

“Some men improve the world only by leaving it.”- Oscar Wilde

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Michael P. Byrne

## Appointed To Cuyahoga County Council District 4 Seat

by Daniel P. McCarthy

When Scott Tuma was sworn in as Parma Law Director on January 1, a vacancy was created for his seat on Cuyahoga Council District 4, for which the term does not expire for another year. There has been competition within the Cuyahoga County Democratic Party to be appointed to fill the vacant seat, both in the short term and also for the place on the ballot in November General election. The Democratic Primary Election is March 18, with one candidate, Mark Casselberry, receiving the party endorsement.

At a meeting of the Central Committee of the Cuyahoga County Democratic Party

called to vote on selecting a replacement for Scott Tuma, it was decided that former Parma

Heights Mayor Michael P. Byrne would be the person to fill out the term. Mike Byrne is



Michael P. Byrne

certainly well known throughout District 4, having served as first Parma Heights Council President, then Mayor about 10 years. He also worked for Cuyahoga County in several positions for decades, so his experience and knowledge will most likely prove invaluable when carrying out his duties on council.

Former Mayor Byrne will only serve out the term which ends on December 31, 2024 and will not be running on the ballot in November of 2024. When reached for comment, he stated "It was very unselfish of the endorsed candidate Mark Casselberry to decline the opportunity to fill the unexpired term for District 4 Council. I'm excited and looking forward to representing the residents of Middleburg Heights, Parma and Parma Heights". He revealed that since he went to his orientation for the new job, he realized that it was more complex than he originally thought, and

that citizens may not realize just how consequential the Cuyahoga County Council and their decisions and activities are to their daily lives. He promised to spend time helping to keep the residents in District 4 informed and aware of what takes place on a regular basis.

Until the election in November ultimately decides who will serve Cuyahoga County District 4 in 2025 and beyond, the citizens of District 4 will be well served by the capable and loyal public servant that is Michael P. Byrne. He went on to say "I believe with my previous experience of having worked 33 years for Cuyahoga County as well as my 12 years as Mayor of Parma Heights that I will provide a unique perspective". He added "I also look forward to assisting with the transition of whoever is eventually elected to represent Cuyahoga County District 4 Council".

## Winterfest - A New Parma Tradition

by Kevin Kussmaul

Between Christmas and New Year's Day parents are often looking for something to do with their children. A new tradition has started in Parma and fills this need called Winterfest. The second annual Winterfest event was held at the West Creek Reservation's Watershed Stewardship Center on Friday December 29th. This event was put on by Councilman Rob Euerle, Councilwoman Kelly Zacharias and myself in partnership with the Cleveland Metroparks.

Winterfest is a free family friendly event that included crafts, stuffed animals, a hot chocolate hike, donuts and door prizes.



Thank you to everyone who donated including:

- Cleveland Metroparks
- PetSmart
- Dunkin' on Ridge Rd
- Giant Eagle on Snow Rd
- Giant Eagle on Day Dr
- Pleasant Valley Eyecare, Inc
- Honey Hut
- The Axe House Cleveland
- Pinzone's Market Fresh Meats
- Tony's Family Restaurant

Thank you also to the

Parma Fire Department, Parma Police Department and Congressman Max Miller for stopping by.

Over 300 people came to Winterfest. We look forward to growing this event with the Cleveland Metroparks in the years to come.

Finally thank you to Kristin Saban, Clerk of Council and the entire council office for your help!

## Rep. Brennan Announces Body Camera Funding

by Sean Patrick Brennan

I am proud to announce that the Parma, Parma Heights, and Cleveland Metroparks Police Departments are set to receive over \$125,000 to help cover the costs associated with body-worn cameras.

The funding is part of the Body-Worn Camera Grant Program which was funded as a result of House Bill 33, which

I supported. In all, the bill sets aside \$5 million for 2024 and another \$5 million in 2025 for the program. This year 108 local police departments will receive funding.

Among my priorities as state representative was to put my nearly two decades of experience on Parma City Council to work in a bipartisan fashion at the Statehouse to bring dol-

lars back home to enhance the safety of and quality of life for the community. This victory is a tangible example of that commitment,

The Body-Worn Camera Program was created in 2021, and has funded over 300 local law enforcement agencies. This year Parma will

continued on page 2

## Script Parma Picture Of The Month



Nathan Tohati with State Rep. Sean Patrick Brennan. St. Charles Borromeo Boy Scout Troop 221 member Nathan earned his Eagle Scout by installing pavers, LED lighting, and a selfie-stand at the script Parma sign recently.



COMMUNITY NEWS

# The Representative's Corner

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

One year ago, January 3, I was sworn in to be your state representative. The past year has been the fastest year and professionally the biggest honor of my life. Serving as your representative at the Ohio Statehouse is a very important role and I want you to know that I take it very seriously. I have worked hard to be a good citizen statesman and to work for all of my constituents, regardless of political affiliation, because that is what my sacred oath requires. This is my attempt to reflect and summarize my first year of service to you.

Like my nineteen years of service on Parma City Council, among my top priorities as your state representative are excellent constituent services, being an accessible representative, and building relationships with colleagues on both sides of the aisle. My focus is not on partisan politics or fear tactics that divide us. As a pragmatic public servant, I seek results that will benefit the quality of life for all Ohioans.

Anyone who contacts my office, whether they live in the district or not, is treated with respect and empathy. My legislative aide, McKenna Dugan, our interns, and I all share the philosophy that we are servant leaders. I am happy to report that I often receive notes of thanks from constituents who we were able to help with their unemployment, Medicaid, and the many other issues we are contacted to help out with. You

are always our top priority!

Anyone who knows me, knows that I have always been very involved in the community. I find great joy in meeting residents at their doors, speaking to groups of senior citizens and students, holding town halls and office hours, meeting with community leaders and business owners, honoring residents for their accomplishments, marching in parades, attending community events, etc. As I review my calendar from 2023, I am not sure I could have fit more in. I have to admit that the seriousness of the work can tend to take over one's life, but I still find time to spend with my favor-

ite constituents – my beloved wife of nearly three decades, Deena, our son, daughter, and new son-in-law.

I am very proud to say that I have built very strong relationships with my colleagues on both sides of the aisle. This takes a lot of time and a lot of work, especially with 99 members of the Ohio House of Representatives and 33 in the Ohio Senate. If you review my bills, you will find that they are bipartisan in nature. I count among my biggest accomplishments, the fact that my Republican colleagues are willing to contact me to work together on policy. Your reputation is everything at the Ohio Statehouse and working together,



communicating with one another, and building trust are how good things get done in Columbus that benefits all Ohioans. Recently, I was very honored to be named the 3rd kindest member of the Ohio General Assembly.

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

It is truly my honor to serve you. Best wishes for a Healthy and Happy 2024. May God bless you and the great state of Ohio.

Sincerely,  
State Representative Sean Patrick Brennan

## AARP Tax Aide - Free Tax Preparation

by Stephen Donovan

The AARP Foundation Tax-Aide Program will be getting underway again this year starting the first full week in February and ending the 12th of April 2024. This IRS-supported FREE tax service is offered on a non-discriminatory basis without consideration of race, religion, gender, disability, or sexual orientation. We give special attention to those with low or moderate incomes and/or aged 60 and older. Taxpayers do NOT have to be retired or a member of AARP.

Tax-Aide sites in southwest

Cuyahoga County are located at:

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

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

We are opening fewer sites than in past years due to a reduced number of volunteers. Appointments will be taken starting the first week of January 2024. Availability of appointments is subject to the status of the Covid-19 pandemic. We anticipate using both in-person and drop-off (necessitating a return visit to the site to finalize return) processes to prepare returns.

Please bring to your appointments copies of your Federal and Ohio 2022 returns; 2023 forms W-2, 1099, and 1098; social security cards or statements for all persons on your tax return; a picture ID (i.e., a valid driver's license) for you and your spouse, and any IRS or Ohio Tax correspondence.

## Rep. Brennan Announces Body Camera Funding

receive \$64,890, Parma Heights is set to receive \$32,853.41, and the Cleveland Metroparks \$29,446.

Body cameras protect our law enforcement officers who put their lives at risk every day for us. They also protect residents. I am honored be in a position to help put taxpayer dollars to work for causes like this,. I am also

proud of Mayors Timothy DeGeeter and Marie Gallo, as well as Metroparks Director Brian Zimmerman for applying for the grants. This shows that they are being creative at seeking dollars to strengthen the communities they serve.I represent Ohio House District 14, which encompasses all of Parma and Parma Heights, as well as parts of Cleveland's West Park and the Cleveland Metroparks.



**Crime Tip Line (440) 887-7340**  
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HEALTH AND WELLNESS

Free Heart Test Offered By University Hospitals  
Finds Lung Mass

by CJ Sheppard

When Wendy DiDomenico’s sister had a heart attack at 55, she decided it was time for a coronary calcium score to assess her own risk. An avowed believer in preventive medicine, DiDomenico isn’t afraid of screenings like mammograms for breast cancer and colonoscopies to check for colorectal cancer. The coronary calcium score is a simple, low-dose CT scan of the heart, offered at no charge by University Hospitals.

DiDomenico’s test did not show cardiovascular disease that required any medication or treatment. But a spot on her lung needed another look. She saw the providers at UH Parma Medical Center’s Lung Nodule Clinic, who were able to diagnose it as a carcinoid tumor. This type of slow-growing tumor responds well to surgery, according to thoracic surgeon Christopher Towe, MD, who offered her surgical resection. The clinic monitors and treats these kinds of masses, often found incidentally on imaging.

Many nodules may not require surgery, Dr. Towe noted, but following their growth over time reassures patients that they are not in danger. According to the American Cancer Society, lung carcinoid tumors account for 1 to 2 percent of all lung cancers and are typically slow-growing, although some can metastasize to other areas of the body.



Wendy DiDomenico

A smoker since her teen years, particularly during her years working as a nurse, DiDomenico also would have been eligible for a lung CT screening, which is recommended by the American Lung Association for anyone 50-77 years old who has a 20-pack-year history (defined as one pack of cigarettes a day for 20 years or two packs a day for 10 years), or who has quit smoking in the past 15 years. These low-dose CT scans of the lungs can catch cancer before it starts manifesting symptoms.

“Lung cancer screening is an invaluable tool to identify early lung cancers in patients with significant tobacco exposure history,” said Dr. Towe, who also offers CT screening to individuals beyond the screening

guidelines with significant tobacco exposure history, since cancer risk increases with age. This screening modality is endorsed by the US Preventive Health Task Force, so it is typically covered by insurance, he notes.

“University Hospitals has been embracing this screening modality given its substantial health benefits,” Dr. Towe said. “My experience with patients is that they see incredible value in the test as it feels like a great way to inform them of what is happening ‘on the inside.’ Many of my patients feel a sense of guilt or regret from long-term tobacco use, and use lung cancer screening to help motivate them for positive lifestyle modifications such as tobacco cessation.”

UH is not only innovative in tracking and treating these tumors. DiDomenico received a minimally invasive surgery to remove the tumor from her lung. She was discharged the first day after her operation. Specialists like Dr. Towe have published studies on this approach to expedited post-operative care. Lung cancer surgeries were once only performed with a large incision between the ribs called a thoracotomy to reach the lungs. Patients often spent several days in the hospital recovering. At UH, Dr. Towe said thoracic surgeons transitioned to video-assisted procedures and then

to using a surgical robot, which have led to decreased incision size, reduced pain, and shorter hospital stays.

“In the past, it was common that patients would be in the hospital three to five days, and now many patients are leaving the hospital in the first day or two after surgery,” Dr. Towe said. “Our research group at UH has published on the safety and benefits of day 1 discharge, and are leading the way in these super short hospital stays. We believe this innovative approach is associated with fewer complications, and a faster return to normal activities.

“Many in the thoracic surgery world are reluctant to break with traditional dogmatic approaches of longer stays, but UH has been embracing these innovative strategies to improve patient outcomes.”

DiDomenico, only in her late 50s, looks forward to many more years of antiquing, baking, time with her husband and four dogs, and trips to Amish country with friends. Over the next decade, she will make time for an annual CT scan of her lungs.

“I’m doing well,” she said. “You’ve got to get your testing done.”

UH offers lung cancer screening, as well as extensive services through UH Seidman Cancer Center. To learn more, go to [UHhospitals.org/lung-screening](http://UHhospitals.org/lung-screening).

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# GLIMPSES OF THE TRI-CITY AREA

# Valley Forge Swim And Cross Country Teams Host 25th Annual Spring Craft Fair

*by Jodi Moriarty*

March 16th marks the 25th Spring Craft Fair at Valley Forge High School. Each spring the Cross Country and Swim teams host this annual event; the primary fundraiser for both teams. All proceeds are then funneled to support the athletes in their conditioning and training endeavors.

For Cross Country runners, the biggest investment is shoes. A cheap pair of shoes will wear down quickly and can result in injury, including hip, knee,

back, and foot problems. These athletes run well over 350 miles each season; any injury that takes them off the course affects their ability to compete.

Every August, a shoe fitting is coordinated at a local running store. There, athletes are measured and fitted for a proper running shoe. Funds raised at this Craft Fair are used to offset the cost by giving each runner a stipend to apply towards the purchase of new shoes. This allows the athletes to affordably obtain the high quality

shoes required for their rigorous training regime.

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

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

Wearing fins while training can improve a swimmers' kick and stroke technique, ankle flexibility, and endurance. Stretch cord training enhances swim-specific strength, conditions specific muscle groups, and mim-

ics swim movements while paddles develop power, speed, efficiency, and build muscle.

Due to constant use and exposure to harsh chemicals, these items must be replaced on a regular schedule. Funds raised will allow proper maintenance and replacement of training equipment.

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

*If you are interested in reserving a table, or for more information please visit <https://www.facebook.com/ValleyForgeSpringCraftShow/> or email [vfspringcraftshow@gmail.com](mailto:vfspringcraftshow@gmail.com)*

## Lisa Hostetler Brown (Steets) Selected To Receive The Gold Compleat Lawyer Award

*by Melissa Ainslie*

January 22, 2024– LAWYERLISA is pleased to announce that Certified Elder Law Attorney Lisa Hostetler Brown (Steets) has been selected to receive the Gold Compleat Lawyer Award given by the University of South Carolina Joseph F. Rice School of law to recognize alumni for outstanding civic and professional accomplishments.

Lisa will be presented the award at the School of Law's annual Compleat Awards reception in April in Columbia.

Lisa is a 2001 graduate of Normandy High School. She attended the University of South Carolina School of Law, graduated in 2007, and later established LawyerLisa, LLC in 2014. Her team of lawyers and elder care

professionals serve the state of South Carolina with comprehensive elder law and estate planning services.

*About the Compleat Lawyer Awards*

The Compleat Lawyer Awards were established in 1992 by the USC Joseph F. Rice School of Law Alumni Council (formerly the Alumni Association) to recognize alumni for outstanding civic and professional accomplishments. Recipients are individuals who have made significant contributions to the legal profession and exemplify the highest standards of professional competence, ethics, and integrity. Gold recipients have been in practice 16-30 years.

A decorative poster for a Spring Craft Fair. The background is light green with a thin orange border. Large, vibrant yellow sunflowers with dark brown centers are positioned in the corners. Orange and black butterflies are also scattered around. The text is centered and uses various fonts and colors to create a visually appealing layout.

[vfspringcraftshow@gmail.com](mailto:vfspringcraftshow@gmail.com)

Valley Forge High School 25th Annual  
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**Mar. 16th 10am - 3pm**  
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PARMA HEIGHTS

# Our Favorite Valentine's Day Gifts From Parma Heights Small Businesses

by Emery Pinter

Valentine's Day is quickly approaching. This Valentine's Day, consider making it extra special by stopping into local shops for some unique gifts that will knock their socks off. I personally think small shops have a better selection than the big places, and you are supporting your community. When you're purchasing presents for your sweetheart, consider shopping at locally owned flower shops, card shops, sweet shops, gift shops and other Parma Heights businesses. For extra impact, check out the stores highlighted on the Parma Heights 2ND Fridays Facebook page for Valentine's Day promotions!!

Looking for a budget-friendly gift for your new flame or long-time love? Looking for a Valentine's Day gift for your book loving beloved? Check out Good Friends Thrift, 6369 Pearl Road. There are books to put you in the mood for romance (or seeking a story of heartbreak that will trigger a good cry) and there's jewelry that will make their eyes sparkle!

Then walk next door to Samosky's Home Bakery where they plan to spread the love this Valentine's Day with loved them sweets. Valentine's Day Cookies, Valentine's Day Cupcakes or order your own Be Mine Pink/Red Valentine's Cake. If sparkly diamonds aren't happening, then sparkly cookies and cupcakes will have to do.

Whether you're making a romantic escape or considering a fancy dinner date, you still need an appropriate gift. Thee Tree House, 6269 Pearl Road, has the holistic and aesthetic items to make your Valentine experiences, blissful and memorable. Let them help you pick out the perfect gift for you and your sweetie: essential oils, candles, incense, organic tea, body care products, spiritual gifts, soaps, dream



Valentine Postal Puzzles from Village Cards & Gifts, Parma Heights

catchers, crystals, or a gift certificate!

To help you find something special that won't break the bank, visit Village Cards & Gifts, 6643 Pearl Road. Linda has gifts under \$15, and \$10 for all types of Valentines, like the newest Ty Valentine plush and a great selection of Valentine cards, puzzles, spa/beauty products, luxury body lotions, fuzzy socks, and jewelry. From rings, bracelets, and earrings, there are pieces to make anyone's heart flutter. Find the perfect piece, with a sweet and

inspirational message. And give one of the hottest gifts around- the Valentine postal puzzle, suitable as a gift for friends and family alike. Beautifully crafted. High quality wood. And comes with envelope to mail!

Or this Valentine's Day, skip the dinner out. It's an amateur move anyway. Instead, why not stay home with your partner and play a board game? Gamers Haven has all you need at 6639 Pearl Road. Whether a game was strictly designed for two players, or

it's a group game that happens to play really well with a pair, there are plenty of choices out there for homebody couples on Valentine's Day.

168 Optical at 6315 #206 Pearl Rd has a selection of Valentine's Day glasses & eyeglass cases in various designs, convenient for one to slide in and out of the glasses. And inside the eyeglass case one can place some candy, a gift card, jewelry, Valentine's note, or even a ring!!! Make it a day to remember!

Wear your heart on your nails with designs for Valentine's Day by Heidy's Nail Supplies at 6625 Pearl Rd. Heidy prides herself in providing quality nail supplies at an affordable price. So whether you're going out on a romantic date night with your partner, hosting a Galentine's Day dinner or just want to give yourself some much-deserved self-love, cupid's got a nail match for you.

Valentine's Day is celebrating your love for everyone in your life. With that in mind, you might celebrate the holiday by sending a card to a family member you love or miss, and share with them all the ways their love makes you happy, or spend some time with friends you care about. And don't forget about yourself! There's little reason not to think of the day as an excuse to buy something nice for yourself. However you choose to celebrate, here's to a Valentine's Day filled with good wine, good food, good sweets and especially great readers like you!!

## Love Your Library Used Book Sale: Romances

by Bridget Lavelle

It's the Love Your Library Used Book Sale. Just in time for Valentine's Day Weekend. Browse the Ongoing Used Book Sale at the Parma Heights Branch Library of Cuyahoga County Public Library for specially priced Romance fiction books at 5 books for \$1.00! Sponsored by the Friends of Parma Heights Branch Library.

Friday, February 9th / 9:00 a.m. - 5:00 p.m.  
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CRAIN'S CLEVELAND BUSINESS 2022  
**NOTABLES**  
IN LAW



INSPIRATION

# No Greater Glory...The Saga Of The Four Chaplains

by Tony Kessler

The subject of this month’s column does not focus on a Hometown Hero, but rather on an account of events that epitomize the act of Heroism. The story of “The Four Chaplains” is paid tribute to by many Veteran and religious organizations on the first Sunday of February. It is a story that deserves special tribute because there can be no greater act of heroism than what took place in the North Atlantic on February 3, 1943, on board the USAT Dorchester, a troop transport ship.

The four chaplains were a group of Army chaplains who met at the Army Chaplains School at Harvard University and became friends. They boarded the Dorchester in January 1943, along with about 900 other passengers and crew, bound for Greenland. The Ship was part of a convoy escorted by 3 Coast Guard cutters. On the night of February 2, the convoy was nearing its destination when



it was attacked by a German submarine, U-223, which fired a torpedo that hit the Dorchester’s engine room. The ship began to sink rapidly, and many of the lifeboats were damaged or inaccessible. The four chaplains helped the other soldiers board the remaining lifeboats and gave up their own life jackets when the supply ran out. They also comforted the

wounded and sang hymns and prayed with all. As the ship went down, they were still seen on the deck arm in arm singing hymns and praying.

They were among the 672 men who perished that night. Only 230 survived the ordeal. There would have been only 226 had 4 of them not received the life jackets from each of the four chaplains.

The four chaplains were hailed as heroes and martyrs by the public and the media. They received posthumous awards and honors, including the Dis-

tinguished Service Cross, the Purple Heart, and a special Four Chaplains’ Medal authorized by Congress. They also inspired many memorials, monuments, stamps, books, films, and songs. Their story is considered one of the finest examples of interfaith cooperation and selfless sacrifice in American History.

### The Four Chaplains were:

George L. Fox a Methodist Minister and WWI vet,

Alexander D. Goode a Jewish Rabbi,  
John P. Washington, a Catholic priest,  
Clark V. Poling, a Reformed Church in America minister.

Note: If you’re a senior veteran over 50, you are invited to join us at the next meetup of the “Parma Area Senior Veterans” on Wednesday February 28th at 1pm at the Donna Smallwood Activity Center. Special guest speakers, door prizes, raffle, snacks and refreshments. Also, Mark your calendars for a special Viet Nam Veterans Day Tribute on March 27th.

For info on this group: Email [parmaareaseniorvets@yahoo.com](mailto:parmaareaseniorvets@yahoo.com) or call or text 440-263-0507

# The Iconic Peace Symbol

by Robert Stilwell

Near the end of February in 1958, Gerald Holtom, a Graphic Design Artist and a former conscientious objector, attended an early evening meeting of the Direct Action Committee against Nuclear War (DAC) in South London. The committee's three members--Hugh Brock, Pat Arrowsmith, and Michael Randle--were planning a protest march against Nuclear Weapons. The 50 mile long march was to start in London on Good Friday and end on Easter Sunday at a Nuclear weapons factory in Aldermaston. "So Gerry, let's see what you have for us", said Brock. Holtom opened his portfolio and pulled out his pictures, "I've tried a simple approach," he said, pointing to the three llines in a circle. He explained that when drawing the symbol, he adopted letters from semaphore, the alphabet used by people sending messages by flags. The two lines pointing downward and to the sides came from the semaphore letter N and the center center line represented the letter D. Placed on top of each other enclosed in a circle, the three lines stood for



"Nuclear Disarmament." After the meeting, Randle showed the symbol to a colleague in the Peace Movement. "What on earth were you thinking?" said the bewildered man. "It doesn't mean a thing, and will never catch on."

This Symbol went on to mean a lot more to people seeking change in the World, especially in the 1960's. It was very popular and used in demonstrations to end the Vietnam War. It is still an Iconic symbol used today for the purpose of promoting Peace in the World. This symbol is one of the most recognizable symbols in the world: A circle surrounding 3 lines.

# Faith Community Directory

### All Faiths Pantry

P.O. Box 34239 Parma, OH 44134 216-496-4329  
[allfaithspantry.org](http://allfaithspantry.org)

### All Saints Episcopal Church

8911 West Ridgewood Drive, Parma, Ohio 44130, 440-888-4055  
[parishadmin@allsaintsparma.org](mailto:parishadmin@allsaintsparma.org)

### Bethlehem Lutheran Church

7500 State Rd. Parma, OH 440-845-2230  
[www.blc7500.com](http://www.blc7500.com)

### Divinity Lutheran Church

11877 Blossom Ave. Parma Hts., OH 44130, 440-845-2060  
[www.divinitylutheran.com](http://www.divinitylutheran.com)

### The Islamic Center of Cleveland

6055 W. 130th St. Parma, OH 44130 216-362-0786  
[www.iccleveland.org](http://www.iccleveland.org)

### Ridgewood United Methodist Church

6330 Ridge Rd. Parma, OH 44129 440-885-1360  
[www.ridgewoodumc.org](http://www.ridgewoodumc.org)

### St. Bridget's of Kildare Church

5620 Hauserman Rd. Parma, OH 44130 440-886-4434  
[www.Stbridgetparma.com](http://www.Stbridgetparma.com)

### Holy Family Catholic Church

7367 York Rd. Parma, OH 44130 440-842-5533  
[www.holyfamparma.org](http://www.holyfamparma.org)

### Parma Christian Church

7000 Ridge Rd., Parma, Ohio 44129, 440-842-1614  
[www.parmachristianchurch.org](http://www.parmachristianchurch.org)

### Calvary Lutheran Church

6906 W. Pleasant Valley Rd., Parma, Ohio 44130 440-845-0070  
[CalvaryParma.360unite.com](http://CalvaryParma.360unite.com)

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NEIGHBORHOODS

Taste of Polish Village

by Kathryn Mabin

On Saturday February 24, 2024 from 5 to 7 PM Polish Village Parma, Inc., a non-profit, is holding the Taste of Polish Village, A Festival of Flavors. This very popular event is held at St. Charles Parish Hall Basement, located at 5891 Ridge Rd. For \$20 per person you receive a sampling of the various foods the Polish Village business district has to offer and a beverage. With numerous food stations you won't go home hungry. These are local businesses you may have driven by and not yet had the opportunity to try out. Your old favorites will be there and you may find a new favorite from the among the multiple food stations. In addition there will be raffle baskets and side boards for your entertainment. Enjoy an assortment of good food with your neighbors for a worthwhile cause to help the community thrive.

Proceeds from this event are used to fund events and projects held in the Polish Village community, such as the Polish Constitution Day Parade and After Party

held in May, the annual Treat & Greet in October, the flowers and decorations in the pots in Ward 2, Christmas wreaths during the holidays, Trash Crawls, Ward 2 Garage Sale, plus the maintenance of the Pocket Park on Ridge Road, and so much more.

To pre-order your tickets call 440-885-8092. Or email PolishVillageParma@gmail.com. Follow Polish Village on Facebook. Seating is limited so don't hesitate.



Who Is A Predator To Your Child?

by Deborah White

As a child of the 60's and 70's my mother was very protective of me. Protective to the point of needing to know where I was at all times, making me stay with her at all times while at the store, not letting me walk anywhere by myself, and making me stay in my yard, while outside playing. I didn't understand why my parents were like this at my young age. But, moving forward into the 80's and 90's and becoming a mother, I came to understand why she did what she did for me and thank her for that. The world is a crazy place and you never know what people are really thinking or feeling. Therefore, becoming attuned to your environment is essential to maintaining your safety. The one thing that was cultivated in me as a young martial artist is that you have to be prepared for dangerous situations. This is especially true for young children, as their parents are their advocate for safety and, are the ones who teach them to be aware and prepared. Of course, many young children don't know what a predator is and how to recognize one. Sometimes parents have a hard time recognizing them, as well. There is a saying that has been around at least, as long as I have, which is, "stranger danger". There's no doubt that strangers can be dangerous to children, as well as to adults. And it is a good thing to teach children to



stay away from them. But look deeper into who you know in your life. You have immediate family, distant family, friends, acquaintances, co-workers, neighbors, children's teachers, coaches, and school staff. And I am sure you, as a parent, could add to this list. Many people may not be aware that strangers are not at the top of the list, when it comes to kidnapping children or young adults. Crime statistics have shown that only twenty-eight percent of kidnappings are committed by strangers. That leaves seventy-two percent of predators being a person known to the family. Just knowing this information sends chills up my spine. Knowing that there may be someone in my circle of trusted adults wanting to kidnap or abuse my daughter, son,

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PERSPECTIVE

Senator J. D. Vance Should Realize That His Loyalty Is to The People Of Ohio

by Lee Kamps

There was a disturbing column recently in the Cleveland Plain Dealer regarding Ohio’s junior Senator J. D. Vance regarding his opposition to continuing aid to Ukraine in it’s battle against the Russian invaders. The United States and its European allies in NATO have continually supported Ukraine for two years since Russian forces invaded that nation and sparked the biggest war in Europe since the end of the Second World War. This was an unprovoked invasion by Russia, and it has been the objective of Russian Premier Vladimir Putin to restore the old Soviet Union.

That American aid has enabled the Ukrainian defenders to hold off the Russian advance and has even retaken some of the territory that Russia occupied. However, without the aid from the United States and our NATO allies, it is doubtful that Ukraine can hold off the Russians too much longer.

After the collapse of the Soviet Union in December 1991, Ukraine has been a sovereign nation on its own. However, before 2014, Ukraine had been led by Russian puppets who were loyal to Russia more than Ukraine. In 2014 the Ukrainian people elected

a leader who was independent from Moscow and Putin did not like that. Now Vladimir Putin wants to conquer the entire nation and his forces invaded Ukraine on February 24, 2022. The Ukrainian forces have fought back bravely against the Russian army and now the war is at a standstill. Without continuing aid from the United States, no doubt that Russia could take over the entire country.

In case Senator Vance doesn’t realize it, but one of the largest Ukrainian communities in the United States is right here in Parma. Everywhere I go in Parma, I see signs “we stand with Ukraine”. The United States has always helped other nations fight for democracy against dictatorships since the end of the Second World War. This is no debunked “domino theory” that was used to justify the war in Vietnam and no American combat troops are fighting in Ukraine.

But if Russia takes over Ukraine, where would Vladimir Putin go next? Article 5 of the NATO treaty states that an attack on one member is an attack on every member. So would Putin attack Poland, a NATO country next? In that case, there would be American combat troops involved assuming that the United States hold to its agreement

in the NATO treaty.

Of course, Donald Trump is against further American aid to Ukraine. Who knows what is his motivation on this issue? It could be that he just opposes anything that President Biden has done and perhaps if he is elected President again, he will dismantle everything done by the Biden Administration. Or this could be that without American aid, Ukraine may fall to the Russians and be a “loss” for the Biden administration going into the presidential election. Or because Donald Trump is in Vladimir Putin’s pocket because of Russian money funding his “business”?

J. D. Vance wrote a great book describing his family and how he managed to rise above the dysfunction he endured growing up. I read that book several years ago and really liked that book. I had a great deal of respect for him then. However, that respect has been lost when he sold his soul to Donald Trump so he could get elected to the Senate. Sure, without Trump’s endorsement, no doubt J. D. Vance would not be in the Senate. But as a Senator his loyalty should be with the people of Ohio who elected him, not to a defeated former president seeking another term.

Is J. D. Vance afraid of the wrath

of Trump? He doesn’t have to face the voters again until 2028. By that time, it is likely that Donald Trump could be dead and buried or sitting in a prison cell. Certainly, I don’t expect Trump to be occupying the oval office. With or without Donald Trump, J. D. Vance will have to answer to the people of Ohio. That would be very difficult if Ukraine is occupied by Russian forces thanks to self-serving politicians who sold out a struggling democracy.

Politics is not a zero-sum game where one side wins and the other side loses. That is no way to govern in a democracy. Instead, politics is a game of win – win where both sides walk away with most of what they wanted. Neither side “wins” and neither side “loses”. This is how the Declaration of Independence, and the constitution were hammered out in days of very contentious debate. But, in the end, we have two documents that are at the core of our great nation.

For J. D. Vance, if he intends to represent the people of Ohio in the Senate beyond this term, he must remember that his loyalty should be with the people of Ohio and what is best for the country and not to one man who is acting more like a mad king every day.



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Who Is A Predator To Your Child?

cousin, or sister is beyond redemption. In my Predator Prevention Guide, I list signs to look for in a predator. Here are a few to review.

**Red flags for parents:**

- Someone who insists on hugging, touching, kissing, tickling, wrestling your child
- Someone who shares inappropriate personal/private information
- An adult who frequently offers to babysit
- An adult who offers to buy gifts
- Someone who continually invites

children to his home to play the latest games, etc.

It is important for all adults to be aware of the signs. Predator prevention takes a team of people. As the saying goes, the children are our future. Let’s not let them down! For more information or assistance please email me at theselfdefenseguru@yahoo.com

**Deborah White, RA, MBA, BA**  
*(Black Belt-Self-defense Coach/ Karate Instructor/Prevention Specialist) Author of: Predator Prevention Guide, Be Bully Proof, & Women’s Real-life Self-defense*

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VIEW POINTS

# Journalism Today In My Opinion

by Kathryn Mabin

Scrolling through my social media feed recently, I came across a news article about Parma Ohio, tourism, arts & culture. I'm very proud of my city. I'm a big cheerleader for it, ask anyone who knows me. Parma has a lot to offer, and I love living here. The article stated that Parma had 9 local art & cultural places to immerse yourself in. Wow I thought! Another arrow in my quiver to use when I boast about our city. So I eagerly read on.

First on the list was a place actually in the city of Berea. I thought that was odd, but I figured they made a mistake during their research. Everybody makes mistakes sometimes. Second was actually located in Parma, and nicely described it using words like vibrant, dynamic, talented and captivating, etc. Okay, hey that's more like it. Moving on to number three, was

a college in Kirtland. Kirtland! Why Kirtland? We have Tri-C West, right here. Number four was a real shocker, it's a museum in Painesville. I checked, Googled it, not even close to Parma, Painesville is about 35 miles away. UGH! What the .....? Number five, thank God was actually in Parma. It's one of our two libraries. I did a quick check to see if they listed the second one, nope just one. Hey! we got two! Okay, moving on to number six and seven, both churches, one in Parma and one in Cleveland. Parma has lots of churches! Beautiful churches! Why add the one in Cleveland? Eight was an arts organization which is actually in Cleveland. How frustrating! Nine was a historical society and it was actually in Parma, yay Parma! Described as a tapestry of local history, nice! So.... out of 9 arts & cultural places listed in this article praising Parma's vibrant

and diverse local art scene, only 4 are actually in Parma. Hmmm!

My first thought after reading this article was, "Did this person get paid for this?" Second was "Obviously this article wasn't written by anyone who lives here, or ever visited here, or knows anyone from here, nor do they know how to research properly, or maybe at all!" Third was "If I read this and drove many miles to visit these 9 places I'd be a bit miffed to discover they aren't all in Parma, yup, not even half of them."

Here I thought I'd be reading an

article boasting all the great things Parma, Ohio has to offer tourists. Instead I got a little bit upset as you can tell. I guess Journalism today isn't what it used to be. How sad! If this is a prime example.

Full disclosure here, I don't get paid one red cent for articles I submit here. I do my research. Sure I've made mistakes in the past and I'll probably make some more in the future, but over half that article about Parma, wasn't. What's the moral of this story? You tell me!

## Welcome To City Hall? Not So Subtle Message To Parma Citizens



by Sharon Stahurski

Have you been up to Parma City Hall recently? Parma's Municipality has rolled up the Welcome mats and hidden them away. City Hall is now a restricted area. Take your turn and sit in the lobby. While I waited for a member of the Municipality, a resident can no longer knock on an office door or approach council office chambers I witnessed 15 residents go through the metal detector, understanding the gravity of the times, by removing watches, cell phones and the like without hesitation. What's new is that now a visitor is asked to state their business. A

side note is that the guard I watched on duty was extremely courteous and professional. Yet those ropes and restricted signs spoke volumes louder.

Mayor Degeeter has had multiple terms yet the walls on the castle grow higher as he continues to distance himself from the townspeople. Between 1:45 -3:00 pm while I waited 15 residents entered city hall not to loiter or stir up trouble but to do something more dastardly. Pay thier taxes. Everyone except the couple with a baby seeking a birth certificate. I wonder if the restrooms are restricted?

## Bad Boy, Bad Boy, What'ca Going To Do...



Parma Police Chief Joe Bobak stand next to a brand new Chevrolet recently acquired by the Parma Police Department.

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# OBSERVER

# News You Can Use (And Where To Find It)

## News You Can Use (And Where To Find It)

Gene Lovasy

RAISING AWARENESS: Human Trafficking/Abuse: Note: View the digital version to activate hyperlinks – [www.parmaobserver.com/read/news](http://www.parmaobserver.com/read/news)

O From The Collaborative to End Human Trafficking (visit them on Facebook):

>> Shared Hope Intn'l ... has published the 2023 Trafficking Report Card showing how each state measures up against their recommendations. The 2023 Report Card was just released this October. While Ohio received an F overall, many improvements have been made, i.e.: > Overall, Ohio's score increased from 45 in 2022 to 56 in 2023; > In the issue area of criminal provisions, Ohio moved from C to B; > In the issue area of access to justice, Ohio moved from C to B; > In the issue area of tools for a victim-centered criminal justice response, Ohio moved from F to B, and more.

>> Learn about survivor leadership and the role of their Survivor Advisory Council.

>> View their interactive Human Trafficking Resource Guide containing information on over 200 service organizations supporting victims of Human Trafficking in

Northeast Ohio.

>> Become a Collaborative Community Ambassador and help mobilize the community and use your voice to raise awareness and initiate action. Learn more and apply here.

O From Cleveland Rape Crisis Center (CRCC):

>> What you can do to help  
CRCC support survivors during HT  
Awareness Month...

- > Purchase basic needs supplies for their Drop-in Center;

> Be informed. Read 10 Things to Know about Sex Trafficking;

- > Spread the word about life-saving services. Post the link to their Drop-in Center on social media to show survivors they are not alone.

>> If you're affiliated w/a youth group of any sort & looking for a program, go here to check out their extensive list of Prevention/Education programs for Students. Presentations can be age-appropriate, gender-specific & tailored to meet your needs.

LOCAL EVENTS AND OPPORTUNITIES:

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

>> Registration is now open for his 13th Annual Run/Walk For Pierogies scheduled for Saturday, June 29, 2024. To become an event sponsor send Sean an email.

>> Has created a Student/Teacher of the Month recognition program. To be eligible, teachers and K-12 students must reside, learn, or teach in the 14th Ohio House District which includes Parma, Parma Hts, Cleveland's West Park area from W. 130th to Rocky River Dr. north to Lorain Rd. To nominate a student [click here](#); nominate a teacher [here](#) (also eligible are counselors, TAs, intervention specialists, or paraprofessionals).

O Grant Sources for Nonprofits... Here is another set of five grantors identified & vetted by the MyCom network. These funders support organizations, programs, and projects that offer after-school activities for kids: > American Theatre Wing's Andrew Lloyd Webber Initiative > Dollar Bank Foundation > Charles Lafitte Foundation > McCarthy Dressman Education Foundation > Charles Stewart Mott Foundation. If you're affiliated with a family/youth-serving organization visit these funders' sites to see if your program/service fits their mission.

O From Parma City Schools:

>> If you haven't yet, sign

up for the District's new Community Newsletter. Stay informed, engaged, and connected with the latest updates, achievements, and events.

>> Middle School Music  
Nights: Incoming PCSD 5th graders  
are invited to learn about band, choir  
& orchestra ... meet the teachers & get  
a chance to try out some instruments.  
WHEN: 6 – 8 pm on Wed. Feb 7 &  
again on Tues, Feb. 13; WHERE: Val-  
ley Forge Auditorium.

>> If you have a child entering Kindergarten in September, plan on attending the district's Kindergarten Kickoff Carnival from 8:00 am – 2:00 pm, Wed., March 20th, at Green Valley Elementary (on Pleasant Valley, across from Normandy H.S.).

>> The Donation Drive for this year's Annual Community Easter Egg Hunt is now underway. The deadline for donations of candy-filled eggs or just eggs or candy is 4:00 pm, Fri., March 8th at Arlington Elem., 7377 Chateau Dr. (it's slightly behind & to the east of Pleasant Valley Elementary). If you can donate please complete this form. Call Meg Cooney w/questions or to coordinate a pickup – 440.885.8305; cooneym@parmacityschools.org.

>> Two other events being planned for February include a family

**continued online with hotlinks at  
parmaobserver.com**

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PARMA ARTS DISTRICT



Parma Art Center's January Figure Drawing

Arts In Parma

by Kathryn Mabin

**Prama ArtSpace Gallery**, located at 5411 Pearl Rd. Exhibit opening celebrations will be moving to Saturdays. Watch for a new exhibit coming soon!

**Figure Drawing at The Parma Art Center**, 7335 Ridge Rd (inside City of Parma Parks & Recreation Center). Ongoing FREE figure drawing the 2nd and 4th Mondays of the month, 6:30 to 8:30 PM, starting January 22, 2024. No instructor, just a gathering of artists. Welcomed are 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. February dates are the 12th and 26th. The January session had 17 artists attend. All who attended stated they’re coming back. There’s room for many more artists to attend these ongoing sessions.

**Beginning Acoustic Guitar at The Parma Art Center**, 7335 Ridge Rd (inside City of Parma Parks & Recreation Center). Class for ages 10 to 17. One hour instruction on Saturdays from 2:00 to 3:00 PM, 6 week introductory class. Taught by a 30 year veteran of the local & national music scene. Limited to 6 students for individualized attention. Cost \$60, payable in advance for the 6 week session. Contact by email for more information regarding start date, or with questions at kathrynmabin@att.net. Four more spaces are available for this intro class.

**Sean Mabin** is one of exhibitors at “Cleveland On The Streets”, presented by Cleveland Photo Fest & Tri-C at Gallery East, 6250 Richmond Rd. Show runs January 18th to February 15th. This exhibit features photos from urban & city scenes in and around Northeast Ohio. Sean will be demonstrating photography techniques at the Lakewood Art League, Thursday,

February 22, 2024, 7:00 -8:30 PM at Lakewood United Methodist Church 15700 Detroit Ave. Lakewood OH44107 Corner of Detroit Ave & Summit. Both Sean and his 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 February 3, through April 21, 2024 from 10 AM to 4:30 PM at The West Woods Nature Center.

**Lena Simovic of Lena Atomika Photography**, a Parma resident’s photo “Cleveland at Dusk” which is a photo profile of William G Mather Steamship currently on display at State Bldg in Columbus, Ohio via Senator Kent Smith. You may remember Lena’s book, LEGS: & the Art of Photography of Lena Atomika was recently published. It’s a book of photos for those who appreciate wit and whimsy, with a bit of leg....and of course interesting photography. You can find it at Wall of Books at Shoppes of Parma, or on Amazon.

Senator Kent Smith (D-Euclid)

proposed an amendment to House Bill 86, which would allow counties in Ohio to establish an excise tax on marijuana products which would fund arts, culture and entertainment across the state. Currently Cuyahoga County is the only county with a cigarette tax used to fund arts and culture. Since it was established Cuyahoga Arts & Culture had a 50% decline in funding due to the decline in smoking. Individuals and organizations that received funds from CAC are at risk. Thank you Sena-

tor Smith for supporting arts & culture!

**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.

Fun Run Saturday March 9th!

by Christin Sorensen

Run don't walk to sign up! Actually walking is OK during the Leprechaun Chase! Race starts and ends at Fairview High School track, 4507 W 213th St, Fairview Park, OH 44126. Two race options available: 1 mile or 5k. All ages and skill levels are welcome to join the festivities with proceeds benefiting Empowering Epilepsy. Race starts at 9 am with after party to be held right across the street at Gunselman's Tavern, 21490 Lorain Rd, Fairview Park, OH 44126. Live Irish Music all day long, plus great food and drinks.

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

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

Scan Me For More Info!

# Cuyahoga Reads

Readers Win

CuyahogaReads.org

Cuyahoga Reads Report

This Valentine’s Day and the days that follow, let’s not forget the timeless joy that books bring into our lives. Whether it’s the sweeping romance of classic novels, the heartwarming tales of friendship, or the empowering narratives of self-love, literature has a unique way of capturing the essence of what it means to love and be loved. This month, consider visiting one of the nine local public libraries in Cuyahoga County. You can also use the Libby app to download an audiobook that you and your family can all listen to together. Which books do you love? Share a pic of a book that is close to your heart with the hashtag #CuyahogaReads.



A Message from County Executive Chris Ronayne

As we embark on our reading journey in February, I encourage you to have some thrilling book adventures. I enjoyed meeting and reading with students at Charles A. Mooney School in Cleveland in January. It was truly an inspiring experience, and I can’t wait to share the video of that visit with you this spring. But there’s still so much more to do. Cuyahoga Reads participants have logged 438,620 minutes, but we can do better. I urge children, teens, and their families in Cuyahoga County to keep reading! Let’s all commit to reading more books this year. Currently, I’m absorbed in *Last Train to Paradise* by Les Standiford. What about you? What book are you reading right now?



### Cuyahoga Reads Literacy Tips

**OverDrive**

If your child loves watching movies and TV shows, remind them that many of their favorite stories began as books, such as the Harry Potter or the Percy Jackson series. Many books are slated to be turned into movies and TV series in 2024, including several children’s and young adults’ books like *The Tiger’s Apprentice*, *Harold and the Purple Crayon*, *It’s Not Summer Without You*, *Percy Jackson and the Lightning Thief*, *Geek Girl*, and *The Spiderwick Chronicles: The Field Guide*. As a family, read the books ahead of the films’ release and engage children in a conversation later about which version they preferred – the book or the movie/TV series. Remember to post a family picture using the hashtag #CuyahogaReads.

Number of Days Read

GOAL!

50,000

45,000

35,000

30,000

25,000

20,000

15,000

10,000

5,000

2,000

1,000

500

Number of Minutes Read

GOAL!

5 Million

4 Mil

3 Mil

2 Mil

1 Mil

900,000

700,000

500,000



300,000

100,000

50,000


10,000





## Pleasant Lake Villa

Skilled Nursing · Rehabilitation · Long Term Care · Assisted Living



## Five Star Quality Measures

by the Centers for Medicare & Medicaid Services

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

### Clinical Specialty Programs

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

Cardiology ▪ Orthopedics ▪ Nephrology ▪ Pulmonology ▪ Psychiatry


On-site Hemodialysis partnered with CDC

### Amenities and services:

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

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

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



## Pleasant Lake Villa

Part of the Legacy Health Services Family

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