars, and you get a fun time for all at a Cruise-In. Also known as DJ Carl, he will be spinning the tunes out of his '56 Chevy



Classic cars at Yorktown Lanes at the Wheels for Meals fundraiser 2023

with a selection of great oldies from the '50s, '60s, and '70s.

A partner of the Greater Cleveland Food Bank, All Faiths Pantry has been delivering groceries at no cost to the homes of low-income older adults in Old Brooklyn, Parma, Parma Hts. and surrounding communities for over 17 years. Volunteers make this possible. They unload the truck, pack bags and make the monthly deliveries to clients. There are always volunteer opportunities available for those who want to give back to the community. Reach out if you want to volunteer, donate or know someone

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Parma Police Chief James Blair

## New Chief Of Police In Parma

by Daniel P. McCarthy

Parma has named a new Chief of Police, who is the 10th Police Chief in Parma's history. James Blair has served 32 years in the Parma Police Department, and for the past 4 years has been Deputy Chief. Currently there are 113 officers in the department. There are many challenges facing the new Chief, and he has the full support of the community as he takes on this new position.

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

When I took my solemn oath of office to serve as your state representative back on January, 3, 2023, I made a commitment to be your voice and to work with both my Democratic and Republican colleagues to promote policies that improve the quality of life for you and all Ohioans. Throughout my career as an elected official, I have prided myself on being a public servant, not a politician. I am proud of the body of work that I have accomplished in the short 15 months I have served you at the Statehouse.

First, and foremost, I am hyper-focused on constituent services, as anyone elected to office should be. Everyone who contacts my office is treated with respect and compassion. In fact, when hiring someone to work in my office, the number one quality I am looking for is empathy. Being able to see things from someone else's perspective is so important when folks are calling my office about their unemployment benefits, child support issues, public assistance, among a plethora of other issues. I am very proud of my hard working staff who care so very deeply for others.

Next, the bills I have introduced and



State Representatives Steve Demetriou (R-Bainbridge Township) and Sean Patrick Brennan (D-Parma) introduce H.B. 195 at the Ohio Statehouse.

supported are overwhelmingly bipartisan. I am especially proud to say that I have passed two bills out of the House of Representatives and have more that are very close. In fact, by the time you read this, I will have given sponsor testimony on H.B. 195 in the Senate Transportation Committee, which will create an adaptive mobility vehicle dealer license in Ohio. My Republican colleague, Rep. Steve Demetriou, and I are very optimistic this bill, which will really help our disabled and aging population in Ohio, will become law. The fact that only 17

bills have become law since I was sworn in and that I am in my first term, makes me especially proud. But, when you treat your colleagues with the respect they deserve, even when you do not agree, you can get good things done together.

I am very blessed to represent a very compact district that encompasses Parma, Parma Heights, and about one-third of Cleveland's West Park neighborhood, while many of my colleagues in the Ohio General Assembly represent multiple counties. I am personal friends with all of our elected

leaders and their staffs, I see constituents everywhere I go, and I am able to attend hundreds of community events each year. In fact, rarely a day goes by that I do not have conversations with multiple constituents. Each conversation I have is a learning experience that I can take back to the Statehouse when we are creating policy. So, thank you for sharing your stories, your concerns, and your wishes, for, by doing so, you make me a better legislator and public servant!

As always, if my office may be of service, please contact us via phone (614-466-3485) or email (Rep14@OhioHouse.gov). I also invite you to visit my website (ohiohouse.gov/members/sean-p-brennan) to learn more about how I am serving you and to sign up for my monthly newsletter. It is an honor to serve you!

## Parade And Party Coming To Parma's Polish Village

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Sunday's extravaganza.

The party is held in the parking lot of Unity Catholic Federal Credit Union, at Ridge & Alber Ave. Food, (both Polish & American favorites), beverages, (including Polish beer), and marketplace vendors (selling various wares). Noon to 6:00 PM. Entertainment

programming includes a live Polka Band, Polish folk dancers performing in traditional colorful dress, and more. This event offers the general public a free, safe, family oriented event, and familiarizes people with the sounds and tastes of the Polish cultural community. All are welcome!

This parade has been held for 74 years, with exception during the

pandemic, to celebrate the Polish Constitution. The event celebrates Poland's May 3, 1791 adoption of the first constitution of its type in Europe, which is a milestone in Poland's legal history, and the history of democracy. It parallels our own U. S. Constitution in approach and design. With Poland bordering Ukraine this celebration of European democracy is more important now than ever. It moved from Cleveland to Parma in 2011. The parade was the catalyst for the formation of Polish Village, a business district on Ridge Rd. in Parma's Ward 2, and soon after the 501(c)3 non-profit Polish Village Parma.

Mark your calendars, save the date, join the party and hope to see there.

Follow Polish Village in Parma Ohio on Facebook for updates and details.

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# HEALTH AND WELLNESS

## UH Parma Medical Center Names New Chief Nursing Officer

by CJ Sheppard

University Hospitals Parma Medical Center has selected a new Chief Nursing Officer to lead the more than 630 nursing caregivers at the 273-bed hospital.

Yvonne Moon, MHA, BSN, RN-BC, was promoted from Chief Nursing Officer of UH's two eastern-most hospitals to lead one of the largest community hospitals in the entire UH health system, which has 21 hospitals, including three joint ventures.

Moon has spent 14 years as a nurse leader at UH Conneaut and Geneva medical centers, serving as the Chief Nursing Officer of both hospitals for the past three years. She began her UH career as an Emergency Department nurse at UH Geneva Medical Center and later managed the ED and urgent care at UH Conneaut Medical Center. Moon is recognized for a proven track record of effectively leading initiatives to enhance patient experience and fostering collaboration between healthcare providers achieving top 90th percentile rankings.

"Yvonne's dedication to healthcare excellence spans from emergency care management to patient experience initiatives," says Ashley Carlucci, DNP, MHA, RN, CEN, CENP, Chief Nursing Officer, UH East & West Markets. "As Chief Nursing Officer at UH Conneaut



Yvonne Moon, the new Chief Nursing Officer of University Hospitals Parma Medical Center

& Geneva, Yvonne promoted organizational values, implemented best practices and drove quality outcomes. She also served as Operations Manager of Nursing, where she managed projects across nursing units and played a pivotal role in strategic decision-making."

Moon has a master's degree in Healthcare Administration and a bachelor's degree in Nursing from Ohio

University. She is a certified gerontological nurse and is currently pursuing her doctorate in Nursing Practice, Executive Track in the UH cohort at Case Western Reserve University.

Moon will begin her new CNO post on April 7. She will fill the role previously held by Kim Monaco, BSN, RN, who retired from UH Parma March 7 after three decades as a nursing leader

at UH Parma.

"We look forward to embarking together on this new chapter with Yvonne at the helm of our nursing team," said UH Parma Chief Operating Officer James Hill Jr., MD, MBA, CPE, FASA, FACHE. "With her leadership, we are confident in our continued commitment to providing exceptional care to our patients and community."

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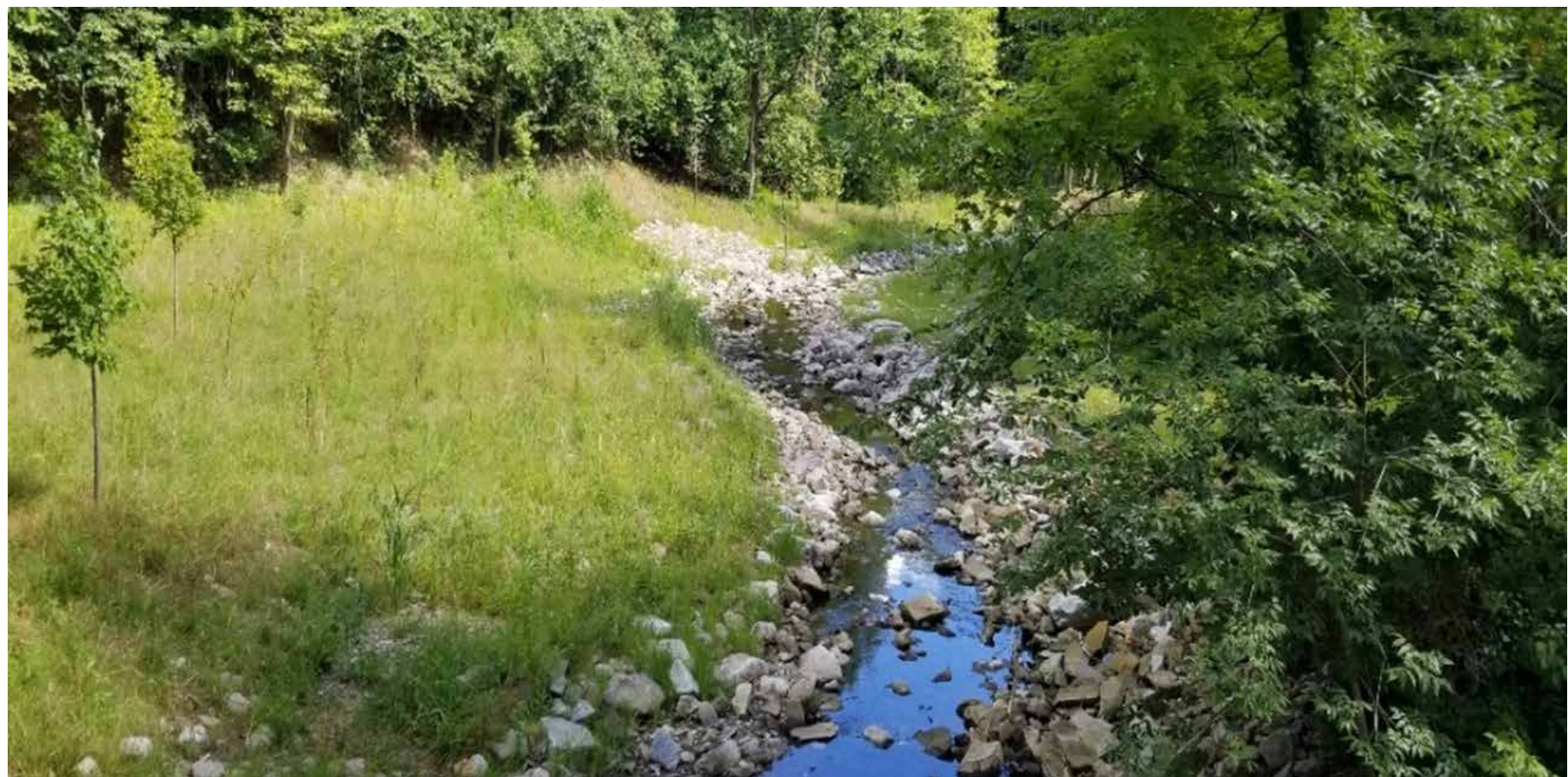
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GLIMPSES OF THE TRI-CITY AREA



April Showers And Regional Stormwater Management

by Kirsten Bull

Spring precipitation data is critical to track the impacts of rainfall on Northeast Ohio Regional Sewer District’s two major wet-weather programs: Project Clean Lake (our work to reduce Lake Erie combined sewer overflow pollution by 4 billion gallons a year) and the Regional Stormwater Management Program (which addresses intercommunity stream challenges like erosion, flooding, water

quality and debris maintenance). For more information on either of these programs, please visit our website, [neorsd.org](http://neorsd.org).

Large-scale rain events across Northeast Ohio and NEORS’s member communities are increasing. The spring season will likely bring increased rainfall and an increase in the sewer district’s efforts to address problems related to stormwater runoff from hard surfaces. The Regional

Stormwater Management Program is funded by a fee on your NEORS bill. The fees are calculated based on the amount of impervious surface area on your property, such as rooftops, driveways and patios.

Property owners have options to make changes or improvements to their properties to reduce the amount of runoff affecting local streams and storm sewers. Actions like disconnecting downspouts, installing rain barrels,

or planting rain gardens are some of the ways property owners can better control runoff on their property. On-site stormwater management helps protect water quality and reduce flooding and erosion. For more information, please visit [neorsd.org/fee-credit](http://neorsd.org/fee-credit), where you can fill out any applicable applications.

**Questions? Contact us (216) 881-8247 or tweet us @neorsd.**

St. Charles Elementary Visits The Ohio Statehouse



The students of St. Charles Borromeo School visited the Ohio Statehouse in March for a tour given by their state representative Sean Patrick Brennan.



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# PARMA HEIGHTS

## Jump Into Spring With Home And Garden Inspiration From Parma Heights Small Businesses!

by Emery Pinter

Spring and summer are great for tackling the home or garden project you’ve been thinking about, and that often means a trip to the hardware store to stock up on supplies. The most amazing of all hardware stores is found in Parma Heights. Andy’s Hardware is the Grand Daddy of hardware stores in NE Ohio. Unique and tailored to meet the needs of the local community. All of the staff are committed to being helpful by offering customers knowledgeable advice, helpful service and quality products. They have gardening supplies for your lawn, as well as hardware staples, and more. The store also offers key making services.

They will help you find whatever you need for any Spring home project, down to the individual nut and bolt. Lawnmower engine repair! Hedge Trimmer Sharpening! Lamp repair! Making patio screen doors! Perusing the aisles, a polite young man asked if he could help me find

something and proceeded to escort me to where the items were located. Everything from lawn fertilizer, multi-surface painter’s tape to electrical outlets, plumbing supplies, this store has it all!

Andy’s Hardware, 6658 Pearl Road, in Parma Heights is worth a look and they will help you with your Spring chores. There’s no better time to get outside and spruce up the yard and prep your lawn for Summer!

A new season also means new furniture and decor styles, and it’s always fun to browse Great Lakes Furniture, 6485 Pearl Rd, Parma Heights for the most current interior offerings! Looking for a new sofa or chair? Great Lakes Furniture believes that everyone has a right to a well-furnished life. As a result, they are committed to deliver quality at a reasonable price. The Parma Heights store totals more than 14,000 square feet of treasures. The owners bring their design talents and signature style to

a constantly rotating mix of Furniture, Antiques, Lighting, Desks, and Fine Art. Inspired by their love of all-things-home, their offerings

are refined and aesthetic. Visit their showroom and be amazed by stunning furniture.

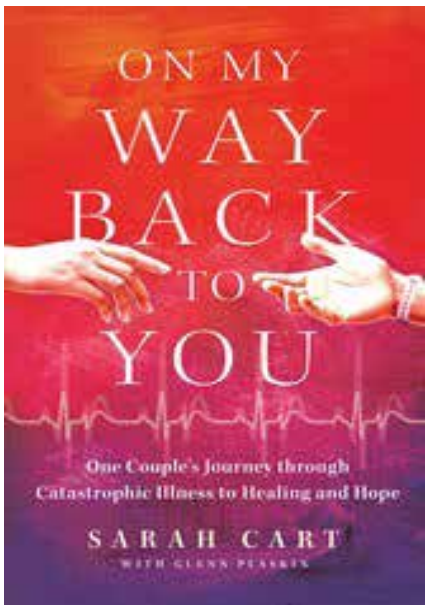
## A Conversation With Author Sarah Cart

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host a virtual program, A Conversation with Author Sarah Cart, on Monday, April 22nd, 2024 from 7:00-8:00 p.m. Author Sarah Cart will talk about her new book *On My Way Back to You*, which is her first-hand account of the journey that she and her husband faced while coping with his devastating illness during the Covid-19 pandemic. Learn about Sarah Cart’s struggles and challenges to save her husband’s life, their marriage and her mental health while embracing the gift of time, life, family and friends. This event will be held virtually on Zoom. Registration required. To register, visit [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org) or contact a librarian at the Parma



Author Sarah Cart



Heights Branch at 440.884.2313.

A meeting link will be emailed to registered participants approximately one hour prior to the start of the program. Staff will be available for help with connecting to Zoom and technical issues beginning 15 minutes prior to the program. You will need a device with audio and/or video and an internet connection to join. If you have questions about this program, please contact a librarian at the Parma Heights Branch at 440.884.2313.

This event will be broadcast live on Zoom. Registration and an email address are required to receive the link to participate.

Order your copy of *On My Way Back To You* from Mac’s Backs – Books on Coventry: [macsbacks.com/book/9781637632512](http://macsbacks.com/book/9781637632512)

## The Transformation And History Of Parma City Schools: Mid-1970s To The Present Day

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host The Transformation and History of Parma City Schools: Mid-1970s to the Present Day on Thursday, April 18th, 2024 from 7:00-8:00 p.m. in Meeting Room C. Join presenters from Parma City Schools Historical Museum who will discuss how the mid-1970s brought changes to Parma and how the Parma City Schools adapted. Several factors include lower birth

rates, declining enrollment, declining & aging population, and State of Ohio control of PSCD’s curriculum and testing. Using an audiovisual presentation with maps, photos and narrative, learn how Parma City Schools transformed to meet the needs of its changing society and culture to the present day. Registration required. To register, visit [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org) or call the Parma Heights Branch Library at 440.884.2313.



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CRAIN'S CLEVELAND BUSINESS 2022

## NOTABLES

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# INSPIRATION



## Vietnam (The Unseen Struggle Continues)

by Robert Stilwell

U.S. troops have fought in jungles since the Spanish American War. Vietnam, however, presented new challenges, as enemy forces used the thick, triple-canopy jungle as a tactical advantage in guerilla warfare. To counter this advantage, the Americans launched Operation Ranch Hand in 1962, employing Chemical Herbicides and Defolients in enormous quantities to deprive the enemy of places to hide. Agent Orange is the most infamous of these "rainbow herbicides," and it's lingering toxicity continues to effect those exposed on either side of the conflict. The first U.S. combat troops didn't arrive in Vietnam until March 1965, but by then the effort to defoliate the jungle was well under way. The Chemical weapons used were known

as the Rainbow Herbicides. Agent White, Agent Purple, Agent Blue, Agent Pink, Agent Green, and Agent Orange-- named for the colored band on their respective storage drums. Between 1962-1971 the U.S. sprayed an estimated 20 million gallons of these herbicides in Vietnam, Eastern Laos, and parts of Cambodia, usually from helicopters or low flying Aircraft, but sometimes from backpacks, boats, and trucks. Agent Orange alone accounted for more than half of the total volume of Herbicides deployed. Many Vietnam Veterans are suffering from the effects of Agent Orange as well as the Vietnamese People. As a Volunteer for Cypress Hospice, I have visited with some Veterans that were suffering from the effects of Agent Orange. They are with God now.

## Vietnam Revisited (What Happened To Arn Chorn)

by Robert Stilwell

Arn was rescued by an American Soldier and taken to a refuge camp in Thailand. 2 years later an American named Peter Pond picked up Arn and 2 other Cambodian boys and went to the United States. Arn was adopted by Peter Pond and his wife to live in a big house in New Hampshire. Arn would have terrible nightmares almost every night wondering where his family was or even if they were alive. He slept on his bedroom floor because he could not get used to a bed. It was hard for him to believe that he did not have to hunt for food. At night he would sneak downstairs to the refrigerator and steal food to bring back to his room. He would put bananas under his pillow so he could eat in the safety of the night. He would then put the peels on the floor. When his mother came up in the morning she got angry. Arn didn't know to throw anything away. He viewed school as being terrible. He had never been to school before. He failed every class. He spit at a teacher and was sent to the Principals office. Instead of being expelled he was allowed to stay because he was so good at playing Soccer. Arn could not stop thinking about his family and others who were suffering in Cambodia. Then one day his adopted father told him if he really wanted to help other Cambodians come to this country, you have



The Khmer Rouge issued guns to their boy soldiers that were almost as big as the children themselves. The first few times Arn Chorn shot his, the impact knocked him backward into the dust.

to speak out. In later years Arn found out that no member of his family had survived the Khmer Rouge. He continued to learn English and to speak out for Cambodian Refugees. In 1984, Arn and his friend, Judith Thompson co-founded Children of War, a group that brought people from War-torn countries together and gave them a chance to tell their stories to large audiences throughout the United States. He currently lives in Massachusetts where he works with an organization that helps Cambodian immigrants adjust to life in the United States.

## 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



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PERSPECTIVE

A Pivotal Year During The 1960s

by Lee Kamps

Recently I watched a documentary on PBS from their American Experience series about the year 1964. They said that year was a pivotal year in that decade where a lot of things happened that changed just about all aspects of life in the United States. After watching that two-hour documentary, I must agree. In 1964 I was in high school at Valley Forge High School, and I remember the events of that year very well.

At the beginning of the year, the country was still in shock after the assassination of President John F Kennedy. Lyndon Johnson had taken over as President and the holiday season in 1963 was somewhat subdued compared to other years.

But early in the year events happened that would change everything later. The first thing was the arrival of The Beatles in the United States. They had been a big hit in Europe and on February 9, 1964, they were on the Ed Sullivan show on a Sunday night. The next day in school that is all everyone was talking about, and the girls were going crazy over The Beatles. Their first single and album shot to the top of the charts and for most of the year, The Beatles dominated the airwaves. They were followed by several British rock and roll groups in what became known

as the “British invasion”.

Also, that month was a heavy-weight match between a young boxer named Cassius Clay and the reigning world champion, Sonny Liston. Cassius Clay was brash and was a darling of the media with his rhyming predictions for the fight. He also welcomed The Beatles to his training camp and posed for photos with The Beatles. In the fight, Sonny Liston didn’t come out for the seventh round and Cassius Clay became the heavyweight boxing champion of the world. It wasn’t long after that fight that he went public with the fact that he had converted to Islam through the Black Muslims and changed his name to Mohammad Ali.

Later that spring, President Lyndon Johnson addressed the commencement at the University of Michigan and in that address, he outlined his “great society”, a series of programs designed to help the poor and disadvantaged people across the country. Those programs included the food stamp program, the Head Start Program and increased federal spending on education.

Then, in June it was reported that three civil rights workers who were in Mississippi registering black people to vote were missing. After an extensive search, their bodies were found buried in an earthen dam and evidence

led to those three men being killed by members of the Ku Klux Klan. In July, President Johnson signed into law the most sweeping Civil Rights Act since Reconstruction. One Senator who voted against that Civil Rights Act was Arizona Republican Barry Goldwater, who went on to become the Republican party’s nominee for President to face Lyndon Johnson who was running for a full term as President. Goldwater was known as a real conservative, “A Choice, Not an Echo” as a popular book described him.

Another thing happened in the summer of 1964 that was a preview of what was to come later in our cities. A black man was shot and killed by a white policeman in the Harlem neighborhood of New York. That was the spark that set off several days of rioting in that neighborhood as stores and houses were burned.

But in the first week of August, a small incident halfway around the world happened that changed the entire course of the decade. That was when an American destroyer was attacked by North Vietnamese gunboats in the Gulf of Tonkin off the coast of Vietnam. President Johnson asked for and got the authority to take “whatever actions that he deemed necessary” to deal with aggression by the North Vietnamese. The Gulf of Tonkin Resolution in fact was a de facto declaration of war against North Vietnam. That resolution passed the Senate with only two dissenting votes.

Almost immediately the draft calls increased. At the time, there were less than 20,000 American combat troops in Vietnam. Four years later the number of American combat troops in Vietnam reached 535,000 troops. Eventually over 58,000 Americans would be killed in the Vietnam War.

The presidential election dominated the news at the end of the year. During that campaign, the Republican party found themselves with some available television time and needed something to fill that time. So, they



Photo of me taken in July 1965 in Rocky Mountain National Park taken by my father.

showed a recording of a speech given in support of Barry Goldwater by actor Ronald Reagan. His speech was very well received, but it didn’t have much effect on the outcome of the election.

Lyndon Johnson won in a landslide, winning with 61% of the popular vote and Barry Goldwater only carried his home state of Arizona and five states in the deep south. It was clear that the political alignment in the United States was changing since the south had been considered as solidly Democratic. As far as Ronald Reagan, two years later he was elected governor of California and sixteen years later, he was elected President of the United States.

The election also swept in strong Democratic majorities in both houses of congress and in 1965, President Johnson was able to get his proposals for Medicare and Medicaid passed as well as the Voting Rights Act. But Lyndon Johnson didn’t have much time to enjoy his victory. By 1968, with over a half million combat troops in Vietnam and protests around the country against the war, he decided not to run for another term as President. Sixty years later, his legacy is mixed and still controversial.



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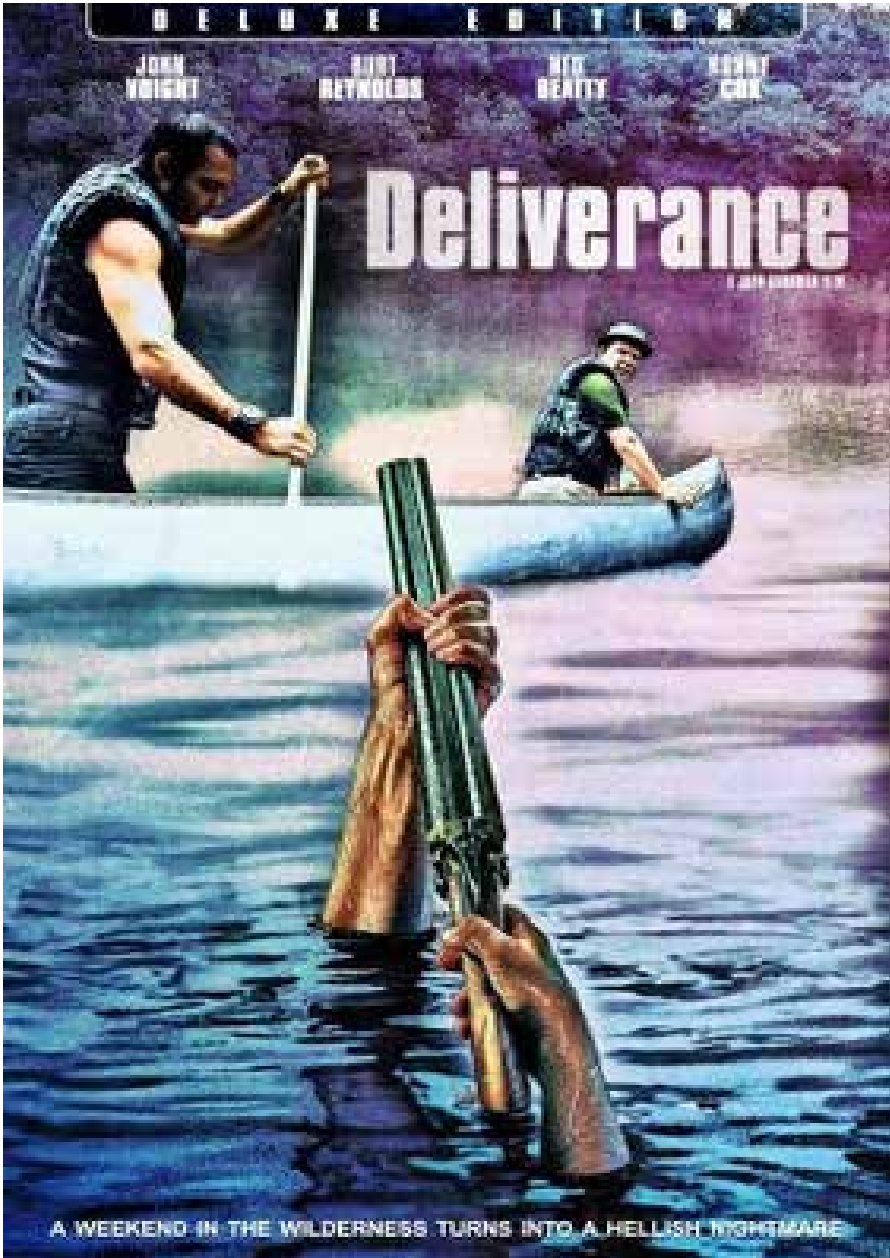
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VIEWPOINTS



Movie add for the movie "Deliverance"

Spring Is In The Air

by Kevin Kelly

It's spring once again, and you know what that means. Outdoor activity will begin to pick up as the temperature continues to rise. The Parks in Parmawill begin filling with more warm bodies of people, their pets, and lots of wildlife. Golfers will begin going to the Ridgewood Golf Course. There will be lots more activity on the towpaths in the Parma Metroparks where ones will be spotted wading in Big Creek, along with cyclists riding the park's beautiful trails. A few may even attempt to take up other outdoor activities such as archery, canoeing, rock climbing and white water rafting.

Back in 1972, a motion picture came out at the local theaters which had a tremendous effect with outdoor activities. The movie was called "Deliverance", which was based on a best selling 1971 novel of the same

name. The film showed high octane white water canoeing scenes, climbing steep cliffs and intense archery scenes. The theme of the movie is man vs. the outdoors, and the strength to survive.

Besides the motion picture containing graphic violence the movie increased interest in outdoor activities such as canoeing, archery and cliff climbing. Unfortunately, because the movie also aroused many daredevils and amateurs curiosity, injuries and death's followed. This forced authorities to place safety regulations to some of these outdoor activities.

For the first time ever, a documentary about this motion picture and its impact on viewers will air on Cox Cable, Channel 45, Sundays at 9PM. For more information you can email: kevin@shockerenterprises.com or Call: 440 888-8327.

Parma Area Historical Society At Stearns Homestead

by Kathryn Mabin

The Parma Area Historical Society's Annual Meeting will be held on Sunday, April 21, 2024 at 2:00 PM in the cabin at Stearns Homestead. Stearns Homestead, Parma's Historical Farm, is operated by the Parma Area Historical Society (PAHS) in cooperation with the City of Parma. All are welcome to attend. There will be a trustees election, review of the past years accomplishments, and goals set for the 2024 year. If you love history & farms, now's your chance to get involved. Stearns Homestead is located at 6975 Ridge Rd.

Stearns Homestead is the last working, educational farm in Parma. It's unique, and truly a city gem. Located south of Parma City Hall, right in the center of town. It's a 48 acre farm with over 75 animals. You can purchase feed to feed the animals yourself. Stearns Homestead consists of several buildings, two houses which are operated as museums with furnishings, antiques, appropriate to their eras, a Yankee



style barn and several outbuildings, plus a country store. It's home to the Historical Society. There's also a 4-H Club. It's a great kid friendly and educational place to spend a couple of hours on a weekend. Opening Day is Saturday, May 4th, 11:00 am to 2:00 pm.

For all inquires, on Cabin Rental, Farm Group Tours, Volunteering and Youth Groups please email: StearnsHomestead@gmail.com. Webpage: Stearnshomestead.com. Facebook/ StearnsHomestead. Stearns Homestead is located at 6975 Ridge Road in Parma. Mailing address is, PAHS/ Stearns Homestead, PO Box 29002, Parma OH 44129

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

OBSERVER

# Weapons And Self-Defense

by Deborah White

John hurried down the dark street when it began raining. The streetlights were dim and made it even harder for him to see his way home with his bag of groceries. Suddenly, a man jumped out of the darkened alley and pointed a gun at him! “Give me your wallet! Now!” John, startled and frightened, fidgets for the wallet and hands it over. The man grabs the wallet as his finger slides back on the trigger and fires a bullet into John’s chest. He falls to the ground holding his chest. The man runs off into the night rain.

Suppose someone suddenly pulled a gun and put it in YOUR face and demanded all your money. What would you do or could you do? As in the scenario, John had no time to think and even though he followed the thief’s demands, he was shot.

What about a scenario where a man follows you to your car and as you open the door, pushes you inside and crawls in behind you? What could you do? Is there time for you to pull a weapon? Sometimes weapons are not always convenient to reach for. But let’s look at weapons and what can be a weapon. The word, “weapon” brings to mind, a gun, a knife, mace, or maybe a stun gun. It is hard to have your weapon of choice continually available, even if

you carry it in a holster. And even if you do have it handy, do you have a backup plan? What if there are two assailants? Maybe one is behind you and the other is in front of you. What is your planned response now?

Things change on a dime, so the saying goes. But when it comes to safety it is important to have a quick response to the change. Your environment plays a large role in how you react. Suppose John, in the scenario above, reacted the instant the man jumped out in front of him with a swift movement of his body? Maybe flinging his bag towards the robber. Or maybe a quick hand movement pushing the man backwards? Would it have saved his life? Who knows? But the fact that he died anyway is a frightful act.

The backup plan is important in your decision to use a weapon for defense. Any self-defense plan should include what you would do if your weapon was not available or out of reach. Many everyday items can be used as a weapon, if necessary. Tools always make good weapons. Hammers, crowbars, screw drivers, and wrenches are something you might keep in your kitchen junk drawer. But consider some other less violent makeshift weapons such as wooden spoons, forks, hand can openers, and yes, even metal

spoons. These can be easier to access, if you are at home, and can be just as useful in your defense as the more violent makeshift weapons. It all depends on the target areas. Some delicate target areas are, throat, eyes, ears, neck, knee, and top of the foot. These are just a few areas that are vulnerable to everyone. Just because your assailant is big or carries a gun, doesn’t mean he cannot be taken down. Everyone is vulnerable in some way. If you know the target

areas, then learning the techniques used to strike those areas are the next thing you need to know.

By Deborah White, RA, MBA, BA (Black Belt-Self-defense Coach/ Karate Instructor/Prevention Specialist) Author of: Predator Prevention Guide, Be Bully Proof (Amazon.com), & Women’s Real-life Self-defense Techniques. To learn more email me at [theselfdefenseguru@yahoo.com](mailto:theselfdefenseguru@yahoo.com)

## In Support Of Ukraine



Demonstrators supporting Ukraine from Ukrainian Village in Parma were front and center outside of an event hosted by US Senator JD Vance. He has been vocal in his skepticism of funding Ukraine in the conflict against Russia, and they were not shy about telling him so.

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PARMA ARTS DISTRICT

Arts In Parma

by Kathryn Mabin

**\*Prama Artspace Gallery**, 5411 Pearl Rd, opened the exhibit titled “Back In The Groove”, on Saturday, March 23, 2024. The show runs through April 21st. It features Amelia Casiano, Gary Nass, Laura D’Alessandro, Rez Work and Sean Mabin.

**\*Sean Mabin – and wife, Angie Reali-Mabin** are in the Geauga Park District’s Community Art Exhibit titled “The Forest is Calling and I Must Create”. This show is a Tree Inspired Exhibit, on display through April 21, 2024 from 10 AM to 4:30 PM at The West Woods Nature Center. Sean also was accepted into the Annual Juried BAYarts Exhibition, at 28795 Lake Rd. in Bay Village, which runs through April 6th.

**\*Marianne Legeza** – Member of the Greenbriar Art League and Parma Arts is currently on exhibit in the Geauga Park District’s Community Art Exhibit titled “The Forest is Calling and I Must Create”. This show is a Tree Inspired Exhibit, through April 21, 2024 from 10 AM to 4:30 PM at The West Woods Nature Center. Her three watercolor paintings are " Autumn Splendor"- red and golden maple leaves, " End of Season"- grove of birch trees, and “Serenity”- a winter landscape with snow and pine trees.

**\*Lynne Shayko** – is currently on exhibit in the “In Honor of Women” Exhibit at Stella’s Art Gallery, located at 38033 Euclid Ave in Willoughby. Lynne is a member of Parma Arts and the instructor for the upcoming Introduction to Portrait Drawing class which runs through April. She also oversees the Free Figure Drawing at the Parma Art Center, information below.

**\*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. No instructor, just a gathering of artists. 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, 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.

**\*Parma Arts** - located at the Parma Arts Center, 7335 Ridge Rd, in the Parks & Recreation Department Building is currently seeking members. Membership in this 501(c)3 nonprofit is inexpensive. They haven't raised fees in over 20 years. I can’t name another organization that can boast a statement like that. Their mission is to bring arts to the community. View their web page [www.parmafinearts.org](http://www.parmafinearts.org) for more information.

**\*Call for Artists** – Annual Medley of Arts Show & Sale May 18 & 19, 2024, at the Parma Art Center, 7335 Ridge Rd. Details and the application can be located on their web page [www.parmafinearts.org](http://www.parmafinearts.org). There are 8 categories. First place in each category receive cash awards, 2nd & 3rd place receive ribbon recognition, plus there’s a Best in Show and a People’s Choice Award. Over \$600 in prize monies. Ages 16 and up can enter.

AMELIA CASIANO   GARY NASS  
LAURA D'ALESSANDRO   REZ WORK  
SEAN MABIN

OPENS MARCH 23RD  
6-10 PM

BACK IN THE GROOVE

PRAMA ARTSPACE AND GALLERY  
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SHOW RUNS MARCH 23 - APRIL 21ST

Art Of The Journal

by Kathryn Mabin

On Friday, April 19, 2024, from 5:30 to 8:30 pm, Parma Arts Council is holding a workshop titled “The Art Of The Journal”. The session will be held at The Parma Art Center, located at 7335 Ridge Rd. in the Parma Parks & Recreation Dept. building. A real bargain at \$10 per person.

Have you ever wanted to get more organized while also finding a way to benefit your mental health? Bullet Journaling is a wonderful way to accomplish

THE ART OF THE JOURNAL

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Heather Leigh

Author of  
KathrynMabin.com  
and  
Heather Leigh  
7335 Ridge Road

Workshop to learn how to create a beautiful bullet journal with a colorist

both of these goals at once! This workshop will teach the mental health benefits that come with daily journaling practices while also teaching several basic spreads to get a new bullet journal started that can be maintained for a whole year at a time. Participants will receive their own hand embellished journal to take home.

Writing in a journal/diary can be a useful tool for processing and integrating insights and experiences in our daily lives. It’s a healthy way to express yourself. It helps to manage stress, anxiety, and cope with depression. It improves your mood by prioritizing your problems, fears and concerns.

The instructor, 32 year old Heather Leigh is a mental health therapist. She’s also the author of 9 published books, most are themed psychological dramas with the main character having mental health struggles. She’s also written and published a memoir. She’s been writing since 2010. Heather has a Bachelor’s in English Literature & Creative Writing, a Master’s in Clinical Mental Health Counselling, and is currently pursuing a PHD in Forensic Psychology.

The workshop participation is limited, don’t hesitate to register by email at [kathynmabin@att.net](mailto:kathynmabin@att.net).

Sponsored by Parma Art Council, and in part through a grant from Cuyahoga Arts & Culture, the cigarette tax.

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Cuyahoga Reads

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A Message from County Executive Chris Ronayne

April is Poetry Month! Cuyahoga County’s Poet

Laureate, Honey Bell-Bey, uses poetry to inspire and motivate people. The U.S. Conference of Mayors and Americans for the Arts recently honored her with the National

Citizen Artist Award for her significant contributions and influence. Even before becoming the Poet Laureate of Cuyahoga County in 2020, poetry has been a part of Bell-Bey’s life. She wrote her first poem at age eight, and today, she encourages young people to write poetry as well. She is also the founder of The Distinguished Gentlemen of Spoken Word, which is a performance group for men. The award-winning troupe performs across the United States and around the world.

Bell-Bey’s work goes beyond poetry. She is a youth and community advocate and an experienced trainer in Substance Abuse, Youth Work, Culture, and the Integration of Science and Innovative Practices.

To read Honey Bell-Bey’s poetry, visit [poets.org/poet/honey-bell-bey](http://poets.org/poet/honey-bell-bey).



Honey Bell-Bey: Poet, writer, educator, and community advocate.

Log your reading for the **Cuyahoga Reads Reading Challenge!** Scan the QR Code to get started with the Beanstack app today!

beanstack

QR Code

Illustration of a person reading a book.

Cuyahoga Reads Literacy Tips

Celebrating National Poetry Month with your children in April is an excellent way to ignite their love for reading. The vibrant, fun and playful nature of poetry, which often involves exploring simple concepts and emotions, makes it a perfect choice for young readers. Not only does reading poems inspire their imagination, it also introduces them to language structures, word choices, and rhyming patterns in a joyful way. Encouraging children to not just read, but also write their own poem, further enhances their linguistic skills and lets their creativity blossom.

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