

Backyard Astronomy: May 2020

by MORGAN PASKERT

Astronomy is a great way to reduce stress. Step outside, unplug and look up at the sky – you never know what you will see!

Planetarium specialist Katy Downing of the Lake Erie Nature & Science Center shares the visible planets and constellations to observe in the morning and evening skies.

Morning Sky

Before sunrise, look for Jupiter, Saturn and Mars shining brightly in the east. Jupiter is



NASA

Mars, the red planet

the largest planet in our solar system and is mostly composed of two elements: hydrogen and helium. The “gas giant” is fairly close to Earth, and will appear the brightest of the three planets in the morning sky, followed by Mars, then Saturn – the most distant planet in our solar system to be seen with the naked eye.

2020 will be a great year to view Mars. More than any other bright planet, its appearance changes year to year due to the distance between Earth and Mars, which changes as they orbit around the sun.

Sometimes Earth and Mars are on the same side of the solar system, which happens every 2 years and 50 days.

► See **ASTRONOMY** page 2



PHOTO BY DENNY WENDELL

Citizens throughout Bay Village and Westlake are showing their resolve and support for essential services with lawn signs. See more on pages 6-7.

THE MEDICAL INSIDER

What happened to non-COVID-19 emergencies?

by DIANA PI, M.D.

In our medical teleconference, Gus, 46, said his glucose ran high. He was up several times at night to urinate. He needed insulin adjustment. Easy-

peasy, we formulated a plan and were mighty pleased with ourselves.

Then he related an episode, by prefacing: “My wife said I must tell you this.” She, apparently, had been sitting quietly by the phone. Weeks ago, Gus experienced a sudden severe right arm pain that knocked him to the ground. The arm stayed numb for hours, and he’s been short of breath since.

I resisted an urge to shout, “Put your wife on the phone, Gus!” This could be anything from muscle spasm to heart attack. The first opportunity to do something had passed. Now we play catch up.

► See **EMERGENCIES** page 4

SPORTING VIEWS

Sing Along: Take me out to the ball game, and tell me, what is a ‘crowd’?

by JEFF BING

The last time we met, I think we talked about how the “sellout” crowd of 2020 or ‘21 will look far different than the sellouts of way back in, oh, say,

2019. We focused on how different things will be for Joe Fan when things return to quasi-normal. What we didn’t cover (ostensibly due to lack of column space, but more accurately due to my lack of writing talent), was how all of this coronavirus stuff was going to impact the game itself. And will it *ever*, baby ...

Just apply today’s social distancing rules to a Major League Baseball game when(ever) it returns to the corner of East 9th and Carnegie. I mean, ballplayers will have to live by the same rules the rest of us have to, right? Coronavirus is indifferent to dollar signs, right? That being the case,



let’s look at some of baseball’s “norms” and how they soon will devolve into “abnorms”:

1.) Dugouts: Hmmmmmm. This year, baseball allowed the roster to expand to 26 players. With the coaches, trainers, clubhouse attendants, team physicians, and, oh yes, the players, all maintaining a minimum of 6 feet separation I calculated the Indians

dugout starting right behind home plate and stretching to, well, to somewhere close to Lakeside, near City Hall. Lest we forget, we have the visitors’ dugout too, which I estimate will also begin somewhere behind home plate and stretch eastward until it hits close to I-77.

► See **BALL GAME** page 2

Westlake Porter Public Library announces re-opening plans

by ELAINE WILLIS

In accordance with the plan for reopening businesses and organizations in Ohio announced by Governor DeWine on April 27, Westlake Porter Public Library will begin reopening procedures starting the week of May 3.

The plan for bringing back in-person services will occur in three parts while ensuring that the library continues to be mindful of the health and safety of both patrons and staff. Library staff will be cleaning the building and preparing materials for circulation throughout the reopening process.

Curbside service and telephone reference services are the first part of the gradual reopening plan. The official start date for both will be announced soon. When curbside service begins, patrons will be able to pick up new or existing holds by parking in one of several parking spaces in front of the building. Patrons will then call the library and provide their name and parking spot number. A WPPL staff member will bring out the materials in a plastic bag and place them in the trunk of the patrons’ vehicle. Any materials returned to the library will be quarantined for 72 hours.

The second phase will be opening the building for computer use on Tuesday, May 12. Patrons should call the library to reserve a computer for a specific time and day. Those reserving a computer must have a library card, no guest passes. There will be a limit of one person to a computer but there may be exceptions for two family members working together.

The final step in reopening WPPL will be opening the entire building. The timing of this will occur in accordance with guidelines laid out by state and local government in order to ensure the safety of WPPL patrons and staff.

“On behalf of the Westlake Porter Public Library board of trustees and staff, thank you for your patience while our building has been closed to comply with the State of Ohio’s Stay-At-Home Order,” said Library Director Andrew Mangels. “We look forward to seeing you at the library!” ♦

BALL GAME *from front page*

Heck, that might even be a new zip code. All I know is I'd hate to be the guy on the very end of the bench who realizes he has to make a quick dash to the restroom.

2.) Speaking of I-77, it's right around there that the end of the line for the folks trying to enter Progressive Field will be after it's stretched out due to social distancing. On a good night, the folks at the end of *that* line might be able to talk baseball with the folks from the line for the Lake County Captains game.

Wouldn't it be ironic if you made new friends while practicing social distancing?

Wouldn't it even be more special if you caught the coronavirus *while*

practicing social distancing? Steven Spielberg might even turn it into a box office hit (assuming movie theaters still exist, of course) and make a boatload of money for all of your survivors. (Sorry, the only way it will be a box office winner is if you die after a lengthy battle with the novel (which I'm pretty sure is the book form of the) coronavirus.

3.) But the thing that will threaten the very *existence* of America's pastime is this: *Every time* the pitcher throws a pitch, time will be called immediately so the pitcher and catcher can sanitize their hands. Every time a ball is hit and fielded by a position player, after the play has ended, guess what? That's right: sanitize, baby, *sanitize*. What about those plays where there's a

couple of cut-off men on a long hit, and a play at the plate and like six different people touch the ball? All of those guys will have to sanitize. You'll have time to do your taxes while waiting for play to resume.

And don't even think about NOT sanitizing because Big Brother (or in this case, Dr. Amy Acton) will be watching and you will SO be in trouble. She'll be in full hazmat garb and will have no problem subjecting offending parties to a full sanitation hose-down if necessary.

I now estimate the time for a typical game will be 11 hours and 41 minutes.

The good news? If you're running a little (2 or 3 hours) late in getting to the ballpark, you won't miss much action.

Can't wait for them to start back up again, now can you? ●

ASTRONOMY *from front page*

Earth will pass between Mars and the sun next on Oct. 13, 2020, and the red planet will increasingly brighten in our sky through that time.

In mid-May, a crescent moon will pass through the line of planets, offering a spectacular view. Your favorite summertime constellations will soon appear in the morning sky – look for Sagittarius the Archer and Scorpius the Scorpion near the planets in the southeast.

Evening Sky

Some people may be familiar with the terms "Morning Star" and "Eve-

ning Star," but did you know that both nicknames are referencing the same planet – Venus? The second-largest of the four terrestrial planets is incredibly bright in our skies, due to its proximity to Earth and the high reflectivity of its atmosphere. Often one of the first objects people notice in the sky, Venus orbits the Sun faster than Earth and changes its position in our skies relatively quickly. Look for Venus west in the evening sky through mid-May.

As the skies clear, constellations become more visible. Look high in the sky for Leo the Lion, resembling a backwards question mark with a triangle to the east of it. To the east of Leo are two bright stars, Arcturus and Spica. The Big Dipper will be high in

the sky after sunset; look for the seven stars making the iconic dipper high and to the north. Follow the arc of the handle to the south and you will find Arcturus.

A full moon will grace our skies the evening of May 7. Before then, look for the moon in the early evening. After May 7, look for a waning moon after sunset. Fun Fact: The month of May's full moon is sometimes called a "Flower Moon" in honor of the blooming flowers of springtime.

Lake Erie Nature & Science Center offers nature-based education and virtual learning for all ages. Visit www.lensc.org for parenting tips, what you can discover in the night sky, and fun and educational experiments. ●

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BAYARTS

Masks for the whole family

by KAREN PETKOVIC

In response to COVID-19 and guidelines for safety in social and workplace gatherings, the newest fashion staple is ... ta-da! Face masks! With all kinds of tutorials, do-it-yourselfers and professional sewers are working overtime to supply friends, family and front line workers.

Keeping up with the demand is going to be a challenge. But there is nothing local artists like more than a challenge and you can be sure you will see more variety and choices now that masks will be around for awhile.

BAYarts has reached out to several locals to help meet this demand as masks become personal and, well, fashionable. Available now is an assortment from Four Seasons Spring that come in sets of 2-5 in various patterns and sizes for adults and kids. There is also a Mommy & Me set and a unique hand-embroidered denim one, just in time for



BAYarts carries a variety of masks made by local artisans including Four Seasons Spring.

Mother's Day or teacher's gifts.

It looks like masks will be part of our culture for a while, why not mix it up and wear your personal style? You can get masks now at BAYarts' online shop for pick up, shop-bayarts.square.site. When BAYarts reopens its doors, you can bet the volunteers and faculty will have some creative mask designs of their own. ●

Bay Village Scout earns Eagle rank



PHOTO BY RANDY RISCH

Hunter Darst, Bay Village Troop 41, earned the Eagle Scout rank on April 13. His Eagle service project team built a commemorative podium and binder display for deceased veterans of Bay Village. Hunter is a member of the St. Edward High School Class of 2020. He plans to attend the University of Cincinnati to study computer engineering.

What's happening at BAYarts

by NANCY HEATON

Guided by "Wine with DeWine" sessions, BAYarts' staff has been doing what they do best: innovating and finding new ways to engage the community within the new mandates outlined for safety.

BAYarts' popular classes for youth and adult will go on with many new programs

rolled out. Although BAYarts has been offering online options, the mission for community and in-person engagement is where the challenge lies. During the closing, Art to Go kits, creative projects for home, have sold out to many grateful families looking for an alternative to online learning at home.

With many artists not working and festivals cancelled, BAYarts' popular Love

It Local Shop, for the first time, will offer some items online, just in time for Mother's Day and teacher's gifts. BAYarts' Annual Juried Exhibition, with hundreds of artists on display, can still be seen on our Facebook page and has been held over for private viewings.

Bigger events like the Art & Music Fest and Moondance, each with over 1,000 attendees were cancelled for the year but the Thursday Market is one community event that with social distance guidelines and coordination with vendors may be fea-

sible; in fact many artists whose business depends on all the summer festivals that have been cancelled, have been invited to this more intimate, weekly event.

Although other stay-cation events are on hold such as the Sunday night concerts, in true BAYarts spirit, many of the performers have offered a lesser fee if the show goes on. Moving forward, this spirit and coming together as a community will be key.

Stay tuned, there's a lot more to come! For the latest news follow BAYarts on Facebook, Instagram or bayarts.net. ●



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DIGGING DOVER

More Native American artifacts found in Dover

by WILLIAM KRAUSE

According to archaeologists it was during the Late Archaic period, about 3,000 to 5,000 years ago (1,000 to 3,000 BC) that the native inhabitant population increased greatly in northeast Ohio. This is based on the sheer number of archaeological sites and dramatic increase in the number of stone grinding implements and “hardware” found in northeast Ohio. This stone “hardware” includes hooks and net sink-

ers used for fishing.

About 20 years ago, Denise Rosenbaum, clerk of Westlake City Council, found what her brother-in-law called “Indian sinkers” at Huntington Beach. A quick perusal of the internet shows that the most common form of net sinker, found worldwide, is a flat stone, notched on two sides, used to hold a net on the bottom of a body of water. Not much effort is put forth to make these net sinkers because they are easily lost. The ones that Denise found have holes drilled in them.

The question archaeologists have is why would someone spend that amount of effort to drill a hole when a notch could accomplish the same purpose? It is possible that they were used to hold a single fishing line down or are for some other purpose. Like many artifacts their true purpose can be problematic to identify. The internet also has similar pictures describing them as stone beads.

Another considers such “drilled” holes as naturally occurring, who knows? But, considering

that they were found on a beach it makes sense that they would be somehow related to fishing and are a fascinating find.

Jim Wang, who spent his early years in a home across from the current Westlake Police Station on Dover Center Road, owns part of the Wilbert/Wang collection documented in the Ohio Archaeological Inventory. Jim told me that the patriarch of the Wilbert family, who I discovered was Casper Wilbert, is the one who collected them.

Adam and Elizabeth Wilbert (possibly Casper’s parents) purchased seven acres of land in 1871 near what is now Bradley and Center Ridge roads. Casper purchased four of those acres from them in 1878.

It is during these early years that he might have started his collection.

In 1888 Casper purchased 34 acres of land on Dover Center Road. County records indicate that he built the existing house at 1793 Dover Center Road in 1893. It is most likely these 34 acres, with their proximity to Cahoon Creek, that yielded



PHOTO BY JIM WANG

Eight or 10 of the Native American artifacts mounted in the center of this panel are part of the Wilbert/Wang collection documented in the Ohio Archaeological Inventory.



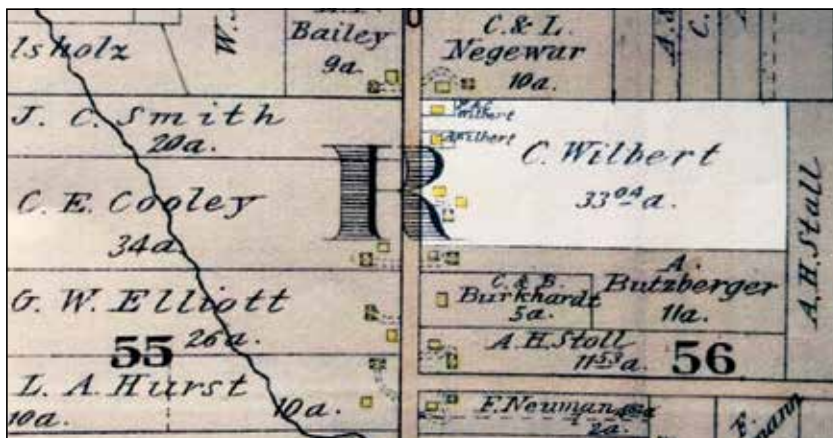
PHOTO BY WILL KRAUSE

Casper Wilbert’s house, circa 1893. The Victorian era frame house was later covered in brick. Henry P. Johnson had a home in this same location in 1874 or earlier.



COURTESY OF DENISE ROSENBAUM

“Indian sinkers” found on Huntington Beach. The smallest is 1/2” in diameter and 1/16” thick. The largest is 3/4” by 1-1/2” thick.



Casper Wilbert’s farm on Dover Center Road as shown in a 1914 Hopkins plat book. He purchased 34 acres in 1888. Note the proximity to Cahoon Creek. Four Wilbert family farmhouses still exist on the property.

the bulk of his collection.

At the time of his death in 1914 two of his sons had already built homes on parts of his original land at 1709 and 1743 Dover Center Road; a third son built a house shortly thereafter at 1813 Dover Center Road. This is the home that Jim Wang’s parents, John and Gretchen Wang, purchased from grandsons of Casper – Clarence, Robert and Harold – in 1956. It was Harold who passed on the artifacts to John Wang, when John showed an interest in them.

Jim Wang told me that his own grandfather was a prolific collector of Native American artifacts in the Alliance area of Ohio. When Jim’s father John died, both the Wilbert and his own grandfather’s collection were divided between the four grandsons. His father mounted the artifacts and indicated which were from the Wilbert collection found in Dover. That provenance is what makes them a treasure for the Westlake community. ●

Chamber music concert to be livestreamed May 18

by CAROL JACOBS

Due to the current coronavirus pandemic, the Rocky River Chamber Music Society had to postpone our April 20 concert and change it to a livestreamed event on Monday, May 18, at 7:15 p.m. Also due to the pandemic, our original artists are unable to perform this concert.

Instead, we will present five local artists, including two members of The Cleveland Orchestra, Cleveland Freelancers, and faculty members from Baldwin Wallace University. The music to be

performed will include works by Max Bruch, Paul Creston, Henry Purcell, Joseph Turrin, and Vittorio Monti.

The Rocky River Chamber Music Society is committed to providing this concert of classical music to our loyal Northeast Ohio audience via streaming. Unlike all of our past concerts there will be no audience. Instead, you will be able to enjoy this concert at home.

Visit rrcms.org for more information about the concert and links to the YouTube and Facebook livestreams. If you have additional questions you can email us at info@rrcms.org. ●

EMERGENCIES

from front page

Months ago, Gus probably would’ve gone to the emergency room. Today, many “regular” ER patients are MIA. The reasons are unclear but could be COVID-19-related: loss of health insurance, perception that hospitals are too busy – or crawling with corona viruses.

And not just diarrhea, back pains, cuts and bruises have gone missing. ERs notice record low visits for emergencies like strokes, hearts attacks and surgical emergencies like acute appendix or gallbladder.

Last month, the University Hospitals system suspended seven ERs across the area. Volumes are down 50% to 70%.

In an April 6 New York Times article, Dr. Harlan M. Krumholz, a Yale New Haven Hospital cardiologist, shared the result of an informal Twitter poll among his national

colleagues: Half noted a significant drop in heart attack admissions (40% to 60%). A study from Spain noted a 40% drop in emergency heart procedures.

The concern: People are toughing it out at home. Conditions like heart attacks and strokes, where time – measured in minutes from event to treatment – is critical to outcome, are not properly triaged.

Another alarming stat: Routine well-child care is lagging. Comparing to February, April data showed administration of major childhood vaccines – MMR (measles, mumps and rubella), diphtheria, whooping cough, HPV – are down by half or more.

I believe our primary care system is robust; our children are, in general, safe. But the global trend portends a five-alarm fire. WHO estimates 117 million children are at risk of missing lifesaving vaccines. Measles, for example, kills hundreds of thousands each

year, mostly babies and children. It’s the leading cause of blindness in African children.

Honestly, I’m all for staying out of doctors’ offices – with or without a pandemic. Doctors do not make their living delivering good news. But waiting out urgent matters can turn catastrophic.

Ask yourself: Can my (belly pain, shortness of breath, procedure, etc.) wait another few months or year(s)? That’s how long this pandemic will last; spikes in new infections will come in waves.

Remember: Hospitals specialize in infection control. Healthcare workers are at high-risk because of extended, high-contact exposure, but you’ll probably be OK. So, don’t shy away from the hospital in an emergency.

And – if you ever quote me, I’ll categorically deny the following sexist, stereotyped statement – listen to your mother/wife/daughter. ●

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THE DIGITAL WORLD

Digital literacy is the new life skill

by TAK SATO

In the ancient Chinese philosophy of “yin and yang,” similar to the idiom “double edged-sword” in our culture, the concept of dualism exists everywhere. In my column I keep referring to the internet, aka the cloud, having those traits. I also continue to believe that the good (benefits) outweighs the bad (nefarious actors).

One benefit we like to share often in this column is our personal experiences dating back to the late 1990s where AOL’s Instant

Messenger (AIM) assuaged our feelings of being homesick. We could see and talk to each other by using AIM thus keeping our connectedness factor in check. Two decades later, our society has been forced to reckon what I’ve been preaching for the longest time, no thanks to the novel coronavirus pandemic and the required social distancing.

We now have a crowded field of video chat services where the utility and benefit extend far beyond from users being tied down in front of a webcam attached to a desktop computer or a laptop with built-in camera. Utility of mobility is provided by smartphones and tablets, as not only do they have a rear-facing camera to take pictures but they also have a built-in front-facing camera (aka selfie camera). Best of all they fit in the palm of your hand. The result? Video chat anywhere since smartphones are more

ubiquitous than your wallets!

Video chat services like Google’s Duo, Meet, Chat, and soon-to-exit-stage-left Hangouts; Apple’s FaceTime (only for use among Apple devices); Zoom; and the granddaddy Skype from Microsoft are all at your fingertips. Having options are good but Google’s likely redundant offerings are confusing, making Zoom’s recent questionable business practices of sending user data without user consent to Facebook almost forgivable due to its product’s relative ease of use.

Anecdotaly, I note that often we are invitees to virtual meetings and use whatever video chat service the host set it up on. If you also host, using what you used as a participant in other meetings may become your “go to” digital world tool due to familiarity.

Having options is similar to the auto

industry having dozens of makes and hundreds of models. The important thing is they all do the same thing – video chat and transportation, respectively. Hence the importance of “digital literacy” to use any of these digital world tools, just like you can drive any car if you have a driver’s license.

Talking of digital literacy, our non-profit’s 4th annual Living in the Digital World Senior Expo is going to be a “virtual” event this year on Thursday, May 21, from 9:30 a.m. to 1 p.m. Stay tuned for more information becoming available on our website, empowerseniors.org, and on our social media accounts (@center4aging on Facebook, Twitter and Instagram) on how to live stream our presentations from wherever you may be. Hope you will also help us spread the word for another lifelong learning opportunity! ●

Warbling Along: A birding treasure hunt while you stay at home

by MARYANN FITZMAURICE

Still looking to pass the time while you stay at home? Have you kept your kids busy with a treasure hunt? Here’s a different kind of treasure hunt to consider. Different kind of treasure. Different kind of hunt. One adults can do with or without the kids. Outdoors.

The Treasure

Interested in birds, but tired of watching backyard birds at your feeder? Why not go on a treasure hunt for birds we see here only one month a year – wood warblers. Warblers are flitty little brightly colored songbirds that, for the most part, don’t live in Ohio. So how can you hunt for them here? You don’t have to go online. Because in May the warblers come to us.

Warblers winter in warm, sunny Central and South America. And breed in the Arctic in summer. How do they get there? They migrate by following age-old paths – called flyways – by instinct. Two of those flyways – the Atlantic and Mississippi flyways – cross right over northern Ohio. It is a long journey – thousands of miles. They start in late winter but don’t get

to Ohio until mid-May. Fortunately, they stop here to feed and rest up along the shore of Lake Erie before attempting a crossing.

So, you can hunt for these little treasures anywhere there is a terminal woodland – a strip of trees right along the lakeshore. Like the trees on the cliffs overlooking Lake Erie in Cahoon Park and Huntington Reservation in Bay Village and Rocky River Park – not the Metropark, but the smaller Rocky River city park on the lakefront.

The Hunt

Warblers are little birds – most only 4-5 inches in length, smaller than the house sparrows you see in your backyard. They are most often yellow – often electric yellow – with bright blazes of red, blue, green and orange. Binoculars help if you have them. But they are flitty – constantly on the move from branch to branch. So, you will only get quick glimpses. And may have to watch for a while to see their many colors. However, they sing (warble) sweet trilly songs that are different from those of our backyard birds. So, don’t just look – listen. If you hear a bird song you have never heard before, it might be a warbler.

There are over 20 species of warblers we



Male yellow warblers have a yellow-green back and striking red stripes on the breast.

can see here, each with its own distinctive pattern of colors. For help identifying warblers, watch a 5-minute video at academy.allaboutbirds.org/identify-spring-warblers-with-these-expert-tips. It has close ups of several warblers you can see here – yellow, yellow-rumped, magnolia, Blackburnian and black-and-white warblers. Okay, so they’re not all yellow. And, yes, they have cool names.

There are other migrating songbirds you might also see while warbler hunting. Striking orange-and-black Baltimore Orioles. Bright red scarlet tanagers with jet black wings. And many more. All very different from the birds we see every day in our backyards. A break in the monotony.

Why not spend some time this May warb-warb-warbling along! Just keep your distance from the other treasure hunters. ●

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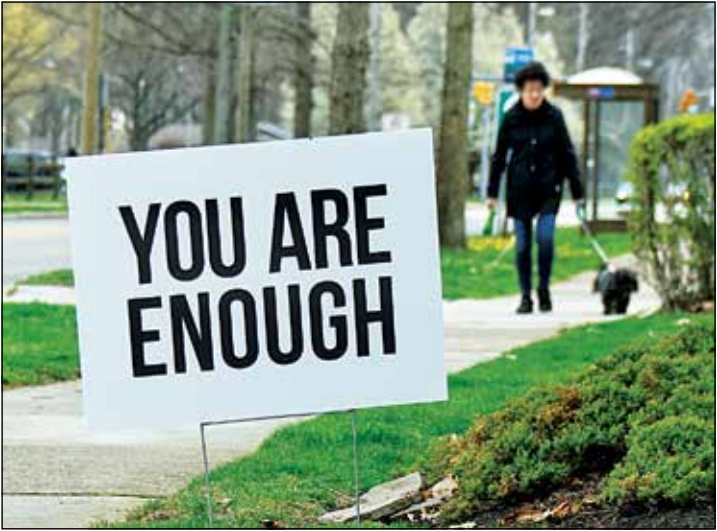
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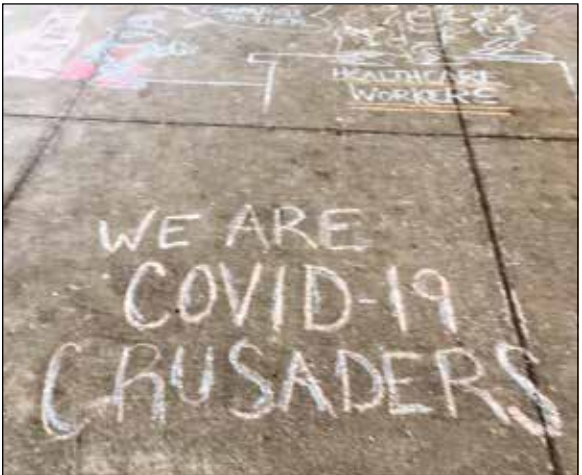
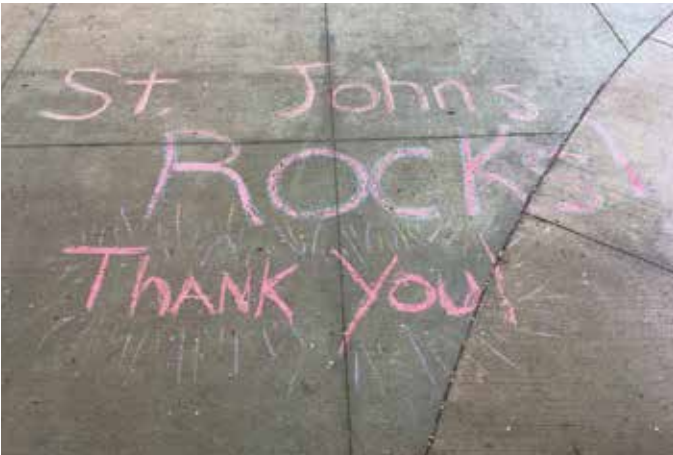
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Separated ... but united

PHOTOS BY DENNY WENDELL

Messages of thanks, encouragement and hope can be seen throughout Bay Village and Westlake on yard signs, flag displays and even chalk drawings as the community pulls together in this time of anxiety and uncertainty. Here is a small sampling as seen on a recent drive through the two cities.





Serving the community

by DIANE REHOR

The first in a series of articles highlighting local employees going above and beyond during the coronavirus pandemic.

Heroes wear many uniforms ... and one of those uniforms is a green Cahoon Nursery shirt! Thanks to Jim, Connell and Alec for their outstanding service in this time of social distancing.

Small businesses represents 75% of our economy. Let us not forget all the employees that show up for work and work extremely hard to keep their small business employers afloat during these trying times.

My hubby and I ventured out to Cahoon Nursery for “essential” replacement trees. Not only did Alec respect social distancing, but he managed to answer every question and show us every option while keeping his distance.

After our purchase, Jim and Con-

nell came to install our purchase. I can be a little picky on placement and slow to decide. Their patience, their persistence to please, and their efficient skills of planting left me feeling so appreciated and valued.

Thank you, guys, for your service. Thank you for your upbeat attitude which lightened my spirits in this trying time.

Small business owners bear so much risk. They are working creatively to survive during the “Safer at Home” mandate. Let us not forget to say thanks to them and their employees for their efforts to serve each one of us. ●



Alec, Connell and Jim at Cahoon Nursery.

PHOTO BY DIANE REHOR

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Things Remembered: Bay High School class of 1970 prom

by RACHEL POLANIEC

Fifty years ago, the 1970s opened with a bang: The 26th Amendment granted 18-year-olds the right to vote; Apollo 13 launched on a fateful mission to the moon; and Bay High School's class of 1970 attended prom.

While seemingly superfluous, prom's place on the national conscious can be traced across three centuries, providing generations of Americans with eager anticipation and entertaining anecdotes.

Prom's history begins in the latter half of the 19th century; a well-known early mention is in the papers of a student at the all-male Amherst College, who in 1894 attended a dinner and dance with the students of the neighboring all-female Smith College.

Throughout the early 1900s prom shifted to high school students, becoming a nationwide event in the latter half of the 1930s. Postwar economics allowed the 1950s elevation of prom from the high school gymnasium to the country club ballroom, and a swanky iteration of prom stepped forth in style.

Although prom's popularity had diminished during the youth-lead counter-cultural movement of the 1960s, on

Saturday, May 2, 1970, Bay's seniors partook in their own prom, drawing on past traditions while simultaneously setting new precedents.

Of the 305-strong class, only a few attendees arrived at Avon Oaks Country Club driving their own cars; the majority borrowed their parents'. The ubiquitous stretch limo, created around 1928 and a staple in today's prom popular culture, did not make an appearance. Dinner and dancing were enjoyed from 6:30 in the evening to 11:30 at night.

In the absence of a Royal Court, class officers and their dates were seated at a head table. Continuing at Wagner's Country Inn in Westlake, After Prom lasted from midnight to 4 in the morning, and featured casino and carnival-style games manned by parent volunteers, complete with pretend money and door prizes.

While abundant in fun and games, prom is traditionally a formal event, and Bay's seniors were dressed for the part: Lovely ladies with hair swept up in partial updos, wearing long gowns



Members of the Bay High class of 1970 enjoy the senior prom.

accessorized with white gloves, to which a floral wrist corsage or nosegay was added, accompanied by stylish young men in double-breasted tuxedo jackets in riotous colors of lime green, yellow, and white brocade, while their more reserved contemporaries preferred a more traditional look. A big bow tie was a must, no matter what color suit with which it was paired.

Carried over from the late '60s, these soft, flowy looks for the ladies of Bay and the bright, modernist style for their escorts were signs of societal changes that



Bay High seniors Barb Smith and Mark Fritz pose for the classic prom picture.

continued into the '70s. These new tastes were seen across the country, as noted by GQ maga-

zine.

"The peacock has replaced the penguin," GQ declared in November 1969, "and once-sacrosanct traditional formal wear has been assailed by startling fabrics, designs, and colors."

This change was not limited to clothing choices, as Class of 1970 Bay alumnus John Shepherd remembered:

"I hired the band. It was the first time a 'rock band' (long hair and all) had been hired for a Bay Prom. Before then it was always swing/jazz live entertainment. They had [brass] horns and played some Chicago songs, [and] opened with a Jimmy Hendrix feedback-infused version of 'The Star-Spangled Banner.' The school authorities pulled me to the side after the first song and told me I had ruined the whole affair by getting this band. [The band was] excellent, loud, and everyone danced and had a blast. The times, they were a-changing."

As a traditional rite of passage, prom has seen many changes reflecting shifts in popular and political culture. While the impact of personal tastes and outside forces have varied greatly from year to year and decade to decade, with each class a unique experience continues to be added to the collective history that is the American Prom. ●

HEALTH & WELLNESS

Far West Center mental health services here to help with changes

by DENISE AYRES

The COVID-19 pandemic has changed daily life for all of us. Changes came quickly and many times without warning. Concerns for our health and the health of our loved ones, friends and community have added emotional pressures.

Stress, worry, anxiety and depres-

sion can overwhelm any of us at any time. It is very important to keep in mind that there is help and mental health services available in our community, in Westlake, at Far West Center.

Far West Center, located on the health campus of UH St. John Medical Center, provides services for persons who have emotional distress or may be at-risk for mental health problems. Far

West Center provides expert guidance, treatment and support to regain well-being and rebuild coping skills for these overwhelming times and for everyday life. Mental health treatment works and is only a phone call away.

Our agency provides mental health assessment, counseling, psychiatry, medication management, case management, the Compeer Friendship Program, and recovery groups. For your health, safety and convenience most assessments and treatment services can be provided by telehealth. Telehealth is the use of phone or video technology for your health care appointments.


Far West Center is funded by the

ADAMHS Board of Cuyahoga County and serves persons who are uninsured without the ability to afford care. Insurance coverage is also accepted.

Our healthcare services help improve the quality of lives and strengthen our community. If you or someone you care about needs help with managing a mental health problem, depression, or anxiety please call 440-835-6212, ext. 230. No need to wait because Far West Center is open for services and will provide help to rebuild one's ability to cope.

You can send email inquiries to Far West Center at: intake@farwestcenter.com. ●

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