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THE ROCKPORT Observer

FAIRVIEW PARK & ROCKY RIVER COMMUNITIES | VOL 02, ISSUE 11 | JUNE 2015



Christian Barnes, my husband and co-owner of River Dog Cafe.

A Wife's Eye View

By Jennifer Barnes

Owning a restaurant was a dream we fantasized about as dating evolved into married with kids. My hand to his glove, a partnership in life and in business. But like many dreams imagined on the back of young love, they were left at the door as reality and life took us in another direction.

A few years ago, we moved to Cleveland from Chicago. As our perspective changed that dream

came back around nipping at our heels. A plan was created that included culinary school and experience in someone else's kitchen. Then, after the years of saving - maybe just maybe - we would have a good shot at our dream.

We moved to Rocky River for the great schools and fell in love with the community, ready for whatever came next. When he stumbled upon a closed pizzeria in the CVS plaza, it seemed too good to be true. Could we turn a "doomed location" into a

Wife's Eye page 2

Nan Baker Announces Her Candidacy for State Senator

By Nan Baker

On May 7, I announced my candidacy for State Senator representing the 24th House District. It has been an honor to serve as State Representative at the Ohio House since 2009. Most of my work has been focused on creating the environment to retain, create and bring jobs to Ohio.



Nan Baker

I do not take lightly. My colleagues and I have passed this budget out of the Ohio House and it's now in the hands of the Senate to review.

All of us from the state level to local government have worked together to provide the best services while finding ways to be efficient with taxpayer dollars. Our mayors in the West Shore are trailblazers for others to follow. I am so fortunate to have represented the state under their local leadership.

If you would like to learn more or volunteer, please go to my website www.electnanbaker.com. We have a great campaign team and look forward to meeting you in our door-to-door campaign. •

State Representative Nan Baker represents the 16th Ohio House District.

I have chaired the Economic Development Committee over the last several years. In this 131st General Assembly, the committee has evolved to the Economic and Workforce Development Committee as we have jobs to fill and we find our Ohioans needing the workforce skills to qualify for those jobs.

I purposely planned my announcement for May 7 to allow time to work on the state biennium budget. It's a huge responsibility that

Preserving History: One Piece of Sandstone at a Time

By Liz Harmath

There are many historic niches in Rocky River, but the stone wing walls at the corner of Detroit and Erie Roads are obvious landmarks of a bygone era. The Rocky River Beautification Committee has embarked on a project to restore and preserve these landmarks for future generations. We need your help!

According to Jack Nickels, Co-President of the Rocky River Historical Society, the walls were commissioned by Clifton Beach at some point between 1909 and 1919 and designed by an architect, Mr. Smith. If they seem similar to the Wagar Beach arch, that's because they are. Mr. Smith and his stonemasons built all of them over a period of roughly 13 years. The sandstone came from a quarry on Hall Road in Lakewood, as well as some from Olmsted Falls and Berea.

Time and pollution have taken a toll on the wing walls. Missing mortar and black exhaust remnants can be spotted easily by walkers, but many are too small to be seen while driving by or waiting at the traffic signal. Lauren Miller, an Erie Road resident and Beautification Committee member, decided to spearhead an improvement project designed to restore the beauty and elegance of the walls. The self-evident conclusion to refurbish the walls: Tuck pointing and cleaning are necessary.



The Beautification Committee needs your help to restore the elegance of several landmarks. (Picture of exhaust stains, April 2013.)

Concurrent with their research and bid solicitation for the masonry work, Lauren's subcommittee also undertook a general clean-up project. Overgrown perennials were removed last summer, the beds were mulched, and a few annuals were installed. The city focused on trimming the trees. Similar plans are slated for this year, with shrubs and flowers planned for installation in stages, after the masonry work is completed.

The project's cost is estimated at \$7,700, which covers both masonry work and upgraded landscaping. The Beautification Committee is currently raising funds to cover that expense. The planting and ongoing

Sandstone page 2



Photo by Ana Brown

Dino-mite Supporter

Stella Arsena of Fairview Park (4) high fived marathoners and danced in the rain while waiting to cheer for Spin/Second Sole athlete Katie Shaw (Westlake).

ROCKPORT FILES

Sandstone from page 1

maintenance will be managed by Beautification Committee volunteers. An anonymous donor is offering a challenge grant that will double-match each dollar contributed to the project. We are confident that the Rocky River community will see the value in preserving the wing walls for another hundred years. You can support this project today! The donation period will conclude on June 30. To help make this plan become a reality, please send your contribution, payable to the City of Rocky River, to the following address:

Beautification Committee/City of Rocky River
21012 Hilliard Blvd.
Rocky River, OH 44116

Thank you to Rocky River Mayor Pamela Bobst and Mary Kay Costello, Director of Public Safety Service for their support of this project. To see more pictures, or to find out more about the Rocky River Beautification Committee, visit <http://www.rrcity.com/beautification-committee/>

Liz Harmath is the Chair of the Rocky River Beautification Committee.

County Fair for the Poor Clares

By Peggy Calvey Patton

The Friends of the Poor Clares invite you to a County Fair at Linus Hall at Our Lady of Angels parish on Sunday, June 14, from 1:00 p.m. to 4:00 p.m. It will be a wonderful afternoon for the whole family, featuring Bobo the Clown and balloon animals, face painting, an ice cream truck, a cotton candy machine and plenty of games for the kids. A Chinese raffle, silent auction and mystery bags will keep the adults busy. From 3:30 p.m. to 5:00 p.m., the Poor Clares will welcome visitation at the convent. The guests will be able to talk with the cloistered nuns and see the interior of this marvelous century-old monastery.

Hundreds of grateful Clevelanders have turned to the Poor Clares in times of stress and sadness. This

treasured institution helps one navigate through life by the kindness and prayers of the cloistered sisters. This event is held once a year and is the biggest source of income for the monastery. Tickets are \$25 per person or \$60 for a family ticket. For more information, call 216-941-2820 or stop in the convent at 3501 Rocky River Drive, Cleveland.



The Poor Clares Monastery on Rocky River Drive is hidden by trees and shrubs.

Wife's Eye from page 1

thriving business? As parents of young children, we were irritated by the lack of imagination on kid's menus, the poor quality of ingredients offered, and shelling out money for food they wouldn't touch. Often the places where our kids would eat would have nothing appealing to us, and we cringed at the processed food they were eating. We couldn't be the only parents who felt this way.

So, what we couldn't find, we decided to create. Our focus was on fresh local produce, meats without fillers and chemicals, and options - for the whole family. Christian spent months developing the menu, dissecting every ingredient until it was right. I teased him that we needed a business plan before we finalized the menu! As he became lost in thought while scrutinizing each dish, I fell even more in love with him and this life we were creating.

Tasting nights were a favorite among family and friends, with everything made from scratch, even the salad dressings. Step by step our dream fell into place and became our reality in April of 2014. I will never forget standing in the empty parking lot the night our sign was first lit - River Dog Café shined brightly. It sent chills down my

spine. We made it! We were ready to tackle the hard work of running our very own restaurant. So much has happened that I can't believe it's been only one year. At the same time, I am blown away that it has been that long. We lost too many vital loved ones this year, we welcomed with joy our youngest of four children, we added a food truck, and we made it through our first year of business.

It seems surreal watching my kids run into their friends at our cafe, rushing to see who in their kindergarten class has a certificate posted for hitting 100 site words. I see my husband thriving and loving what he does every day. I am so proud that my children will grow up knowing that this is who we are. Their father is the example we set forth to guide them in life - follow your bliss and trust that it will lead to happiness, adopt a good work ethic to navigate through this world, and follow your dreams - it's never too late.

I see a community that has embraced us and I feel so blessed that what we are doing is appreciated and valued. One year down and hopefully a lifetime to go!

Jennifer Barnes is the mother of four children, the bookkeeper for River Dog Cafe, and an occasional blogger.

THE ROCKPORT
Observer
Volume 2 | Issue 11

Community news powered by the citizens of Rocky River & Fairview Park

Check out our Web site at TheRockportObserver.com

With a current circulation of 5,000 copies distributed to over 250 locations in the Fairview Park, Kamm's Corners, and Rocky River community and via our Web site, The Rockport Observer is a community media initiative whose mission is to involve, engage, inform and converse with neighbors in what was once known as Ohio's Rockport community. The views and opinions expressed in the publication do not necessarily reflect that of The Rockport Observer, its publisher or staff. Copyright 2015-The Rockport Observer, All right reserved. Any reproduction or use of the content within without expressed written consent is forbidden.

The Rockport Observer is a locally-owned and operated citizen-based news source written by community writers. Stories are accepted in the order received (save for time-sensitive community event material). The Rockport Observer reserves the right to edit all entries and items for publication.

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Local Historian Cemetery Tour & Lunch
at Emerald Necklace Inn

Join author and historian Sharon Guinaugh as she explores the rich history of Fairview Park Cemetery and introduces some of its "permanent residents." Lunch will follow at the Emerald Necklace Inn, with a book signing by Sharon.

Cemetery tours will begin at 10 a.m. on the following dates:
June 12th, July 17th, August 21st and September 18th

Cost is \$30 per person. For reservations or group tours of 10 or more, call 440-333-9100 and mention the Cemetery Tour.

Partial proceeds will benefit the next cemetery project by Gloria Kemer.

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Nominate a Rocky River Bright Spot

By Liz Harmath

The Rocky River Beautification Committee's popular Bright Spot program celebrates its fifth year! Nominations are open until June 11 to recognize homeowners who make an extra effort to enhance their property with quality maintenance and landscaping. Don't miss your chance to send us your nominations! No yard is too big or too small.

Kicking off this summer's program is a Public Bright Spot: the traffic triangles at the intersection of Beach Cliff Blvd., Morewood Pkwy., and Northcliff Dr. This Resident Initiative was started in 2011 by neighbors who had a vision for improving a public space. Aside from the fact that the existing bushes were unattractive, they regularly caught blowing bags and it wasn't unusual to find bottles and other trash hidden at the base.

Neighbors started by designing a plan that went past clean-up and planting. They included ongoing



Before: Old, overgrown bushes on the north triangle.

maintenance, especially weeding and watering. Then they engaged the city to approve the plan, handle removal of the old bushes, and add some soil. After preparing the beds, the resident group installed hostas to anchor the tips of the triangles; a variety of annuals provided pops of color. During the summer, it is not unusual to see hoses draped across the street from nearby homes to cover the necessary watering.

The Beautification Committee is extremely proud of this Resident Initiative. It shows how time spent



Photos by Liz Harmath

After: Bright annuals and resilient hostas grace a tip of the north triangle.

with initial planning – and a strong dose of hard work – can reap vast rewards. More importantly, we are thrilled to highlight success where neighbors come together to undertake a project.

The main Bright Spot program focuses on single family homes. We see and appreciate the extensive efforts at other types of residences, churches, and businesses, but we have a limited volunteer base. Teams look at the homes and front yards from the street – they do not go onto private property. So, unfortunately

we cannot consider the many spectacular side and back yards in our community.

To nominate a residence for 2015, please email rrbeautification@yahoo.com by June 11. If you have contact information for the person you are nominating, please share it. To see pictures and lists of past recipients, go to www.rrcity.com/beautification-committee/. Recipients will be announced at River Days on July 11.

The Rocky River Beautification Committee's mission is focused on projects and recreational activities that foster community involvement to improve the appearance of the city. The Committee strives to enhance the quality of life in Rocky River. Fundraisers like Light Up River allow the Committee to work on projects like refurbishing the stone wing walls at the corner of Detroit Road and Erie Road. •

Liz Harmath is the Chair of the Rocky River Beautification Committee.

Honoring Vincent Price

By Nancy Cintron

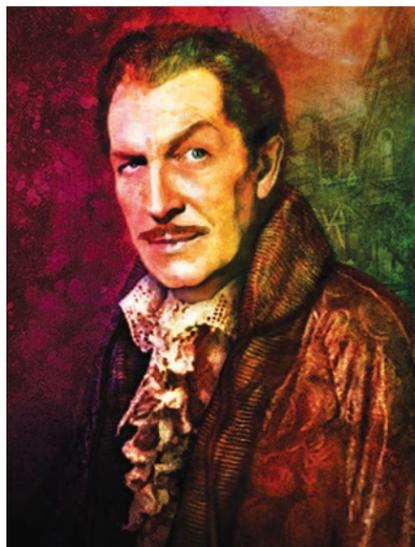
We are honoring Vincent Price with two special Cleveland events. He made an enormous impression on the world through his movies, his very recognizable voice, his love of art, and his passion for cooking. Vincent was classically handsome, with an elegant demeanor and well-known gentle spirit.

Vincent Price is best known perhaps as a classic macabre movie actor. In actuality, he was also a culinary artist and a profound Yale-educated art historian. He wrote several cookbooks and art history books and lectured around the country.

As an avid art collector, he started the Vincent Price Art Museum in Los Angeles, to which he donated most of his art collection. He felt passionately about the arts and was an advocate for artists. He said, "Art is the visual experience of man made exciting by talent...and the talent belongs to that rarest of all individuals, the artist."

Monday, **June 22**, 6 p.m. to 9 p.m. Enjoy an intimate and formal Vincent Price Wine Dinner at the Luxe Kitchen & Lounge in Gordon Square (6605 Detroit Rd., Cleveland). The dinner will celebrate the 50th anniversary of "A Treasury of Great Recipes" by Vincent & Mary Price. Luxe will create a five-course dinner from the cookbook and offer limited edition Vincent Price wine. Special guest, Victoria Price, will talk about her father's passion for the culinary arts.

Proceeds will go toward the new Vincent Price Scholarship Foundation. Limited tickets are available through <http://www.eventbrite.com>. For more information, visit luxeleveland.com or call 216-920-0600.



This portrait of Vincent Price by Joel Robinsons will be available at the Six Degrees of Vincent art show.

Tuesday, **June 23**, 6 p.m. to 9 p.m. Join us at the good goat gallery (17012 Madison Ave., Lakewood) for a private preview of Six Degrees of Vincent. The art features topics closely related to Vincent, including stories by Edgar Allan Poe. Special guest, Victoria Price, will be doing a book signing of "Vincent Price, a Daughter's Biography". She will also discuss her father's role in the arts.

Reservations are required. Limited tickets (for \$10 each) can be purchased through thegoodgoatgallery.com or eventbrite.com. The new Vincent Price Scholarship Foundation will receive 20% of the art sales and ticket purchases.

Six Degrees of Vincent will open to the public on June 26. For more information, visit www.thegoodgoatgallery.com or email nancy@thegoodgoatgallery.com •

Nancy Cintron is an artist and the owner of the good goat gallery in Lakewood.

"The Young Man from Atlanta" Arrives at Beck Center

By Pat Miller

Beck Center for the Arts is pleased to present the 1995 Pulitzer Prize-winning drama, "The Young Man from Atlanta", **May 29 through June 28**, in the intimate Studio Theater. Show times are 8 p.m. on Fridays and Saturdays, and 3 p.m. on Sundays. Tickets are now on sale. Buy early and save with promo code: **ATLANTA** to receive \$5 off each adult/senior ticket purchased by May 28.

"The Young Man from Atlanta" comes from Horton Foote, the Academy Award®-winning screenwriter of "To Kill a Mockingbird" and "Tender Mercies". The story begins as a Texas couple attempts to make sense of the death of their son and complications arise when the man their son had been "rooming with" in Atlanta arrives. This beautifully wrought story explores grief, faith, sexual orientation, race relations, and the American dream.

Beck Center welcomes back Eric Schmiedl. "There are no entirely good characters and no entirely bad ones in this play," commented Schmiedl. "Rather, it is filled with real people trying desperately to do the best they can." Starring Dudley Swetland and Anne McEvoy, this production features a cast of nine talented actors. Swetland and Tina Stump appear courtesy of the Actors' Equity Association. "This production is filled with tough questions, complex characters, and talented artists. It is a combination for theatrical fireworks and a wonderful dramatic experience."

Tickets are \$29 for adults, \$26 for seniors (65 and older), and \$12 for students. Preview night on Thursday, May 28, is \$10 for general admission seating. Group discounts are available. Purchase tickets online at beckcenter.org or call customer service at 216-521-2540, x10. Beck Center for the Arts is located at 17801 Detroit Avenue in Lakewood. •

Support Trials for Hope at Cahoon in June!

By Bill Fink

Have you noticed the billboards alongside of our local highways depicting young children with the staggering statistic that one in five does not get enough to eat? Can that be true, here in the United States, in Ohio, in our community? Unfortunately, it is the sad fact for thousands of children and adults.

A local grass roots organization, Trials for Hope, founded by Lakewood resident Jonathan Gray, is in its fourth year of being a catalyst to gather and distribute donations of grocery items and other necessities to the needy.

You can make a difference by bringing canned goods to our booth at Cahoon in June on **June 13** in Bay Village. Meet Jonathan and learn more about how you or your group can get involved in this important outreach!

If you are unable to join us, you can drop off canned goods at Lakewood Christian Church, at the corner of Cove and Lake. For more information, visit Trials For Hope on Facebook or www.trialsforhope.weebly.com. •

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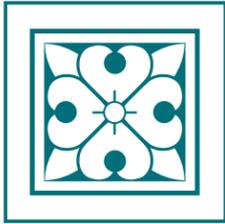

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Senior Centers: Meeting the Needs of Boomers

By Deborah Capstick

Senior centers have grown from the first established in New York in 1943, to an estimated 11,000, serving over 10 million older adults throughout the country. Some centers are public, some are private. Each one is unique, serving a growing population of older adults. Senior centers serve people from those just preparing to retire to those struggling with the challenges of aging.

Senior centers were initially small, private clubs established by local non-profit groups or government. They grew dramatically in the 1970s when the Older American Act (OAA) identified senior centers as "essential links in the service network for older adults." Senior centers have become community facilities that provide a broad spectrum of services, including health, social, educational and recreational services.

Senior centers support and strengthen the integration of older people into community life by offering intergenerational activities, volunteer services, life-long learning and leadership opportunities. Senior centers also encourage healthy behaviors which, in turn, discourage disability and disease. They support families and community by providing information and referral to a myriad of social service



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resources such as caregiving and long-term support.

Baby Boomers will be delighted to learn that senior centers have grown and evolved over the years. No longer do they provide only socialization opportunities. A senior center offers services and activities that reflect the experience and interests of its participants. Older adults used to feel that they were "not old enough" to attend events at a senior center; now people in their 50s are asking - "Am I old enough to attend this event? I really want to come!"

Senior Centers also serve as a resource for the entire community for information on aging, support for families and caregivers. The philosophy of senior centers is based on these premises:

- Aging is a normal developmental process
- Human beings need peers with whom they can interact
- Peers are a source of encouragement and support
- Older adults have the right to a voice in determining matters that impact them

At the Rocky River Senior Center, we believe that older adults - like all people - are individuals with ambitions, capabilities and creative capacities. They are capable of continued growth and development. They have certain basic needs, including the need for opportunities for relationships and for experiencing a sense of achievement. They need access to

sources of information and help for personal and family problems and the opportunities to learn from individuals coping with similar experiences. They have a right to involvement and representation in a senior center's decision making process.

There are an estimated 15,000 senior centers in the United States. The evolution and growth of these centers has mirrored society in many ways. As the nation's older population has increased, centers have grown, adapted and changed to function as viable participants in the community-based system of services for older persons.

As we look ahead to the next 30 years, we welcome and encourage your input in order to continue provide the services and activities that meet the needs of seniors today and in the future. Please join us on this exciting adventure and consider joining a committee as we look to determine how to best meet the needs of seniors in our community.

The Rocky River Senior Center is located at 21014 Hilliard Blvd. in Rocky River. For more information, please call 440-333-6660. •

Deborah (Bock) Capstick is the Director of Senior Services for the City of Rocky River. She has a B.A. in psychology and M.A. in counseling.

Keeping Fairview Park Seniors Safe at Home

By Regina Sillasen

With so many seniors choosing to age in their home, there is usually concern for their safety, especially if they live alone. To bring peace of mind to seniors and their families, the Fairview Park Senior Life Office suggests a combination of programs.

Residential Lock Box Program

The Residential Lock Box Program allows emergency personnel to enter your home by using a house key that is inside a metal lock box (2" x 4") affixed to the inside of your door jam. Also inside the box is an Emergency Information



Captain Kevin Kilbane, FPPD, with a lock box.

Form which is completed by a staff member of the FP Senior Center. This form contains your medical information, including the meds you are taking and allergies you may have, as well as hospital of choice and family members to be contacted. This information will be vital in the event you are unconscious.

This program allows emergency personnel to enter your home without force, which can be costly to repair, and a quicker response to your emergency. Applications can be completed in person at the Fairview Park Senior Center. There is a one-time charge of \$25 to cover the purchase of the lock box equipment. You will then be contacted by the Fairview Park Fire Department to arrange for a firefighter to install the box at your home. Since the program began in 2009, over 150 lockboxes have been installed!

"Are You O.K.?" Program

The "Are You O.K.?" Program, a telephone reassurance system, consists of a computerized

telephone call that is generated at the same time each day, which you specify, to check on your welfare. You will be asked, "Are you okay?" You simply answer, yes, and hang up. If you do not answer the phone after two attempts, a police officer will be dispatched to your home to check on your welfare. There is no charge for this service. You can apply for this program at the Fairview Park Police Department or the Fairview Park Senior Center.

If you are homebound or otherwise unable to come into the center personally, our social worker is available to visit your home to assist in application completion. Any personal information obtained for these programs will be kept completely confidential.

The Fairview Park Senior Center is located at 20769 Lorain Road. If you have any questions on these or any other senior programs, please contact the Fairview Park Senior Life Office at 440-356-4437. •

Regina Sillasen is the Director of the Fairview Park Senior Life Office.

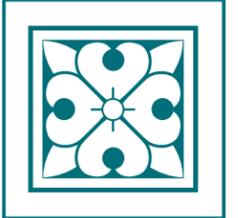


This year's King Joe Kovach and Queen Betty Temesvari.

Fairview Park Senior Center's ALL Senior Prom

The 13th Annual ALL Seniors Prom took place in May and has been deemed a huge success! With over 150 people in attendance, ALL had a grand time! The ALL includes about 50 National Honor Society students from Fairview High School, who helped to ensure that everyone has fun. •

SERVING SENIORS



A Senior in the Electronic World

By Peggy Calvey Patton

The lack of electronic comprehension is a plague on most senior citizens. I, for one, desperately need help.

Hey, medical professionals, this could be a real moneymaker. Would it be possible to establish a brain “re-habitation” division? A couple of one week sessions in all new things electronic - computers, cameras, cars, and remote anything. It could even be bigger than knee surgery or Silver Sneakers. And maybe our kids will pay for it to stop the constant barrage of needy technical questions.

Life’s Little Mysteries

My electronic life starts first thing in the morning with a phone alarm. After triple checking to make sure it’s set right, the alarm goes off with a soft pinging bell that fits right into my sleep pattern, so I sleep in. Come on, who wears a hearing aid to bed? Where are the old fire-bell clanging windup clocks?

Next is using a remote to turn up the window air-conditioner. No knobs, just the innocent-looking remote. Freeze or swelter. The middle temperature is somewhere

between energy saver, auto fan speed, and sleep - and it requires constant adjustment.

Finding the TV remote in the bed covers is the first exercise of the day. If it’s not in the bed covers, I use the flashlight on my cell phone. I go to “more apps”, second screen, hit flashlight and it lights up. If I run my fingers down the screen, the phone emits a flashing strobe light that can be used if I get separated from friends at a crowded event.

“I won’t list all the dials and knobs and what they are suppose to do - it’s just too exhausting.”

The TV morning news is easy to get: first, I hit the power button once, then twice, then the guide button, then the ch/pg button, pick a channel and then hit the vol button. Voila! Through many painful experiences, I’ve learned the golden rule of TV viewing: DO NOT TOUCH ANY OTHER BUTTONS!

When I’m ready to go out, I use my remote car starter. It’s great - the car is nice and toasty and some ice is melted. All I have to worry about is misplacing the remote or getting distracted and forgetting about starting the car - it can go all day until it runs out of gas.

The Bigger Mysteries

Now for the big boys of electronic mysteries - computers, printers, scanners, new cars and new phones. Just when you think you can handle one of these, you will get an upgrade that you did not want or order. I immediately pick up the phone and beg my kids for help.

Last week, I dropped my cell phone, shattering the screen. A new upgrade and the learning process have me in intense training. My kids

will not take my phone calls. I’m becoming a close friend of Brianna, who works at the phone store in the mall.

I got a new 2015 Toyota this week. The dashboard looks like a control panel on a jet plane. I can make phone calls from my steering wheel! A woman can find me an Italian restaurant, call for reservations and give me directions to get there. It’s called a GPS and it’s on the phone that magically connects with the car.

I also need to learn how “Bluetooth” works. It’s also on the

phone. I can pick out my favorite songs from the 50s and 60s, burn them on a disc, and load them on Bluetooth. I don’t know how to do any of this, but my grandchildren assure me it’s easy. Each one runs on an invisible “cloud”.

The dashboard on my new car has 23 knobs and dials. I have figured out power, outside rear view control, the headlight and turn signals, wiper and washer controls, emergency flasher button, clock, hood release, and key ignition. I’m still exploring steering wheel audio controls, telephone controls, paddle shift switches, DISP switch, air-conditioning controls, meters (for what?), shift lever, and tire pressure monitoring. I won’t list all the dials and knobs and what they are suppose to do - it’s just too exhausting.

My last car was a 1998 Toyota Corolla with two dials and a radio on the dashboard. I had it for 17 years.

So, medical professionals, is there any help out there for the seniors who are technologically challenged? •

Peggy Calvey Patton is a freelance writer. She lives in West Park.

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invites you to a meeting on
Wednesday, June 3, at 7 p.m.
at the senior center.

The center is starting a self-assessment which is the first step toward gaining National Accreditation from the National Council on Aging (NCOA) and National Institute of Senior Centers (NISC).

All are welcome, you do not need to be a resident to attend this meeting.

The Rocky River Senior Center is located at
21014 Hilliard Blvd. in Rocky River.
For more information, please call 440-333-6660.

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WALK TO REMEMBER 2015
Sunday, June 7 | Cleveland Metroparks Zoo
7:30 a.m. to Noon, Rain or Shine

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\$25 for individuals | \$60 for families

Register as a virtual walker! Unable to attend on June 7? You can still make a difference. Your donation honors those who have gone before us and supports all of the community-based resources we offer. And the funds you raise help improve the well-being of the patients and families currently in our care.

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hospicewr.org/walk

SMALL BUSINESS

New Businesses Are Decreasing

By Perry Haan

Past issues of this column and other studies suggest new businesses are the most important source of new jobs in the U.S. economy. They also account for much of the innovation and productivity that create overall economic growth.

Despite this fact, the number of businesses being started in the U.S. is decreasing. New businesses need to replace dying firms. This reported decrease in start-ups slows the growth of the overall economy.

Between 1978 and 2012, the proportion of businesses less than a year old that made up the total number of businesses declined by 44%. Almost all industries were affected by this decline, including the tech sector.

Generational Issue

One reason for this decrease is generational. The percentage of younger people starting new businesses is much lower than during the Baby Boomer era. Millennials are much more risk adverse than their older counterparts.

Leadership is part of the problem, according to Tom Corrigan, retired President of Search Masters. "In my humble opinion, the problem lies in a lack of passion in our new leaders."

"You need a good-sized ego to become a leader, to believe that you are good enough to create a position of leadership for yourself. But once

you are in that leadership role, you must be rid of your ego and replace it with a sense of caring for the team, it's individual members, and the achievement of the team's goals. I am afraid that many of our Millennial leaders never make that transition," Corrigan stated.

It is not just the percentage of younger people that is the problem, but the literal numbers of them. The slowing of U.S. population growth is reducing the number of potential entrepreneurs on the supply side as well as the number of potential customers for new businesses on the demand side.

"I think much of it has to do with culture. Young people who leave college with large student loan debt are not thinking about starting a business. They have no credit to start a business," stated Bill Knoble, serial entrepreneur, member of the Business Advisers of Cleveland, and former mayor of Rocky River.

Big vs. Small

Another factor is the growth of existing larger businesses and franchising. Knoble said, "Franchising has eliminated business for locals and taken up many of the prime locations. It's a big investment thing."

Large companies also tend to be able to attract better talent. Typically, the big players can pay more and offer better benefits than a newer business.

New, unproven entrepreneurs

often have difficulty securing funding. Venture capitalists look to fund growing companies more often than new ones. Recent trends show that even "angel investors" are becoming more conservative when it comes to funding new businesses.

The same applies for government and other community groups that assist new firms. The Small Business Administration and Business Advisers of Cleveland get much more bang for their buck if they help one firm employing 100 people rather than five businesses employing five people each.

The Economy

The economy has contributed to this problem. The number of new ventures decreased when the economy crashed in 2008 and the slow recovery since is attributed to a slower increase in new start-ups.

Jim Riedl, owner of 911 Driving School and member of the Rocky River Chamber of Commerce, has seen the decline in the number of new start-ups. "I do see that many of my peers (trailing Baby Boomers in their early 50s) have a reluctance to start something on their own, especially in this uncertain economy."

"There is a definite flight to safety where working any company does not seem like such a bad deal. You will exchange a lot for economic security, including the idea of being your own boss and having the



Dr. Perry Haan

freedom to set your own agenda," Riedl said.

All is not lost. There are some good signs that the number of new businesses will increase. Some studies indicate that many Millennials will consider going out on their own when they believe the economy is better. And many of them think it will get better.

"I am a big supporter and believer of young people; I am not one of the older people who simply write off an entire generation. There exists some tremendous young entrepreneurial leaders," Corrigan stated. "We just need more of them with passion. Nothing great is ever accomplished without passion." •

Dr. Perry Haan is Professor of Marketing and Entrepreneurship and former Dean of the Business School at Tiffin University. He resides in Rocky River and can be reached at 419-618-2867 or haanpc@tiffin.edu.

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HEALTH

Wellness Doc

Help for Allergies and Inflammation

By Bryan Ruocco

This is the time of the year when many people suffer with allergies. From sniffing, sneezing, and postnasal drip to sinus congestion, headaches, and feeling run down, allergies can affect your life in myriad ways. I want you to know and understand that the allergen is not the problem.

We blame our condition on the season, the pollen and other environmental factors. If the season or the pollen were the problem, everyone would be suffering with allergies. Ask yourself: Why can one person sit in a pollen storm and not have a problem, while another could have a flower pass under his nose and have an allergy attack?

The problem is not the pollen, the problem is the body's inability to process the pollen or environmental stressor. The body is unable to manage inflammatory levels, which are produced in response to certain environmental substances. This causes immune hyperactivity, one of the challenges that faces us in modern society.

Take Calcium

The ability to buffer acidity (pH)

within the body through proper calcium intake is one of the most important ways we have to fight allergies and inflammation. In most cases, supplementation is necessary. However, many people supplement with a form of calcium that is very difficult to digest - Calcium Carbonate.

Check your calcium supplement. I believe that calcium lactate is the best and easiest form of calcium to digest and absorb. Calcium Carbonate is like stone. It is very difficult to breakdown and digest, making it unusable by the body. If you are taking this form of calcium, you may be wasting your money.

By keeping the body alkaline (calcium is one of the most alkaline minerals on earth) and balanced, we can reduce the inflammatory and allergy responses resulting from acidosis (abnormal condition of excess acid in the body).

Food Allergies

Another solution to reducing inflammation is to rid the body of its chronic inflammatory stressors, especially allergies. Many environmental allergies that we suffer are actually secondary allergies being driven by primary

allergic responses, mainly to foods. In clinical practice, it has always been obvious that when basic food allergies are corrected, environmental sensitivities vanish.

For example, by taking a person off of a basic food allergy like milk or wheat, there will oftentimes no longer be an environmental sensitivity to cats or dogs. The basic four food allergies are wheat, milk, corn and soy. Try to avoid these food substances, one at a time for a few weeks and see if you notice a change. Usually within three days of elimination, chronic inflammation reduces and allergy sensitivities decrease.

Although change will continue for months after eliminating a basic food allergy, change is felt immediately, sometimes as increased energy, clarity of mind, digestive wellness, and a reduction of symptoms. Upon re-introduction of an eliminated food allergy, one may notice an immediate inflammatory response such as a rash, itching or burning eyes. It may also cause aching in the body. In practice, this approach to allergies has been so successful that I do not consider the environmental allergies until the basic food allergies have been eliminated.



Dr. Bryan Ruocco

Join us for a complete look at allergies and inflammation on Tuesday, June 23, at 7:15 p.m. at Panera Bread in Rocky River. We will take a deeper look into the causes of allergies and what you can do naturally to eliminate them. This includes your body's pH balance, inflammatory burdens, digestive health and how it all plays a role in allergies. Please call 440-331-4744 to reserve a space. •

Dr. Bryan Ruocco is a local chiropractor and wellness advocate. He owns and operates the Power of LIFE Wellness Center located in Rocky River. Dr. Ruocco graduated from the Life Chiropractic College in Marietta, GA. He graduated in the top of his class and received Magna Cum Laude Honors.

Ancient Science Transforms Modern Ailments

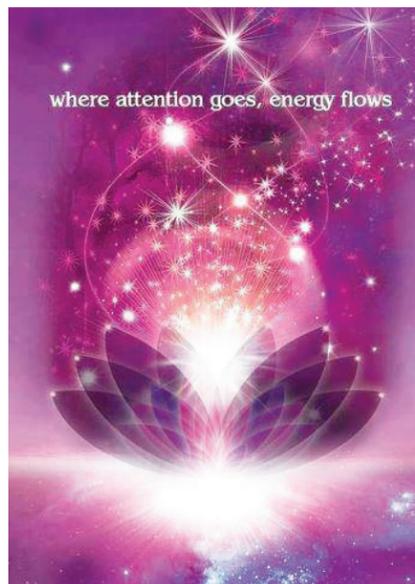
By Rajeev Ahluwalia

There is a very old saying, "where attention goes, the energy flows there."

A client of mine had the following issues: a very bad appetite, fear of dark places, childhood abuse memories, and colon cancer. For over 17 years, she had problems with her intestine. Although she tried many available natural and medical treatments, her relief only lasted for 2-3 days. She tested positive for colon cancer and became extremely hesitant to have surgery. She began searching for an alternative therapy.

One of her friends who had gotten tremendous relief from ThetaHealing sessions suggested this therapy to her. When the healings were being administered, I discovered she had another problem factor - anger toward her husband. Unbeknownst to her, all these factors were manifesting themselves as health challenges. Once her childhood abuse memories and anger were released, she experienced a major shift in her intestine.

Two weeks after the session, she went back to her doctors. They were surprised to see that there were no symptoms or traces of colon cancer. Not only did her fear of dark places vanish, but she also regained her appetite. When she returned for her third session, I was amazed to see the happiness and joy on her face - which



was missing before - as she told me that her colon cancer had gone into remission. It truly is amazing to see how ancient science can transform modern ailments.

Distance Healing

A client of mine living in India wanted a ThetaHealing session, but was not sure how the healing would work given such a long distance. She was referred to me by someone whom I had given a healing session to when I was in India last year. Her biggest challenge was her relationship with her daughter.

When she called me to inquire about taking a ThetaHealing session, I explained that ENERGY TRAVELS WITHOUT TIME AND SPACE in quantum physics and that

healing works in the same way. Even if someone is on another continent, ThetaHealing works just as if that person were right in front of me.

After a session, she noticed that her stress had vanished. Within a week, she called to thank me and to tell me that her relationship with her daughter had suddenly started to improve. She never expected this as both of them are Type-A personalities. As different clients from different walks of life come to me, I see how simple ThetaHealing techniques can change lives.

ThetaHealing is a healing modality that uses focused thought

and prayer. In this technique, we tap into a Theta brainwave - a brainwave that you receive or get when you are dreaming - to reprogram our minds to become better people and better human beings. For more information, visit www.NaturalHealingTrends.com or call 440-565-5377. •

Rajeev Ahluwalia is a Certified ThetaHealing® Practitioner and the founder of Natural Healing Trends LLC. A healing center is located in Fairview Park. He has a private practice nationally and internationally.

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FAIRVIEW PARK BRANCH LIBRARY HAPPENINGS

June 1 from 7:00 p.m. to 8:30 p.m. Take the stress out of planning your next event. Come to **Celebrations: Event Planning**. A professional event planner will share tips and techniques to keep you on track so that your event is successful. Registration required.

June 2 from 7:00 p.m. to 8:00 p.m. Back in the 1800s, farmers gardened by moon and relied on the wisdom of the Farmer's Almanac. Join us **Gardening by the Moon** and learn which days are best for planting leafy crops, controlling pesky weeds with less work, and much more. Registration required.

June 11 from 7:00 p.m. to 8:00 p.m. Enjoy a live music concert of the Great American Songbook. The duo **Mike & Mary** will entertain with jazz and pop music from the early 20th century to present. Registration required.

June 18 from 7:00 p.m. to 8:30 p.m. In our Technology Learning Center, located on the second floor, learn the essentials of **Digital Scrapbooking**. Presented by GigaLearn Inspired Thinking, learn how to import images, create title slides and add music to video presentations using Windows Movie Maker. Spaces limited. Registration required.

June 16 from 7:00 p.m. to 8:30 p.m. Join us for **Week 1—Concept2Business** of our six-week series **Encore Entrepreneurs**. In this workshop, learn how to generate and cultivate your business ideas and develop your business concept.

Take the challenge and see if you are ready to be an entrepreneur. Registration required.

June 23 from 7:00 p.m. to 8:30 p.m. You have a business concept—now you need to create a business plan. Learn how at **Week 2—Business Basics**. You will find out how to write an effective business plan and determine your mission, vision and values. This workshop will use an online business plan template to get started. Registration required.

June 30 from 7:00 p.m. to 8:30 p.m. Join us for **Week 3—Small Business Legalese**. This workshop will explore the many legal aspects of owning a business. Topics will include the following: naming your business, licenses, registration, patents, copyrights, trademarks and government regulations. The goal is to help determine the appropriate legal structure for your business. Registration required.

July 7 from 7:00 p.m. to 8:30 p.m. Is there a demand for your business? Who is your target audience? **Week 4—The Customer—Your Boss!** will examine market segmentation and how to develop a marketing plan that distinguishes your brand. It will also explore how to use social media to market your business strategically. Registration required.

To register, call the Fairview Park Branch Library at 440-333-4700 or visit www.cuyahogalibrary.org.



There is something to read for everyone in the RRPL Summer Reading Program.

Summer Reading at RRPL

By Kitty Sommers

Summer reading is FUN! Hurry in to sign up for our **Summer Reading Program**, beginning **June 8!**

Meet our own Rocky River heroes at our **Summer Reading Kick-off** on Monday, June 8. Firefighter Captain Bednarski and Police Sergeant Lichman will be at the Library from 2:00 p.m. to 4:00 p.m. Come see a fire truck and police car up close! Free snacks provided by EarthFare.

To be part of the **Children's Summer Reading Program**, come in, register and pick up your free summer reading packet to start the summer reading fun. Earn great prizes!

All teens in grades 7 through 12 are invited to participate in the **Teen Summer Reading Program**. Sign up at the Reference Desk and get your

raffle entry slips. Then start reading (or listening to audiobooks) and fill out a slip for every title you read. Use those slips to enter weekly drawings for prize baskets full of goodies. The more you read, the better your chances of winning!

Join the **Adult Summer Reading Program** by stopping by the Adult Reference Desk to register and receive a free gift. Participants who return to record titles they've read are entered in weekly drawings for gift baskets. Go to readitorweep.org or the library's Facebook page to check out weekly prizes. The Summer Reading Program ends Saturday, August 1. •

Kitty Sommers is Director of Marketing at Rocky River Public Library.

Tri-C Women in Transition Summer Session

By Kristin Broka

The Women in Transition program at Cuyahoga Community College (Tri-C®) will launch its first summer session at Corporate College West on June 16. This program began in 1978 and has contributed to thousands of personal success stories. It typically serves about 200 women a year.

The free program uses education and training to empower women at a crossroad in life. The course is designed to assist women in transitional periods, such as a career change or return to the workforce. Participants build confidence and self-esteem through classes on personal development, career exploration, and financial and computer literacy.

Classes will be held at Corporate College West from 10 a.m. to 2

p.m. Tuesdays, Wednesdays and Thursdays from June 16 to July 9. Corporate College West is located at 25425 Center Ridge Road in Westlake. The non-credit program is open to the public. Registration is required. To learn more or to enroll, call 216-987-3899.

Women in Transition also runs four-week sessions at Tri-C's Eastern Campus in Highland Hills, Metropolitan Campus in Cleveland and Western Campus in Parma. For more information, go to www.tri-c.edu/women-in-transition.

The program operates at two Tri-C locations in Westlake – Corporate College West and the nearby Westshore Campus. The campus serves as the location for various workshops and is home to a Women in Transition office. •

Tri-C Hosts Open House at Westshore Campus

By John Horton

Cuyahoga Community College (Tri-C) will host an open house from 10 a.m. to noon, Saturday, June 6, at its Westshore Campus, located at 31001 Clemens Road in Westlake.

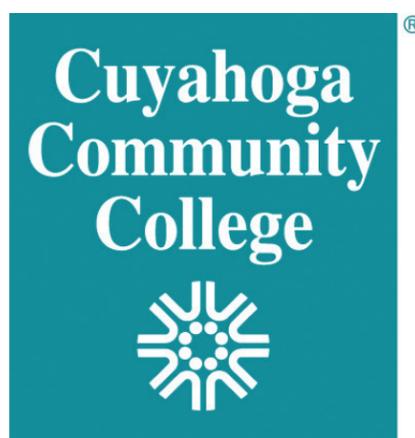
The open house provides prospective students an opportunity to discuss academic programs with

faculty and counselors; learn more about enrollment, financial aid and scholarships; explore student services; and tour the facilities.

Westshore Campus is one of five Tri-C sites holding an open house during those hours on June 6. Other participating locations are as follows: Brunswick University Center, 3605 Center Road in Brunswick; Eastern Campus, 4250 Richmond Road in Highland Hills; Metropolitan Campus, 2900 Community College Ave. in Cleveland; and Western Campus, 11000 Pleasant Valley Road in Parma.

This free event is open to the public. For more information or to register, visit www.tri-c.edu/openhouses. •

John Horton is the Media Relations Manager at Cuyahoga Community College.



THE GOOD LIFE

The Rockport Foodie The Battle for Rosé

By Colleen Wing

There is a common joke among wine lovers about Rosé wine: 1986 called, they want their wine back! When you say Rosé, wine lovers think of a jug of White Zinfandel. White Zin is a bit of a hero when it comes to its bolder big brother, Red Zinfandel.

In the early 1980s, Bob Trinchero of Sutter Home Family Vineyard aggressively marketed and increased the popularity of a new wine, "White Zin". At the time, the old Zinfandel vines were at risk of being removed and replanted with more marketable varieties. The profits from White Zin allowed for those vines to remain producing to this day. Score one for the Pink!

I often say wines are like people, in the right environment they bloom. But you can't take all your friends everywhere and expect the same result. We all know a big bold Cab, or a crisp, sauvignon blanc, and even

that lovely, a touch of sweet, Rosé - the right place, the right time. At one point, White Zin represented 10% of all wine sold by volume, outperforming Red Zin by 6 to 1.

Some Skin in the Game

Red grapes make red wine and white grapes make white wine, so are there pink grapes? The answer is no. The juice of all grapes is clear, so contact with the grape skin is what gives wine its color. The process is called maceration. The juice and skins (red grape skins for Rosé) soak together, with the skins bleeding into the juice. They soak for a short time, two to three days. As soon as the pink color is achieved, the skins are removed and the juice is allowed to ferment, creating a delicious Rosé. It is



Rosé wines range from dry to sweet.

and grilled items at a cookout. I often recommended Louis Laurent Rosé d' Anjou from France for holiday dinners with ham or turkey. It is dry and fruity, yet has a lovely undertone of strawberry. Ancient-vine Mourvedre Rosé from Cline or the Lucas & Lewellen Rosé of Pinot Noir carry many of the characteristics of their older brothers.

Rosés are also affordable, with excellent options available for under \$15.99. The Louis Laurent is only \$12.99 and delivers the taste of a wine with a much higher price point.

As the warmer weather approaches, the same varietal that keeps you warm in the winter in front of the fireplace, has a younger sibling that is great served chilled in front of a campfire. •

Colleen Wing has a degree in Hospitality Management and Culinary Arts. She is the owner of and baker for Cake Following, a specialty cake and dessert business. Colleen and her family live in Rocky River.

probably the oldest type of wine since it is the easiest to make and requires only a short timeframe.

Rosé wines, ranging from dry to sweet, are available in most varieties that are enjoyed in Red Wines. They pair extremely well with barbeque

The Yellow Buses Drive

Through our purple clover suburb
Lit with dandelion shine
In the orange of the sunrise
The yellow buses drive

Past the diners and our drug store
Open before breakfast time
In the orange of the sunrise
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-Mark F. Herron

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ROCKY RIVER PUBLIC LIBRARY · CALENDAR OF EVENTS

June 2 at 7:00 p.m. Meet Author Joe Hurley. Be here when retired newspaper reporter Hurley shares his experience of walking 3,600-miles as described in his book "Ten Million Steps on Route 6: A Fresh Look at America and Americans from Cape Cod to California." Q&A followed by book signing.

June 4 at 7:00 p.m. The JFK Assassination will be presented by Bev Sadowski. Find out what really happened then and why knowing the truth matters today. Sadowski's lifelong interest in this topic has introduced her to eyewitnesses, taken her to conferences and encouraged her to collect over 100 books on this topic. A retired teacher, she creates a well thought-out and informative report.

June 8 from 2:00 p.m. to 4:00 p.m. Hurry in to sign up for our **Summer Reading Program**. Meet our own Rocky River heroes at our **Summer Reading Kick-off party**. Firefighter Captain Bednarski and Police Sergeant Lichman will be at the Library. Come see a fire truck and police car up close! Free snacks provided by EarthFare.

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June 8 at 6:30 p.m. Join us for "Mr. Turner", a 2014 British drama, as we continue our **Indie International Film Fest**, featuring selections from the world's top film festivals. The film is an exploration of the last quarter century of the great, if eccentric, British painter J.M.W. Turner's life. Enjoy fresh, hot popcorn while celebrating the world of cinema. Please note these films have not been rated and should be assumed to have mature content.

June 17 at 9:30 a.m. Learn about the **Cleveland Memory Project** and what you can find online about Cleveland's history. This engaging look at Cleveland history includes a vast photo archive, a virtual reading room, and a showcase for major collections such as The Cleveland Press, The Wilbur & Sara Ruth Watson Bridge Book, and The Cleveland Union Terminal collections.

June 19 from 2:00 p.m. to 3:30 p.m. Come to the library to **Sip, Snack, And Craft!** Get into the knitting groove and bring your own project and supplies. The library will provide a cozy atmosphere and helpful assistance if you get stuck. Registration required.

June 22 at 1:30 p.m. Cool off at an **Afternoon at the Movies** for students completing grades 3-6. Enjoy popcorn, drinks, and friends while watching a hero movie on the big screen.

June 22 from 9:00 a.m. to 6:00 p.m. Let's Go on a Story Walk! on the library's lawn. Enjoy time outside with your family! Stop by and take a walk around the library while reading a picture book together. After your walk, stop in the Children's Room to add your name to the raffle for free tickets to Kings Island.

June 25 at 7:00 p.m. Our popular performing art series, **On Stage in River**, presents MorrisonDance at the Rocky River Senior Center at 21014 Hilliard Boulevard. This unique dance company presents choreographic favorites, including recently created works - all extraordinary and ahead of the curve. Since 1997, MorrisonDance has challenged the traditional understanding of dance. Their creativity abounds through experimental presentations that combine nature, technology and other artistic disciplines in cross-disciplinary collaborations. Bring family and friends to enjoy their imaginative spirit. Free admission. No registration. Limited seating - come early.

June 26 at 12:00 p.m. Catch our **Movie Matinee** and enjoy a popular new release. Popcorn and lemonade provided.

June 27 from 2:00 p.m. to 4:00 p.m. Be a part of the **Guild of the Brick** for ages 5 and older. Are you crazy about Legos®? Then drop in! We provide the Legos®, you bring the imagination.

June 29 at 3:00 p.m. Join us for **Cool Crafting @ Your Library** and beat the heat with two cool summer drop-in crafts. Create a "Gotham Cityscape" using watercolors and paper, and draw your own superhero character to protect the city from overhead. Then try your hand at a "Graphic Novel Collage" by upcycling used graphic novels and comic books to design a powerful piece of art. While supplies last. For ages 6 & up.

June 30 from 6:15 p.m. to 8:15 p.m. Be a part of the **Adventure Gaming Club**. Are you looking for a place to play your favorite adventure games? Pokeman, Yu-Gi-Oh!, or Magic players, gather your cards and join us. Would you rather play D&D, Munchkin or Settlers of Catan? We've got them! Grades 7 and up.

The Library will be closed on **Sundays, beginning June 7. Sunday hours resume on August 30.**

The Library will be closed on **Thursday, June 11 for staff training. The Library reopens on Friday, June 12 at 9:00 a.m.**

For additional information, call the Rocky River Public Library at 440-333-7610 or visit www.rrpl.org.





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