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Volume 6 • Issue 6 • June, 2014

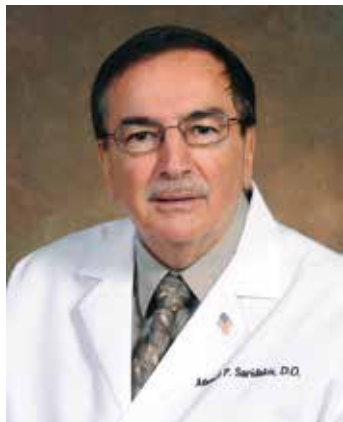
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Parma Doctor Is Ohio Family Physician Of The Year

by CJ Sheppard

A longtime member of the University Hospitals Parma Medical Center medical staff has been honored as Family Physician of the Year. The award was presented to Manuel P. Saridakis, DO, by the Ohio State Society of the American College of Osteopathic Family Physicians (ACOFPP) at its annual symposium, attended by more than 300 physicians.

Manuel Saridakis, DO, has been on staff at UH Parma Medical Center since 1985. A graduate of the Chicago College of Osteopathic Medicine,



Manuel Saridakis, DO

he was the first in his family to enter the medical field, followed by his younger brother, George, and his cousin,

Michael – both of whom are in practice with him, with offices in Parma and Sagamore Hills. Christopher J. Loyke, DO, his other practice partner, nominated him for this award.

"The entire profession of medicine is built on the backs of people like Dr. Manny Saridakis, who focus on patients and go above and beyond each and every day," Dr. Loyke said. "He has inspired so many people to go into medicine, leading by example."

An active member of the Greek community, Dr. Saridakis belongs to St. Paul Greek

Orthodox Church, where he has served on the parish council. As stated in the famous Greek medical text, the Hippocratic Oath, he pledged to "impart a knowledge of the art to my own sons, and those of my teachers, and to students bound by this contract and having sworn this Oath to the law of medicine." Dr. Saridakis has trained hundreds of medical students throughout his nearly four decades in practice.

His mission to serve is carried on by his two children. Paul is a family practice resident at a Columbus hospital. Ellen is a first-year medical student at the Ohio University Heritage College of Osteopathic Medicine, where Dr. Saridakis serves as master faculty.

In Ohio, 12 percent of all physicians are DOs. Of family physicians in the state, 26 percent are DOs.

Town Center Task Force Hears Public Input

by Jeannie Roberts

About 30 residents, along with several members of City Council, gathered at the Parma Library to hear what's been happening so far in the meetings of the Mayor's Town Center Task Force. According to the overall tone of the comments, most of them like what they are seeing from the people charged with making the Town Center move from concept to reality.

The meeting at the library, held Tuesday May 13, was the first Public Input Forum since the Task Force was formed late last year. The Task Force had been working in committees, and the fruits of their labor were on display at the public input meeting. Committees concerning Building & Site Design, Roadway & Streetscape, Marketing & Busi-



Residents consider the zoning and land use concerning the Town Center. West Creek Conservancy's Derek Schafer offers his expertise.

ness Attraction, and Zoning & Land Use displayed photos and charts that indicated their thinking so far.

Residents were invited to indicate favorable opinions with green adhesive dots and to register their displeasure with

red dots. Adhesive notepads were available for residents to add their own ideas.

The Task Force will reconvene, consider the public input, and ask for more in another public meeting in July.

Parma Heights Celebrates With 147th Memorial Day Parade

by Daniel P. McCarthy

On a gorgeous May morning, the City of Parma Heights celebrated their 147th Annual Memorial Day Observance, first with an inspirational service featuring words spoken by a US Marine Corps Officer and was followed by a parade which began at the Greenbrier Commons and proceeded down Pearl Rd. to the Parma Heights Cemetery at Reservoir Drive. Always a popular and well attended event, this year was no exception. The observance in Parma Heights at Parma-South Presbyterian Church is one of

the longest continuous Memorial Day Observances in the USA, dating back to just after the end of the Civil War when this area was still part of Parma. The small town feel of Parma Heights, the moving ceremony, and the enthusiastic support from the residents makes this an especially enjoyable event. I am reminded quite distinctly of why we choose to remember those on this day who have



Parma Hts. Mayor Michael Byrne speaks with a marine after addressing the crowd.

made the ultimate sacrifice with their lives in order to protect and defend our constitution and therefore our very way of life.



First Federal of Lakewood Art Show

The Arts Are Alive And Thriving In Parma

by Kathryn Mabin

Petite Picasso's & Mini Monet's I received an invitation to attend the 2nd Annual Children's Art Show, May 1, 2014, at the First Federal of Lakewood branch located on Snow Rd, just west of Broadview Rd. As a long time member of the Parma Area Fine Arts Council, I support all types of artistic events and decided to attend. I was greeted at the door by Brian Winslow, Branch Manager of the Parma office. I learned that in addition to the Artist Reception, the artwork is on display for an extended period of time, which allows the public to view the creations. Brian told me his customers really enjoy the opportunity to view the children's artwork during their visits to the branch. Brian Winslow is a member of C/B/S.

The C/B/S (Community/Business/Schools) Partnership was created in the early 1990's. It's mission is to foster a connection within the community, and match resources with the needs of the school district. Parma should be very proud of C/B/S, which is a

highly acclaimed concept that has been considered a model program throughout Ohio and nationally. Businesses, groups and individuals work directly with the schools on various programs that enhance the educational experience of students.

The partnership with First Federal of Lakewood Bank and John Muir Elementary School is a prime example of this concept in action. Cheryl Murray, art teacher at John Muir, along with Beth Hall, traveling art teacher, selected the work to be displayed, matted it and hung the show. Cheryl Murray told me it was difficult to select pieces for the show as the children are all very talented. The show certainly was a success. It warmed my heart to see the excitement on the children's faces, as well as the pride shown in their parent's eyes. Refreshments were provided by First Federal for the attendees, coffee, juice boxes and snacks. The children were recognized for their achievement in a small ceremony with certificates provided by First

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Community News

The President’s Corner

by Sean Brennan,

Recently, I was perusing a copy of the Consumer Action Handbook published by the United States Government General Services Administration (GSA) Federal Citizen Information Center and found inspiration for this month’s column. I observed that it is full of reliable advice and information for consumers on topics such as buying a car, getting your credit report, selecting an insurance provider, and protecting your privacy, among a plethora of other topics. I found it helpful for my family and hope that is for you, as well. Below are just a couple of the items I have already taken advantage of.

Is your day often interrupted by telemarketing calls? If so, the federal government has created the DO NOT CALL registry to allow you to restrict these calls permanently by registering your phone number by calling 1-888-382-1222 or online at www.donotcall.gov. It may take three months for your number to be added to the system, how-



Sean Brennan,
Parma City Council President
ever, after that period, if you receive telemarketing calls, you may file a complaint at the same number and website. Note that calls from political organizations, charities, telephone surveyors, and those you have authorized due to an ongoing relationship are permitted under the registry. Another thing

I learned is that telemarketers are not permitted by law to call cell phones, so it is not necessary to register these numbers, although you may still do so.

The Handbook also provides information regarding how to obtain your credit report. Credit reports contain a lot of personal information, including where you work and live, your bill payment history, whether you have been sued, arrested or filed for bankruptcy, etc. Federal law allows you to obtain a free copy of your credit report once a year from all three of the major credit reporting agencies – Experian, Equifax, and TransUnion. Simply call 1-877-322-8228 or visit www.annualcreditreport.com to make your request. The Handbook makes the following excellent suggestion, “You may want to request your credit reports one at a time, every four months, so you can monitor your credit throughout the year.” Please note that there are many businesses out there that will sell you access to your reports. The number and website above are a free and legitimate source of the information. Please also note that you are required to purchase your credit score,

if you wish to know it.
To find out more or to obtain your own copy of the Consumer Action Handbook visit www.USA.gov/consumer or call 1-800-FED-INFO (333-4636). I hope that you find this month’s column helpful. As always, if you have suggestions for future columns, please feel free to contact me at (440) 885-8091 or councilmanbrennan@sbcglobal.net. Hope to see you at the July 4 parade!

Cuyahoga Land Bank Acquires 4,000th Property; Demolishes 2,500th Property And Renovates 860th Property

by Katherine Bulava

This week, the Cuyahoga Land Bank hit three milestones as it continues to fulfill its mission to strategically acquire properties, return them to productive use, reduce blight, increase property values, support community goals and improve the quality of life for county residents.

Since opening its doors in 2009, the Cuyahoga Land Bank has acquired 4,000 properties. The Cuyahoga Land Bank acquires distressed properties from a variety of sources, including banks, government sponsored enterprises such as Fannie Mae, federal and state agencies, such as HUD, as well as real estate lost to tax foreclosure and donated properties. Houses acquired by the Cuyahoga Land Bank are either renovated or demolished.

Many of the properties acquired by the Cuyahoga Land Bank are blighted and beyond repair. They create a health and safety hazard, constitute a haven for criminal activity and lower the value of surrounding homes. In these instances, the house is scheduled for demolition.

“Blighted properties are a strain on the neighborhood, often endangering people’s safety,” said Cheryl Stephens, Director of Acquisition, Disposition and Development for the Cuyahoga Land Bank. “By removing these properties, we improve conditions and pave the way for something new, whether

that’s a bigger yard for a neighbor, a community garden or a new home.”

Once slated for demolition, the Cuyahoga Land Bank acts swiftly to remove the nuisance property in order to speed the recovery and stability of the community in which that property is located. This week, The Cuyahoga Land Bank successfully completed

Pool Safety

by Doug Turner

The sounds of children laughing and water splashing are familiar sounds on warm summer days. Tragically though, over 200 young children drown in backyard swimming pools each year. Following some safety tips can help ensure safety at pools and spas. Adding an extra safety step in and around the water can make all the difference. Pool safety means adopting critical steps whether at a residential or public pool or spa.

An adult should actively watch children at all times while they are in a pool. For infants and toddlers, an adult should be in the water and within arm’s reach. For older children, an adult should be paying constant attention and free from distractions, like talking on the phone, socializing, tending household chores, or drinking alcohol. The supervising adult must know how to swim.

Adding as many water safety steps as possible is the best way to assure a safe and fun experience in a residential swimming pool or spa. Parents and families can build on their current safety practices by adopting water safety steps and following any local or state ordinances for pool and spa installation.

• Teach children basic water safety tips

its 2,500th demolition since starting operations in 2009.

The Cuyahoga Land Bank offers a variety of renovation programs, including the Owner Occupant Buyer Advantage Program (OOBA), the Advantage Plus Loan Program (Advantage Plus) and the HomeFront Veterans

- Always watch your children when they are in or near a pool or spa
 - Keep children away from pool drains, pipes and other openings to avoid entrapments
 - Have a portable telephone close by at all times when you or your family are using a pool or spa
 - If a child is missing, look for him or her in the pool or spa first
 - Learn to perform CPR on children and adults
 - Install a four-foot or taller fence around the pool and spa and use self-closing and self-latching gates; ask your neighbors to do the same at their pools.
 - Install and use a lockable safety cover on your spa
 - If your house serves as a fourth side of a fence around a pool, install door alarms and always use them, install window guards on windows facing pools or spas.
 - Install pool and gate alarms to alert you when children go near the water
 - Maintain pool and spa covers in good working order
 - Consider using a surface wave or underwater alarm.
- You can find more information at great sites like www.poolsafely.gov and www.homepoolessentials.org



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Health/Culture

Auxiliary's June 20 Garage Sale To Benefit Patients

by CJ Sheppard

Shoppers and sellers – as well as patients – will benefit from the Parma Hospital Auxiliary's garage sale on Friday, June 20.

Spots are still available for sellers to take advantage of this sale, which takes place from 8 a.m. – 4 p.m. outside the main entrance of University Hospitals Parma Medical Center. Proceeds from the sale will fund new walker bags for

therapy patients. Sellers may reserve eight-foot tables for just \$30 each. Call 440-743-2372 to reserve a table.

As an added bonus, the Auxiliary will sell Lydia's Strudel. The Shredding Network also will station its truck in the parking lot from 12-2 p.m., so bring your junk mail and confidential papers for shredding. Donations are welcome for this service.

Parma Health Ministry, Still Serving Those In Need

by Gene Lovasy

It is important that residents of Parma, Parma Heights, North Royalton and Seven Hills be aware that the Parma Health Ministry (PHM, a free clinic that offers medical care) is still open and available to those individuals without, or who cannot afford, health insurance. They must also meet our eligibility requirements, which include:

1. Between the ages of 19 and 64;
2. Not receiving Medicaid, Medicare, Welfare or other Federal Health Insurance benefits and unable to afford private insurance;
3. Live within the geographic boundaries of: Parma, Parma Heights, North Royalton, and Seven Hills;
4. Earned and/or unearned income not to exceed 200% above poverty level

(a current IRS Form 1040 must be provided).

Also affiliated with the Health Ministry is a certified navigator who can assist folks whose circumstances have changed and are reapplying through the Federal Health Exchange or who may be applying for Medicaid. To be eligible for Medicaid, an individual's annual income cannot exceed 138% of the federal poverty level of \$11,670 or no more than \$16,104. Enrollment is open year-round.

The Parma Health Ministry is a volunteer organization started almost 20 years ago to provide free care for residents of the specified communities who have no health insurance or have not qualified for government assistance. PHM is a collaborative community service of Parma Christian Church, UH Parma Medical Center, and participating volunteer healthcare professionals. It is made possible by the generous financial support of the Parma Hospital Health Care Foundation.

Patients are seen by appointment only. For more information or to make an appointment, call 440.843.8087 or visit our web site at www.parma-healthministry.org. Our office hours are Monday through Friday 9am until 2:30pm.



Jacob Loughner guided cancer patients in expressing themselves through art therapy at the University Hospital Seidman Cancer Center at UH Parma Medical Center.

Healing, Creating For Cancer Patients

by CJ Sheppard

With paintbrushes and ceramics, Jacob Loughner helps cancer patients focus on healing. The Parma Senior High School graduating senior spent eight days in May working one-on-one with patients at the University Hospitals Seidman Cancer Center at UH Parma Medical Center. Whether coloring, painting, decorating ceramics or designing collages, each patient had a

blank canvas to create his or her own masterpiece. "It was extremely rewarding and inspiring," said Loughner, who has volunteered at UH Parma Medical Center since he was 14 and enjoys interacting with patients. Loughner was one of eight students to recently receive a \$1,000 Auxiliary scholarship to continue their education in a health care-related field. He plans to study art therapy at Ursuline College.

11th Annual Senior Health & Fitness Day In Seven Hills



Seven Hills hosted the 11th Annual Senior Health & Fitness Day at their Community Recreation Center on May 28th. The event featured speakers, tons of useful information, with over 100 vendors. Attendance was monumental and vendors were enthusiastic in their mission to help Seniors to discover ways that will make their golden years all that more enjoyable.

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Parma Area Education

ASSET CORNER

Visit the "Asset Corner" on Facebook. Share your Asset building ideas.

Asset Corner #54

by Gene Lovasy

June’s Asset Category: BOUNDARIES & EXPECTATIONS Support and empowerment (Assets 1 through 10) need to be balanced with clear, consistent attention to boundaries and boundary reinforcement. Important here are clear messages about what is in-bounds (for example, respect for people and property) and what is out-of-bounds (including violent resolution of conflict and substance use).By the same token, caring adults who expect young people to do their best help them to learn good judgment. Every day young people face many options and choices. Boundaries and expectations provide young people with the support they need to choose wisely.

This column’s focus will be on..... Asset #15 – Positive Peer Influence

The power to be positive
Too often, people jam the words peer and pressure together and think of it as a bad thing. Truth is, that’s only part of the story. Sure, peers have power. But this pressure is only negative when young people feel they’re pushed to do something they know is too risky. Peers can also help young people become more independent by encouraging and supporting healthy choices. Peers can invite one another to join teams or clubs, help with homework, or simply listen. You can help young people choose the kind of peer power they want in their lives and what kind of friends they want to be. If young people and their peers are responsible, positive, and supportive, they are more likely to succeed.

Here are the facts
Research shows that young people whose closest friends behave responsibly do better in school, get into less trouble, and choose activities that give them the

best chance of future success. It makes sense for young people to surround themselves with people who bring out their best qualities. In return, they can multiply the benefits by being friends who are also positive influences. About 63 percent of young people, ages 11–18, say their best friends model responsible behavior, according to Search Institute surveys.

Tips for building this asset
Peer pressure is especially strong in school. When you notice trouble brewing or young people who are about to make a poor choice—in school or elsewhere—remind them that they have the power to say no—even to a peer or a friend.

Also try this:
In your home and family: Identify people, stories or images that exemplify the positive power of peers. Use these examples to help your child make a collage of inspiring quotes and images for a friend.

In your neighborhood and community: Talk with young people in your neighborhood about the qualities you admire in each of them. Encourage them to be a positive influence in the lives of their friends and peers.

In your school or youth program: Pair off students and participants. Have them take turns discussing a time when they positively influenced a friend or peer. After each story, talk about how it felt to use positive peer pressure.

ASSET RELATED NEWS
• **The Collab & MyCom are gearing up for the summer season with programs/activities that include:** a Summer Meal Program for kids ages 2 to 18 starting on June 16, Summer Dayz is returning to Hanna & Walter’s Grove Park and, patterned after the Shiloh Café Afterschool program is the Summer Café

at the Hanna Building. Visit the District’s web site, www.parmacityschools.org or call the Collab at 440.887.4873 for details.

• **The Collab’s Community Garden** is back, bigger then ever & looking for gardeners. Call the above number for details. And, don’t forget about the Collab’s monthly Mobile Food Pantry scheduled for Thursday, June 12th. Mark your calendar now – volunteers are always needed for the Pantry as well as the other programs.

• **If you haven’t lately, visit the District’s web site at www.parmacityschools.org** and check out the newly revised “List of Needs” submitted by some of our schools. If you can help out simply call the school and ask to speak to the individual named as the contact.

• **It’s Backpacks For Kids** time again. Help our kids begin the 2014 school year right. Unfortunately, however, outside funding has been practically eliminated so donations of any amount are absolutely essential for the program to be successful. Please make your check payable to Parma Area Collaborative &

drop it off or mail to Parma Area Family Collaborative 11212 Snow Rd, Parma OH 44130. Or, if you’d rather support the school’s Education Foundation/ KIKS Office Backpack drive make your check payable to Parma City Schools Foundation & mail to Parma City School Foundation – Backpack Drive, 5311 Longwood Ave. Parma OH 44134.

• **Community Ambassadors** will be hosting another Ministerial Forum at the Collab (Hanna Elementary) beginning at 9:00 am, Monday, June 9th. School Superintendent Jeffrey Graham will be the keynote speaker. Please share this as appropriate and encourage your church representative to attend.

• **If you or if you know of anyone** who’s circumstances have changed & who needs help or is confused about the federal health insurance program (Obamacare) or has questions about Ohio Medicaid, visit Parma Health Ministry’s web site at www.parmahealthministry.org or phone: 440.843.8087. Their Health Care Navigator should be able to help.

Share your asset building ideas and/or thoughts about the developmental asset concept by visiting the “asset corner” facebook page. I’m looking forward to hearing from you.

Visit www.search-institute.org/assets for more information about the 40 Developmental Assets and ideas for helping young people build them. Or go here <http://www.parentfurther.com/> for great asset-based parenting tips, tricks, activities and ideas.

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Inspiration

Sights And Sounds Of The Forest

by Ruth Revecky

The little girl sat on the mossy grass beneath the trees. The forest was a very peaceful place to be. She watched and she listened; there was so much to hear and to see. The sound of the rustling leaves was created by a gentle breeze. The leaves were wet from the morning dew and looked like green emeralds flashing in the bright sunlight.

The flowing water in the tiny stream cascaded over a tiered waterfall. The birds twittered and darted here and there. Buzzing bees were making honey in their nest in a hollow tree. Darting minnows, scurrying crayfish, and sliding water spiders filled the clear-running stream. Little bunnies hopped beneath the giant oak trees. Tiny brown squirrels rushed to and fro, looking for

tasty acorns, chattering as they scurried by the little girl. Then a spotted fawn quietly came into view. It was looking for new-grown grass to chew.

Cow bells clanged from distant meadows; jet-black crows caw-cawed overhead; they were searching for corn to eat. A patch of blue sky appeared through the swaying, wind-blown trees, and the little girl caught sight of a swooping hawk, who was hoping to snatch a meal in its sharp beak. Little mice, hiding under leaves and twigs, peeked out now and then, but soon they were out of sight! Then the little girl glanced at her watch – it was time for her to go home. She was sad, for she didn't want to leave her creature friends who lived in the peaceful forest.

The Arts Are Alive And Thriving In Parma

continued from page 1
Federal.

In this economy the arts have taken a hit in our classrooms. Arts improve and enhance learning, encourage creativity, and generate new ideas. The arts are closely linked to academic achievement, social and emotional development and engage the community in civic pride. Arts foster growth in math, reading and cognitive ability, promote critical thinking and enhance verbal skills. The arts also improve motivation, concentration, confidence and foster teamwork.

Parma Mayor's Town Center Task Force On May 13, 2014, I attended the Parma Mayor's Town Center Task Force at the Parma Library on Powers Blvd. It was very well attended and very informative. Lots of very creative ideas were presented and people had the opportunity to voice their opinions.

Art is present in many forms within our community. However, most people don't stop to think about how art plays a role in what surrounds us in our daily lives. Art is not just the painting above your couch. It plays a major role in the community. For instance, consider the beautiful murals that have popped up on some of our buildings, or the artfully arranged gardens large and small throughout the community, or the colorful and eye catching signs that grace our businesses. These aesthetically pleasing things are what bring people into the community to live and shop in pleasant surroundings, and they show our pride in our city.

As an advocate of community arts,

I was particularly interested in the fact that public art was discussed. For instance, outdoor sculptures that relate to adults and children that would be housed in small pocket parks around the Town Center. Also discussed was a grassroots neighborhood event, with music, food, artists, and vendors, providing for a fun community event. I feel that these are the types of activities that create a community, generate pride, and bring people together. Designs for signs, colored sidewalks, bike trails, pedestrian walks, greenery, and more were also on the agenda.

I am excited about all the revitalization that is going on in Parma. The city beautification project, The Shoppes at Parma, the store front renovations going on all over our city, our two new modern state of the art libraries, the happenings at UH Parma Hospital, and so much more, with lots of new and exciting things coming our way. Parma, as the second largest city in Cuyahoga County, has a lot to brag about. I encourage everyone to participate whenever they can.

Thank you to the Task Force for encouraging residents to participate and offering us a voice.

Flamingo Fever! Artists are clamoring to meet the deadline, which was extended to May 30th, for entry into the Second Annual Flamingo Fever! Public Art Exhibition. Artistic minded individuals provide designs based upon the traditional pink plastic lawn ornaments. The designs are vetted by a committee. Artists are contacted

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What Will Matter

by Debbie Sillett

Ready or not, some day it will all come to an end. There will be no more sunrises, no minutes, hours, or days. All the things you collected, whether treasured or forgotten, will pass to someone else. Your wealth, fame, and temporal power will shrivel to irrelevance. It will not matter what you owned or what you were owed. Your grudges, resentments, frustrations, and jealousies will finally disappear. So too, your hopes, ambitions, plans, and "to-do" lists will expire. The wins and losses that once seemed so important will fade away. It won't matter where you came from or what side of the tracks you lived on at the end.

It won't matter whether you were beautiful or brilliant. Even your gender and skin color or how you dressed will be irrelevant. So, what will matter? What will matter is not what you bought, but

what you built. What will matter is not what you got, but what you gave. What will matter is not your success, but your significance. What will matter is not what you learned, but what you taught. What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered, or encouraged others to emulate your example. What will matter is not your competence, but your character. What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone. What will matter are not your memories, but the memories that live in those who loved you. What will matter is how long you will be remembered, by whom, and for what. Living a life that matters doesn't happen by accident. It's not a matter of circumstance, but of choice. Choose to live a life that matters!

I Believe

by Daniel Taddeo

A parent's responsibility includes viewing every child without showing partiality. America evolved from a Biblical foundation. The majority of its residents have lost sight of this fact.

Any permanent progress in life begins on the inside and spreads to the outside. Being in the majority can get us into a lot of trouble.

Biblical stewardship (trustee) is a way of living in which our blessings take on primary importance.

Communication is hearing what has not been said.

In the end, our choices shape our character and we receive what we give. It is foolish to deny ourselves joy by wishing we were in a future or past time. It is well to drop the old so that one may seize the new.

Keep our faces upturned to God as the flowers do to the sun. Look, and our souls shall love and grow.

Like a gold ring in a pig's snout is a beautiful woman who shows no discretion. Love others just the way they are.

Love should be in the center of our being and in all that we do.

Making fun of people never helps and always hurts.

Minimize looking back and looking forward and maximize the present.

No temptation has seized us except what is common to all.

One of the greatest steps in discovering who we are is discovering who God is. Our curiosity should focus on the Word of God.

Our standards for living need to conform to God's Word.

Set our minds on things above, not earthly.

The days and the years inevitably turn the pages and open a new chapter in our life.

The only thing that we take with us when we die is our character.

There are better things ahead than any we leave behind.

There is something in every season to celebrate with thanksgiving.

We can grow, learn, and trust just as much or more presently than we ever did in the past.

We do not remember days, we remember moments. Make moments worth remembering.

We should resist allowing others to compromise our moral values.

Who we believe we are is what will play out in the long run.

Self-reflection is always a good exercise. What I believe is a work in progress, not limited to these statements and subject to change. What do YOU believe?



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Our Neighborhoods

Stearns Homestead's Farmers' Market Begins New Season

by Debbie Sillett

The Farmers' Market at Stearns Homestead opens its new season, Saturday, June 21, 2014 from 9am-1pm and is operated by the Parma Area Historical Society in cooperation with the City of Parma. This historical working farm is a wonderful way to spend the day with your family. Come enjoy fresh fruits, vegetables, bakery, soaps, organic products, meats, honey and eggs from local vendors such as Cossel Farms, Don Anna Farms, Wildtree Oils, Bread Lady Bakery, Sweet Lorraine's Treats, Go Green with Tupperware, Just Nutrolls, Fresh the Deli, Butcher and Cafe, Stearns Farms,

S&R Farm Market, and more. This outdoor market will be open every Saturday from 9am-1pm until October 4. Please check the website (www.stearns-homestead.com) for other activities going on monthly. Also, there is a bus stop in front of the farm and the farm is handicap accessible. You can have a picnic here and tour the two museum houses and country store. Enjoy the animals and feed or adopt one to visit. Senior coupon programs and WIC accepted here by certain vendors. Stearns Homestead is located at 6975 Ridge Road in Parma, Ohio. For more information call Debbie at 440-882-6234.



Seven Hills Home Days attendees enjoy the Midway.

Seven Hills Home Days Is Coming In July!

by Kathy Holland

The City of Seven Hills biggest gathering of family, friends, and neighbors is July 25, 26, and 27, 2014 when Home Days comes back to Seven Hills for its 41st year! Held behind City Hall, 7325 Summitview Drive, Home Days always has fabulous food, riveting rides, magnificent music, and more. This year the Home Days musical entertainment will pay homage to the Golden Age of Rock-n-Roll. There will also be various vendors with a variety of items for purchase and two nights of fireworks. Mark the calendar! The firework displays will be Friday night, July 25th and Saturday

night July 26th at 10:00pm. Home Days hours are Friday 6-11pm., Saturday 3-11 pm., Sunday 12-9pm.

Promotional booth, exhibit space, vendor food booth space and sponsorship opportunities are now available to promote your product, your business, or your organization. Reach thousands during this three-day event.

Booth space is limited however. For more information or to receive an application, call Kathy Holland at 216-525-6227 or email kholland@sevenhillsohio.org. Applications may also be downloaded from the City's website at www.sevenhillsohio.org.

Global Village Academy Now Enrolling For 2014-15

by Oleh Holowatyj

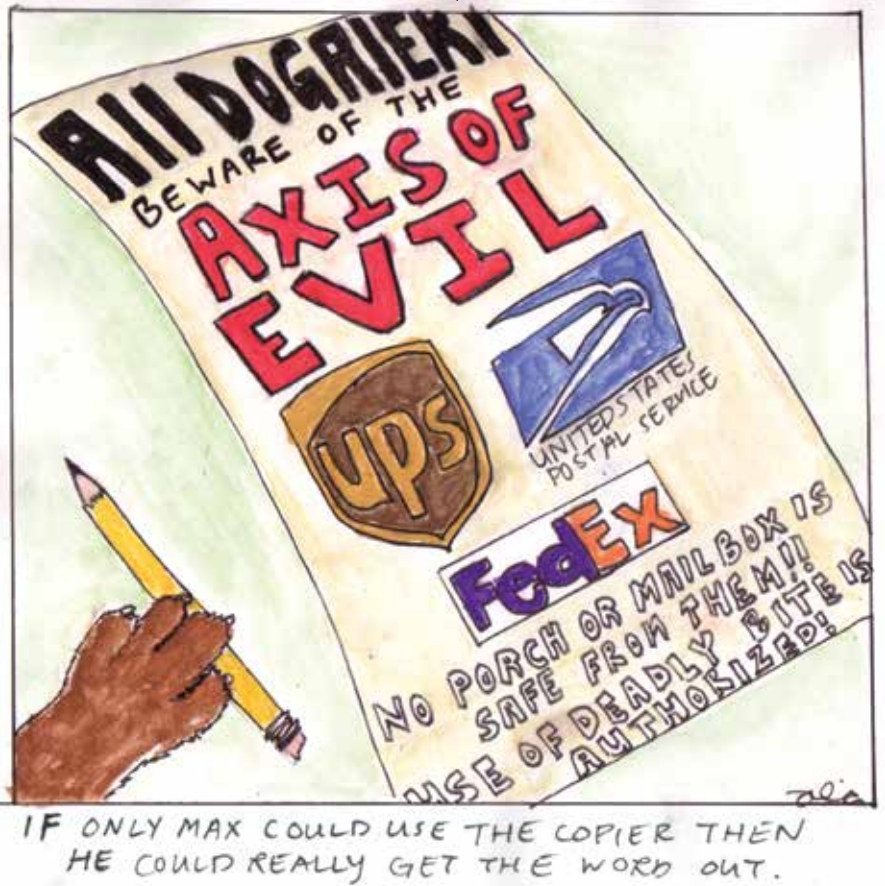
Global Village Academy (GVA), a Public Community School, located in Parma, Ohio is now accepting students for the 2014-2015 school year. As a community school Global Village Academy is part of the state system of public education. Global Village Academy was started in 2011 and has grown steadily since its modest beginning.

Currently Global Village Academy is a K through 5th grade school and will offer a 6th grade for the 2014-1015 school year. Future plans include offering an additional grade every year ending with grade 8. GVA currently is full in grades K-3 and has a limited number of vacancies in the 4th, 5th, and 6th grades for school year 2014-2015. Spaces are going quickly so call today for an appointment to visit our school.

GVA teaches a State mandated Common Core curriculum as well as a mandatory language program of Ukrainian or Spanish. In addition to the core subjects students receive one period of language instruction four days a week. Through this rigorous curriculum, outstanding teachers, and learning atmosphere, GVA recently ranked seventh in performance index out of charter schools statewide.

If you are interested in having your child receiving a quality education from Global Village Academy you can pick up an enrollment form at the school office (5720 State Rd.; Phone: 216-767-5956) or on the school website (www.globalvillageacademy.net) where you can also access additional information.

Now That's Funny? by Julia Cindric



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Perspective

Mandated Paid Sick Time; Its Time Has Come

by Lee Kamps

Would you want to have a meal in a restaurant where the waitress taking your order is coughing and sneezing? Or where the person cooking the food is also sick? Would you want to stay in a hotel room if you knew that the person who cleaned the room earlier in the day came to work sick? Of all the developed nations in the world, only the United States lacks any government policy mandating paid time off for illness. Most of us who work full time tend to take paid time off for sickness for granted. Very often we use a sick day when we are just

“sick of work” and need a day off. The coughing and sneezing waitress is obvious. But millions of low wage service employees do not receive any paid time off for illness. Paid time off for sickness is a benefit only available to full time employees and is denied to part time workers and many in low wage occupations in the service sector.

Yet those people who wait on us in restaurants, cook our food, serve us in the fast food restaurants, clean the hotel rooms where we sleep and sometimes clean our own houses very likely do not receive any paid time off for

sickness. Very often those workers are single parents or young adults beginning their working careers. Most of the time their wages are very low and many have to depend on government assistance such as food stamps and Medicaid. Taking a day off because they are sick means giving up the wages earned that day and few people in the food service, retail and hospitality industry can afford to miss a day's pay. So all too often many come in to work when they should be staying home recovering from their illness.

Because so many employers are

stingy with sick time and especially paid sick time, many parents will send their children to school sick rather than leave them home alone or take a day off work to care for a sick child. Many teachers I have known have complained about sick children being sent to school when they should be kept home. Very often the parent is working and cannot afford to miss a day's work. So the child is sent to school where they can infect the entire class.

It is time to realize that by employees coming in to work sick, they not only risk infecting co-workers, but also the public as well. Most good employers do grant paid time off for sickness. But many do not, especially for low wage employees in food service, retail, and hospitality. Paid sick time is very rare among part time employees.

It is time to mandate that all employees have a minimum number of days that they could take off because of illness regardless of whether they are part time or full time. Arguments against mandating paid time off for sickness is that it will increase the cost of doing business and that employees will abuse the privilege are not valid.

Businesses in the same industry that grant all employees paid time off for sickness are not less profitable or more costly than those businesses that refuse to give employees paid sick time. At the same time, very few employees abuse paid sick time. Besides, abuse of paid sick time off is grounds for firing any employee. Although, it is illegal to fire anyone because of illness unless the illness impairs their ability to perform the duties of their job and the employer cannot accommodate the employee's situation.

In fact, all reports show that in businesses where paid sick time is granted to the employees, those employees are more productive, have a higher morale, and lower turnover of employees. However, in this day where diseases can spread like wildfire around the globe and where people are in constant contact with others on the job, it becomes a matter of public health. It is now that perhaps the government should step in and mandate that all employers grant every employee a minimum number of paid sick days per year that they could use when they are sick. Do we have to wait until a 21st century version of “typhoid Mary” comes around and infects thousands of people on their job before the government acts?

NE Ohio's Environmental Consortium, LEAP, Should Stand For “Let Every Animal Perish”

by Lucy McKernan

Cleveland Museum of Natural History (CMNH) just published its quarterly member magazine, “Explore” with a feature on LEAP, acronym for Lake Erie Allegheny Partnership for Biodiversity. First in the piece – an indictment against all things threatening nature itself – is the sub-head, “THE DEER DILEMMA,” which reads, “The impact goes well beyond the car accidents and torn-up suburban flower beds that are often cited in news reports.”

On May 15, 2013, sixteen Northeast Ohio LEAP members, part of the “Wildlife Conflict Committee” -- with the City of Cleveland Office of Sustainability -- ratified the “Position Statement of White-Tailed Deer Management” including:

“At times it is necessary to use human intervention to manage deer population numbers at acceptable levels for desired healthy ecosystems, to reduce nuisance situations, and to increase humane safety.”

The LEAP acronym should actu-

ally stand for: Let Every Animal Perish.

Why?

For starters, LEAP is the prime mover behind the frenzied franchise of urban deer killing all over our neighborhoods and parks. LEAP wants to convince us that deer are somehow invasive demons to be “managed.”

Yet, neither LEAP's website, www.leapbio.org, nor any its members have offered science-based evidence that killing thousands of native deer controls their numbers, or reduces accidents or browsing.

Even more contradictory, these environmental groups admit that bigger threats to native plants and ecosystems are invasive plant species. Actually, Climate Change is the biggest threat.

It's easier for LEAP to malign deer than to admit they were all wrong, as did world-renowned land management expert Allan Savory, who at least apologized after killing thousands of elephants because he mistakenly thought they were ruining vegetation, and then founded the Savory Institute to promote browsing and grazing by large herds of herbivores because it benefits the ecosystem.

Still thinking killing is the only option? Even more incongruous on LEAP's part is that two months ago, perhaps NE Ohio's most well-known member, Cleveland Metroparks' (CMP) Terry Robison, head of natural resources, publicly admitted that the very reason we now have large, stable deer populations is because Ohio's hunting has been so “successful.” CMP, along with fellow LEAP member Ohio Division of Wildlife's (ODOW), now can be found admitting at every turn that Ohio “sport”

hunting has resulted in the paradox of larger, stable deer populations.

In fact, at the April 2014 meeting of Seven Hills Ad Hoc Deer Committee – a front to make it appear as if certain council and residents have done their due diligence before “resorting” to killing – found DOW's hunter/trapper/wildlife representative Geoffrey Westerfield stated: “we know hunting has caused rebounding populations. That's why we are here, to help homeowners find deer damage solutions.” Westerfield's solution? Kill more deer. Ohio hunting is declining, so wildlife agencies are scrambling to recoup profits by sending wildlife officers to recommend urban/suburban kill permits.

Sadder still is what happened in Avon Lake, Ohio, which recently lost a national bid to be part of the first-ever birth control study on free-roaming, suburban deer. That's right, Avon Lake blew it on a national level. Hastings-on-Hudson in New York, won the deer birth control bid after its residents repeatedly refused all lethal methods, and then cooperated with the study's science-based mandate of using only birth control.

Why did Avon Lake make this mistake? In the above-mentioned “Explorer” magazine, Cathi Lehn, Sustainable Cleveland Coordinator from Cleveland's Office of Sustainability (LEAP member), stated, “I went to some of the [Avon Lake] public meetings, and was amazed by the misinformation. So I thought it was really important that the experts in the region put their knowledge down

continued on next page

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Perspective

Every American Deserves Access To A Quality Education

by Jim Renacci
US Congressman

Every student, regardless of where they live, deserves access to a quality education. Ensuring that the next generation has the opportunity to learn the skills necessary to succeed is the America our Founders envisioned, and it is also the key to a healthy economy. Charter schools play an integral role in our nation’s educational system and our effort to promote school choice. Nearly 6,500 charter schools exist in the United States, just 6 percent of all public schools. They are in 42 states, including Ohio and Washington, D.C. Charter schools provide America’s young students with an opportunity to escape underperforming schools and empower parents to play a more active role in their children’s education. They pave the way for teachers to implement innovative methods and encourage competition at the state and local levels.

Most important, charter schools continue to get results and their students are excelling. More than one quarter of the Newsweek/US News & World Reports’ Best High Schools in America are charters. Enrollment has doubled in the past six years, yet nearly one million students are currently on charter school wait lists due to lack of enrollment slots.

In Northeast Ohio, we have seen firsthand the successes of Breakthrough Schools, the highest-performing network of free, public charter schools in Ohio. Breakthrough Charter Schools is a nationally recognized network of schools that was formed in 2010 by three of the highest-performing public charter schools in Cleveland. Their vision is to further Greater Cleveland’s transformation by providing distinctive school

options for no fewer than 6,000 children in 19 schools by 2020. Currently, they have nine schools serving more than 2,500 students throughout Cleveland. I look forward to visiting the Preps Woodland Hills Campus in Cleveland, Ohio this week in order to learn more about its mission, its faculty, and its students.

This past week, during National Charter School Week, the House of Representatives passed the Success and Opportunity Through Charter Schools

Act. This legislation strengthens the charter school program and allows successful charter school models to be replicated nationwide. It passed the House with broad bipartisan support, and I was proud to vote in favor of a bill that will allow successful schools, like Breakthrough Schools in Cleveland, the opportunity to grow and provide an excellent education to today’s young students.

It is important that we remove barriers to charter school growth and

give hardworking families – regardless of their income or where they live - more options when it comes to their children’s school. I am hopeful that the Senate and the President will act swiftly on this legislation, which is essential to enabling charters to serve more students throughout the country and ensuring that the next generation is prepared to enter the workforce and keep America competitive.

NE Ohio’s Environmental Consortium, LEAP, Should Stand For “Let Every Animal Perish”

continued from previous page

on paper.” Did Lehn’s mere presence seal the fate of Avon Lake, and all NE Ohio deer?

By coincidence, the morning after this writer submitted an Open Public Records to the City of Cleveland about its involvement in LEAP deer-killing, a major news story broke regarding what \$360M is being used for, primarily through a City office with the word “Sustainability” in its title.

Look here to see if you are funding or supporting deer killing through LEAP (not a comprehensive list, includes only a fraction):

- Audubon Society of Greater Cleveland
- Cleveland Botanical Garden
- Cleveland Metroparks
- Cleveland Metroparks Zoo
- Cleveland Museum of Natural History (Jim Bissell, one of LEAP’s most vociferous agents)
- Cuyahoga American Heritage River Initiative

- Cuyahoga County Board of Health, (offices in Parma)
- Cuyahoga County Planning Commission
- Cuyahoga Soil & Water Conservation District
- Cuyahoga Valley National Park
- Doan Brook Watershed Partnership
- Earth Day Coalition
- Friends of Big Creek
- Green City Blue Lake Institute
- Hiram and Mount Union Colleges
- Lorain, Medina and Summit Metroparks
- Native Plant Society of NE Ohio
- Nature Center at Shaker Lakes
- Ohio Division Natural Areas/Preserves
- Ohio Division of Wildlife

- Ohio Invasive Plants Council
 - Holden Arboretum
 - Nature Conservancy
 - Trust for Public Land
 - Wilderness Center
 - US EPA
 - West Creek Preservation Committee (WCPC, in Parma, along with CMP, manages West Creek Rez)
 - Wildlife Services (branch of fed gov’t)
- For a comprehensive list of LEAP members, go to www.leapbio.org. But for science-based source of information on urban deer – created by a convert who once believed it necessary to “thin the herds” but now knows it’s all about the money and kill mantra - look no further than www.sevenhillsdeer.com.

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Citizen Viewpoint

The Arts Are Alive And Thriving In Parma

continued from page 6

regarding their acceptance and given a lawn ornament to decorate. Businesses are contacted throughout the city and offered the opportunity to display the flamingos in a prominent location. Over the summer residents will be able to track and spot the creations, which will eventually be auctioned off at a banquet in the fall. It is really a fun community event! For more information on Flamingo Fever!, visit polishvillageparma.com/flamingofever2014.

Medley of Arts On Saturday, May 17, 2014, I participated in the Medley of Arts Show at Parma Area Fine Arts Council, (PAFAC). PAFAC sponsors two shows annually. The spring show has more of a gallery feel, whereas the fall show is more vendor-oriented. Fifteen artists participated in the competition, which consisted of 5 categories, and cash prizes were awarded. Included were paintings, graphic arts, photography, 3D, and jewelry. PAFAC has served this community for over 50 years, offering shows, art classes, scholarships and various art related events to the community. It is an all volunteer organization. I can attest to the

fact that our area can boast of the talents of many creative individuals. The spring show was a nice way to pass a hour or two viewing the various works of these talented artists, while sipping coffee and munching on goodies. The day was cool, and many stopped in to spend a few pleasant moments discussing the various mediums used, as the artists were on hand to explain their processes. Admission was free and the event was open to the public.

Also participating were Great Lakes Wood Carvers, a highly talented group of individuals that just enjoy carving wood. Many of their members have won competitions all over Ohio. High On Dolls, also participated with their textile creations, fresh from a show at the IX Center. Their textile art is more sculpture-like than traditional dolls. Both are affiliate organizations to PAFAC.

Also on display were several pieces from PAFAC's after school Children's Art Exploration class, which is taught by Sean Mabin. He received his Bachelor of Arts degree from the Cleveland Institute of Art, and his licensure to teach art education from Cleveland State University. His classes incorporate art history and current events as they relate to the class project.

PAFAC offers reasonably priced art classes throughout the year, for both children and adults. Most classes are \$8 for a two hour session with a qualified instructor. Classes have a laid back, friendly, informal atmosphere, and are pay as you go classes. Beginners are always welcomed.

The process of creating artwork in it's various mediums is therapeutic, as it reduces stress, develops skills, increases self-esteem and self-expression and gives a sense of purpose and accomplishment. It is a pleasant way to end your day. Art is for all ages, and it makes you smile.

For more information contact PAFAC by phone at (440) 888-4514, or visit the web site www.parmafinearts.org, or follow on Facebook. PAFAC's office is in the Donna Smallwood Activities Center at 7001 W. Ridge-wood Dr., right next to the new library. Classes are held in the evenings after the center closes.

John Muir Elementary Art Show
I began the month of May's art related activities with John Muir students and so I end the month with the Annual John Muir Art Show on May 22, 2014. The walls outside the classrooms were decorated with art work created by the students. The students were excited to

show off their creations to their parents, friends and family members. The artwork was lively and colorful. Cheryl Murray tells me that often a story is read at the beginning of class, and therefore the class projects often relate to those stories. Animals and birds were often the theme. I asked about a series of charming snowmen that were hung in halls and was told the children used marshmallows to paint them in order to get the fluffy texture of the snow. It is evident that Cheryl Murray loves interacting with her budding artists and it was evident to me that her students love her. I had a pleasant evening speaking with several parents and students who praised the Parma City School District and John Muir. The art show included an ice cream social. I can attest to the fact that ice cream goes well with children's artwork.

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Reflections

Parma Mayor Starts Parma Youth Commission

by Jeannie Roberts

When Mayor Tim DeGeeter realized something that a city in Indiana was doing might be useful right here in Parma, he went right to work. He formulated a plan, chose someone to implement it, and voilà - the Parma Youth Commission is born.

DeGeeter contacted City Council President Sean Brennan to be the program's facilitator. Brennan is a high school American Government teacher, and agreed to take up the challenge. The Mayor first brought up the idea at his State of the City speech at the end of February.

The Parma Youth Commission was created to give young residents in grades 9-12 the opportunity to take a more active role in and learn more about their community. Students will be given opportunities to participate in local government, network with community business and non-profit leaders, plan and implement community service projects, etc. One of the most important functions of the commission will be gaining input from the students about to make Parma an even better place for young people to live.

The city's leaders want to become more in touch with its youth and to build a corps of youth leaders. "Our youth are important members of our community - its future. However,



Parma Mayor Tim DeGeeter

often they do not feel that they are valued. The Youth Commission will give our youth a stake in the community to help make them realize that they are important residents and have a responsibility to get involved and to make a difference," Mayor DeGeeter said in his speech.

Added Council President Brennan: "I wholeheartedly agree with the Mayor's vision for our youth. By giving young men and women a voice and empowering them, the potential new ideas, opportunities and positive results for the community as a whole are endless."

The Commission will begin as a 10 to 12-member body with efforts will being made to ensure that the group includes voices from all nine wards, both genders, and is reflective of Parma's diverse ethnic and racial makeup. Public, private and home-schooled students are welcome to apply. Meetings will take place about once a month, but may include more as the group plans its activities. It is envisioned that the meetings will involve members talking about issues facing the city's youth, including safety, education, youth programs, recreation, etc. However, the hope is that the Commission, its discussions, tasks, and decisions will be youth-driven in large part.

Possible activities the group might undertake include tours of and meetings with leaders from the City of Parma (Mayor, Law Director, City Council, etc.) and from the city's business community and assisting in



Parma City Council President, Sean Brennan.

planning community events (Rib 'n Rock, movie nights, etc.).

For an application, students can contact Council President Brennan at councilmanbrennan@sbcglobal.net.

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