

## Guiding Eyes pups keep retired WPD officer busy

by KEN DELFING

**G**uiding Eyes for the Blind is a non-profit organization whose purpose is to raise puppies with a purpose. That purpose is to help people with vision impairments lead an active life not limited by their lack of vision.

When I retired from the Westlake Police Department in 2014, many people asked what I would do next. I had no idea and started out just enjoying my time off. While I was still working, my wife and I were always involved with rescue groups. We have had 32 foster dogs, mostly Golden Retrievers rescued by Golden Retrievers in Need (GRIN). Upon my retirement from the police department we began looking into other ways to help, not only the animals but people as well. We



Raleigh, a service dog in training, at an Indians game last May.

had looked into the Guiding Eyes organization previously but with both of us working it didn't seem like the right time. Once I retired time was not a problem.

The process of raising a Guiding Eyes puppy begins with two 3-hour pre-placement classes. These classes prepare you for raising the puppy and orient you to the Guiding Eyes philosophy. Then the fun begins; we received our first pup in September 2014, a 10-week-old yellow lab named Raleigh.

» See GUIDING EYES page 2

## BHS students volunteer at Homeless Stand Down event

by MEGAN GUINTER

**C**leveland winters can be tough, but can you imagine what they would be like without a warm place to call home or clothes to keep you comfortable in the frigid temperatures? This is the reality for the homeless in Cleveland this winter. In an effort to help, some students from Bay High School volunteered at the Homeless Stand Down event on Jan. 23 at Public Hall.

The Homeless Stand Down event is run by

an organization called Hands On Northeast Ohio that connects volunteers to opportunities near them. The Bay High School Student Council has been participating in the Homeless Stand Down event for many years. At the event, the student volunteers either helped in the kids area or in the distribution center. The volunteers in the kids area watched the children while their parents were picking out clothing for the whole family with the help of those students in the distribution area.

» See HOMELESS page 7



BHS student volunteers pictured are (from left to right) First Row: Christina Randazzo, Megan Huntington, Abby Christel, Grace Mansuetto, Nicole Desmond, Lauren Hyland, Matt Best and Claire Reid. Second Row: Megan Guinter, Amanda Cusimano, Lilly Clark, Molly Harkness, Connor Flynn, Garrett Butler and Ben Kendall. Top Row: Luke Fortunato and Will Huntington.

## A new place called home

New resident finds Westlake very welcoming

by PRAGYA JHA

**W**e human beings have always heard from our parents and grandparents that a home is a place that's familiar. Home is filled with our old memories and things. We also believe that house of brick and stone will be called home by us only when it has warmth and cozy feelings of familiarity.

I also used to believe that until now. Two months ago, when I was living in India, I felt home was my flat in Mumbai. Then we planned to move to the United States. I was very skeptical about the change. I am not a person who likes changes a lot so such a big change like this started bothering me every day.

I used to lie awake every night worrying about how I would ever manage everything. But when I looked at my son, who has special needs, my fears subsided momen-



Pragya Jha and her son, Shantanu, enjoy the holiday decorations at Crocker Park shortly after moving to Westlake from Mumbai, India.

tarily as I had heard that Ohio is great for special needs kids. Still, the feeling of nervousness was there always.

» See HOME page 2

## Village Bicycle to host winter social Feb. 12

by DONNA WILSON

**H**aving some mid-winter blahs? Well Village Bicycle Cooperative has a cure for that. Join us and Bike Cleveland for a winter social at the Village Bicycle Cooperative on Feb. 12, 6-8 p.m. We will have plenty of activities for children and adults to enjoy, including:

- "Fat bike" demos throughout Cahoon Park.

- Macaroni and cheese bake-off. If you have a mouth-watering recipe, bring it in to share. There will be a prize awarded to the favorite.
- Fun bike craft for all ages.
- Sledding at Rose Hill which is next to VBC and is lighted (bring your own sleds).
- Pizza, hot cocoa and warm cider will be provided by Bike Cleveland.

» See BIKES page 2



"Fat bike" demos will be part of the Feb. 12 winter social at Cahoon Park.

## Rotary club sponsors speech competition

by DONNA D'AMICO

**T**he annual Rotary Speech Competition is open to all high school students who attend school in the cities of Westlake or Bay Village, or are home schooled in either city.

The theme of the 4- to 7-minute-long speech is to solve an ethical problem using

the principles of the Rotary's 4-Way Test, and should be from the speaker's personal experience or knowledge.

The registration deadline is March 4 and the competition will take place on Tuesday, March 22 at 6:30 p.m. at Parkside Elementary School, 24525 Hilliard Blvd.

» See SPEECH page 2



## GUIDING EYES

*from front page*

Raleigh was a very energetic pup but settled into our home and soon became my constant companion. As a service dog in training, Raleigh could go anywhere with me. He was quick to learn and eager to please.

Puppy raisers generally have a dog until they are 16-18 months old at which point they go back to the training center for testing and further training. The hardest part in all of this is when it comes time to return your pup for training. We liken it to dropping your child off at college, they go to acquire the next level of education needed for them to succeed in the world. The big difference is your pup won't call for extra money!

Guiding Eyes carefully breeds the dogs to maintain good bloodlines and lessen the chances of health issues. There are many factors that go into a dog's training to become a service dog and Guiding Eyes is diligent about placing the right dog with the right person. The dogs are free to the recipient even though each dog is valued at about \$50,000 with all of the training given.

As part of the training to receive a dog, the person must be able to travel to the training center in New York and stay for about three weeks. During this process they are first acclimated to the area and then to their potential guide dog. The team trains every day to get the dog and person working together as well as possible. The dog must be able to tune out distractions and focus on the task at hand, leading their person and keeping them safe.

It is very rewarding to know that by raising these pups my wife and I are helping others lead a more independent life. Raleigh was chosen to be a stud and has fathered two litters at this point. (Raleigh's pups may be in our future.) Since Raleigh's departure from our home we have started again with a female black lab named Velita. She is now 6 months old and learning very quickly.

If you would like more information about Guiding Eyes for the Blind, visit their website at [guidingeyes.org](http://guidingeyes.org) or email [therecam@aol.com](mailto:therecam@aol.com). ●

## CORRECTION

The date for "Next Stop, Freedom!" was listed incorrectly in the previous issue. The Bay Village Historical Society program will be held Thursday, Feb. 18, 6 p.m., at the Bay Village Community House, 303 Cahoon Road. For reservations or more information, phone Doug Gertz at 440-554-6355 or Cathy Flament at 440-835-4472. ●

# Village Project plans nourishing fundraiser

by DIANE FRYE

The Merriam-Webster simple definition of nourish reads: 1. To provide (someone or something) with food and other things that are needed to live, be healthy, etc.; 2. To cause (something) to develop or grow stronger.

Nourishing ourselves and our loved ones is a goal that is important to most of us. Nourishing our neighbors experiencing a cancer crisis has been the mission of Village Project for the past five years. During that time over 12,000 meals and sustaining services have been delivered to more than 100 families in the western suburbs, including Bay Village and Westlake.

NOURISH is a special fundraising event being held this month to benefit Village Project so that it will be able to continue to serve local cancer patients and their families. You are invited to join the party to experience

an evening of food, fun, entertainment, fellowship and giving. It will be held on Saturday, Feb. 27, from 6-9 p.m. at Hyland Headquarters Building 1 located at 28500 Clemens Road in Westlake.

Upon arrival at NOURISH, you will be issued a passport to take you on an enjoyable and informative journey to explore the many elements of Village Project. Get your passport stamped at each VP destination as you sample their delicious and nutritious food, get a glimpse into their organic garden, learn the many ways they serve clients, prepare for Project Pedal, and meet their dedicated, compassionate volunteers.

Your journey will include a food and drink reception, live music, and the opportunity to participate in a Chinese raffle and to bid on extraordinary live auction items, including Cavs club seats, a concert and dinner at Severance Hall and a "Wine and Dine"

cooking class.

Tickets for the adults-only event are \$40 per person and must be bought in advance by Feb. 18. Tickets will not be sold at the door. Purchase tickets online at [ourvillageproject.com/nourish](http://ourvillageproject.com/nourish) or by calling 440-348-9401.

Raffle tickets will be available for purchase in advance and throughout the event for your chance to win some incredible items, including a cruiser bicycle, craft and gardening baskets, and a "Night on the Town." Village Project is seeking additional items or gift baskets to be donated for the Chinese raffle. It is a wonderful, tax-deductible opportunity to showcase your business or organization, and most importantly, benefits a great cause.

Nourish your body, mind and spirit this winter with a fun evening out as you help to support and sustain this vital local organization. ●

## HOME

*from front page*

Finally on Nov. 24 we arrived in Cleveland. I loved the city the moment we came out of the airport. But still the place was new and the fears of shifting to a new society, and also with a special needs child, were there. Would this place offer the warmth of our home in Mumbai?

My first surprising change was that when we were in public places and my son would yell out loudly, which he often does to communicate his needs as he does not speak, no one turned their heads to see him or us. Everyone went on being so normal around him and us which was never the case back in India.

When we rented our house in Westlake, we stated initially that our son has a habit of making noise and yelling sometimes. But the answer that came from the agent was a welcome surprise. He said, "Aren't we all loud sometimes?" Our neighbor welcomed us and asked us to call on her anytime as she is working as a nurse for special needs kids. Back in India we never knew the names of our neighbors and my son was never welcome with them.

After that everyone and everything was a fresh welcome. The school was another surprise. All the teachers and the principal at Dover Intermediate School were so friendly. For the first time in my life I was comfortable leaving my son with someone

else. The other day, my son was not feeling well and I had thought of not sending him to school. But he got up on his own and was excited to go. I had never seen him so happy about anything.

Today I am so comfortable here in my new house, even though I am doing all the extra chores of cooking, cleaning and snow shoveling that I had never done back in India.

When I look back and think, all my nervousness and confusions of the past are gone.

Those who have made this change possible for us are the people of this city. I salute them for making this unfamiliar place so welcoming for us.

They have made this new house of ours a HOME. ●

## SPEECH

*from front page*

The first-place winner will receive \$150 and move on to the District Competition on April 2. The second- and third-place winners will receive \$125 and \$100, respectively.

For more information and to register for the contest, please contact Rotary Club of Westlake/Bay Village members Ray Glinka at [ray.glinka8@gmail.com](mailto:ray.glinka8@gmail.com) or Marie Marrali at [mmarrali@ffl.net](mailto:mmarrali@ffl.net).

To view the 4-Way test and learn about all levels of the competition, including prizes, go to [rotarydistrict6630.org](http://rotarydistrict6630.org) and click on the 4-Way Test and Speech Contest button. ●

## BIKES

*from front page*

Come and join the fun. Ride a fat bike, munch on mac and cheese, enjoy some food and drink, learn more about VBC and Bike Cleveland and meet some really fun people. You don't have to be a member to participate.

Thanks for supporting Village Bicycle Cooperative. We wouldn't have the facilities, tools and volunteer staff without the generous contributions of money and time. Please consider either volunteering or donating to VBC. Visit our website, [villagebicycle.org](http://villagebicycle.org), for more information. ●

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The Westlake | Bay Village Observer is a hyperlocal community newspaper and website written by, for and about the residents of Westlake and Bay Village, providing perspectives and information about topics and events in our community. The mission of the Westlake | Bay Village Observer is to inform, involve and energize the community through citizen participation of the 700+ community volunteers. All Westlake and Bay Village residents are invited to participate.

### Observer Guidelines

Want to submit an article to the Observer? We'd love to hear from you! Here are some guidelines to keep in mind when writing for the Observer:

- Anyone who lives or works in Westlake or Bay Village is encouraged to contribute.
- Aim for 300-500 word articles.
- Photos should be jpegs & a minimum of 2 megabytes in size.
- Submit original stories and photos. Don't copy others' work and remember to credit your sources.
- Review our Observer FAQs on our website at: [wbvobserver.com](http://wbvobserver.com)
- Ask questions! We're here to help you at every step along the way. Don't hesitate to come to us for advice or help with topics, content or the submission process. Staff contact information is listed below.

To join in, sign up through the Member Center at [wbvobserver.com/members](http://wbvobserver.com/members) to submit your stories, photos and events.

All content should be submitted through the Member Center, not by email.

Letters to the editor (max. 300 words) may be sent to [tara@wbvobserver.com](mailto:tara@wbvobserver.com). Please include full contact information.

The views and opinions expressed in this publication do not necessarily reflect the views and opinions of the Westlake | Bay Village Observer staff.

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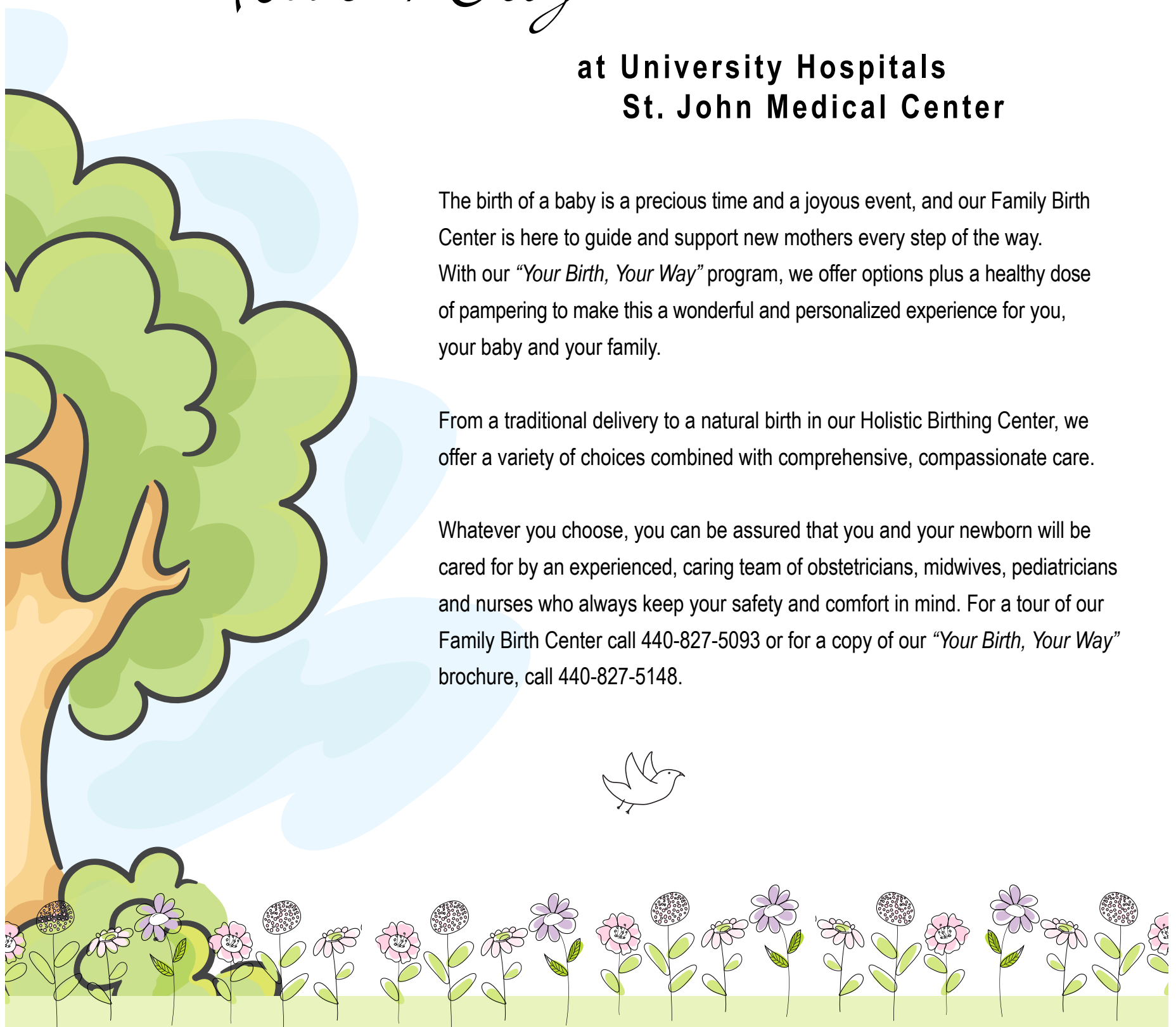
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## Westlake Kiwanis Aktion Club goes to the dogs

by VICTOR RUTKOSKI

The Westlake Kiwanis Aktion Club's latest service project involved collecting items for a local animal shelter. The club has been collecting various items such as towels, blankets, dog food, dog toys, shampoo, paper towels, collars, pulls and various other dog-related items. They also are making dog pulls by braiding used T-shirts. Everyone is excited about this project and hope to have it as a continuing service project, donating these items to local shelters and rescue groups. They delivered their first donation to the Lorain County Animal Shelter. Aktion Club is open to individuals with a disability 18 years of age and older. ●



PHOTO BY VICTOR RUTKOSKI

**Aktion Club member Alissa Jordan holds one of the dogs at the Lorain County Animal Shelter. The club donated pet supplies to the shelter as part of its service project.**

### FAMILY OBSERVATIONS

## The luxurious anxiety of choosing a career

by RJ JOHNSON

“Find a job doing what you love to do.” That sounds like great advice. If you love to do something, and you can get paid for doing it, it's hard to see a downside.

The girl will be going off to college next year and has some anxiety about a career choice. A couple years ago, my wife and I tried to talk her into going to school to study forestry. “Then you can get a job as a park ranger, or something like that,” we explained. “You love hiking and being in nature.”

Actually, it's my wife and I who love the outdoors. The girl doesn't mind it, but the truth is she prefers city life to vast expanses of wilderness. So, yeah, we were projecting our ideas onto her a little, or maybe a lot.

My wife is a very good baker. She enjoys baking. More than a few people have said something like, “You're really good at this. You should open your own bakery.”

There's a big difference between baking for people you love, and baking for a living. The truth is, she loves baking because she enjoys showing her affection for someone in a tangible way. If she was doing it for money, some of the enjoyment would be gone.

Also, to make a living as a baker, you need to love baking early in the morning. There is an enormous difference between liking to bake at one o'clock in the afternoon and liking to bake at four o'clock in the morning. Morning is not her favorite time of the day.

Finding a job doing what we love can spoil what we love. When my parents moved into a golf community, I asked my dad if he was going to golf every day. “Why would I want to do that?” he responded. “That would be like work.”

Anxiety over choosing a vocation is a recent phenomenon. For most of history, people didn't have the luxury of that anxiety. My grandfather worked in the iron mines in Minnesota. I doubt anyone ever asked him why he wanted to be a miner. He was born in a mining town, so he became a miner.

If you asked him if he was happy in life, I think he would have said that he was. It was not because he loved mining. Mining allowed him to make a contribution to the world. It allowed him to support a family. It also allowed him to be part of the larger community.

Many of the children in our communities have the luxury of being anxious about choosing a vocation. At this moment in her life, my daughter doesn't think it is a luxury.

Rather than encouraging our children do what they love to do for a living, it might be better to talk to them about the fulfillment of making a contribution to the world. That might alleviate some of the luxurious anxiety of career choice. In the long run, it might even help them find more happiness than merely finding a job doing what they love. ●

## Free, local resources for researching family history

by JAYNE BROESTL

The third season of “Finding Your Roots” is now airing on PBS every Tuesday at 8 p.m. With the help of professional researchers, Harvard professor Dr. Henry Louis Gates Jr. traces the lineage of three well-known celebrities. The ultimate goal of the program is to expose the viewing audience to the vast collection of research data available online at Ancestry.com and to increase the number of Ancestry.com subscribers. A one-year membership costs \$99 to \$199.

A more cost-efficient approach is near at hand. Westlake Porter Public Library, the Bay Village Branch Library, and other area libraries subscribe to the Library Edition of Ancestry.com. Library patrons can access this database edition from the library computers. A more complete edition is available to the public from the computers at the Westlake Family History Center at the Mormon LDS church at 25000 Westwood Road six days a week, Mondays to Saturdays from 10 a.m.-2 p.m., and also Tuesday through Thursday evenings from 6-9 p.m. Call 440-777-1518 or email west-

lakefhc@gmail.com for more information.

Another local resource is the Cuyahoga West Chapter of the Ohio Genealogical Society. Members voluntarily share their acquired knowledge of what data is available online for free and what is not, at their monthly afternoon help sessions. Some of the data at Ancestry.com is readily available to the public for free at other government or genealogical websites. So it is often wise to gather info from these free sites, before subscribing to Ancestry.com.

Cuyahoga West offers free family history research help sessions on the first Wednesday of the month (except December, January, July and August) from 1-2:30 p.m. in the computer lab at Porter Library. Just bring what information you have collected thus far, on a particular ancestral line, to one of these help sessions. Members will help you explore relevant internet sites and/or plan your next step. This one-to-one assistance is offered free of charge on a first come, first served basis.

In addition to the afternoon help sessions, Cuyahoga West Chapter offers monthly evening programs that are regularly held from 7-8:45 p.m. on the third Wednesday

of the month (except August and December), also Porter Library. Several times a year guest speakers are invited to share their valuable genealogical research knowledge. Other meetings are roundtable discussions. The next regular evening meeting will be a roundtable on Wednesday, Feb. 17. Cuyahoga West members and guests are welcome to share their recent finds or ask for help with a research problem.

There is no charge for attending a meeting or a help session and you do not have to be a member. However, members do receive the added benefit of a quarterly newsletter, which includes notices of upcoming genealogical meetings and events, both local and national. Also, members are entitled to a discount on chapter publications. Membership dues provide the funds necessary to have notable guest speakers and to cover the cost of printing handouts. Membership runs from January through December and dues are \$15, or \$18 for two people at one address.

For questions or additional information of upcoming meetings, visit [rootsweb.ancestry.com/~ohcwogs](http://rootsweb.ancestry.com/~ohcwogs) or email [cuyahogawest@gmail.com](mailto:cuyahogawest@gmail.com). ●

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"The Rapid Observation Unit provides us up to 24 hours to monitor, evaluate and plan for the patient's discharge or hospital admission," says Gaurav Kistangari, MD, MPH, a Cleveland Clinic board-certified internist at Fairview Hospital. "Depending on their symptoms, patients who enter the unit are evaluated with a focused problem list."

Many of the patients who enter the unit have chest pain that requires further evaluation to rule out life-threatening conditions such as a heart attack.

"The unit gives us additional time to provide monitoring, diagnostic testing and therapy," says Dr. Kistangari. "We can further assess patient symptoms and signs, provide laboratory tests, and effectively evaluate the response to therapy in a timely manner."

The extra time allows physicians to determine



Gaurav Kistangari, MD

whether a patient can safely return home or requires admission to an inpatient unit to continue care.

"It is our goal to improve the quality of medical care through comprehensive evaluation and treatment while reducing inappropriate admissions and health care costs," says Dr. Kistangari.

Care coordinators and nurses closely participate in every patient's treatment plan, and assist in keeping patients and family members informed throughout their stay. Patients typically stay in the Rapid Observation Unit between eight to 24 hours.

"Around-the-clock staffing by our physicians and nurses allows us to observe the patient's clinical problem in an efficient, safe, effective and

comfortable environment," says Dr. Kistangari. "All rooms include cardiac monitoring capabilities."

For chest pain patients, the unit provides the opportunity to appropriately identify patients with a heart attack and to more rapidly diagnose acute coronary syndromes, allowing therapy to be started in a timely fashion.

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# HUNTINGTON PLAYHOUSE STORIES

## In the Darkness

by PATRICK MEEHAN

Mary Kahelin dims the lights after Act 1, then slowly fades the sound of the siren as the darkness sets. Unseen in the tech booth at the Clague Playhouse, she listens for the cue that the actors performing the play “Proof” are ready to proceed. The stage manager, in a distant part of the theater, lets her know through a headset that the actors are ready. The theater brightens, this time looking like morning sunlight rather than the late evening illumination from the first act.

Mary now follows along in the script because her cues will come from the actors’ dialogue

rather than the stage manager. Her clothing is dark and the color melts into the walls of the room behind the window where she sits. The only illumination is from the computer screens and a pair of tiny flexible desk lights that shine on the pages she watches. The dialogue from the actors on stage comes through a tiny speaker mounted over the window that allows a view of the stage.

Mary will sit through several performances a week during the run of this show, just like she has done on over 300 productions in other theaters like the Huntington Playhouse and the Beck Center, where she had been named volunteer of the year. Props would be consid-

ered her specialty, having been on the prop crew for 199 shows at last count. She has also worked as sound, lights, spotlight operator, stage manager, deck crew, dresser and video operator.

Although she could probably keep busy enough working any theater she desires, she finds time for the Citizens for Bay Village Community Theater, volunteering her time and expertise on the play selection committee and is scheduled to work on our summer production which we are planning to produce at the Bay High School auditorium.

Mary had worked on 109 productions at the now closed Huntington Playhouse. Hopefully the theater will reopen and she can use her skills there once more. Until then she’ll be behind the scenes at the Clague Playhouse until “Proof” ends its run



PHOTO BY PATRICK MEEHAN

Mary Kahelin follows the script of “Proof” in the tech booth at Clague Playhouse.

in February. Then she’s off to the Beck Center to work on “In The Heights” with the Baldwin Wallace ensemble.

Citizens For Bay Village Community Theater is working to form relationships with civic groups, not-for-profit organizations, government and busi-

nesses in Bay Village to provide a true community effort to keep community theater an active and vital part of our city. For more information, visit [www.baytheater.org](http://www.baytheater.org). Our next meeting is Wednesday, Feb. 17, 7 p.m., in the Bay Village Library, 502 Cahoon Road. ●

## THE DIGITAL WORLD

# Digital world benefits right under your nose

by TAK SATO

From time to time, I write about the bountiful benefits we can harvest by embracing the digital world. One of my favorite sayings is how technology is in every nook and cranny of our lives, which is an increasingly true statement.

Ever since the internet became widely available, traditional institutions and businesses that thrived in the real world started to embrace the digital world. That, from a simpleton viewpoint, benefits consumers.

One such institution that continues to embrace the deepening convergence of the real and digital worlds are the libraries. The digital benefits offered to library patrons, both directly

and indirectly, are staggering and complement the library’s traditional benefits.

Take our very own Westlake Porter Public Library as an example.

My earliest recollection of WPPL embracing the digital world were their electronic book offerings, “eBooks,” where otherwise traditionally bound books became available for checkout by WPPL patrons over the internet on devices such as computers, tablets and smartphones.

How exciting it was to find WPPL, and many area libraries, also starting to offer digital editions of their magazine collection over the internet through a collaboration with a digital publisher. The liberating feeling of not having to pay for magazine subscriptions plus not having to deal with the confetti of postcards falling out of the magazine reminding me to start a subscription was priceless.

Being a lifelong learner, I strive to learn something new every day. These days my quest for learning is unofficially sponsored in part by another library patron benefit: MOOCs. Massive Open Online Courses are internet-based

classes that offer video lectures and electronic learning materials. They are a fabulous way to satiate my hunger for knowledge as there are many websites at the ready even during the witching hours of the night. I was delighted to discover another Porter Library patron benefit: I had access to a leading MOOC subscription website ... for FREE! That’s a savings of at least \$19 per month, thanks to my library.

Although I can recommend an appropriate digital world tool for an individual’s unique use case, I’m useless in helping my wife chose one vacuum cleaner over another. When asked, I would secretly consult the Consumer Reports publication on the library shelves. Now WPPL has a link to Consumer Reports’ subscription-only website that I can access with my patron ID, saving me another \$30 a year!

These are only some of the benefits I can enjoy as a patron of Porter Library – a library that continues to embrace the digital world heads-on. Visit the super helpful librarians and staff of WPPL in the real world to learn more about their digital-world benefits for patrons! ●

# Clague Playhouse auditions for ‘Panache’

by ALEXANDER NALBACH

Clague Playhouse, 1371 Clague Road, will hold auditions for Don Gordon’s quirky romantic comedy, “Panache,” on Feb. 9 and 10, at 7:30 p.m. This heartwarming play pairs Harry, a short-order cook from Brooklyn, with Kathleen, a Scarsdale socialite – two people from different backgrounds who, in search of life’s intan-

gibles, find that they are not so different after all.

Performance dates will be May 6 through May 29. There are parts for three adult men and two adult women. Auditions will involve readings from the script, and no appointments are necessary.

For further details, please email the director, Chris Bizub, at [cmb164@zips.uakron.edu](mailto:cmb164@zips.uakron.edu), or visit [clagueplayhouse.org](http://clagueplayhouse.org). ●

## SAVE THE DATE

### HUGS for Families benefit Feb. 20, 6 p.m., at BAYarts

Benefit helping families of chemically dependent adolescents in Northeast Ohio.

Event will feature heavy hors d’oeuvres, cash bar, silent auction, art show and auction.

Tickets are \$50 each and can be purchased online at [hugs4families.org](http://hugs4families.org) or by calling Dianne at 216 521-5568.



26056 Center Ridge Rd, Suite B, Westlake, OH 44145  
Tel: 440.871.9300 Web: [www.compu360.com](http://www.compu360.com)  
Hours: Mon & Fri: 11am - 2 pm & 4 pm - 6 pm; Tue, Wed, Thu: 11am - 6 pm; Sat: 11am - 4 pm

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est 2010

## Mardi Gras Specials!

Limited Time Menu January 19 - February 9

Crawfish Cakes	Shrimp Po'Boy	Jambalaya
Seafood Gumbo	Blackened Chicken	BBQ Shrimp

CHAGRIN FALLS • ROCKY RIVER • SOLON • BRECKSVILLE  
CUYAHOGA FALLS • LYNTHURST • CROCKER PARK  
[burntwoodtavern.com](http://burntwoodtavern.com)



# HOMELESS

from front page

Through this experience the volunteers gained insight into the magnitude of homelessness here in Cleveland.

Molly Harkness, a junior at Bay High School said, “It was an eye-opening experience. You get to meet many interesting people who you wouldn’t likely see in Bay Village. And I had tons of fun!”

In addition to child care and clothing, the event also included health screenings by medical professionals, job assistance for employment, connections to other aid organizations, and haircuts!

Some of the health screenings at the event included HIV/Aids, breast cancer, diabetes and blood pressure.

Will Huntington, BHS president of Student Council said, “Volunteering at the Homeless Stand Down is always a special experience. It’s really cool to see how much it means to people, and it’s a great way to give back to the community.”

The event raised awareness of homelessness and helped to assist those in need. Hearing about homelessness is different than actually going into the city and meeting people. The student volunteers were able to directly interact and make a difference with people who are homeless in our greater community. ●

## FAITH & SPIRITUALITY

# How to walk like Jesus

by SHARON FEDOR

It seems like we just put away the Christmas decor, got into the swing of our New Year’s Resolutions, then, as they say, Easter comes early this year. Along with Easter comes Lent, and even though it sounds mighty early, Lent will begin on Feb. 10. Lent is 40 days before Easter, or one-tenth of the year, like a tithe of time, spanning from Feb. 10 to March 27, Easter Sunday.

In many faiths, Lent begins with Ash Wednesday and ends with Holy Saturday. Sundays are not included in the six weeks of Lent as they represent mini-Easters. The word Lent is derived from the Anglo-Saxon word “lencten,” meaning Spring. Mardi Gras translated from French means Fat Tuesday and is the day before Lent. It is the feasting and partying just prior to the fasting and preparation of Lent.

Some faiths observe Lent as a time of

giving up, whether it be candy, meat or worrying. Others observe it as a time of stepping forward and doing something, like volunteering, tutoring, writing thank you letters to show gratitude, or being of service to others. Even attending a class to expand your Lenten consciousness, or a class that offers new insights into your own spirituality, can be beneficial.

Rev. Joanne Rowden of Unity Spiritual Center of Westlake is teaching a dynamic 4-week class during Lent that will empower your spirit. Four short weeks, or eight hours, to “Do Greater Things Following in Jesus’ Footsteps,” beginning Sunday, Feb. 28 through Sunday, March 20, from 1 to 3 p.m. Topics touched upon are the power of vision, the power to change, the power of gratitude, and forgiving like Jesus did.

Join senior Minister Joanne Rowden in this transformational journey to understand Jesus, Lent and Easter in ways you never thought of before. The required book is the same title as the class, “Do Greater Things...” and is available in Unity’s bookstore. A suggested free will offering of \$10 per class. For more information, call 440-835-0400 or email [unityinfo@unityspiritualcenter.com](mailto:unityinfo@unityspiritualcenter.com). This enlightening workshop will be held at Unity Spiritual Center, 23855 Detroit Road. All faiths are welcome. ●

# Upcoming programs at Bay Rec

## ICE SKATING

Outdoor ice rinks have been filled. Rinks will be open weather permitting. Locations: Reese Park and Cahoon Memorial Park.

## ITTY BITTY FIT & PLAY (Ages 2-5)

Improve your tots’ motor skills, counting and colors with fun games, obstacle courses, ladders, hula hoops and puffy tennis balls!

Thursdays, Feb. 4-25, 10:30-11:15 a.m. Location: Community Gym. Fee: \$40 (NR: \$60).

## INDOOR AFTERSCHOOL QUICKSTART TENNIS (Grades K-4)

Learn the fundamentals and build on your skills. Choice of one or two days per week.

Feb. 8-March 8. Days: Mondays, 3:45-4:30 p.m. at Normandy Gym; Tuesdays, 3:10-4 p.m. at Westerly Gym. Fee: one day per week, \$40/session (NR: \$60); two days per week, \$75 (NR: \$95).

## INDOOR AFTERSCHOOL QUICKSTART TENNIS (Grades 3 & 4)

Join our tennis instructors afterschool for this fun instructional tennis program. Choice of one or two days per week.

Tuesdays and/or Thursdays, Feb. 2-25, 2:20-3:10 p.m. Location: Westerly Gym. Fee: one day per week: \$40/session (NR: \$60); two days per week: \$75 (NR: \$95).

## INDOOR AFTERSCHOOL QUICKSTART TENNIS (Grades 5-8)

Build on fundamental skills in this fun, instructional program.

Thursdays, Feb. 4-25, 4-5 p.m. Location: Westerly Gym. Fee: \$45/session (NR: \$65)

## LITTLE HOOPERS (Ages 3-5)

A fun-filled program for the itty bitty hoopers!

March 2, 22, April 5, 12, 19 (5 weeks); 6:30-7:15 p.m. OR 7:15-8 p.m. Location: Community Gym. Fee: \$68 (NR: \$88)

## KARATE DO (Ages 6 & up)

Students study an art representing several martial art systems including Kajukenpo, Chinese Kenpo, Judo and Japanese Karate. We encourage involvement of parents and children together.

Saturdays, Feb. 20-March 26. Advanced class: 9:30-11 a.m. Beginner class: 11 am.-12:30 p.m. Locations: Dwyer Senior Center and Community Gym. Fee: \$42/session (NR: \$62).

## Bay Village Family Aquatic Center Membership (Residents ONLY)

Summer pool memberships are now available! Get your 2016 passes today at the Rec Office. Don’t forget to bring two forms of proof of residency. Early Bird Special ends May 12.

## FITNESS ROOM

The Community Gym located in Bay Middle School has 2 treadmills, 2 ellipticals, 2 bikes and free weights. Memberships and daily admission rates available in the Rec Office. Hours of operation during the school year: Weekdays, 6 a.m.-2 p.m. and 5-9 p.m.; Saturdays, 8 a.m.-4 p.m.; Sundays, noon-4 p.m.

Questions? Call the Bay Rec Dept. at 440-871-6755 or stop by our office at 400 Bryson Lane. ●

## SPORTING VIEWS

# Cavs championship no longer a sure thing

by JEFF BING

It wasn’t all that long ago the city of Cleveland was celebrating the return of LeBron James to the Cleveland Cavaliers. With the roster improvements GM David Griffin made after LeBron returned, it wasn’t a question of “if” the Cavs would win a world championship – it was more a question of when, and how many?

Last season, the Cavs were granted a mulligan when Kyrie Irving and Kevin Love were derailed during the playoffs with season-ending injuries. Most fans – including this one – were impressed by the Cavs taking Golden State to six games before the Warriors won the NBA Championship. The prevailing opinion was along the lines of, “If we came to within two victories of a championship without two of our big three, we’ll be unstoppable when healthy.”

I bought into that logic, as did most Cavs fans. Merely bring Love and Irving back *slowly* – especially considering Kyrie’s history of getting injured on a regular basis – with the idea of them being at full strength when the playoffs began. It all seemed so simple – on paper.

However, a funny thing happened on the way to this year’s championship. The Warriors came out of the gate winning 26 games in a row before losing their first, and to date look like one of the best teams ... in NBA *history*. Then, it appears GM Griffin and owner Dan Gilbert became very nervous when the Cavs were smoked at home in a much anticipated rematch with Golden State.

The next thing you know, the Cavs – despite owning the best record in the Eastern Conference –

removed coach David Blatt. (I considered inserting a “loss of Blatter control” joke here but, fortunately for you, I never stoop to that level.)

It appears ex-coach Blatt became the poster boy for all things wrong with the Cavs, including the fact that the Golden State Warriors might be one of the best teams ever. The problem is that Dan Gilbert, with the highest payroll in the history of the NBA, doesn’t want to hear that kind of stuff when this year was supposed to be OUR year. So, when the Warriors humiliated the Cavs at The Q recently, Danny Boy pushed the old panic button, and Blatt was jettisoned.

Probably what bothers me more than anything else about Blatt’s dismissal was the way GM Griffin threw Blatt under the bus, ripping Blatt pretty good in an attempt, I’m assuming, to deflect the criticism that accompanies firing the coach of the team with the best record in their conference.

It will be hard for me to root for Griffin after that cowardly display; it would have been just as easy to take the high road and state, “We felt we needed to make a change to get to the next level,” and leave it at that. The same goes for LeBron, who on one hand denied having anything to do with Blatt’s firing, yet on the other, at times boasted of having ignored or overruled some of Blatt’s play-calling.

New coach Tyronn Lue has inherited a team which went six games deep into last year’s championship series, and that wasn’t good enough to keep the man Lue replaced on the job. If Lue does anything less than win a world championship, how will David Griffin justify keeping Lue? ●

# February brings love to Clague House Museum

by LYSA STANTON

Valentine’s Day dates back to Roman times, however it wasn’t until 1840 that Richard Cadbury designed and illustrated the first decorative Valentine candy boxes. Please join the Westlake Historical Society on Feb. 13 to learn more about the history of Valentine’s Day as we celebrate with our annual old-fashioned Valentine’s Day party.

The Clague family home, located at 1371 Clague Road, will be your destination to enjoy an afternoon of crafts, sweet treats and museum tours. There is no charge for the event, but donations are gratefully accepted. Members of

the historical society will conduct guided tours of the museum.

The party starts at 1 p.m. Reservations are requested, by calling the historical society at 216-848-0680, but are not required.

Also available are beautiful candy bouquets that will get your Valentine’s attention. Please see our website, [westlakeohiohistory.com](http://westlakeohiohistory.com), for details.

Are you thinking of getting married soon? The Westlake Historical Society will be hosting weddings on Feb. 14 at the Clague House Museum. We offer a licensed officiant, wedding cupcakes, music selection, photos, and a lovely venue. Please call 440-808-1961 for more details. ●



THE GREEN REPORT

# Small, simple actions can have large impact

by JENNIFER HARTZELL

Everyone can take part in a beach clean-up every single day. A single human can have a huge impact on the health of our beautiful Lake Erie by picking up litter anywhere, anytime. Litter on our streets, in our yards, and in our parks easily ends up in the lake by getting into the storm sewer grates on the street, or getting blown directly into the lake or a tributary river or stream.

In 2012, Dr. Sherri “Sam” Mason, a professor at SUNY Fredonia, led the first ever Great Lakes plastic pollution survey. What she found was that Lake Erie contained twice the amount of plastic pollution than was previously found in the most contaminated ocean sample. Lake Erie was also found to have 56 times more plastic pollution than any other Great Lake! There are a few theories on why this is, including the fact that Erie has the most populated shoreline of the Great Lakes and that three Great Lakes

(Superior, Huron and Michigan) all flow into Erie, contributing more plastic pollution.

Plastic litter that ends up in the lake is eventually broken down by sunlight and waves, which turns it into small particles. These particles will never biodegrade or go away; they will always be there. Plastic particles absorb toxins in the lake, and the fish mistake them for food. In any environment (lake, ocean or landfill), plastic will not biodegrade like other material such as wood and paper. Every single piece of plastic ever made is still present on earth today, in one form or another. Even when recycled, plastic is made into more plastic, which will end up in our landfills or waterways eventually.

Over 300 million tons of plastic is produced yearly, and 50 percent of plastic is used just once and then disposed of. It is no wonder that so much of it is ending up in Lake Erie.



PHOTO BY PATRICK MCGANNON

A plastic bag floats down the Cuyahoga River toward Lake Erie. Plastic is broken down by sunlight and waves into small particles that absorb toxins and can be mistaken for food by fish.

A fun way to get family and friends involved is to check out TwoHandsProject.org. This website has a lot of information about plastic pollution, and outlines fun ways to get involved. The project's goal is to encourage people to think beyond structured clean-up days and consider how they can help prevent

plastic pollution with two hands and 30 minutes, any day of the year. You can even take pictures of your group and what you find and post it on their Facebook page. But remember, this is not necessary. Just the simple act of picking up any trash you find in your daily routine will have great impact on the health of Lake Erie! ●

## Sustainability forum to focus on single-use plastics

by MATTHEW HRUBEY

The Fairview Park Green Team is pleased to announce it will host Cuyahoga Councilwoman Sunny Simon and the Alliance for the Great Lakes' Hyle Lowry in an upcoming sustainability forum on single-use plastic bags. These bags create unnecessary waste, pollution in our waterways and on land, deplete our natural resources, harm wildlife, and jeopardize human health and food supplies.

Sunny Simon has served on Cuyahoga County Council since 2011. As Chair of the Education, Environment and Sustainability Committee, Ms. Simon is working toward making the Cuyahoga County government a leader in promoting environmentally sustainable practices for the long-term growth of the region. During the forum, Councilwoman Simon will speak about how the imposition of a fee on single-

use plastic and paper bags countywide will impact the environment, consumers and retail businesses.

Hyle Lowry currently serves as Ohio Outreach Coordinator for the Alliance for the Great Lakes. The Alliance's mission is to conserve and restore the world's largest freshwater resource using policy, education, and local efforts, ensuring a healthy Great Lakes and clean water for generations of people and wildlife. Ms. Lowry will be speaking about protecting our Great Lakes from all types of plastic contaminants, including the recent ban on microbeads, and the effects they have on our health and that of our water and aquatic life.

The sustainability forum will be held Tuesday, Feb. 16, at the Fairview Park Senior Center, located at 20769 Lorain Road. The event is open to the public and will begin promptly at 7 p.m. ●

## We care for cancer, how about you!

by CAITLYN HARTZELL, fifth-grader at Bay Middle School

Well do you? The Seven Doughnuts, a fifth-grade Destination Imagination team, is having a collection for children at Rainbow Babies And Children's Hospital. The collection is going on now through Feb. 5 at all Bay Village Schools and the Bay Village Library. This team of fifth-graders is planning to make Cancer Care Packages, but we can't do that without your help! These are some

of the items we are looking to collect:

- Fuzzy kids socks
- Hats, ball caps and winter hats
- Hard candies
- Chapsticks
- Lotions
- Coloring books and crayons
- Small craft items
- Small stuffed animals

Please do not forget, the things you donate have to be NEW items because there might be germs on old things. Thank you very much for your help! ●



The Seven Doughnuts, a Bay Village Destination Imagination team, are collecting items for cancer care packages.



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We are American Animal Hospital Association (AAHA) accredited and offer an open door policy (you have the option to be present for all procedures). Westlake Animal Hospital offers evening and Saturday appointments for your convenience.





## St. Raphael Catholic Church

# Fish Fry

Lenten

Fridays from Feb 12<sup>th</sup> thru Mar 18<sup>th</sup>

Parish Activity Center

5:00 p.m. – 7:30 p.m.

525 Dover Center Rd. • Bay Village • 440-871-1100 • \$13 Adult • \$8 Seniors & Children • Carry Out Avail.

Entrée choices include fried Perch, baked Haddock, macaroni & cheese, or Pierogies. Sides: macaroni & cheese or Pierogies. All meals include French fries, coleslaw, roll w/butter and dessert. Iced tea and lemonade served. Soda available for purchase.





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**Marcello Mellino, MD**  
Medical Director of Cardiovascular Services for O'Neill Healthcare

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WESTLAKE PORTER PUBLIC LIBRARY

# Upcoming events at Westlake Porter Public Library

by ELAINE WILLIS

**Tuesday, Feb. 2 (7-7:30 p.m.) BEDTIME STORIES** – Put on your pajamas and join Mrs. K as we unwind at the end of the day with quiet stories, songs, finger plays and other bedtime activities. Ages 4-6; siblings welcome!

**Wednesday, Feb. 3 (10:15 & 11 a.m.) LET'S SING AND DANCE!** – Sing and move to the music with Miss Nancy! For children ages 2-6 with a caregiver. Please arrive early to receive a ticket.

**Wednesday, Feb. 3 (1-2:30 p.m.) CUYAHOGA WEST GENEALOGICAL SOCIETY** – Drop-in session for genealogy help.

**Wednesdays, Feb. 3, 10, 17 and 24 (4-5:30 p.m.) and Thursdays, Feb. 4, 11, 18 and 25 (6:30-8 p.m.) BOW WOW BOOKS** – Stop by the Youth Services Department and sign your child up for a 10-minute reading time with a reading therapy dog! Bring your own book or choose one of ours. Registration begins each Wednesday at 3:30 p.m. and each Thursday at 6 p.m.

**Thursday, Feb. 4 (9 a.m. to 5 p.m.) USED LIBRARY FURNITURE SALE** – Also being sold are miscellaneous other items. All items will be sold as-is and all sales will be final. Payment may be made by cash, check or credit card. Call 440-871-2600 for further information.

**Thursday, Feb. 4 (9:30 a.m.-8 p.m.), Friday, February 5 (9:30 a.m.-4 p.m.), Saturday, February 6 (9:30 a.m.-4 p.m., Half-Price Sale) and Sunday, February 7 (1:15-4 p.m., \$2 Bag Sale) FRIENDS' ANNUAL BOOK SALE** – Stop by for bargain books and more!

**Thursday, Feb. 4 (6-8 p.m.) HARRY POTTER BOOK NIGHT** – Celebrate the magic and wonder of the 2nd annual Harry Potter Book Night at Westlake Porter Public Library. Enjoy games, crafts, contests and other wizarding activities.

**Thursday, Feb. 4 (7-8:30 p.m.) DIGITAL PHOTOS ONLINE** – This is the first in a series of digital photography classes. Come and learn the basics of digital photography, how to use free online photo editors, and get an overview of the topics covered in the rest of the series. Prerequisite: Ability to take digital photos with a camera or mobile device. Please register.

**Friday, Feb. 5 (10-10:45 a.m.) COME PLAY WITH ME!** – Open playtime with age-appropriate toys. For children ages 2-5 with a caring adult. Siblings welcome! Please register.

**Friday, Feb. 5 (11-11:45 a.m.) HOMESCHOOL HUB** – Developed for homeschoolers with special needs, each session includes literature, art and motor skill development. Please register.

**Saturday, Feb. 6 (10 a.m.-noon) IPAD SKILLS LAB** – If you need help with basic iPad skills, stop by the Computer Lab with your questions and your iPad.

**Saturday, Feb. 6 (10:30-11 a.m.) MOTHER GOOSE ON THE LOOSE!** – An interactive storytime featuring simple books, rhymes, songs and movement. For ages birth-3 with an adult caregiver.

**Saturday, Feb. 6 (4-5 p.m.) Full STEAM AHEAD: IT'S ELEMENTARY** – Each session will explore a different aspect of STEAM learning. This month we'll explore the periodic table and elements. Grades 3 and 4. Please register.

**Sunday, Feb. 7 (2-3 p.m.) AMERICAN GIRL DOLL CLUB: TEA PARTY** – You and your American Girl Doll will enjoy a tea party with Marie-Grace and Cecile while we learn about tea party etiquette from Elizabeth. Ages 6-11. Please register.

**Monday, Feb. 8 (3:30-5:30 p.m.) TEEN LOUNGE** – Need a place to hang out after school? Come to the Teen Lounge! We've got computers, video games, board games, snacks and more! Grades 7-12.

**Monday, Feb. 8 (6-7 p.m.) GET READY FOR MARDI GRAS!** – Drop in for Mardi Gras fun! Create a mask or a jester's hat and get ready to celebrate!

**Monday, Feb. 8 (7-8:30 p.m.) MAKER MONDAY: PERSONAL HOME COMPUTER SECURITY** – John Dolinar, the Executive Director of Enterprise Infrastructure Services at Cuyahoga Community College, will show you how to use and maintain security software on your home computer to protect yourself from those seeking to compromise your personal information or damage your computer. Part of the Maker Club, which celebrates STEAM initiatives (Science, Technology, Engineering, Arts, and Math) and meets one Monday each month. Please register.

**Tuesday, Feb. 9 (10 a.m.-noon) CAREER TRANSITION CENTER: NETWORKING EFFECTIVELY** – Learn how to build and maintain business relationships that will assist you in your job search and your career.

**Tuesday, Feb. 9 (7-8 p.m.) AUTHOR VISIT WITH MARK**

**KOZAK** – Local author Mark Kozak will be here to discuss his new book “Cat & Cat: A Novel in Three Movements,” a crime thriller about a man who finds himself at a crossroads in life. Books will be available for purchase. Please register.

**Tuesday, Feb. 9 (7 p.m.) TUESDAY EVENING BOOK DISCUSSION** – In February we'll discuss “We Were Liars” by E. Lockhart.

**Wednesday, Feb. 10 (noon-1:30 p.m.) SPEAKER SERIES LUNCH & LEARN** – Guest speakers join Career Transition Center to present informative and timely topics for job seekers. Bring your lunch; learn and grow. Coffee provided.

**Wednesday, Feb. 10 (6:30-8:30 p.m.) WPPL HORROR FILM CLUB** – Join us as we explore some of the classic films from the genres of horror, science fiction and suspense. Children under 13 should be accompanied by an adult. Please register.

**Thursdays, Feb. 11 (4:15-5:15 p.m.) TBD** – Join your friends for a different activity each month. February's activity will be Lego Creation. Grades 5-7.

**Thursday, Feb. 11 (7-8:30 p.m.) GOOGLE'S PICASA 1** – Picasa lets you import your digital photos, edit them, put them in albums, and share them on the Web. Learn how! In this class we will learn about the organization and layout of Picasa. Prerequisite: Gmail account. Please register.

**Thursday, Feb. 11 (7 p.m.) NON-FICTION BOOK DISCUSSION** – The February selection is “Invisible History of the Human Race: How DNA and History Shape Our Identities and Our Futures” by Christine Kenneally.

**Thursday, Feb. 11 (7-8:30 p.m.) ZENTANGLE FOR YOUR VALENTINE** – Zentangle is an easy-to-learn method of creating beautiful images from repet-

itive patterns. No previous art or drawing experience is needed! Join Certified Zentangle teachers Cathy Zavodny and Michelle Rodgers to learn this amazing new art form while creating a valentine. Please register.

**Friday, Feb. 12 (9:30, 10:30 or 11:30 a.m.) and Saturday, Feb. 13 (9:30 or 10:30 a.m.) MUSIC THERAPY & MORE** – This program is designed for children (ages 1-6 years) who are struggling in an area of development. A board-certified music therapist will lead families in a fun and exciting music-making class. Throughout the session, the therapist will present experiences that address a variety of areas of development. Registration required at connectingforkids.org/music.

**Saturday, Feb. 13 (10 a.m.-4 p.m.) VALENTINE FUN DAY!** – Join us in the Youth Services Department for a fun-filled day of Valentine's crafts and activities! All ages.

**Saturday, Feb. 13 (10 a.m.-noon) ROAD TO WEALTH: HOW TO MANAGE YOUR FINANCIAL LIFE** – This first of three presentations, “Get to Know Your Money” will discuss the importance of understanding income & expenses, assets & liabilities, and net worth & ratio analysis. Bring a flash drive to save a personal assignment. Please register.

**Sunday, Feb. 14 (1-1:45 p.m.) MEET-UPS** – Join us for video games, socialization and play among children in grades 1-5 with special needs. Registration begins Feb. 7.

**Sunday, Feb. 14 (3-4 p.m.) FRIENDS' SUNDAY SOUNDS** – Join the Friends of Porter Public Library for The Vios Project.

**Monday, Feb. 15 (7-8:30 p.m.) INVESTOR'S INTEREST GROUP: REITS** – Jason Orsky with JMO Wealth Management will discuss what you should look for when investing

in a REIT, how REITs measure earnings and ability to pay dividends, and what role REITs play in retirement savings. Please register.

**Tuesday, Feb. 16 (10 a.m.-noon) CAREER TRANSITION CENTER: LINKEDIN FOR JOB SEARCH** – LinkedIn is the best social media platform for job seekers. Learn techniques to better utilize this tool to help you meet people who can assist your search and to find companies that are hiring for positions that meet your requirements.

**To register for any of the programs, visit westlakelibrary.evanced.info or call 440-871-2600. ●**

## Kade Waffen becomes 145th Eagle Scout from Troop 41



Kade Waffen, Bay Village Troop 41, earned the Eagle Scout Rank on Jan. 11. Kade becomes the Troop's 145th Eagle Scout since 1964. He is the son of Chad and Nicole Waffen. For his Eagle service project, Kade's team installed benches and decorative coverings at The Village Project offices on West Oviatt Road. Visit [troop41.wordpress.com](http://troop41.wordpress.com) for more information about Troop 41. ●

## Jason Nolde named to Westlake Porter Public Library board

The Westlake Porter Public Library board of trustees has appointed Jason Nolde to serve a term from 2016-2022.

A Westlake resident, Nolde is a partner and architect at Richard Fleischman & Partners Architects. He is also a member of the board of the American Institute of Architects Cleveland Chapter, and served as its Director of Development in 2015. Nolde received both Bachelor of Science and Bachelor of Architecture degrees from Kent State University.

Nolde brings the board experience in project management, scheduling, human resources and business finance. Having led a team that has built or renovated numerous libraries, he

also offers a unique perspective on managing and adapting the library facility to meet changing needs.

Nolde takes the place of Sandra Hazners, whose term expired Dec. 31.

The board, the policy-making body of the library, is composed of seven members. The library board's primary responsibilities are approving library policies, setting the budget, hiring a director and fiscal officer and advocating for the library. Terms are seven years with a maximum of two terms. ●



Jason Nolde



# BAYarts' latest exhibitions explore transformations

by JESSICA STOCKDALE

Artist Timothy Joyce doesn't believe in waste, and his method of using recycled materials was born out of a desire to show there's no aspect of human life that doesn't have some continued worth and message to express.

The components of the art vary in the exhibition "Facing Forward." Joyce says, "I use materials found in junk shops, painting over cheap reproduction pictures, house paint, spray paint, you name it." The purpose of this is rooted in renewal. "It pleases me to give what is discarded a new life. My single intent is to make the viewer feel what the expression of the pictures contain. I don't look away from all kinds of human life. Every single person on earth matters."

This method of salvaging perceived rubbish is just another manner of Joyce's unique perspective. His work will be on display in the Diane Boldman Education gallery.

Additionally, in the Sullivan Family Gallery, the work of John Carlson and Shari Wilkins will explore alterations in "Destruction of Form." The collaboration started with Wilkins' vernacular photography collection. From there, tools such as X-ray, paint, and charcoal were used to transmute the existing image.

Of the work's thoughtful, metamorphosed intention, Carlson says the ultimate aim is to "engage the viewer in a new visual experience." The concept of a keenly conscious attitude of observa-

tion plays an especially important part of this exhibition.

The pair adds that they found the act of collaborating to help them generate new, spontaneous ideas, which transformed some of their initial ideas and thus bringing the entire theme full-circle in a fully immersive approach.

The opening receptions for both exhibitions are on Friday, Feb. 5, from 7-9 p.m. The artwork will be on view at BAYarts through Feb 25. Visit bayarts.net for more info and images. ●



"Shame" by Timothy Joyce

Cleveland  
Institute of Art

70th Annual  
Student  
Independent  
Exhibition

Opening Reception  
February 12, 6-9 pm

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## WESTLAKE-WESTSHORE ARTS COUNCIL

# Multi-talented rising star to perform in Westlake

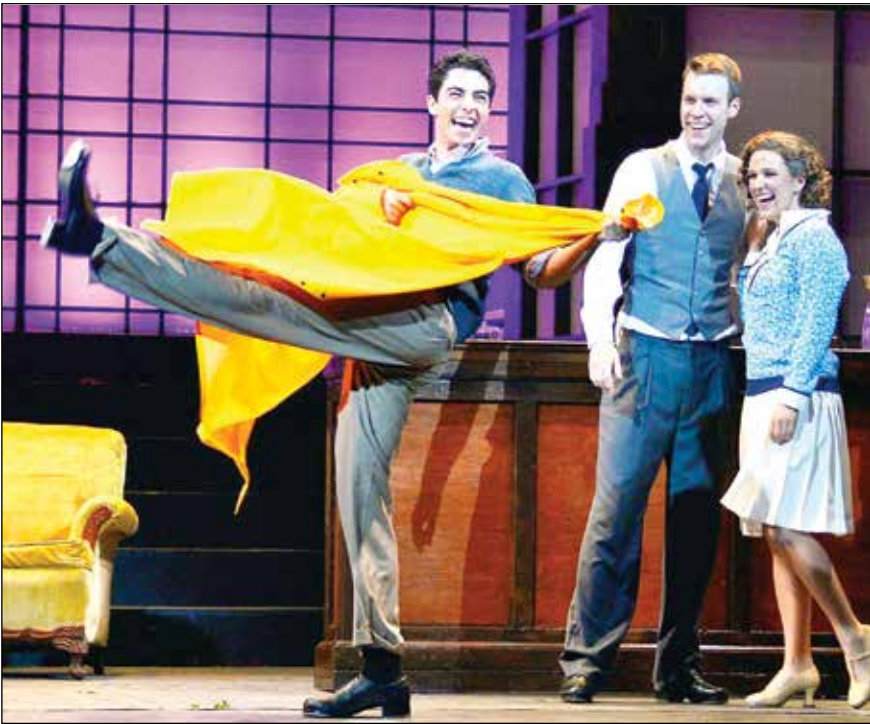


PHOTO BY M. CEFALO

Mike Cefalo stole the show as Cosmo Brown in a New York production of "Singin' in the Rain." Cefalo will perform at Porter Library on Feb. 16.

by LOUISE SEEHOLZER

For a fourth year the Westlake-Westshore Arts Council is sponsoring "Catch a Rising Star: Baldwin Wallace Music Theater in Recital." On Tuesday, Feb. 16, BW Music Theatre major Mike Cefalo presents a musical program that showcases his innate talents, his polished skills and a love for his art form. Cefalo will perform at 7 p.m., at Westlake Porter Public Library, 27333 Center Ridge Road.

Jazz standards and music of the '40s and '50s have a special appeal to Cefalo. He enjoys performing songs made famous by Frank Sinatra, Frankie Valli and other "amazing artists" of that era. But all aspects of theater, singing, acting and dancing, specifically tap dancing, are to his liking. "Performing for me is just as much about telling a story as it is to entertain anyone and everyone," he said.

Last summer Cefalo had the opportunity to use his multi-talents when he was cast as Cosmo Brown in a production of "Singin' in the Rain" at the Park Playhouse in Albany, New York. Original-

ly, the part was made famous on film by Donald O'Connor. Cefalo's other stage appearances include "A Chorus Line," "Saturday Night Fever," "Little Shop of Horrors" and "Carrie: The Musical."

Albany's Times Union newspaper gave Cefalo's 2015 performance this review: "The very best thing about 'Singin' in the Rain' at Park Playhouse is Michael Cefalo as Cosmo Brown. ... Cefalo, who's still a college student and was found during a group audition, gives a star-making turn as Cosmo."

Cefalo said he was drawn to theater at a very early age and describes it as "the most joyous part of my life." The Pittsburgh native, who was attracted to Baldwin Wallace University by its music theatre program, said he is from a "wonderful and gigantic Italian family."

The Feb. 16 Westlake performance, which provides an opportunity to enjoy this young, talented, trained performer, is offered free by the WWAC, embodying its mission to provide the community with an enhanced and broadened cultural life that will promote awareness, education and involvement in the arts. ●

# Montessori students explore the solar system

by MICHELLE RAMEY

The kindergarten students at Westshore Montessori in Westlake recently completed a science activity in brain building with STEM. The students naturally have many questions and were taught to ask beyond the "why" question, but ask a "what" question too. "What" questions focus on what is happening, what are you noticing and what are you doing.

Those answers were right in front of the students recently when we explored the solar system.

The planets Mercury, Venus, Mars, and Jupiter are in an elliptical alignment and can be seen in the very early morning until Feb. 20. The students were able to make observations and apply problem solving by using variety of materials to create their understanding of the planets in our solar system. ●



Westshore Montessori kindergarten students complete a project about the solar system.



# February events at Tri-C Westshore Campus

by KRISTIN BROKA

Cuyahoga Community College (Tri-C) Westshore Campus has many events happening in February. All events are free, and occur at either the Tri-C Westshore Campus, 31001 Clemens Road, or at Tri-C Corporate College West, 25425 Center Ridge Road. Please be sure to check location in each description.

**Saturday, Feb. 6 (9 a.m.-noon) YOUR FUTURE CONTINUES: TRANSFER OPTIONS AT TRI-C** – The event will provide students and parents with information about how credits earned at Tri-C will transfer to four-year colleges/universities along with information about Cuyahoga Community College's Honors Program and scholarships, and more. Hear from a Tri-C alumna who transferred to Cornell. Free, registration recommended. Visit [www.tri-c.edu/events](http://www.tri-c.edu/events) for more information and to register. Tri-C Westshore Campus.

**Sunday, Feb. 14 (2 p.m.) COLLEGE GOAL SUNDAY** – This event is an opportunity for students and families to receive free assistance in completing the FAFSA (Free Application for Federal Student Aid), a required form to apply for all Federal aid programs, many state programs, and institutional aid programs, which can help pay for higher education opportunities. This is your chance to complete the FAFSA with experts and get answers to the financial aid questions you may have. Online registration is required at [ohiocollegegoalsunday.org](http://ohiocollegegoalsunday.org) or by calling 1-800-233-6734. Free, registration recommended. Tri-C Corporate College West.

**Monday, Feb. 15 (10-11:30 a.m. and 2-3:30 p.m.) CAMPUS VISITATION DAY** – Campus Visitation Day is a great opportunity to explore options and discuss the steps for enrollment and financial aid, and tour campus facilities. Free, registration recommended. Visit [www.tri-c.edu/open-houses](http://www.tri-c.edu/open-houses) for information and to register. Tri-C Westshore Campus.

**Wednesday, Feb. 17 (7-8:30 p.m.) LEARNING FOR LIFE SERIES: THE HIDDEN FACE OF MENTAL ILLNESS** – Amy Relyea will share her personal journey dealing with anxiety and depression. Dr. Ky Heinlen will discuss how family and friends can support individuals struggling with mental health issues, and share techniques everyone can use when dealing with challenges. Free. Visit [www.tri-c.edu/learningforlife](http://www.tri-c.edu/learningforlife) for more information. Tri-C

Westshore Campus.

**Thursday, Feb. 18 (noon-2 p.m. at Corporate College; 5-7 p.m. at Westshore Campus) HONORS SCHOLAR FAIR** – Tri-C offers a variety of scholarship programs for motivated and talented students. Come explore the opportunities that are available to you at your local campus. Representatives from an array of programs will be on-hand to answer any questions you may have. Free. Visit [www.tri-c.edu/scholars-fair](http://www.tri-c.edu/scholars-fair) for more information.

**Thursday, Feb. 18 (12:30-1:30 p.m.) LEARNING FOR LIFE SERIES BROWN BAG LUNCH** – The Brown Bag Lunch Series draws from the knowledge and expertise of Tri-C Westshore faculty members within the social sciences, humanities and physical sciences. Join our distinguished faculty as they share their rich experiences while addressing topics of current interest. The series is designed to bring the Westshore community together to discuss timely and diverse topics in a casual, interactive setting. Free. Visit [www.tri-c.edu/learningforlife](http://www.tri-c.edu/learningforlife) for more information. Tri-C Westshore Campus.

**Friday, Feb. 26 (9-11 a.m.) RESUMES THAT GET RESULTS WORKSHOP** – Learn how to develop a resume that will get results. You will learn how to write the basics of your resume. Free, registration required. Visit [www.collegecentral.com/tri-c](http://www.collegecentral.com/tri-c) to register. Tri-C Corporate College West.

**Friday, Feb. 26 (11 a.m.-noon) NEW JOB: TIPS FOR SUCCESS WORKSHOP** – Learn practical tips on establishing yourself in a new position to ensure maximum success as you continue your employment journey. Free, registration required. Visit [www.collegecentral.com/tri-c](http://www.collegecentral.com/tri-c) to register. Tri-C Corporate College West.

**Friday, Feb. 26 (1-3 p.m.) ACE THAT INTERVIEW WORKSHOP** – Review general guidelines to improve your interviewing skills and gain a “behind the scenes” insight into the interview process. Learn about the different types of interviews, overcoming obstacles and avoiding common mistakes. Practice your interviewing skills and receive valuable feedback pertaining to your strengths and areas for improvement. Topics to be covered are Basic Guidelines, Traditional Questions, Behavioral Based Questions and Telephone Interviews. Free, registration required. Visit [www.collegecentral.com/tri-c](http://www.collegecentral.com/tri-c) to register. Tri-C Corporate College West. ●

# Women's Club offers Bay Village-themed items

by MARY KAY MCLEAN

The Bay Village Women's Club Foundation announces it has a new landmark building available, the Huntington Water Tower by Cat's Meow. It is being sold for \$15. Other buildings sell for \$10 each.

The water tower and a large stone that passengers used in stepping out of their carriages are the only two features remaining from John Huntington's farm and can be seen at Huntington Park.

The Foundation also has other hometown-themed items available including afghans, Bay Traditions II Cookbook, and Bay Village playing cards.

The Bay Village Historical Landmark Afghan that was custom-designed from the illustrations of artist Jo Theis includes depictions of the Community House, the Gazebo, Rose Hill Museum, Bay Village City Hall, Huntington Playhouse, BAYarts Station, Huntington Water Tower and the historic Reuben Osborn House. The available color combinations are cranberry/cream, hunter green/cream and navy/cream and sell for \$45.

Bay Traditions II Cookbook includes recipes submitted in the past such as those from Mrs. Jimmy Dudley, Mrs. H.G. Steinbrunner, and Elberta Fleming, founder of the Lake Erie Nature and Science Center, as well as current club members.

The cookbook opens with a history of Bay Village where Joseph and Lydia Cahoon and their five children were the first settlers arriving on Oct. 10, 1810. Throughout the cookbook are sketches of historic Bay Village buildings and homes. Marge Gulley drew the cover sketch of the Huntington Water Tower, as well as



PHOTO BY NANCY TRAINER

The Bay Village Women's Club has added the Huntington Water Tower to its selection of landmark building keepsakes available for purchase.



PHOTO BY RON THOMAS

The Bay Village Women's Club sells afghans to raise funds for scholarships and community projects. They are available for \$45 in cranberry, hunter green and navy.

the drawing of the Lake Erie Nature and Science Center. The Little Red Brick School House was drawn by Ethel Saddler, a descendent of early settlers. R. Drew Sondles, son of long time member, Janet Sondles, did the numerous drawings of significant homes and buildings that precede the eight categories of recipes. For those wanting to see the various sites, addresses are included. The cookbook is available at Fragapane Bakery, 626 Dover Center Road, for \$12.

Two decks of Bay Village playing cards come in a plastic case and are being sold at the Dwyer Senior Center, 300 Bryson Lane, for \$10.

Profits from the sale of the keepsakes support scholarships for select Bay High School graduating seniors and civic contributions to groups and projects within the city of Bay Village that are announced in the spring each year.

For more information and purchase of all items call 440-892-4344 or 440-334-7539. ●

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# Upon the loss of a leader

by EILEEN VERNON

When I heard last year that Sally Irwin Price had fallen ill, I decided to write an article about her. I barely knew the woman personally; it was her reputation that I was familiar with. I knew she headed Baycrafters for more than three decades and co-authored a book about Bay Village history.

What I found out during the course of my research was the depth of Sally's impact on the community. She was heavily involved in the efforts to preserve and relocate the Fuller House and the Caboose to the Baycrafters campus and the Reuben Osborn House to Cahoon Park. One of Sally's best-known projects was the annual Renaissance Festival that brought large crowds to Bay Village every Labor Day weekend.

The book she wrote with Virginia Peterson, "Images of America: Bay Village," is a valuable resource for future generations of residents

interested in the stories and photographs of the early families in the village.

Upon learning of Sally's passing on Jan. 13, I was brought back to the conversations I had with so many who knew her. Bay Village Historical Society member Tom Phillips called her the "go-to person when researching our history." BAYarts Executive Director Nancy Heaton called Sally "our guru" and the "creative force behind Baycrafters and BAYarts." Julia Shutt recalled Sally's "generous spirit and her ability to read a person's passion."

Sally will be remembered for her life and her work that left an indelible mark on all of us. She was a caretaker of our history and a dedicated patron of the arts. Today we mourn the loss of a community leader and colorful personality who helped shape and define Bay Village.

BAYarts is planning a special ceremony in Sally's honor later this year. ●



Artist, historian, art teacher and author, Sally Price was a "creative force" in Bay Village until her passing last month.

# West Shore Chamber members network over bagels

by TAMMY BERTRAND

The West Shore Chamber of Commerce joined the Power of More for a speed networking opportunity that drew 90 people to the event. Bagels and Business Cards is held twice a year at Montrose Kia in Sheffield Village to give chamber members an opportunity to network with other chambers in a fast-paced event. One side of the table sits and the other side moves every 4 minutes so everyone has the opportunity to meet as many

people as possible.

This event brought in the largest group ever and included additional chamber members from the Lorain County Chamber.

The West Shore Chamber's lunch for February will be a joint event with North Coast and North Ridgeville chambers at the Emerald Event Center in Avon. It will be held on Wednesday, Feb. 17, 11:30 a.m.-1 p.m., and will feature guest speaker Dr. Rebecca Starck from the Cleveland Clinic. Visit [www.westshorechamber.org](http://www.westshorechamber.org) for more information or to make reservations. ●



Chamber members pose for a photo after the Bagels and Business Cards event.

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SNIPPETS OF BAY VILLAGE HISTORY

# 1949 brings a new shopping center to Bay Village

by KAY LAUGHLIN

When I was a little girl, Dr. Knoll, the village dentist, purchased 250 feet of Lou Scholl's farm land on the south side of Wolf Road near Dover Center Road. The land was between the Columbia Gas Company building on the east and the Scholl farmhouse on the west. In the middle of his new farmland, he built a red brick, one-story, colonial medical building with a center door and office space on each side. Here he set up his dental practice. Earl Ross, a medical doctor, rented the other side. It was the first medical office building in the village.

Dr. Edward Knoll was the mayor of Bay Village. At the time, the village had a population of 6,600 residents and 1,840 homes. Dr. Knoll predicted that the biggest spurt in population would be in the next 5 years and could reach 25,000 residents in 18 years.

In 1948, the only shopping area in the village was on Dover Center Road near the railroad tracks. Mayor Knoll saw a rising need for more shopping. He decided to move his medical office (today Pizza Hut) behind Ernie Olchen's gas station and clear the farmland for a shopping center. Construction was actively underway for a \$350,000 shopping center, including bowling alley, to open in July 1949.

Excerpts from a newspaper article in July 1949 reads: "Mayor Knoll Makes First Purchase in New Bay Village Shopping Center: The first unit in the new Bay Village Shopping



Mayor Dr. Edward Knoll works on a patient.

Center was opened on Saturday, July 2, 1949. Promptly at 9:00, Mayor Knoll, president of Bay Knoll Inc., owners of the buildings comprising the shopping center, cut the ribbon in the ceremonies leading to the opening of Avellone Pharmacy, the first unit in upwards of 15 units that will comprise the Bay Shopping Center. After ribbon cutting ceremonies, Dr. Knoll and a crowd of Bay residents and tradesman had a flag raising ceremony. Now the people of Bay Village and its surrounding areas are seeing the realization of a long needed facility for complete shopping needs right in their hometown community. The new center has ample parking conveniently located at the front entrances of all the units which is an important feature of this development. The Nichols 5c and \$1.00 Variety Store unit is scheduled to open its doors to the public around July 15, 1949. It will be run by Mr. Kahrs."

The Sept. 25, 1949 Plain



BAY VILLAGE HISTORICAL SOCIETY

The new Bay Shopping Center, built in 1949. Notice the Scholl farmhouse in the lower right corner. Notice the medical office behind the gas station. Notice the fields and trees. On the east side of Dover Center Road you see the Elizabeth Cahoon house, still standing but for sale today, and on the corner of Normandy and Dover the Fisher family home (now replaced by the PNC Bank building).

Dealer featured an article and picture of the shopping center. It states that "a three day 'grand opening' celebration will take place at the Center and will climax with street dancing and a band concert on Saturday night."

The Center held a one-year celebration in 1950. The following stores participated: Nichols 5 Cent to \$1 Store, Polly Beauty Shoppe, Village Men & Boys Wear, Bay's Food Center, Neil O'Connor Florist, Bay Barber Shop, James Hardware Co., Jack 'N Jill Kiddie Shoppe, Vargo Deli-

catessen, Bay Sportsman's Shop, Society Dry Cleaners, Avellone Drug, Andy's Shoe Repair, Lee Hymes Shoes. This information is furnished by Harley McNeal, president of the Bay Kiwanis. Kroger's is not mentioned but was one of the opening stores. One unit is missing. I think it might have been a bakery.

Many had afterschool jobs at the shopping center. My sister, Gay, and I, along with Marilyn Ross Groff worked at the dime store in 1953. I remember Nancy Stokes Miller, Bill Halenkamp

and Tom Gustason working at Avellone's at the same time, just to name a few. I remember Avellone's sold tuna and egg salad sandwiches and wieners for lunch. They made milk shakes and cherry cokes. Many at the high school took lunch there. Seniors had an hour lunch back then.

Over the years, many stories and memories of the shopping center have survived. The center still serves our residents today as the Bay Village Square shopping plaza. ●

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BAY VILLAGE BRANCH LIBRARY

Upcoming programs at the Bay Village Branch Library

by TARA MCGUINNESS

Laura Ingalls Wilder captured our hearts through her “Little House” books and the adaptation on television, join us as we commemorate her birthday at the Bay Village branch library on Saturday, Feb. 13, at 11 a.m. We’ll celebrate with crafts, snacks and hands-on activities. We’ll also read excerpts from her books and learn about her life and times in Walnut Grove. Come help celebrate one of America’s beloved pioneer girls.

CHILDREN’S DEPARTMENT

**STORYTIMES:** Caregivers and their children are invited to enjoy rhymes, songs, fingerplays, books and stories together. No registration is required.

- **Mondays (10 a.m.) TODDLER STORYTIME** – ages 19-35 months.
- **Tuesdays (10 a.m.) TODDLER STORYTIME** – ages 19-35 months.
- **Tuesdays (6:45 p.m.) FAMILY STORYTIME** – for all ages
- **Wednesdays (10 a.m.) BABY AND**

**ME STORYTIME** – ages birth-18 months

- **Thursdays (10 a.m.) PRESCHOOL STORYTIME** – ages 3-5 (not yet in kindergarten)

- **Thursdays (6:45 p.m.) SENSORY STORYTIME** - Geared for children who are developmentally at the preschool level and specifically designed for children with special needs and their families. The program incorporates a schedule board, double visuals and sensory opportunities for participants as well as socialization time following the program.

- **Fridays (10 a.m.) FAMILY STORYTIME** - for all ages

**Wednesday, Feb. 10 (7:00 p.m.) IT’S ELECTRIC** – Join us as we explore static electricity with simple hands-on experiments. For grades K-2. Registration required.

**Saturday, Feb. 13 (11 a.m.) A LITTLE HOUSE BIRTHDAY IN THE BIG WOODS** – It’s Laura Ingalls Wilder’s birthday, let’s celebrate with pioneer

crafts, snacks and other hands-on activities! For grades 1-4.

TEEN DEPARTMENT

**Tuesdays, Wednesdays, Thursdays (3 p.m.) TEEN ZONE** – Students in grades 5 and up can stop in to enjoy fun apps, book discussions, video games, community service, challenges and more!

**Saturday, Feb. 6 (9:30 a.m.) PRACTICE ACT TEST** – Take this free, full-length practice test provided by the Princeton Review. Please bring No. 2 pencils and calculator to the exam.

**Thursday, Feb. 18 (3 p.m.) TWEEN BOOK DISCUSSION** – Join us as we discuss the book “Sure Signs of Crazy” with author Karen Harrington via Skype! For grades 5-8.

ADULT DEPARTMENT

**Wednesdays (6:30 p.m.) E-BOOK AND DOWNLOADABLES ASSISTANCE** – Drop in for assistance with downloading books, magazines and audiobooks on your portable device. Familiarity with your device, and account access information, is

recommended. Every Wednesday evening from 6:30-8 p.m.

**Wednesday, Feb. 3 (7 p.m.) BEST BOOKS OF 2015** – Join us as the CCPL Adult Services Manager Bill Kelly introduces some of the Best Books of 2015. A jurist on the Andrew Carnegie Medal Committee and former Chair of the ALA Notable Books Council, he is recognized locally as a “Literary Guru” for his reading recommendations to many library customers and friends.

**Friday, Feb. 12 (10 a.m.) BAYARTS BOOK DISCUSSION** – Join friends, neighbors and library staff for this monthly book discussion on the BAYarts campus in the Sullivan Gallery. Copies of this month’s book, “The Twelve Tribes of Hattie” by Ayana Mathis will be available at the library and BAYarts one month prior to the discussion. No registration required.

**Please register to attend the programs at cuyahoga-library.org, call us at 440-871-6392, or stop in to the library at 502 Cahoon Road and register with a librarian. ●**

READERS’ OPINIONS

What is a president?

Presidents Day is Feb. 15. Every American president started out as a citizen who wanted make positive changes to our democratic society. We are right to celebrate this important office and all the men who rose to the challenge of leading the United States.

Yet, we too influence and help lead society. We, as citizens, make a difference in our community. How do we do this? By belonging to civic organizations like the Historical Society, the Green Team, or the Garden Club, or by being a volunteer in a literacy group at the library, coaching a sports team, or participating in community theater. When we buy items from a farmers’ market, or help raise money for a noble cause, or volunteer in a hospice, or in our church – in these ways we are making positive changes in the world

around us.

And just as the President keeps our nation safe and secure, citizens who have jobs that promote the public welfare – like the police, firefighters, and those who work in the power and water plants – also help keep our cities safe and secure. And we must not forget the Armed Services – those men and women who fight to protect America and the American people, and our rights as citizens!

Let us all take note and appreciate the work we do as the citizenry of the United States – work that goes on every day of every month. We are all “executives” doing wonderful things to make life better for all of us. So, hooray for Presidents Day and hooray for us!

– Kathleen Maloney,  
Westlake

Importance of an eye doctor

As the population is growing older, more eye problems are beginning. Macular degeneration can sneak up on you. The macula is part of the retina. With macular degeneration your vision is not as sharp as it was.

I recently had a problem with my blood pressure. My blood pressure went from being very stable to very high in a

short period of time. As a result, my vision in one eye became very poor. My eye doctor has sent me to a local retina specialist whom I see regularly now. Unfortunately, my eyesight has not returned yet and it remains unknown if it will return.

I recommend to never delay seeing your eye doctor.

– Bruce Leigh,  
Bay Village

HEALTH + WELLNESS

Far West Center receives grant to help people recover from mental health trauma

by ALICIA GOODELLE

Far West Center announces a recent grant award from Community West Foundation to expand trauma-focused mental health services for persons most in need in our community.

All Far West Center services include a screening for trauma, whether recent or past, and clinical

care that includes learning skills and creating a personal “toolkit” for recovery from the effects of trauma. The Community West Foundation grant expands these trauma-focused services and enables Far West Center to launch an ongoing trauma recovery support group to help with patients with long-term success.

The Community West Foundation is committed to advancing

the health and well-being of our community. Support for trauma care provided by Far West Center is an example of the Foundation’s leadership and generosity in caring for those less fortunate.

Far West Center is an award-winning community mental health center serving residents of western Cuyahoga and Lorain Counties at offices in Westlake and Amherst. ●

Flu Prevention Tips

by CANDY SANSON

With the relatively warm weather we haven’t seen much flu this year, but it is important to remember that there is a lot of winter left and it is not too late to take precautions. Flu is a serious, contagious disease resulting in over 200,000 hospitalizations per year. Flu-like symptoms include fever (over 100 degrees Fahrenheit), headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches and sore throat. The Centers for Disease Control and Prevention has issued the following recommendations on flu prevention:

Take time to get vaccinated

- Get your annual seasonal flu vaccine – recommended for everyone 6 months and older. This is especially important for people at high risk of serious flu complications, including young children, pregnant women, people

with chronic health conditions and people 65 years and older.

- Vaccination is important for health care workers and others who live with or care for high-risk individuals to prevent giving the flu to those at high risk.

Take everyday preventive actions

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.
- Wash your hands frequently with soap and water. Use alcohol-based hand sanitizer if soap and water is unavailable.
- Avoid touching your eyes, nose or mouth. This is how germs are spread.
- Avoid close contact with sick people.
- If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone unless you are receiving medical care. (Your fever should be gone

without the use of fever reducing medications.)

- While sick, limit contact with others to keep from infecting them.

Take flu antiviral drugs if recommended.

- If you get sick with the flu, antiviral drugs may be ordered by your physician.
- Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing.
- Antiviral drugs can make your illness milder and you feel better faster and work best if started within the first 2 days of symptoms.

So if you aren’t feeling well, stay home until you are feeling better. And remember the best prevention is vaccination and of course the advice of our mothers: “Cover your mouth” and “Wash your hands, wash your hands, wash your hands.” Stay healthy! ●



# COMMUNITY EVENTS

Post your group's free community events online at [wbvobserver.com](http://wbvobserver.com)

**Tuesday, Feb. 2, 6:30-8 p.m.**

**Group for Young Women with Breast Cancer**

Monthly support group for women in their 20s, 30s and 40s. Call 216-595-9546 or visit [touchedbycancer.org](http://touchedbycancer.org) for more information. Free. *The Gathering Place, 800 Sharon Dr., Westlake*

**Wednesday, Feb. 3, 1-2:30 p.m.**

**Free Family History Research Help Session**

Members of Cuyahoga West Chapter of the Ohio Genealogical Society will offer free family history research assistance, to the public. If you have data recorded to pedigree and/or family group sheets, please bring these forms, as they will aid the volunteers in helping you.

*Westlake Porter Public Library, 27333 Center Ridge Rd.*

**Thursday, Feb. 4, noon**

**Bay Village Women's Club Luncheon**

Former Bay Village Women's Club presidents will be honored at the annual Past Presidents Luncheon. A home-cooked meal will be served. David Arlow will present a program addressing what is not covered in your health and drug insurance plans. He will tell of the complexities and what to look out for in your plan. No charge; guests are welcome. Call 440-334-7539. *Bay Village Police Station, community room, 28000 Wolf Rd.*

**Thursday, Feb. 4, 7-8 p.m.**

**Toastmasters Meeting**

Find out how to overcome your fears of speaking, develop better speaking and presentation skills, learn to think quickly and clearly on your feet, build strong leadership and mentoring skills, and open doors in your personal and professional life. Meets every 1st and 3rd Thursday. Contact: Mary Anne, 216-374-3205. *Unity Spiritual Center, 23855 Detroit Rd., Westlake*

**Friday, Feb. 5, 2-3 p.m.**

**Beat the Winter Blues**

Art sessions for individuals with memory loss and their care partners. Participate in visual art activities, music, storytelling and poetry. No cost. Fridays, 2-3 p.m., and alternating Mondays, 6:30-7:30 p.m. Pre-register at 440-414-0434, ext. 2. *Carolyn L. Farrell Foundation Studio, 26040 Detroit Rd., Suite 3, Westlake*

**Saturday, Feb. 6, 3-5 p.m.**

**Winterfest!**

Come and play in the snow, raising money to aid in major remodel of our beloved Play in Bay. Suggested \$20 donation to go toward cause. *Play in Bay Playground, Dover Center Road, Bay Village*

**Tuesday, Feb. 9, 6 p.m.**

**Mardi Gras Party**

All are invited to join the Bay Village League of Women Voters for a fun night out. We will be ordering off the menu. Plan to come for dinner and conversation. Don't forget your beads! *Ironwood Cafe, 688 Dover Center Rd., Westlake*

**Tuesday, Feb. 9, 6:30-8 p.m.**

**Life After Cancer Treatment Support Group**

For those who are finished with treatment and are trying to answer the question, "Who am I now that I've had cancer?" Topics include: fear of recurrence, managing anxiety, work issues, long term side effects, nutrition, exercise, relationships and more. Advance registration required, call 216-595-9546. Free. *The Gathering Place, 800 Sharon Dr., Westlake*

**Tuesday, Feb. 9, 7 p.m.**

**Westshore Democrats' Primary Candidates Night**

Meet local and state primary candidates. Also invited are representatives for the Bernie Sanders and Hillary Clinton campaigns. Sponsored West Shore Democratic Clubs: Bay Village, Fairview Park, Lakewood, North Olmsted, Rocky River, Stonewall, Westlake, and West Side Democrats. *Western Cuyahoga Lodge, #25 FOP Hall, 26145 Center Ridge Rd., Westlake*

**Wednesday, Feb. 10, 10 a.m.**

In addition to the annual planning meeting for the club, Shirley Swindell will give her personal perspective on indoor gardening. In place of the usual luncheon, everyone is asked to bring a sack lunch to the February meeting. Desserts and beverages are provided. New members and guests are always welcome. For more information on the upcoming meeting, call 440-582-0191 or visit [theherbguild.org](http://theherbguild.org). *Westlake Porter Public Library, 27333 Center Ridge Rd.*

**Wednesday, Feb. 10, noon-1:30 p.m.**

**Lunch 'n' Learn Speaker Series**

A monthly speaker series where you can hear from a member of the business community about topics of interest to job seekers. Bring a lunch. Coffee will be supplied. This month Jim Smith will present "Happiness @ The Speed of Life: Five Prescriptions for Living and Leading in a Turbulent World." *Westlake Porter Public Library, 27333 Center Ridge Rd.*

**Wednesday, Feb. 10, 6:30-8:30 p.m.**

**NEOPC meeting**

Northeast Ohio Personal Computers welcomes Lee Gerber and Dennis Lewis for their workshop Q&A session. All are welcome to bring questions on computer-related topics that are of general and specific interest. This workshop session covers basic computer fundamentals, security, maintenance, software, wireless and wi-fi devices, streaming video and music, tablets and smartphones, digital cameras. Come 6:30 p.m. for refreshments, followed by the main program at 7 p.m. *Westlake Porter Public Library, 27333 Center Ridge Rd.*

**Wednesday, Feb. 10, 11 a.m.-12:30 p.m.**

**Monthly meeting of Chapter 91 of the Public Employee Retirees, Inc. (PERI)**

An open discussion about issues related to the new health care benefit processes. All public sector retirees are welcome to attend and participate in the discussion. Light refreshments served. *Fairview Park Branch Library, 21255 Lorain Rd.*

**Thursday, Feb. 11, 7:30-8:15 p.m.**

**SkyQuest: The Future of the Hubble Space Telescope**

The Hubble Space Telescope has been observing the secrets of the universe for 26 years. With no scheduled missions to repair the failing gyroscopes, what will become of it? Learn what NASA has planned for the future of space telescopes. For pre-teens through adults. Fee: \$5/ person. *Lake Erie Nature & Science Center, 28728 Wolf Rd., Bay Village*

**Friday, Feb. 12, 5-7:30 p.m.**

**St. Raphael Lenten Fish Fry**

Join us every Friday in lent for your choice of baked or fried fish, mac & cheese, or pierogies. All meals include fries, cole slaw, rolls, beverages and dessert. Adults \$13, seniors and children \$8. Carryout available. *St. Raphael Parish Activity Center, 525 Dover Center Rd.*

**Saturday, Feb. 13, 10 a.m.-5 p.m. and Sunday, Feb. 14, 11 a.m.-4 p.m.**

**Antiques Show and Sale**

A display of antique and vintage dolls will be featured at the Bay Village Women's Club and Foundation's annual event. Many vendors will be on hand selling jewelry, china, furniture, toys and household items. The proceeds from the \$5 donation support college scholarships and civic contributions. *Bay High School, 29230 Wolf Rd.*

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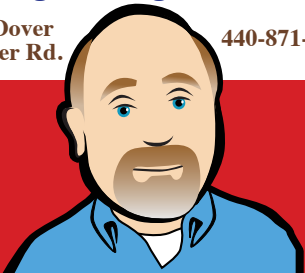
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