

## HUMOR

### Irish for a day

by KATHY LUENGO

Anybody doubting whether a significant number of non-Irish Greater Clevelanders feel a “wee bit Irish” on St. Patrick’s Day should consider the holiday’s broad appeal. Take note of Irish flags and decorations displayed at homes, offices and businesses around town.

Look no further than the grocers’ shelves to see amply stocked corned beef, stew meat, soda bread, Irish butter, cheese and beer. Who can miss the cookies, cupcakes and doughnuts slathered with green frosting? The enthusiasm is infectious and the holiday enjoyed by many.

Check out Cleveland’s St. Patrick’s Day Parade where winter-weary folk from a wide range of ethnic backgrounds don anything green and join the Irish-American community in this vibrant celebration. St. Patrick’s Day showcases a rich and deep heritage borne by many in our region who are proud to share it with all.

Spring is right around the corner and it’s a grand occasion in Cleveland when east meets west, good people from Irish associations and the “Irish for a day” converge, and Superior Avenue becomes a virtual sea of green. Watch for friends and neighbors – there’s never a shortage of Westshore residents participating in the parade festivities.

The time is now to dust up on some lingo that could come in handy for the holiday. You never know when you’ll be on the receiving end of colorful tales or side-splitting jokes that are products of Irish wit.

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## Sun shines on SNOBALL Run



PHOTO BY MIKE STRAUSS

Bay High sophomores Logan Schmit and Nick Best participate in the Bay Rockets’ SNOBALL 5K Race. Best won a prize for the best costume at the high school level.

by ANNE KERKA

Runners and race volunteers have determined that Tim Brajdic, race director for the Bay Rockets’ SNOBALL Run, has a personal weather angel. For two straight years, Brajdic has served up sunshine along with the post-race pancakes on race day. “I don’t know how we got so lucky this year, but we ended up with the best day of winter for the race,” said Brajdic. For the first time in weeks, the temperature rose to

above freezing at race time on Feb. 22.

Brajdic reports that the 2014 SNOBALL 5K Race/Walk and 1-Mile Family Fun Run, that started at Bay High School and finished in the Rockets’ stadium, drew 814 participants – 43 more than last year. Not bad for the worst winter on record since 1978!

“The SNOBALL Run is a truly great showing of community and school spirit,” said Bay Rockets Athletic Boosters President Susan Farnham.

» See SNOBALL page 8

## Forum addresses heroin spike in suburbs



PHOTO BY DENNY WENDELL

Cuyahoga County Common Pleas Judge Michael Astrab leads a panel discussion Feb. 20 at the Bay Village Branch Library on the fast growing heroin use in the suburbs.

Cuyahoga County Common Pleas Judge Michael Astrab has seen enough heroin cases in his courtroom to label the problem an epidemic. Rather than focus only on dealing with the aftermath of heroin use, Astrab decided to zero in on prevention by assembling a panel of experts and visiting suburban communities across the county to raise awareness and educate parents.

The forum, “Heroin in the Suburbs,” stopped at the Bay Village Branch Library on Feb. 20. Panelists included consultant Dr. Stephen Sroka, assistant county prosecutors

Nicole Ellis and Patrick Lavelle, Dr. Joan Papp from MetroHealth Medical Center and founder of the opioid overdose prevention program Project DAWN, Bay Village Police Chief Mark Spaetzel, recovering addict Robert Garrity, chemical dependency counselor Jennifer Tulli, Robby’s Voice founder Rob Brandt, and Judge Michael Astrab.

The library’s meeting room was filled to standing room only, highlighting the importance of this issue to parents and residents of our community. Panelists were offered the opportunity to extend their message to those

unable to attend in this Observer feature.

Following are the panelists’ comments:

### Judge Michael Astrab

*Cuyahoga County Court of Common Pleas*

Over the past 18 months my staff and I noticed a large uptick in cases involving heroin and prescription opiates. These cases included not only the traditional trafficking and possession matters, but also thefts, robberies, burglaries, “scrapping” charges, fraud and assorted other offenses all related to the efforts of individuals to secure funding for their habits.

» See HEROIN page 6

## Green and White Revue to be held March 15-16

by EVIE KENNEDY

It’s that time of year again! The Westlake High School PTSA proudly presents the 29th Annual Green and White Revue. A long-standing Westlake tradition, the Green and White Revue features a variety of performances by Westlake City Schools students, including singing, dancing and even pogo sticking!

The show is an excellent way for students throughout the district to showcase their many talents for their friends, family and community members. This year’s show will be hosted by WHS seniors Evie Kennedy, Joe Knurek and Allyson Pesta. More than just a musical variety show, the Green and White Revue features acts both classic and contemporary, all while celebrating the talents of Westlake’s finest.

Prepare to be amazed and entertained as kids in grades 2-12 Irish dance, play in rock bands, sing in a capella groups, perform instrumental solos, play in jazz quartets and much more.

The event will take place on Saturday, March 15, at 7 p.m. and Sunday, March 16, at 2 p.m. at Westlake High School’s Performing Arts Center, 27830 Hilliard Blvd. Admission for the show is \$8 at the door with children six and under admitted free. All proceeds will benefit Westlake High School PTSA. For additional information, please visit our website: [www.greenandwhiterevue.com](http://www.greenandwhiterevue.com).



PHOTO BY CRIS KENNEDY

This year’s Green and White Revue emcees, from top, Evie Kennedy, Allyson Pesta and Joe Knurek, are stacking up a great show, featuring tons of Westlake talent.



## IRISH *from front page*

If you hear one person challenge another by asserting that something uttered was a bunch of *malarkey*, you can be sure that it wasn't taken as gospel. The exact origin of this term for insincere or unfounded talk seems to be cloudy, but it is not foreign to Irish-Americans. (Do you recall the use of "malarkey" in an October 2012 vice-presidential debate?)

Like malarkey, the exact origin of *shenanigans*, (tricks, acts or pranks that may be mischievous or underhanded in nature), is also unclear but its first use is thought to have originated with Irish-Americans.

Of course, there are political shenanigans, but that's another story entirely. *Faith and begorra* (sure and by God) politicians will be on hand for the St. Patrick's Day parade, but as long as this is Cleveland (and not Toronto) you may expect them to represent their positions with grace and charm.

Now, we all know that having too much fun may lead to letting one's guard down, but stay street smart. While out and about, beware of *hooligans*. By definition, hooligan refers to young folk who do damage or harm, particularly in groups. The first use of hooligan is attributed to the ill deeds of family members bearing that surname after which hooligan found its way into the lexicon.

While life presents an array of the good and not-so-good occasions, here's wishing you plenty o'good on St. Patrick's Day, when anyone who pleases may fancy themselves a "wee bit" Irish! Be happy, be safe, and enjoy the festivities! ●

## MUSINGS FROM THE MIDDLE

# Looking for signs of spring

by AUDREY RAY

It has been two years since I experienced the season of spring. In 2013, my seasons were in a crazy order that I was not used to because of our South Africa trip. The southern hemisphere has the opposite seasons. I left Ohio during the first couple of weeks of winter only to go directly to a hot and dry summer in South Africa. Then fall and winter. I returned to Ohio in August at the tail end of summer. No spring.

After not having spring for a couple of years and after the kind of winter we are having I can't wait for spring! I know I'm not alone in this. Most of us must be sick and tired of winter, right? There seems to always be snow on the ground and more falling. This winter has been tough. It was difficult to enjoy the snow earlier in the season when snow was new and fun because the temperatures were too cold to play in it.

Hopefully most of you squeezed in the joys of winter though when the temperatures rose a bit and did things like going sledding, skiing, ice skating and playing in the snow. But now I'm done with all the winter activities. I'm looking for spring.

Finding signs of spring is proving to be difficult but not entirely impossible. I appreciate seeing the sun more than the dreaded gray, wintry sky. I can hear birds singing and flying to and

from our bird feeder by our kitchen window. It's a relief to see them again. The snowdrop flowers started to bloom in our garden when it warmed up briefly only to be smothered by more snow and colder temperatures a week later.

There have been many times my family and I look to see what the weather is like in South Africa. Stellenbosch, the town where we lived, is in the middle of summer and experiencing hot days with temperatures in the 80s, 90s and 100s and cool nights with temperatures falling into the 60s. We dream about what we would do if we were there right now. We dream of going to the beach, wearing shorts and flip flops and walking into town for an ice cream treat. But then reality returns and we are back in this cold, snowy winter and back to boots, heavy coats, mittens and hats. Ugh!

March is coming in like a lion and I'm hoping that it leaves like a lamb. I am going to keep searching for signs of spring. I'm looking forward to seeing the trees and flowers bloom. I'm looking forward to seeing the green grass again!

I can't wait to smell spring. Spring smells clean and fresh and is unique to other times of the year. I'm looking forward to riding my bike, playing outside and going for spring hikes. I'm looking forward to warmer days with the sun. What are you looking forward to this spring? ●

## CWRU book study program returning to Westlake in spring

by JOAN GRACE

Beginning on Thursday, March 27, Case Western Reserve University, in collaboration with the Association for Continuing Education (ACE) will be offering "Masterpiece: Thomas Mann's 'Buddenbrooks'." Experience this magnificent chronicle with leader/teacher Joseph Jacoby.

Thomas Mann, a Nobel laureate, is generally considered Germany's greatest novelist of the 20th century. His extraordinary first novel, "Buddenbrooks," burst on the scene in 1900. It chronicles the lives of four generations of a North German mercantile family with profound psychological insight and a deep understanding of this complex society. The elegant, relatively new translation by John E.

Woods is a requirement.

Joseph Jacoby, a retired Lakewood English teacher, has a B.A. from Bowling Green State University and an M.A. from Kent State University. In addition to the Case Western Reserve University program, Jacoby teaches private piano lessons and tutors Hispanic children at Joseph Gallagher Public School in Cleveland.

There will be eight sessions, Thursday mornings, 10-11:30 a.m., from March 27 to May 15. The group meets at Westlake United Methodist Church, 27650 Center Ridge Road. Cost for the eight-week course is \$75. For more information, please call Sandra Berendt, 440-892-4931, or Joan Grace, 440-777-9381, or register online: [www.case.edu/lifelonglearning](http://www.case.edu/lifelonglearning) (click on Off Campus Studies, then Spring). ●

## Student art show reception March 8

by SUE GRAME

Tired of cold and snow? Make plans to get away a while and bask in an afternoon of inspiration and relaxation. The Bay Village Branch Library invites you to join us Saturday, March 8, at 2 p.m. for

the Show Your Colors Art Reception. Come browse the beautiful artwork and support the Bay Village students in grades 7 and 8 as they receive their prizes. Entertainment will be provided by the Bay Village High School Honors Ensemble; refreshments will be served. We hope you will join us! ●

## Annual fish fry supports Bay lacrosse

by JOANNE CAHILL

Bay Village Lacrosse Association (BVLA) will hold its annual fish fry on Friday, March 28, from 5-8 p.m. at Bay Middle School, 27725 Wolf Road. Dinner prices are \$14 for a fish dinner or \$5 for a pizza dinner.

The fish dinner includes fried perch or shrimp or combo, fries, coleslaw, roll and a drink. The pizza dinner includes two slices of pizza, a cookie and a drink. Baked goods will also be offered for purchase. Dine-in or carry out is available.

Event proceeds will help fund the group's capital equipment drive, support Bay Village boys' and girls' lacrosse programs, and provide lacrosse scholarships to student athletes in need. BVLA runs lacrosse programs for students in third through eighth grades and supports the high school teams.

Lacrosse is the fastest growing high school sport in the country. After three years as a club sport at Bay High School, lacrosse became a boys varsity sport during the 2008-09 school year.

Girls followed with a club team founded in spring 2012. Last year, there were nearly 220 students participating on teams in Bay Village.

To purchase a ticket in advance, contact coach Mike Voll at 440-570-4263. Tickets may also be purchased at the door. ●



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

### 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.

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## HEALTH &amp; WELLNESS

# March is MS Awareness Month

by MEL MAURER

**M**arch is MS (Multiple Sclerosis) Awareness month in Ohio. It is a designation that recognizes the very high incidence of MS in our state—one of the highest in the nation.

More than 18,000 people known to have MS live here. Many others have MS and have yet to know it. This “unknowing” is the main reason for a month to help people become aware of this potentially crippling disease – its symptoms are often attributed to other problems – so they can begin to receive treatment as soon as possible.

Whatever it is that brings MS to more people in Northeast climates is still unknown, as is much about MS in general. While there is no cure for MS, a number of medications have been developed over the years that can help lessen its effects on its victims. The sooner people know they have the disease, the better the effect of the treatments for it.

MS is a chronic disease that attacks the myelin sheath that surrounds our nerves affecting the central nervous system (brain, spinal cord and optic nerves). The damaged myelin forms scar tissue (sclerosis), disrupting or killing internal communications.

Signs and/or symptoms of nerve damage may include: numbness or weakness in one or more limbs; partial or complete loss of vision, usually in one eye at a time; double vision or blurring of vision; tingling or pain in parts of your body; electric shock-like sensations that occur with certain head movements;

tremor, lack of coordination or unsteady gait; fatigue; and dizziness.

Research and experience in treating those with the disease have identified four distinct courses of the disease: Relapsing-Remitting, Primary Progressive, Secondary Progressive and Progressive Relapsing.

While we did not know what type of MS my wife, Elaine, had when she was diagnosed in 1967 – “No way to tell,” her neurologist told us – her experience over the past almost 50 years with it would indicate she has had relapsing/remitting. She has endured numerous attacks on various nerves but so far all of these have eventually gone into remission, leaving behind the damage they did while active. (Overall, Elaine, despite MS, has lived a very productive life, raising four children and me – an inspiration to us and those that know her.)

Another name for MS might be the “Uncertain Disease” – no one ever knows how it will act for sure. The uncertainty also makes research very difficult – is a treatment working or did the disease just happen to go into remission? Such remissions often lead people to believe things are helping when in fact they are not doing anything.

Chances are that you know someone that has MS and knows they have it, but chances are also good that you know some who has it and doesn't know it. Anyone with the prevailing symptoms noted above should be sure to see a doctor.

For information and help, please call: 1-800-667-7131 or visit [www.MSohio.buckeye.org](http://www.MSohio.buckeye.org). ●

## BAY VILLAGE CITIZEN OF THE YEAR

# Doris Gorgas honored for community service

by DEB MARISCH

**O**n Feb. 23 at the Bay Lodge, Doris Gorgas was recognized as the Citizen of the Year by the Bay Village Community Council. VIPs, fellow DAR members, community organization representatives, friends and family were in attendance.

Doris Gorgas is a past regent of Martha Devotion Huntington Chapter DAR in Bay Village. The Daughters of the American Revolution, a women's service organization, strives to promote education, patriotism and historic preservation, and serves the communities in which its chapters are located.

Part of Doris' “service” is actively supporting the military. Veterans have received Doris' generosity by her giving special attention to their needs. Most recently, Doris has spearheaded a drive to collect supplies for veterans in need at the Fulton House. She personally delivers household items, blankets and even Christmas dinner to help the veterans make a smooth transition back into the mainstream of society. No veteran can pass by Doris without receiving a DAR “Thank you for your service” card.

Doris has started, with the DAR joining Bay's American Legion and Kiwanis, a Fly-A-Flag program. This program donates and installs American flags for Bay residents who may be unable to do it themselves.

She has been active in Bay Village Historical Society events and as a docent at Rose Hill Museum. Volunteering at the Western Reserve Historical Society Library, Doris has provided assistance with genealogical research for many Bay residents.

Community Council president Eric Eakin enumerated a list of accomplishments Doris has made in the 42 years she and her husband, Tom, have lived in Bay.

For the Bay Village community, Doris has been a Girl Scout troop leader, Bay Band Booster and served on the Lake Erie Nature and Science



PHOTO BY DENNY WENDELL

Doris Gorgas is interviewed by Eric Eakin, president of the Bay Village Community Council and emcee of the Citizen/Project of the Year ceremony held Feb. 23 at Bay Lodge.

Center Women's Board. Benefitting many of Bay's youths, these people have remembered her in their adult lives.

In addition to her many and varied activities, Doris serves the community as a poll worker and has devoted her time to maintaining a Garden Club planter at the Columbia Road entrance to Bay Village.

As a retired nurse, Doris instructs CPR and volunteers her professional skills at Bay Presbyterian Church.

Neighbors on Carlton Drive appreciate Doris' contribution to organizing block parties.

Doris admits that Bay Village is a community that lends itself to volunteerism. She acknowledges that joining civic organizations is an excellent way to meet people and have fun while providing worthwhile community services.

Doris has personally touched the lives of individual Bay residents with visits to shut-ins. She brings stories or items of mutual interest or a simple “Hi, how are you?” drive-by, and is often accompanied by Buckeye, her Great Dane/Labrador Retriever.

Firm in her religious and patriotic beliefs, Doris is woman of all seasons. She personifies DAR goals and serves as an example for all of us to follow. Doris Gorgas is truly a Citizen of every Year. ●

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BAY VILLAGE PROJECT OF THE YEAR

# The wheels behind Village Bicycle Cooperative

by **DONNA WILSON**

Congratulations to the Village Bicycle Cooperative for receiving the Bay Village project of the year award! The VBC was launched in 2012 by a group of residents who wanted to make Bay a more bike-able community. Today the nonprofit cooperative has five board members and more than 35 volunteers. I have had the pleasure of working and learning from the talented board members of the co-op and I thought it would be interesting to share some information about each person. These people have volunteered time, money and effort to create a viable bike program for the city of Bay Village.

Jennifer Smillie, board president, is the visionary who created a mission for Village Bicycle Cooperative. Jennifer wants to provide a supportive climate to foster a bike friendly town and also use VBC as a springboard to educate and facilitate outreach programs. Jennifer “wants to maintain a cooperative environment where people can come to have fun and to learn.” Some of Jennifer’s goals for the future of VBC are to increase volunteers and their involvement. At the award presentation on Feb. 23, Jennifer summed up her feelings about Bay and the community’s support for the co-op,

saying, “We live in an awesome town!”

Dr. Robert Piccirilli is the current board vice president and his role in VBC is as a mechanic fixing and restoring bikes. Bob has been a Bay resident for more than 20 years and currently serves on the Bay school board. He had taken mechanic classes at Ohio City Bike Co-op and when he learned about the beginning of a bike co-op in Bay, he decided to get involved. “My vision for VBC is that we become recognized as the bicycle authority on the west side of Cleveland, that we are respected for our knowledge and advocacy of cycling,” Bob said.

Peg Ludwig, board treasurer and Bay resident for more than 27 years, became involved with VBC because of her son’s interest in the Ohio University bike co-op and her membership in the Bay Village Green Team. Peg believes her involvement with VBC will “bring healthy sustainable recreation to the community.” She works as a collaborator and facilitator with other organizations to provide education about healthy lifelong activi-

ties especially recreational bike riding.

Board member Carl Gonzalez, a Bay resident for more than 25 years, became interested in VBC after reading about it in the Observer and thought “this can provide me with my goals of helping kids and seniors live a better and healthy life through cycling.” He volunteers his time at VBC providing bike maintenance, working with middle school students on repairing bikes and helping senior citizens ride adult tricycles. Of the co-op, Carl says, “It is kind of like good freeform jazz; by that I mean, tastefully improvised by some smart and talented people.”

Patrick McGannon, a board member, has been busy working on improving the Bay bike ordinances while also helping

refurbish bikes, writing Observer articles about bike safety and helping with technology at the co-op. Patrick, who has lived in Bay for nearly 30 years, became interested in VBC because of his interest in biking and saw this as a opportunity “to make our region more bike-friendly, and therefore, more sustainable and desirable.” Patrick’s wish for VBC is “to grow our volunteer base so we can better deliver our services to the community.”


The board has many community programs in the future. They still need your help. Check [www.villagebicycle.org](http://www.villagebicycle.org) for more information.

Last words of wisdom from Jennifer: “Enjoy the ride, bumps and all. With those alongside, that will help if you fall.” ●



PHOTO BY DENNY WENDELL

Village Bicycle Co-op board members Pat McGannon, Peg Ludwig, Bob Piccirilli, Jennifer Smillie and Carl Gonzalez at the 2013 Bay Village Project of the Year ceremony on Feb. 23.




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# HEROIN

from front page

We also noted a very large increase in the number of heroin/opiate overdose deaths, with a large number (almost half) coming from suburban communities not normally noted for being high-risk drug areas.

We decided to start a series of “Heroin in the Suburbs” forums in an effort to educate and inform the public about the dangers of heroin and opiate drug use in these communities. Being involved in the justice system I see the scope of the problem. The average citizen of Cuyahoga County, however, may not be aware of just how pervasive this problem is and that is the driving force behind our initiative.

We assembled a panel of experts to discuss the problem and address audience concerns, and have drawn large crowds to each forum.

### Rob Brandt

*Lost a son and brother to addiction and is founder of Robby's Voice, a nonprofit organization whose mission is to save lives by raising awareness about drug addiction. www.robbyvoice.com*

As parents, we need to know the world has changed and continues to change faster than ever before for our kids; we need to adapt. We need to set the example at home, our kids see our behavior.

We need to take the opportunity to talk to our kids about proper use of medication and the impact of drugs. We need to be really aware of who our kids hang out with, who their friends' brothers, sisters and parents are, and where they are going. We need to be aware of the signs and terms in this new age of digital communication because the threat is real and the toll is devastatingly permanent.

Kids will inevitably make kids' decisions. We as parents need to ensure that they have as much good information in their heads to offset all the wrong information and influences they absorb.

It was encouraging to see so many people at the forum. It was encouraging to see the level of engagement on everyone's face. Now I challenge each of us to do our part to break the silence, to spread the message, to make a difference.

My wife and I face each and every day in a world that doesn't make sense, it is just incomplete. What will you do to ensure that your family doesn't live each day wondering what you could have done?

### Jennifer Tulli

*Social worker and licensed chemical dependency counselor at Recovery Resources, a nonprofit behavioral health organization that helps people triumph over mental illness, alcoholism, drug and other addictions. www.recres.org*

Kids are like sponges and they absorb verbal and non-verbal messages all the time so parents need to be aware of their actions and words when interacting with their kids.

For example, if you host parties at your house do you have an ample amount of alcohol? Are the kids ush-



Jennifer Tulli listens as Rob Brandt describes his son's progression in heroin use.

ered into another part of the house but can still hear the adults laughing and having a good time?

Think about the messages kids could be hearing: “Being an adult and drinking alcohol is fun! Having a party with friends equals drinking and fun! I can't wait to drink!”

I am not suggesting that adults can't have parties and have a few drinks, but we need to be conscious of the effects they may have on kids if done on a regular basis and with alcohol being the focus. An alternative would be to include the kids in the party and monitor your alcohol intake.

Emphasize that the best part about parties is getting together with friends. Say things like, “I can't wait to see everyone” and “There will be so much fun food to eat” so kids start to equate adult fun with things other than alcohol.

Next, consider what you do when you have a headache. Do you immediately, and openly, reach for pills to ease the pain possibly suggesting to your child that taking pills is the only way to alleviate pain? Remember, even if this is not what you mean, kids can, and do, interpret things differently than adults.

Instead, stress other things that you will try in order to get rid of your headache like laying down on the couch or retreating to your bedroom for a bit. If you need to take medicine for the pain, do it privately so your child is not aware of it.

And finally, use opportunities to talk to your kids about medications. We know that heroin is not usually the first drug kids use and that they often start with prescription pills thinking that they aren't dangerous because they are prescribed by a doctor. So if your child needs to take medication, before giving it to him/her, explain that they must take it only when you give it to them and that they may only take the amount you give them or else they can get sick.

### Robert Garrity

*Recovering heroin addict, defense attorney, licensed drug counselor, licensed social worker*

I am a recovering heroin addict who started my opioid addiction with pills when working as a pharmacist. I somehow survived, through today,



Robert Garrity, right, a recovering heroin addict, started using opiates as a pharmacist.

and have been able to share my experience and give others hope. I do this as a criminal defense attorney, licensed drug counselor, licensed social worker, but mostly as an ordinary addict with 13 years clean and sober.

These years did not come easily. It started with seven failed treatment episodes, and one trip to prison. I must be vigilant in treating this disease on a daily basis – part of which is done by helping others.

This disease knows no boundaries. It hides in the silence of families who are too embarrassed to talk about it. It is misunderstood, and still seen by most as a moral failing. It is a mental health disorder in which the sufferer, once he/she is off the substance, feels better, and then their brain says it is all right to try it again.

The problem is, once we start, we don't stop until we have used up everyone and everything in our path. We don't care who we hurt when we are using. We have blinders on, and the only goal is to feel better.

This disease is complex. We need to understand why people feel so dissatisfied, depressed, fearful, that they decide to pick up the drug in the first place. We need to have available treatment on demand when someone reaches for help. We need to come out of the shadows as addicts in recovery, families of addicts, and speak about this horrendous epidemic.

### Dr. Stephen Sroka

*Adjunct assistant professor at the Case Western Reserve University School of Medicine, and president of Health Education Consultants. He consults about sex, drugs and violence prevention education around the world. www.DrStephenSroka.com.*

### 7 Take-Away Messages

1. Denial is huge. Saying, “Not my kid or my community” is wearing blinders. This



Dr. Stephen Sroka gave a spirited presentation on addressing the four C's: communication, collaboration, culture and caring.

can happen to anyone.

2. Be prepared, not scared. Have a plan for action.

3. This is a complex issue. We cannot arrest our way out of the heroin/opioid addiction problem. We need education, prevention and treatment.

4. There is no one best way to address prevention and education. Fears and facts are not enough. Storytelling often effects change.

5. Education messages need to address the four C's: communication, collaboration, culture and caring. You can't give a wake-up call in a foreign language.

6. Mental health issues must be addressed. Drug use is often associated with mental health concerns. Schools need mental health professionals, school psychologists, nurses, counselors, social workers and resource officers including DARE.

7. Every kid needs the 3 F's. A family that loves him/her, even if it isn't biological; friends who will pull him/her up, not down; and faith, a moral compass, a sense of right and wrong.

### 5-Part Message for Heroin and Opioid Awareness and Prevention

1. Don't start.
2. If you do, get help as soon as you can.
3. You don't do heroin, heroin does you.
4. Heroin is the best feeling you will ever have, until you don't have it, and then it is the worst feeling you will ever have.
5. Don't start.

### 3 Ways You Can Make a Difference

1. Learn all you can.
2. Help one another (helping others is the best way to help yourself).
3. Tell your loved ones today that you love them. No guarantees about tomorrow. ●

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# Group raising money for Bay Days fireworks

by ERIC EAKIN

The committee of volunteers working to raise enough money to put on a fireworks display at Bay Days is making real progress, thanks to the efforts of a number of concerned citizens.

Susan Farnham of Manchester Drive recently held a fundraiser at her home, featuring the line of Pampered Chef products. All proceeds from the event were donated to the fireworks fund.

The fundraising group also has established a website, [www.bayfireworks.org](http://www.bayfireworks.org), to raise awareness for their efforts. To thank those who have donated, the names of donors will soon be posted on the website.

While one corporate sponsorship is in the works (watch for that announcement soon) the committee continues to seek the support of local, and locally owned, businesses for sponsorships. The names of all corporate sponsors will be displayed on banners throughout the run of Bay Days and in press releases and

advertising.

The Bay Days fireworks display costs about \$11,000 a year, and it is up to the community to raise the money for the display.

Many Bay Village civic organizations count on the revenues they raise at Bay Days to finance the scholarships they provide, to fund their civic-improvement programs and for other projects. Without the fireworks finale, Bay Days attendance would drop precipitously and so would the funding upon which these organizations rely.

The website explains the funding situation and offers a way to make donations via PayPal through the Village Foundation website. (The Village Foundation is overseeing funds collected for the fireworks display.)

Complete contact and other information can be found on [www.bayfireworks.org](http://www.bayfireworks.org). ●



# Spiritual songbird visits Westlake

by SHARON FEDOR

A little blonde girl with a big heart who loved to sing, whose mom sent her to her uncle's to learn to play guitar, but ... she continued to sing. She grew into a beautiful heart-centered woman, and continued to sing. Today she sings, and holds "heartfelt" workshops for hundreds of people in Unity churches, from Tennessee to Indiana to Ohio.

If you've never heard Jody Soland sing and play guitar, you're in for a spiritual treat, a slice of audio-bliss, when she visits Unity Spiritual Center in Westlake on March 9. Her music will dance on your heart strings and move you into new places. Her numerous CDs bring forth her strong voice, and vocals primarily written by her and her husband, Gary, a singer-songwriter whom she met in Nashville. Her music allows a story to unfold, so the listener can become one with the story, or sit back and simply enjoy the musicality.

She sang professionally at age 13, moved to Nashville after high school, met her husband, and had two beautiful sons. While a musical theme runs throughout her life, today it continues to express through her in new ways.

Jody is a certified Holotropic and Integrative Breathwork Practitioner, which uses breathing to allow access to non-ordinary states for self-exploration purposes. From this certification evolved an amazing breathwork workshop, better termed "an experience," titled the Heartwork Artwork Experience. This experiential workshop is an inward process where music is used as a catalyst and guided imagery evokes vivid emotions, then artwork is created to free and express what happened

to the individual. Gentle breathing and heart-felt music are the touchstones of Heartwork Artwork. Benefits are many, including release from built-up, clogged-up tension, stress, and fear, which allows an increase in creativity, joy and peace.

This wonderful experiential workshop combines Jody's years of experience, her music and the sharing of the wisdom of her heart with yours on Sunday, March 9, 1-3 p.m. at Unity Spiritual Center, 23855 Detroit Road in Westlake. Registration required as space is limited. Register at [unityspiritualcenter.com](http://unityspiritualcenter.com). Fee is \$25. Please wear comfortable clothing, bring a blanket, pillow, and a mat to lie on as a good portion of this experience is done on a mat on the floor.

All faiths are always welcome. Parking is free. Jody's newest CD, "Spirit Speak to Me," released in 2012, is available through the Unity bookstore. ●

## They Say...

Compiled by DAVE SCULLIN

**They say...** In Houston, Texas, they have an intersection of Clinton and Fidelity streets.

**They say...** That teenage girls who wore socks "bobbed" to half length became know as "Bobby Sockers."

**They say...** The term "kiss of death" derives from Judas Iscariot's kiss given to Christ before he betrayed him.

## THE DIGITAL WORLD

# Life after Windows XP

by TAK SATO

Do you remember the Y2K hype? No major catastrophes occurred when the world welcomed Jan. 1, 2000. Similarly, barring logical explanations such as coincidental computer parts failing due to age, the upcoming retirement of Windows XP by Microsoft will not lead to unexplained computer combustion.

However using Windows XP after April 8, 2014, increases the risk of becoming a victim of illicit activities rooted in the digital world such as identity theft or contracting a computer virus that leads to loss of your digital pictures or even ransom payment demands in exchange for regaining control of your computer. So what options do you have if you still use Windows XP?

Regardless of any options you choose for life after Windows XP, I highly recommend that you backup your data first! Having a copy of your data, i.e. your digital memories such as documents and pictures, on an external hard disk should make it easier to transfer your data to the new system; it will also act as an insurance when hard drives fail and make it impossible to retrieve your data. Computers can be replaced, but your data, without backups, can not be recreated. Backing up costs a fraction of what a data recovery service may cost you!

**Option 1:** Buy a new computer that comes with Windows 8. Although there has been a lot of negative press concerning Windows 8's usability through the mouse, free software is available which will make it similar in operation to earlier Windows versions. Or to get the fully immersive Windows 8 experience, you can get a Windows 8 computer with a touch screen.

**Option 2:** Buy a new Apple computer. The experience of using an Apple computer will be different from Windows. Rather than trying to explain this difference you may want to visit the Apple Store at Crocker Park where you can play around with their computer offerings. In most cases device-agnostic data such as pictures and videos should transfer with relative ease. Documents will be case-by-case. For example Microsoft

does sell Office (Word, Excel, etc.) for Apple computers that makes it seamless if you currently use Office on Windows XP.

**Option 3:** If you are running Windows XP on a newer computer and you want to keep using the same computer, you can download Microsoft's "Windows 8 Upgrade Assistant" available from their website to assess the feasibility of reusing your computer hardware.

**Option 4:** Depending on your "use case," i.e. how you utilize your computer currently, you may be a candidate to replace your computer with a tablet. You can learn about the utility of a tablet at the "The Digital World" column link on the Observer website at [wbvobserver.com](http://wbvobserver.com).

Finally remember to create a "holistic" budget as your old software and even accessories such as your printer, may need to be replaced as well!

Next issue's topic: "Sidekick for the Super Mom" ●

## QUESTIONS ABOUT THE DIGITAL WORLD

*I swear my mouse in my laptop is possessed! I have too many typos and it moves by its own! Can I exorcise the mouse?*

I think you are referring to the "trackpad" that is located below the space bar on the laptop's keyboard, which functions as a mouse. Instead of mimicking the decades-old functionalities of a left-click or right-click of a mouse, trackpads can understand what is known as "touch screen gestures" where the user uses multiple fingers on the trackpad to issue commands to the computer.

To possibly alleviate unintended movements resulting from tapping and/or gesturing, go into your configuration area of your computer – in Windows it's called "Control Panel" and for OSX it's under "System Preferences" – to turn these features off; not all systems allow you this option so it is trial-and-error. This is one of the first things I did when I got my laptop a couple years ago!

*Have a question for Tak about computers, software or other technology? Send them to editor@wbvobserver.com.*

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## FEATURED STUDENT: Sahana Petras

*Featuring some of our communities' great high school students.*

by KAREN DERBY

Bay High senior Sahana Petras sees cooking as much more than a way to satisfy a hungry family. She studies culinary arts for part of her school day at the West Shore Career-Technical District, housed at Lakewood High School. She was recently awarded the Outstanding Student Award in Culinary Arts by the Lakewood/Rocky River Rotary Club.

Sahana is inspired to study culinary arts by her mother and her godmother. "My mother is a very creative cook, and she makes delicious, colorful and unique meals, not necessarily from a recipe. She'll just see what we ingredients we have on hand and put something wonderful together. And my godmother taught me many dishes, like Chicken Curry, from her Filipino culture. I cook Indian, German and Irish dishes for my family, and I enjoy that my cooking can also express my love of culture." She says her parents, Stephen and Colleen Petras, are very supportive of her passion for cooking and that their faith in her makes her want to succeed.

"Cooking lets you express yourself with color and design. In a professional kitchen you share responsibility and you show what you can handle. I enjoy that."

Sahana also enjoys the cooking competitions in which she's taken part. She worked with a team of fellow students competing against 26 other school teams in the ProStart Invitational held at the Columbus Convention Center in February. "It really was like the cooking competitions you see on TV," she said. The team had to prepare a three-course meal in 60 minutes and was evaluated on taste, skill, teamwork, safety and sanitation.

She also participated in the



THOMAS AND THOMAS PHOTOGRAPHY

Bay High senior Sahana Petras

Family, Career and Community Leaders of America (FCCLA) competition, making an appetizer while her team of classmates made an entree and dessert. She will compete solo this year, making a small appetizer, or Garda Manger.

Sahana works weekends at the French restaurant, Le Bistro du Beaujolais, in Olmsted Falls, and she is already assisting the head chef with appetizers and desserts.

In addition to cooking, Sahana plays the piano. She has been a cheerleader at Bay High and participated in the school's girls tennis and girls track programs. She also helps out with the young children at St. Raphael's Church and participates in a youth ministry group.

"I like working with younger children and students with disabilities," she says. "I would like to combine cooking with helping others. Cooking can give kids confidence and builds responsibility. It lets them know they are there for a reason and that they can find their place in the world."

Sahana will attend the Culinary Institute of America in Hyde Park, N.Y., next year. She credits her program at the West Shore Career-Technical District for preparing her to succeed in the nation's premier cooking school. "The teachers at West Shore make sure we get what we need to succeed," she said. "They push us." ●

## SNOBALL *from front page*

Top finishers in the race were Bay High sophomore Jack Hautz, 16, who was the overall male winner with a time of 16:49 and Bay High Senior Maddie Britton, 17, who was the overall female winner at 18:04. Both students are members of Bay High's cross country teams.

Brajdic, who has served as event chair since its inception, said: "Former Bay Rockets Athletic Boosters President Steve Kowski conceived the idea of a mid-winter race as a community-wide event and fundraiser for Bay High School and Bay Middle School athletic teams." Estimated proceeds from this year's race and pancake breakfast are more than \$8,000.

The 2014 SNOBALL Run drew runners and walkers of all ages – infant to 85 – from Bay Village and surrounding communities. New specialty award winners in 2014 were "Hamlet" and Rich Oldrieve of Westlake ("First Dog to Finish the 5K with Its Owner");

Ally Pistorino and her father, Mike Pistorino ("First Baby in a Stroller to Finish the 5K"); Matt Norris, age 85, of Olmsted Falls ("Most Senior Runner to Participate in the 5K"); Nick Best of Bay Village ("Best Costumed/Most Spirited Runner/Walker in the 5K, High School"); Ally Bleisath and Bridget Dougherty, both of Bay Village, ("Best Costumed/Most Spirited Runner(s)/Walker(s), Elementary School"); and Lara Lomac, Rochester, NY ("Runner/Walker Who Traveled the Furthest to Participate").

Also new this year were Bay High student volunteers organized by senior Alyse Arko who dressed as characters at the post-race event, greeting children and helping distribute awards to top finishers. Bay coaches also volunteered as celebrity pancake servers.

A volunteer-driven, nonprofit organization, Bay Rockets Athletic Boosters is dedicated to raising funds through events like the SNOBALL Run to promote and support the athletic teams at both Bay High School and Bay Middle School. ●

## The beauty of Bay

by CONDA BOYD

Bay Village Planning Commission meetings usually focus on the technical work of applying existing ordinances to specific projects. February's meeting began with just such a discussion of the Bay Diner's relocation to East Oviatt Road, and it moved on to approval of the Normandy and Westerly school projects.

Then something rare happened: the Planning Commission talked about rewriting rules. Attached residences (defined in Chapter 1158 of the city's codified ordinances) have been in the news since Andrew Brickman proposed building townhouses at Cahoon and Wolf. That development was tabled when the rezoning issue failed last November. With no specific project at hand, now is an ideal time to rework Chapter 1158. Much debated but never amended, it stands as written in 1974.

The discussion focused on the beauty of Bay. General questions came first. Do we still want to be a city of single-family houses on quiet streets lined by mature trees? Do we want to encourage seniors to stay in Bay? These were goals of the last Master Plan, formulated 15 years ago. Is that still what we want? Are there new needs? Should we repeat a resident survey? Should we look

to Westlake and Rocky River and do as our neighbors do?

The rest of the meeting was spent working on the specifics of a new ordinance. Instead of "attached residence" the Planning Commission's skeleton document now defines townhouse: "A single-family dwelling unit constructed in a group of three or more attached units in which each unit extends from foundation to roof and with a yard or public way on at least two sides."

The maximum height – no greater than 15 percent of adjoining parcels' buildings – now excludes church steeples and other "unusual design features" from the calculation. The maximum building length has been reduced to 160-180 feet, and provisions have been added to break up that expanse visually in order to present a pleasing appearance. Clubhouses and pools are now permitted in townhouse developments throughout the city.

The working document is very fluid right now, and the changes noted above could change. Planning Commission members care deeply about what makes Bay beautiful, and they are listening carefully to audience comments. The March 5 meeting, 7:30 p.m. in City Hall, will continue this important discussion.

And the beauty of Bay is that you are encouraged to be part of the conversation! ●

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# Snowy owl released

An emaciated snowy owl rescued by the Lake Erie Nature & Science Center on Jan. 16 was released back into the wild on Feb. 19 at Spitzer Marina in Lorain by Amy LeMonds, the Center's director of wildlife.



PHOTOS BY DENNY WENDELL

Amy LeMonds opens the cage; the owl takes off as the invited media tries to capture the moment; and then a crow squawks and dives at the owl as it sits on a pier.

# Historical society plays a game for history

by DAVE PFISTER

Very soon, the city of Westlake will be joining the list of more than 30 cities nationwide that have their own community-themed versions of the classic board game Monopoly. The limited edition "Westlake-opoly" will officially be launched this year.

The Westlake Historical Society will

be producing and selling the game, tentatively priced at \$35. It will be available only until the limited number of copies are sold. The funds raised from the sale of the games will go toward the restoration costs of the historic Lilly Weston House. The house is located at 27946 Center Ridge Road and was built



around 1844.

The game is full of local references! As you move a game token through the streets and landmarks depicted on the game board, you can buy the deeds to landmarks such as the Evergreen Cemetery, the Clague House Museum, as well as many of our roads like Dover Center, Clague or Hilliard.

The game cards also feature Westlake businesses and organizations. For example, instead of a "Go to Jail" card, you may have to "Go to the Westlake Police Station for questioning."

Lysa Stanton, president of the West-

lake Historical Society, believes "Westlake-opoly" is the perfect way to present a unique historical as well as current view of the city. "The game showcases the city's rich history, as much as its future," Stanton said.

Those businesses, organizations, groups and individuals wishing to be a part of this unique and one of a kind opportunity should contact the Westlake Historical Society at westlakehistory@yahoo.com or call 440-808-1961. The game is the perfect way to advertise your business, as well as help the Westlake Historical Society serve the community. ●

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WESTLAKE PORTER PUBLIC LIBRARY

# Upcoming events at Westlake Porter Public Library

by ELAINE WILLIS

**Wednesday, March 5 (10:15-10:45 a.m. or 11-11:30 a.m.) LET'S SING AND DANCE!** – Join us for a fun session of singing and dancing for children ages 2-6 with a caregiver. Space is limited, so please arrive early enough to receive a ticket at the Preschool Desk.

**Wednesday, March 5 (1-2:30 p.m.) CUYAHOGA WEST GENEALOGICAL SOCIETY** – Stop by for free genealogy help!

**Wednesday, March 5 (4-5:30 p.m.) BOOKS WITH BELLA** – Stop by the Youth Services Department each Wednesday and sign your child up for a 10-minute reading time with Bella the Bulldog! Bring your own book to share with Bella or choose one of ours. Registration begins every Wednesday at 3 p.m.

**Thursday, March 6 (7-8:30 p.m.) TOXIC AWARENESS** – Joy Wright will discuss the harmful health effects of household shelf cleaners and personal products. Please register.

**Saturday, March 8 (10:30-11 a.m.) MOTHER GOOSE ON THE LOOSE!** – Join Mother Goose for this interactive storytime featuring simple books, rhymes, songs and movement. For ages birth-3 years old with adult caregiver. No registration.

**Saturday, March 8 (2-4 p.m.) CARRYOUT CRAFTS** – Stop in the Youth Services Department to make our featured craft. Tables will be set up with all of the supplies needed!

**Saturday, March 8 (3-5 p.m.) MAD 4 MANGA** – Each month we watch a different Anime series and talk about our favorite Manga. Sometimes we even throw in some crafts, Manga drawing or Japanese treats! Grades 7-12 only. No registration required.

**Monday, March 10 (4-5:45 p.m.) TEEN LOUNGE** – Need a place to hang out after school? Come to WPPL's Teen Lounge on Monday afternoons! We've got computers, video games, board games, snacks and more!

**Monday, March 10 (6:30-7:30 p.m.) BABY BOOMERS' GUIDE TO SOCIAL SECURITY** – Get answers to important Social Security questions such as: How and when does one become eligible? How are retirement benefits calculated? When is the right time to take your Social Security? What spousal benefits are available? Please register.

**Tuesday, March 11 (10 a.m.-noon) CAREER TRANSITION CENTER: REINVENTING YOURSELF** – What are you waiting for? What is getting in the way of your process? What do you have the most fun doing? The workshop explores questions that get you engaged and excited and will assist you with beginning to develop your own future.

**Tuesday, March 11 (7 p.m.) TUESDAY EVENING BOOK DISCUSSION** – This month we'll discuss "Sweet Salt Air" by Barbara Delinsky.

**Wednesday, March 12 (10:15-10:45 a.m. or 11-11:30 a.m.) LET'S SING AND DANCE!** – Join us for a fun session of singing and dancing for children ages 2-6 with a caregiver. Space is limited, so please arrive early enough to receive a ticket at the Preschool Desk.

**Wednesday, March 12 (4-5:30 p.m.) BOOKS WITH BELLA** – Stop by the Youth Services Department each Wednesday and sign your child up for a 10-minute reading time with Bella the Bulldog! Bring your own book to share with Bella or choose one of ours. Registration begins every Wednesday at 3 p.m.

**Wednesday, March 12 (7-8:30 p.m.) PROPOS-**

**AL WRITING BASICS** – Learn the steps of writing a thorough grant proposal, from planning and research to writing to following up. Please register.

**Thursday, March 13 (1-7 p.m.) AMERICAN RED CROSS BLOODMOBILE**

**Thursday, March 13 (7 p.m.) NON-FICTION BOOK DISCUSSION** – The March selection is "Moonwalking with Einstein: The Art and Science of Remembering Everything" by Joshua Foer.

**Friday, March 14 (10-10:45 a.m.) COME PLAY WITH ME!** – Open playtime with age-appropriate toys, songs and rhymes. For children ages 2-5 with a caring adult. Siblings welcome! Registration begins March 7.

**Friday, March 14 (Siblings, ages 1-6: 9:30-10 a.m.) (Toddler, under age 3: 10:30-11 a.m.) (Preschool, ages 3-6: 11:30 a.m.-noon) MUSIC THERAPY & MORE** – Connecting for Kids and the Music Therapy Enrichment Corps will teach parents and caregivers how to have a direct role in bringing music to life at home, at school, and in the community. This session is geared to children 1-6 years of age. Siblings are welcome. You must RSVP for the session by calling 440-250-5563. Space is limited.

**Saturday, March 15 (10-11:30 a.m.) CONNECTING FOR KIDS PARENT DISCUSSION GROUP** – Parent discussion group led by a local pediatric expert. Childcare is offered but space is limited. You must RSVP by calling 440-250-5563. Topics are listed at connectingforkids.org.

**Saturday, March 15 (10:30-11:30 a.m.) POKE-MON LEAGUE** – Bring your cards and accessories for a fun morning of play! For kids ages 6-12 only. Please, no younger siblings. Registration begins March 8.

**Saturday, March 15 (2-3 p.m.) BRICK BUILDERS CLUB** – Love those LEGO bricks? Then bring your ideas and imagination to the club! All bricks provided. Ages 6-12. No registration.

**Sunday, March 16 (2-4 p.m.) SUNDAY SOUNDS** – Join the Friends of the Library for a springtime concert by The Oberlin Choristers. Free program.

**Monday, March 17 (4-5:45 p.m.) TEEN LOUNGE** – Need a place to hang out after school? Come to WPPL's Teen Lounge on Monday afternoons! We've got computers, video games, board games, snacks and more!

**Monday, March 17 (7-8:30 p.m.) INVESTORS' INTEREST GROUP: THE RULES OF PRUDENT INVESTING** – Most investors spend significant time searching for answers to complex financial problems. Managing financial risk and resources boils down to following simple rules, which give you the highest odds of achieving a successful outcome. Please register.

**Monday, March 17 (7-8 p.m.) GO GREEN!** – Celebrate St. Patrick's Day and get ready for Earth Day by discussing ways to be "green" in your home and community, testing your "green" knowledge and making a "green" craft. Grades 4-6. Please register starting March 10.

**Tuesday, March 18 (10 a.m.-noon) CAREER TRANSITION CENTER: MAKING POSITIVE FIRST IMPRESSIONS** – Whether you're networking or interviewing, you will need to leave a positive impression. Get tips on the little (and big) things that determine how you will be perceived and learn how that perception will impact your success in a job search.

**To register for any of the programs, please call 440-871-2600 or visit [signup.westlakelibrary.org](http://signup.westlakelibrary.org):8080.** ●

FAITH & SPIRITUALITY

# From death to life, a true life story of hope

by NELSON BLOUNT

If you were to visit CrossPointe Community Church in Westlake, the first person who would greet you is Linda Lucas (permission granted to use full name). Eight years ago on the last Sunday in February, Linda decided she was done with drugs and prayed that God would direct her to a church.

She drove down Columbia and saw the red, white and blue welcome flags flying that "looked like the arms of God." She turned in and drove around to the parking lot and prayed; deciding that this was to be the church to which she would come. I followed up with her that week and shared how God loved her unconditionally. She decided to open her heart to Jesus Christ and become a Jesus follower.

Linda's drug of choice was heroin. March 9 will be her last Sunday with us before retiring to Florida. For the last nearly five years she has been our greeter. Her story reminds me of how Jesus treated the down and out of his day, the marginalized, the ones who religious leaders would have stoned!

I'm grateful to be involved in the process of seeing people literally delivered from the bondage of heroin. The community is invited to come and hear a story of hope and encouragement. Linda will be speaking at CrossPointe Community, 1800 Columbia Road, on Sunday, March 9, during worship at 10:30 a.m. You will not want to miss hearing this real life story of God's amazing grace and the multi-faceted changes that have occurred in Linda's life. ●

BUSINESS & FINANCE

# New westside networking group forming

by KARRY TROTTER

My name is Karry Trotter and I am an insurance agent/broker. I am starting a new networking group and am looking for interested parties. This group will help all of us help others in ways we may never have considered.

The meetings are every other Tuesday morning, 7 a.m., at Joe's Deli in Rocky River. The next meeting is March 18. My hope is that we, as a group, can have a large successful relationship with each other.

The proposed name will be Le Mieux Networking Group and we will only have one person from each industry represented. It is going to be professional but a little on the lighter side as far as rules and regulations. We expect everyone to share at least one lead per meeting so a total of two referrals a month per member and bring in someone they

may know from a market not being represented.

There will be no homework or dues. This will be a great way to get your business out in the community and generate new clients. This group is set up primarily for Westside businesses; we will consider neighboring communities.

A little background on me: I am a former mortgage banker having owned my own mortgage company for seven years. When the industry turned I decided to go back to college and finish my degree. I finished with a master's degree in public health/epidemiology and worked in health care as a clinic manager for a while and it just was not what I thought it was going to be. I like to help people and I was not helping in health care so I changed career paths and am now helping people again.

If interested please contact me at 440-539-6840 or email me at [kaytrott@yahoo.com](mailto:kaytrott@yahoo.com) ●

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# ‘Dance man’ gets little feet dancing



PHOTOS BY ELAINE WILLIS

A lively group of more than 50 pre-school children explored the world of dance with Tom Evert “The Dance Man” on Presidents Day at Westlake Porter Public Library. The children watched Evert perform and he taught them the names of several dance and balance poses. Then, under Evert’s direction, and with unbridled energy, the children participated in a mini-show of their own. The free program was co-sponsored by Porter Library and Westlake-Westshore Arts Council.

# Bay Sea Scouts explore new winter sport

by RICHARD GASH

On Sunday, Feb. 24, the Sea Scouts headed to the Sandusky Ice Yacht Club (SIYC) to meet the Commodore, Nick Vitale, and several other iceboaters. The purpose of the trip was to check out the ice conditions first hand on Sandusky Bay and to learn about iceboating.

The rain the previous day washed out the snow mounds on the bay and the cold tem-

perature that night resulted in a bumpy but almost perfect sailing ice surface. There was an ice thickness of 16-30 inches. This depth of ice assured us that it would be safe and would be in place for several weeks to come.

Dennis Butts, an avid iceboating enthusiast, brought his Snowfer and instructed Sea Scout Nate Cullinan on its operation. A Snowfer is a snowboard with sharp steel runners and a windsurfer sail. Nate, once equipped with a helmet, knee and elbow pads received a push and was soon flying over the ice at speeds approaching 25 mph in a 12 mph breeze.

Sea Scouting is open to all youth 13 years old and over who wish to “Live the Adventure, Navigate the World.” For more information on Bay Sea Scouts, contact Richard Gash at 871-6106 or by email, skipper@seascout-ship41.org. ●



PHOTO BY RICHARD GASH

Bay Sea Scout Nate Cullinan sails a Snowfer across Sandusky Bay toward Cedar Point.

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# Westlake Rec forming adult sports leagues

BY JIM DISPIRITO

The Westlake Recreation Department is proud to announce the following adult sports programs are now forming:

Adult Coed Volleyball – Our short season allows teams to shake off the rust before going outside for the sand season. Matches are played on Wednes-

day nights and will begin on March 12. Six-week season plus a one-day playoff.

Adult Softball – Including the following divisions: Sunday Men DH, Sunday Night Coed, M/W Men, Tuesday Coed DH and Thursday Men DH. We also offer a 55-and-over Gray Eagles League on Friday nights.

Adult Spring Basketball – Games are played on Sunday nights beginning in April and run until late July.

Adult Coed Bocce – League games begin in early May and will run through the summer. Tuesday nights, beginning at 5:30 p.m.

Adult Men’s Soccer – The inaugural season of men’s soccer, with matches on

Sunday nights in Westlake beginning in early June and lasting through August.

Adult Pickle-Ball Open Gym – Stop by the Rec Center on Tuesdays and Thursdays from 1-2:30 p.m. and see what this game is all about. It is played like tennis, but on a smaller court and with rules like Ping-Pong. You can drop in on a daily basis to play or sign up for the entire session.

More information regarding all of these programs and more can be found at our website at [www.wlrec.org](http://www.wlrec.org) or by stopping by the Recreation Center at 28955 Hilliard Blvd., calling us at 440-808-5700 or by picking up our new Rec Gazette. ●

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NEW BUSINESS

# Former mayor opens real estate office in Bay Village

**B**ass Ohio Real Estate, a full-service brokerage and consulting firm, recently expanded into the residential market by opening an office in Bay Village at 419 Dover Center Road.

"We are extremely excited to enter the residential arena by operating an office in our hometown," said Thomas Jelepis, CEO and broker for the firm and a former Bay Village mayor. "Our focus will be on the Greater Cleveland area. We plan to expand at a slow and steady rate which will allow us to cover more geography as time progresses."

The Bay Village office will be staffed by a pair of real estate veterans, David Matthews and David Lyons.

Matthews, with 12 years of residential sales experience, is a teacher/lecturer at Hondros College. He recently was named the school's "Instructor of

the Year" for students pursuing their licenses and continuing their education. A former sergeant major in the U.S. Army, Matthews will head sales and staff development for residential operations.

Lyons, a licensed real estate salesman, will oversee the business side of Bass Ohio Real Estate. The retired FBI agent has extensive residential investment experience and possesses both an MBA and CPA.

"We're thrilled to have these two outstanding individuals managing this new venture," Jelepis said. "They bring our company their own unique skill sets, which will add value to our customers and clients and, ultimately, give them the type of representation they deserve as they consider buying or selling a home. We are very excited about the future!" ●

# Westlake Village opens new memory care unit

by KRISTIN PUCKETT

**W**estlake Village, a Brookdale senior living community, is growing to meet the demand for Alzheimer's and dementia-related services, with the opening of a new, 32-bed memory care unit. This new unit expands the current independent, assisted living and skilled nursing already offered at Westlake Village, which can meet the needs of more than 300 residents. A grand opening, ribbon-cutting event was held on Feb. 26 and the community expects to begin accepting residents in March.

"Memory care communities are specially designed living spaces where the environment supports our residents as they handle the cognitive challenges brought on by Alzheimer's and other dementias," said Sheryl Ludeke-Smith, a dementia care specialist with Westlake Village's parent

company, Brookdale, who attended the grand opening. "Things like specialized flooring or certain wall colors help cue residents about aspects of their daily lives. Areas of the community are also set up for safe engagement in activities such as gardening or kitchen work that provide meaningful moments for residents."

The unit will have activity programming throughout the day and 24-hour nursing care in a homelike environment that helps seniors stay engaged and socially active. A growing body of research on aging shows that well-designed programs can help sustain mental functions that are often impacted in early to mid-stages of Alzheimer's and related dementias. Trained associates work closely with



**Brian Appleby of Westlake Village stands beside a life skills station with a workbench and tools. A variety of stations throughout the community stimulate the minds of residents and reinforce memories of familiar activities, while reducing stress and anxiety.**

residents to promote well-being, dignity and choice and to provide opportunities for residents to find happiness and meaning in support of their unique needs.

"We are excited to be able to provide another senior living solution to the Westlake community," said Westlake Village Executive Director Patrick Payne. "The addition of memory care services allows us to better achieve our mission to enrich the lives of those we serve with compassion, respect, excellence and integrity." ●



**The Westlake Village memory care facility in Westlake.**

# What your neighbors are reading this month: Award-winning titles

by BARBARA ISAACS, adult services librarian

*What do most people think of when they hear the word "library"? Reading, of course! 2014 is the year to "Reconnect with Reading 365" at the Cuyahoga County Public Library. To celebrate this initiative, the Bay Village Branch will display monthly calendars that include daily trivia questions or quote from books both classic and modern following a theme for each month. Library staff and customers are looking forward to sharing our suggestions from various genres here with you in the Observer in the feature, "What Your Neighbors are Reading!"*

**M**arch is the month for award winners, not only the Academy Award winners, but award-winning books too! This month I asked a member of the monthly Thursday Evening Book Discussion held at the Bay Village Branch to tell me about his favorite award-winning book. An avid reader, Mike Teichman credits his participation in the book discussion for "broadening his horizons" and getting him to "read outside the comfort zone."

Among the many award-winning books that this group has read over the years, Mike most enjoyed the 1981 Pulitzer Prize-winner for Fiction: "A Confederacy of Dunces" by John Kennedy Toole.

The title of the book is taken in part from "Thoughts on Various Subjects, Moral and Diverting" written in 1706 by Jonathan Swift and could allude to the book's cast of characters and their humorous adventures in New Orleans:

"When a true genius appears in the world, you may know him by this sign, that the dunces are all in confederacy against him."

Ignatius J. Reilly, the main character, caught Mike's attention from the start as described in the book: "A green hunting cap squeezed the top of the fleshy balloon of a head. The green earflaps, full of large ears and uncut hair and the fine bristles that grew in the ears themselves, stuck out on either side like turn signals indicating two directions at once."

Ignatius, a misfit and a scholar who works at Levy Pants, is in revolt against the modern world and eventually leads a workers' uprising.

The author's "honest way of writing" and his strong development of the characters that inhabit Canal Street are what appealed most to Mike. Originally published by Grove

Press following the suicide of the author and after several other publishers turned it down, the book has been deemed by some as a comic classic. Or, as Mike perhaps more aptly described it, "an experience to read."

## WHAT YOUR NEIGHBORS ARE READING

at the Bay Village Branch Library

MARCH THEME:

All ages: "And the winner is..."  
Award-winning books for all

Another award-winning book is my favorite work of non-fiction included on many lists for Best Book of the Year 2010, the winner of the National Book Critics Circle Award and the 2011 winner of the Anisfield-Wolf Award for Nonfiction.

"The Warmth of Other Suns: The Epic Story of America's Great Migration" by Isabel Wilkerson tells the stories of millions of black citizens who fled the South from 1915 to 1970 in search of a better life.

Written from oral histories and extensive research, the lives of three individuals who left the South in different decades unfold in vivid memories of the discrimination they fled and the reality of life in the North.

Ida Mae Gladney, who in her old age proudly saw the election of Barack Obama; George Starling, who fought for civil rights in Harlem; and Robert Foster, who became the personal physician to Ray Charles, are unforgettable in their struggle to make a better life.

America was forever changed by this "unrecognized immigration" through music, literature and culture and I highly recommend this book. It could change your outlook on life too.

Hungry for more? Our newest interactive forum for reading recommendations from library staff and friends is a live Facebook chat, aptly named Booked for Lunch! Booked for Lunch is a monthly casual break-time book chat and will begin March 5 from 12-12:30 p.m. Be sure to "like" Cuyahoga County Public Library on Facebook and join in the fun!

Remember to check the Observer next month to see What Your Neighbors are Reading on the April themes of Poetry and Adventures – and visit the Bay Village Branch, 502 Cahoon Road, where the staff would be very happy to give you personal reading recommendations too. We hope to see you soon! ●

PHOTOS BY DENNY WENDELL



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**BAY VILLAGE BRANCH LIBRARY**

## Upcoming programs at Bay Village Branch Library

by JOYCE SANDY

**W**ill March come in like a lion or a lamb this year? I think we'd all agree that we're ready for some lamb-like weather! We welcome spring this month, return to Daylight Savings Time on March 9, and generally get ready for all of the things that the promise of nice weather brings! Be sure to make the Bay Village library a stop during your day – we'll help you find just what you're looking for.

Home improvement ideas and spring gardening books are here ready to be checked out. Little ones getting cabin fever? Check out the Toy Library Notebook! Find a toy your child would like, and request it just like a book is requested. New toy for your child to try, no expense for you. Keep the Toy Library in mind for the next playdate at your house! The library has many programs for all ages and interests. Please register for the ones you'd like to attend. We look forward to seeing you.

**ADULT DEPARTMENT**

**Thursday, March 6 (7:30 p.m.) THURSDAY EVENING BOOK DISCUSSION** – Join us for a discussion of the book “Far From the Tree: Parents, Children and the Search for Identity” by Andrew Solomon.

**Wednesday, March 12 (1:30 p.m.) WEDNESDAY AFTERNOON BOOK DISCUSSION** – Join us as we discuss “The Last Runaway” by Tracy Chevalier.

**Wednesday, March 19 (7 p.m.) RETURN OF THE CAROUSEL** – What goes around comes around. A representative from Cleveland's Euclid Beach Park Carousel Society will present a history of Euclid Beach Park and the return of the carousel in its specially built pavilion in University Circle.

**CHILDREN'S DEPARTMENT**

**Tuesday, March 11 (1:30 p.m.) KINDERGARTEN READINESS: COUNTING** – Join us after the Preschool Pals

Storytimes for some hands-on exploration of numbers!

**Tuesdays, March 4, 11, 18 and 25 (6:30 p.m.) READER BOOT CAMP** – For grades 1-3. Parents and their children who are struggling with reading skills are invited to a two-part program of information and fun! Parents join a learning specialist to learn tips for working with their children at home, while children remain with the librarian for fun reading-based activities. Then, families participate together.

**Friday, March 7 (11 a.m.) FIRE AND ICE** – For ages 5-12. Join us on this day off school for some science fun! Foggy dry ice storms, giant beach balls floating in the air, and even a special Mad Science “burp” potion will amaze you as you learn about chemical reactions, air pressure and the states of matter.

**Saturday, March 15 (10:30 a.m.) SENSORY STORYTIME** – Join us for a storytime designed specifically for children with special needs and their families.

**Monday, March 17 (4 p.m.) GO GREEN FOR THE IRISH!** – For grades K-5. Celebrate St. Patrick's Day with a story, a game and other fun activities.

**MIXED AGES**

**Saturday, March 8 (2-4 p.m.) SHOW YOUR COLORS ART RECEPTION** – Come one, come all! Show your support for local young artists at a reception for the Show Your Colors Art Exhibit. Admire the artwork, enjoy refreshments and watch the young people receive their prizes.

**Sunday, March 16 (2 p.m.) TURN THE CORNER BAND IRISH CELEBRATION** – Join us for this annual event! Turn the Corner Band returns with Irish music to celebrate St. Patrick's Day in style.

**Please register to attend these programs online at [cuyahogalibrary.org](http://cuyahogalibrary.org), by calling 440-871-6392, or when you stop in to visit at 502 Cahoon Road. ●**

## Compeer celebrates friendship at Valentine's Day party



PHOTO BY JOE POPIK

Compeer members and volunteers shared friendship on Valentine's Day.

Pictured: (front row) Bob and Amanda; (back row): Kristina; Nancy; Denise Ayres, Compeer program coordinator; Doug; Josef; Mary Ann; Holly Henderson, peer support specialist.

by DENISE AYRES

**O**n Valentine's Day this year, Compeer members and matches were invited to Far West Center for an afternoon party to share desserts, holiday treats and fun. More than 22 people filled the Valentine's treat tables with a variety of delicious cakes, cookies, brownies, muffins and candies for all to enjoy. Guests also shared some laughs by playing Valentine's Day trivia and shared the joy of special moments they have had with Compeer friends.

The Compeer Program at Far West Center offers support to adults that are working on their recovery from symptoms of mental illness. Compeer members are men and women able to manage their symptoms with behavioral wellness services. After symptoms are decreased, eliminated and managed, the next step is to build a supportive network of friends and reconnect to community activities.

Compeer assists the adults in the second stage of recovery by offering a mentoring style program and scheduled social, community activities. Friendship matches are made between trained adult volunteers, one to one, with same-gender adults in recovery. Compeer provides a schedule of weekly activities designed to encourage socialization and build confidence.

In addition to holiday themed par-

ties, Compeer has two monthly Monday Nights Out, monthly Half Price Pizza Night, monthly Game Night, bi-monthly Peer Support Groups in the community, trips to interesting places, and “Compeer Together Volunteers” Group. Compeer Together Volunteers work as a group and volunteer at the Lutheran Home at Concord Reserve and the Gardens at Westlake.

Nancy and Amanda are an active Compeer Friendship Match that began in June 2010. Both ladies attended the Valentine's Day event and both brought tasty bakery to share. As Compeers, Nancy and Amanda share weekly phone conversations and meet each month for outings and Compeer events.

At the Valentine's Day party, longtime members and volunteers welcomed several new members. Compeer's Certified Peer Support Specialist, Holly Henderson, helped to make every member feel right at home as part of the Compeer network of friendship, while I engaged guests in trivia questions about the history of Valentine's Day and the origin of many traditions. Each guest left the party with a full stomach, facts about the holiday, and a warm sense of belonging to a group of caring individuals.

Compeer at Far West Center is an affiliate of the international nonprofit Compeer Inc. To become part of Compeer, call 440-835-6212, ext. 242. ●

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GREEN SCENE

# Reusable bags help reduce toxic litter

by BRENDA O'REILLY

Many people are now bringing their reusable bags to the store. So, why is it so important?

Well for one thing, plastic bags litter the environment. It's hard to leave the house and not see a plastic bag either sitting in a puddle on the roadway or blowing around. The cumulative effect of all of these plastic bags blowing around is significant source of pollution to our soil and waterways. No one knows exactly how long it will take a plastic bag to break down, but we know that it can take many years and when it does break down, it is still toxic since the bag is made from petroleum.

Plastic degrades through photo-degradation that requires sunlight. Wil-

liam Harris from HowStuffWorks.com describes it this way: "Of course, plastic buried in a landfill rarely sees the light of day [so plastic in landfills may take thousands of years to degrade]. But in the ocean, which is where a lot of discarded grocery bags, soft drink bottles and six-pack rings end up, plastic is bathed in as much light as water. In 2009, researchers from Nihon University in Chiba, Japan, found that plastic in warm ocean water can degrade in as little as a year. This doesn't sound so bad until you realize those small bits of plastic are toxic chemicals such as bisphenol A (BPA) and PS oligomer. These end up in the guts of animals or wash up on shorelines, where humans are most likely to come into direct contact with the toxins."

Not surprisingly, the use of plastics

has increased dramatically over the past 50 years. According to the EPA, plastics were less than 1 percent of what we discarded in the 1960s. Plastics are now approximately 13 percent of the waste that is discarded. The U.S. consumes about 380 billion plastic bags every year – only 11 percent of those plastic bags are recycled.

Support a more sustainable planet by bringing your own reusable bags. It requires some planning, but once it becomes part of your daily routine it is quite easy. First, make a personal commitment to stop using plastic bags. After you purchase your reusable bags, find a place to permanently store them in your car. That way you'll never forget them when you go to the grocery store and you'll have them if you decide to make a



PHOTO BY BRENDA O'REILLY

Reusable bags reduce litter. This plastic bag was photographed on a roadway in Bay Village.

quick run into the drug store or pet shop.

You'll find that reusable bags are actually easier to use – you can place more groceries into them and the long, sturdy handles make them easier to carry. ●

# Advent parishioners feed homeless

by JOANN BECK

Advent Episcopal Church in Westlake is in its fourth year of actively supporting the Metanoia Project which gathers and welcomes homeless, especially the shelter resistant (living under bridges, in alleyways and on park benches) and provides meals, relationships and overnight hospitality.

Advent prepares and serves nourishing meals to as many as 85 guests the first Sunday of every cold-weather month from mid-November through mid-April at the Hospitality Center in the old St. Malachi's School at West 25th Street and Detroit. Advent volunteers lead a time of spiritual nourishment for guests who choose to join in prayer, Bible readings and devotions – a quiet

time to reflect on the Good News of Jesus. We collect their prayer requests and carry out intercessory prayer on their behalf in the following 30 days.

Advent volunteers aged 10 to 80 fulfill our mission to bring the love of Jesus Christ to our brothers and sisters in a spirit of respect and dignity – where they can share community and experience a sense of their own self worth. We are humbled by their gratitude; thankful for these opportunities to serve them; value them as individuals with their needs, interests and joys; and are blessed by their ministering to us.

Advent also provides financial support through the generosity of individual parishioners plus Advent's allocation to Metanoia from our corporate Outreach Ministry budget. ●

Volunteers from Advent Episcopal Church, from left, Becky Wimsatt, Jan Nagy, John Crothall, Jane Meyer and Ray Busony, serve meals to the homeless in Cleveland.



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# Report: Westshore Regional Fire District Study Meeting, Feb. 24, 2014

by LWV OBSERVERS SUSAN MURNANE and MARTY MACE (Bay Village Chapter) and JEAN SEASHOLTZ (Westlake-North Olmsted Chapter)

*This report, which contains observations and selected highlights of a meeting of the Westshore Fire District Study Meeting, is not an official statement of the League of Women Voters. Official minutes will be prepared by Mayor Clough's office.*

Present: Bay Village – Mayor Sutherland, Fire Chief Lyons, union representative Steve Kaye, Law Director Ebert; Fairview Park – Mayor Patton, Fire Chief Williams; Rocky River – Mayor Bobst, Fire Chief Flynn, union representative Kevin Bednarski; Westlake – Mayor Clough, Acting Fire Chief Hughes, Assistant Fire Chief Mortis, union representatives Clayton Kovats and Patrick Graelis; Northern Ohio Fire Fighters President Astorino; Westshore Central Dispatch Center Supervisor Pishnery; WCOG Financial Officer Presley

The meeting was called to order at 11:10 a.m. and adjourned at 11:30 in the Mayor's Conference Room at Westlake City Hall. The last meeting minutes (June 21, 2012) were approved. Mayor Clough was elected Chairman, with Chief Lyons as Alternate Chairman.

Past Chairman Mayor Sutherland updated the committee. Ohio's Local Government Innovation Fund notified her in July 2013 that the \$100,000 grant application for the Westshore Regional Fire District Phase Two Feasibility Study had been approved. While the grant is supposed to be used by July 8, 2015, Mayor Sutherland has been assured they can seek an extension.

Mr. Ebert stated that three of the four city councils must pass ordinances accepting the grant. The Westshore Council of Govern-

ments must also pass a resolution supporting the study. He will prepare the ordinances. The process should take 3-8 weeks, depending on the number of readings. Mayor Clough expects Westlake City Council to pass the ordinance on first reading. Mayor Patton suggested the fire chiefs attend their council meetings to answer questions.

Once the grant is accepted, the group will advertise for a project leader with experience in fire fighting to lead the study. Meanwhile, Mayor Clough will compile job description and qualification suggestions. Once the leader is hired, the actual feasibility study will take 12-18 months.

Chief Lyons said that at the last meeting there was discussion about the differences between a fire authority and a fire district. According to a June 20, 2012 memorandum prepared by Mr. Ebert, ORC 505.371 authorizes the creation of a joint fire district and grants it the power to levy a tax, requiring no changes to current funding.

Mayor Clough asked whether any city charters would need to be changed in order to create a joint fire district. Mr. Ebert said that he would have to examine all of the city charters, but the Bay Village Charter would not need to be changed. Chief Lyons said that it was his understanding that Bay Village's charter provision requiring a fire department would be met by the joint fire district. ●

*The Westshore Regional Fire District is a joint venture among the cities of Bay Village, Westlake, Rocky River and Fairview Park. All meetings are open to the public. No date has been set for the next meeting.*

## ONE SENIOR'S OPINION

### Counting the Days

by DIANNE BOROWSKI

The weather in northern Ohio is always a mystery. Would I have it any other way? I'm not sure. I enjoy relaying the often bizarre weather reports to friends and relatives who escaped to the sunny south. Snow on Easter, I tell them. It's no big deal. The sun seekers just shake their heads, sigh and turn up the air conditioner.

The Indians are in Arizona for spring training and the Oscars have come and gone so there is hope that soon we will begin to see some sunny days.

Clevelanders are now in the process of counting the days until St. Patrick's Day and searching for that first crocus to poke its petals out of the ground. Spring will bring a welcome relief from the hardships of this long, cold, snowy winter.

When I'm snowed in for several days, developing a bad case of cabin fever, I may feel envy for those who were tired of the cold and snow and moved to warmer climates.

Just when I'm ready to start looking for an escape plan for myself, the sun will shine, the trees will blossom and the soft breeze from the lake will remind me just how much I love my hometown.

Nothing can replace the beauty of the changing seasons. I just need to keep that in mind as I outfit myself in boots, winter coat, gloves and scarf one more time. Spring is really right around the corner. Today I'm just not certain I can wait that long. ●

## READER'S OPINION

### Good people make for special times

by BRUCE LEIGH

Valentine's Day was a very busy time at the Knickerbocker Apartments. Bay Presbyterian Church hosted a soup and salad meal for us which consisted of two kinds of soup and salad and red party hats that the children made. Everyone had lots of fun and we'd like to thank the group for coming out in this cold weather with a delicious meal, lots of goodies and a ton of enthusiasm.

On another day we had homemade quiche prepared by the one and only Mark, one of our favorite cooks. He's a volunteer who lives at the Knickerbocker and gives freely of his time and talent for his neighbors. Well done, Mark. Great quiche. After eating the quiche we were treated to a wonderful barbershop quartet courtesy of the Bay Barbershop. Our festive meal was topped off by dishes of ice cream.

The ice cream was purchased that morning. Our rather small freezer could not accommodate the giant-size container so it was decided since the weather was in the single digits the container would be stored outside. Big mistake. The weather turned warmer and the ice cream became the consistency of soup. Now this soup was definitely delicious, easy to swallow but a little drippy. I think we needed extra napkins and maybe a soup spoon.

Valentine's Week was really extra special this year for the residents of the Knickerbocker. Again, a huge thank you to all who made it possible. ●

## SPORTING VIEWS

### My Little Green Conscience

by JEFF BING

Out early this morning, for my every-other-day jog,  
My visibility not good, due to the seasonal fog.  
Felt good and ran fast, like I was running a race,  
But truth was I couldn't see the hands in front of my face.

So I should not have been surprised, when I soon tripped and fell,  
Hit my head on a hydrant; a bruise that was so quick to swell.  
Undaunted by injury, I continued my quest,  
For my eight-and-a-half miles, not 'til then would I rest!

And, whilst I journeyed, quite impressed with my stride,  
I heard the sound of another runner, coming up by my side.  
This early in the morning, whoever might it be?  
Quite shocked as a little man pulled up right next to me.

Adorned in green, from whence he came – tough to tell,  
But he was quite nice, asking, "Care if I run with you for a spell?"  
I nodded a "yes," and he went on to say his name was Shawn,  
And informed me that he was this area's head *leprechaun*!

He must have sensed that I doubted, his claim of great powers,  
For he blinked, and *poof*, he produced a handful of flowers.  
Then he stated, "Me friend, I'm more powerful than you think."  
He shook his head and nodded, then gave a little wink.

Somewhat surprised I said, "So what's your business with me?  
I'm not even *Irish* – my roots are German."  
He said, "I'm here to help all – your heritage matters not,"  
Then winked and said, "But Germans seem to need my help a *lot*!"

I waved the man off, saying, "Right now all's good for me,"  
To which he replied, "*That's* the problem – why can't you see?  
You look at the world in terms of *it* revolving around *you*.  
Ever consider looking at it from someone else's point of view?"

"For instance," he continued, "you work hard and often late,  
When's the last time you came home and told your wife she looked great?"  
"And you're *always* at church; never forget your cash gift,  
But when did you last donate *time*, to give *people* a lift?"

"Don't misunderstand," said Shawn, "I'm not implying that you're bad,  
But we all seem to forget about each other, and that makes me sad.  
We all get caught up in money, and other tangible things,  
And forget the rewards and riches that the giving of oneself *really* brings."

The little guy made sense, and as the end of my run neared,  
I thought it *more* than coincidence that the fog had now cleared.  
Thanks to my new buddy Shawn, I'd make more effort to care,  
I turned to thank him, but – *poof*, he was gone – right into thin air!

About Shawn, after arriving home, I considered telling my wife,  
And running with a leprechaun – *wait* – she'd have me committed for life!  
Instead I greeted her with a simple comment about how wonderful she looked,  
Called the homeless shelter, and then volunteer time I booked.

My wife then told me to go and check out the answering machine,  
Something about a "strange message from a man named Mr. Green."  
"You're off to a good start" – or something like that – he said,  
"Don't make me come back and lay *another* bump on your head!" ●



COMMUNITY EVENTS Post your group's free community events online at wbvobserver.com

**Thursday, March 6, 6-8 p.m.**  
**Co-op Carnival**  
The Cooperative Preschool of Bay Village invites children of all ages and their families to the annual Co-op Carnival. Admission is free. The games and activity booths require tickets that are purchased upon entrance to the carnival. Ticket purchases are cash only. All proceeds go to the Cooperative Preschool of Bay Village, a 501c(3) organization. The carnival will feature games, face painting, a photo booth, entertainment, bake sale and more. *Bay Middle School cafeteria, 27725 Wolf Rd.*

**Thursday, March 6, 7 p.m.**  
**Fairview Park Democratic Club**  
Matt Cordish, marketing manager of the Gay Games, coming to Cleveland Aug. 9-16, will be the speaker. Learn about the events, opportunities and festivities heading our way this summer. There will be an opportunity for Q&A immediately following the presentation. Fairview Park Democratic Club is open to all Democrats and Independents. For more information, visit fairviewparkdems.org, or email fairviewdems@gmail.com. *Fairview Park City Hall, lower level Dunson Room, 20777 Lorain Rd.*

**Friday, March 7, 5-9 p.m.**  
**Connecting for Kids Happy Hour Fundraiser**  
The cost for the evening is \$20 per person in advance and \$25 at the door for unlimited appetizers, desserts, beer and wine, silent auction and raffle. All proceeds benefit Connecting for Kids, a nonprofit organization which hosts speakers, programs and discussion groups for families with concerns about their child's development. To reserve your ticket, visit connectingforkids.org. Questions, contact Sarah Rintamaki at 440-250-5563 or info@connectingforkids.org. *Panini's Bar & Grill, 23800 Detroit Rd., Westlake*

**Saturday, March 8, 8 a.m.-noon**  
**Big Kid ReSale**  
Holly Lane Elementary PTA's third annual sale will feature more than 65 vendors selling clothing sizes 5T to Juniors and gear for the older set, rather than the toddler set. In addition to clothing, the event will feature sports equipment, toys, games, books, music equipment, computer stuff, furniture and shoes. Admission is \$5 for the early-bird shoppers

from 8-9 a.m. and \$1 for entrance from 9 a.m.-noon. Cash sales only. Please, no bills larger than \$20. For more information contact Teri Gannon at terigannon@hotmail.com or 440-808-8863. *Westlake High School, 27830 Hilliard Blvd.*

**Monday, March 10, 9 a.m.-2 p.m.**  
**Hospice Volunteer Education**  
Anyone 13 years of age or older interested in making a difference in the lives of others is welcome to attend this training, held Mondays and Wednesdays, March 10, 12, 17 and 19 from 9 a.m.-1 p.m. Volunteers interested in working with patients attend all sessions, while volunteering in non-patient areas and teen volunteering requires only attendance at the first class. RSVP required by calling 800-707-8922, ext. 6881. *Hospice of the Western Reserve, St. John Medical Center Campus, 29101 Health Campus Dr., Bldg. 2, Suite 400, Westlake*

**Wednesday, March 12, 10 a.m.**  
**Getting an Herbal Jump on Spring**  
The Herb Guild Garden Club's March program is presented by Dean's Garden Nursery. The club meeting begins at 10 a.m., the program will begin at noon. Guests are always welcome and encouraged to enjoy the program/speaker of the month while having an opportunity to meet like-minded gardening friends. *Westlake Porter Public Library, 27333 Center Ridge Rd.*

**Wednesday, March 12, 6:30-8:30 p.m.**  
**Handheld Technologies**  
This month Northeast Ohio Personal Computers welcomes Observer columnist Tak Sato and his wife, Mely, for their program "Handheld Technologies." Technological innovation gave us the smartphone and the tablet several years ago and now they have just about become more popular than computers. Come learn what "Power of One" is all about! Come 6:30 p.m. for refreshments, followed by the program at 7 p.m. This event is free and open to the public. For more information, go to www.neopc.org. *Westlake Porter Public Library, 27333 Center Ridge Rd.*

**Friday, March 14, 7 p.m.**  
**Hope College Wind Ensemble on Tour**  
Enjoy a lovely evening of music with the Hope College Wind Ensemble, performing in the church

sanctuary. All are welcome to this free event conducted by Hope College's Dr. Gabe Southard. *Westlake United Methodist Church, 27650 Center Ridge Rd.*

**Saturday, March 15, 8 a.m.-noon**  
**Westshore Mothers of Twins Club Spring Sale**  
Gently used maternity clothing, baby and kids clothing, shoes, toys and equipment sold by 65+ families. Cash only; all prices firm. Homemade baked goods for sale. \$5 early admission (8-9 a.m.); \$2 general admission (9 a.m.-noon). *Rocky River Civic Center, 21016 Hilliard Blvd.*

**Saturday, March 15, 10 a.m.-2 p.m.**  
**Rain & Garden Show**  
Come discover eco-friendly products, new ideas and advice from our local experts in landscaping, gardening and much more! Featuring door prizes, kids crafts and workshops. Call 440-617-4145 for more info. Hosted by the city of Westlake and the Westlake Watershed Group. *Westlake Recreation Center, 28955 Hilliard Blvd.*

**Saturday, March 15, 2-3:30 p.m.**  
**Why is My Smart Child Struggling in School?**  
Have you ever worried that your child may have a learning disability? Come to this presentation to learn about various learning disabilities, when to seek testing and how to help a child with a learning disability. Free childcare is provided but space is limited. To reserve a spot for your child, visit www.connectingforkids.org. *Westlake Porter Public Library, 27333 Center Ridge Rd.*

**Saturday, March 15, 7 p.m. and Sunday, March 16, 2 p.m.**  
**29th Annual Green & White Revue**  
This year's show will include students from grades 2-12 in a wide array of acts ranging from vocal, Irish dance, instrumental, rock bands and a pogo stick jumper. Admission for the show is \$8 at the door with children six and under admitted free. All proceeds to benefit Westlake High School PTSA. *Westlake Performing Arts Center, 27830 Hilliard Blvd.*

**Sunday, March 16, 3-9 p.m.**  
**St. Baldrick's Cancer Fundraiser**  
Fifty shavers hope to raise \$27,500 for childhood cancer research. Stop in to donate and watch people of all ages and whole families step up to

shave their heads for the cause. Contact Cathy McPhillips, 440-476-5098 for more info. *Elks Lodge #1350, 24350 Center Ridge Rd., Westlake*

**Tuesday, March 18, 7-8 a.m.**  
**Le Mieux Networking Group**  
Breakfast meeting for professionals to exchange leads. Meets every other Tuesday. There is only room for one person from each profession so sign up soon or you may not be eligible. Contact Karry Trotter at 440-539-6840 or kaytrott@yahoo.com. *Joe's Deli, 19215 Hilliard Blvd., Rocky River*

**Tuesday, March 18, 11:30 a.m.-1 p.m.**  
**WPWC Networking Luncheon**  
Westside Professional Women's Connection is a diverse business networking organization. RSVPs are not required; buffet lunch included. \$15 for members and \$20 for guests. *The Copper Cup, 680 Dover Center Rd., Westlake*

**Wednesday, March 19, 11 a.m.**  
**How to Stay Young the First 100 Years**  
The next meeting of the Westlake Garden Club will feature a program presented by Dr. Tom Steigerwalt of Stags Family Wellness Center in Avon. The meeting begins at 11 a.m., lunch served at noon, program starts at 1 p.m. Everyone is welcome. For more information call 440-892-1861. *Westlake Porter Public Library, 27333 Center Ridge Rd.*

**Wednesday, March 19, 6:30-8:45 p.m.**  
**Cuyahoga West Chapter meeting**  
Ohio Genealogical Society, Cuyahoga West chapter president Jim Denham and treasurer/webmaster John Noble will be visiting some old and new favorite genealogical websites. Their annual online demonstration is always a popular program. The public is invited free of charge. Social time, with refreshments, is from 6:30-7 p.m. *Westlake Porter Public Library, 27333 Center Ridge Rd.*

**Wednesday, March 19, 7:30 p.m.**  
**Music We'd Rather Play Indoors**  
Come listen to the Bay Village Community Band perform a night of classical favorites, including Hungarian Dance #5 and Dance of the Hours. Enjoy free live music in a family-friendly atmosphere! *Bay Middle School, 27725 Wolf Rd.*



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