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FAIRVIEW PARK & ROCKY RIVER COMMUNITIES | VOL 03, ISSUE 4 | OCTOBER 2015

Make Connections at Rocky River Chamber's Expo

By Anne Kuenzel

The Rocky River Chamber of Commerce proudly presents its 13th annual Business Expo on Thursday, October 8, from 2:00 p.m. to 7:00 p.m. at the Don Umerley Civic Center, 21016 Hilliard Blvd. in Rocky River. You are invited to attend this lively event to network with business owners and individuals who offer products and services in the area. Admission is free when you present your business card.

Expo 2015 will feature over 100 exhibitors, including 12 restaurants. The event presents businesses with a unique opportunity to stand out in today's competitive business world. It is expected that attendance will top 1,000 again this year. It's noteworthy that in 2014, 60% of attendees provided a home or work address outside of Rocky River. Therefore, the Expo presents an opportunity to make wide-ranging connections while learning how products, services and technology can help make your business grow.

The wine and beer tasting event will be returning this year from 4:00 p.m. to 7:00 p.m. Local retailers West Shore Wine Company and Giant Eagle will be selling a variety of fine wine and beer samples.

Jason Lukz, of W3 Wealth Management and Chairman of the Expo Committee, offers just a few of the reasons that make Expo 2015 a valuable business investment. "Being visible and getting noticed can be difficult for some businesses.



At Expo 2015, attendees will immediately realize the benefit of networking on a large scale. It's a powerful five hours filled with high energy. The Expo will feature a wide variety of exhibitors who are eager to network and share their expertise and knowledge. We've witnessed many successful connections made at the Expo over the years."

"I encourage you to attend Expo 2015. There's no better place to experience the power of face-to-face networking," Lukz said.

Valet parking is available for \$5 per car. Free offsite parking is available at St. Thomas Lutheran Church at 21211 Detroit Road in Rocky River. A shuttle bus will run continuously between the front door of the Don Umerley Civic Center and the St. Thomas parking lot. All exhibitors and attendees who use the shuttle will be entered into a raffle to win valuable prizes.

For more information, call the Rocky River Chamber at 440-331-1140 or visit www.rrexpo.com.

Anne Kuenzel is the manager of Community Education at Fairview Hospital Wellness Center on Wooster Road and secretary for the Rocky River Chamber of Commerce Board of Directors.



A Wholesome Welcome

Lisa Sweeney (holding microphone), Marketing Team Leader at Whole Foods, welcomes the crowd at the bread breaking ceremony, the store's version of a ribbon cutting.

State Representative Mike Dovilla Announces Candidacy for Ohio Senate

By Brandon Gesicki

State Representative Mike Dovilla (R-Berea) has announced his candidacy to serve as state senator for the 24th Ohio Senate District, comprised of 28 suburban communities in Cuyahoga County, during the 132nd General Assembly.

"For nearly five years, I have been honored to serve the people of Cuyahoga County in the Legislature," said Dovilla. "Throughout the summer numerous community leaders and constituents have asked if I would consider continuing to work on their behalf by seeking our district's Senate seat. I am humbled by their strong support and enter this race with great confidence that we will earn that opportunity."

Rep. Dovilla, a lifelong Republican and the House Majority Whip, is currently serving his third term in the Ohio House of Representatives. As a state legislator who has authored more than a dozen laws, he possesses a wealth of policy experience and a proven record of results as a public servant. Dovilla has previously served as a presidential appointee at the U.S. Office of Personnel Management, a senior advisor to U.S. Senator George V. Voinovich, and a Presidential Management Fellow at the U.S. Department of State.

In addition, Dovilla has a distinguished military career and is an officer in the Reserve Component of the U.S. Navy. A lieutenant



State Representative Mike Dovilla

commander with more than 13 years of commissioned service, he served on active duty on a 12-month deployment in Iraq in 2007-2008. He currently serves as a department head with a unit supporting U.S. European Command.

"My top five priorities in the Legislature remain those on which I first ran for office in 2010, areas where we continue to make measurable progress," said Dovilla. "If given the opportunity to continue my public service in the Ohio Senate, I will stay focused on strengthening our state's business-friendly environment for job creation, promoting strong public education, protecting our senior

Down Syndrome Achievement Center Coming to West Side

By Missy Gibel

Nothing can prepare a parent for those fateful words: "Your child has Down syndrome." You are hit by a wave of emotions - fear, sadness, and uncertainty. The questions of what this diagnosis means for your life, your family, and your future invade your every thought. All of it blurs in your head.

The reality is that individuals with Down syndrome can learn to walk, talk, read, work and live rewarding and more independent lives than ever before, just on their own timeline.

When you Google "Down syndrome Cleveland," you will find something new and exciting and hopeful - "Location in the works - Cleveland - GiGi's Playhouse Down Syndrome Achievement Center" with a link to www.gigisplayhouse.org/cleveland. This center is sure to change lives for the better in Northeast Ohio, home to over 900 families with a child with Down syndrome.

GiGi's Playhouse is a one-of-a-kind center offering educational, therapeutic and career-building programs free of charge to individuals with Down syndrome,

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ROCKPORT FILES

GiGi's Playhouse from page 1

their families and the community at large. GiGi's is for all ages, with more than 30 programs aimed at advancing literacy and math skills, improving gross and fine motor skills, building self-confidence and preparing for the workforce.

In a day when inclusion is a hot topic in the special needs world, GiGi's is designed to empower kids and adults with Down syndrome to take the skills they learn at the Playhouse out into their communities. GiGi's does not replace school or traditional one-on-one therapies, but gives individuals an extra dose of strength to participate with their typical peers not only in the classroom, but also on sports teams, in the dance or art studio, and in the workforce.

Thanks to a dedicated team of family members, GiGi's Playhouse Cleveland, the first in Ohio, will be located in Lakewood at 15316 Detroit Road (across from the Lakewood Library). President, Megan Lodge, states, "We are thrilled to be part of such an accepting, vibrant and growing community. Lakewood has embraced GiGi's with open arms."

The center will have only one employee, the Site Coordinator, thus making volunteers the heart of the Playhouse. Volunteers are needed to welcome guests, clean toys, snuggle babies and prepare snacks. Professionals such as special educators, physical therapists, occupational therapists, speech and language therapists and behavioral therapists are also needed to run programs.

Cleveland Startup Committee Leader, Missy Gibel, states, "I personally look forward most to GiGi's one-on-one literacy and math tutoring for my daughter Maggie because these programs are designed for how Down syndrome individuals learn best. The sibling group is also important to me to help Maggie's younger brother, Jack, know he is not alone."

Gibel and her husband, John, first learned about GiGi's Playhouse in Chicago where Maggie was born. When they visited the original GiGi's location in Hoffman Estates, Illinois, they were hooked. "When we decided to move home to Cleveland, we knew one day we wanted to open a Playhouse here. It is a unique place where people can go to see what Down syndrome is and, maybe more important, what Down syndrome isn't."

Construction on GiGi's Playhouse Cleveland is expected to begin in October with a projected grand opening in January 2016. Its Build-Out Bonanza campaign aimed at securing building materials, toys, furniture and more is going on now. As a 501(c)(3) non-profit organization, GiGi's relies on the generosity of private donors, corporate sponsorships and grants. For more information, visit www.gigisplayhouse.org/cleveland or Facebook (GiGi's Playhouse Cleveland).

Missy Gibel is the Startup Committee Leader and Fundraising Chair for GiGi's Playhouse Down Syndrome Achievement Center - Cleveland. She and her family live in Westlake.



Missy Gibel, with her husband, John, and children Jack and Maggie at the GiGi's Playhouse Cleveland "Believe in our Build" gala in May.

A Note from the Editor



Yes, Whole Foods really has a pool table...and a pub.

The opening of the Whole Foods Market is arguably the biggest event to hit Rocky River in some time. You've got to have an opinion - it's food! Share your views with other readers. Write it up and submit it to us.

As a community paper, we're dependent on the community for stories about the community. A little shy about writing? Not to worry. We'll polish your writing up and present the best of you to our readers.

Does your child play on a sports team? Has he or she won an honor? Know someone special in the neighborhood? Are you preparing for a PTA event? Do you have views on City Hall decisions? Is there something you really like or dislike about the community? You pick the topic.

Too busy to write? Send us (upload) a photo. Got a picture of the Rocky River Homecoming, the Quilt Show at the RR Senior Center, a prom, birthday party, or event? We are always looking for photos of community activities.

Go to our website <http://therockportobserver.com> and participate in your community paper.

Carolyn Hildebrandt
Editor

THE ROCKPORT Observer

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

Volume 3 | Issue 4

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.

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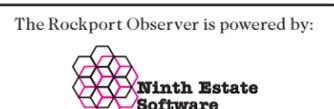
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SMALL BUSINESS

Interest Rates: The Bad and Good News

By Perry Haan

One of the reasons for the recent roller coaster ride in the stock market has been the anticipation of a possible increase in interest rates. While the effect of interest rates can be seen in the trading of stocks of larger businesses on the major exchanges, its influence on smaller businesses may not be as obvious.

On September 17 the Federal Reserve decided not to raise interest rates but is expected to start increasing the short-term Federal Funds Rate near the end of this year. Some economists are predicting that during the next couple of years, it could reach 4%, which is considered a more normal than today's level.

The Federal Funds Rate is currently at 0%. It has been at zero for the past seven years as part of

the Federal Reserve's attempt to stimulate economic recovery after the recession of 2007-2009. The fear is that a continuation of very low interest rates will lead to inflation, a deflationary debt spiral, or worse yet, a return to the borrowing bubble that contributed to the last recession and subsequent slow recovery.

While the effects of a raise in interest rates can be seen in the stock markets, these changes also influence small- to medium-size businesses. Small businesses and their customers will have to pay more to borrow money. Credit cards, lines of credit and commercial loans will all cost more. This increase in the central bank's lending rate translates into higher interest rates for all borrowers.

Companies that export products

can also be hurt. While these rate changes can strengthen the dollar in foreign markets, they can drive up the price of U.S. products sold in export markets.

The Good News

Not all the news is bad. The projected increase in interest rates is an indication that the U.S. economy is getting stronger. It is a signal that demand is climbing for goods and services. Recent declines in the local and national unemployment figures also reflect this uptick in economic activity.

A higher Federal Funds Rate would tend to slow the recovery. The unemployment rate would not decrease as fast as it otherwise could, and GDP would not grow as fast.

For business owners planning to borrow money, now is the time - before interest rates increase. This may be an incentive for firms that have been putting off major investments that require borrowing money to do so before rates increase.

The greater strength of U.S. dollar will also allow small businesses to lower the costs of foreign imports of raw materials and finished products. It may provide a relief from the growing wage pressure.

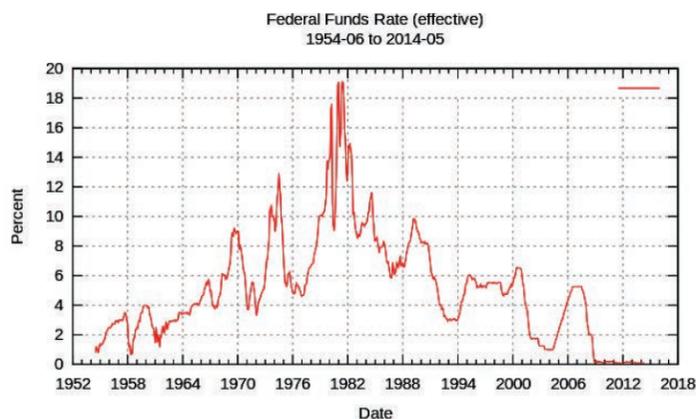


Dr. Perry Haan

Acting now can help a business's long-term results. Waiting to borrow after interest rates increase could result in companies losing their cost advantage. Borrowing now can keep the cost of capital down and increase profitability.

A businesses that is considering a loan with an interest rate that can be locked in should probably act now. The potential for small business loan rates to increase about a quarter of a percent soon is fairly high. •

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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¹ A reward of \$10.00 will be added to the account monthly when recurring direct deposits of \$500.00 or more are made to your Benefits Checking Account each month. The total of the recurring Direct Deposits will be based on a calendar month. Maximum benefit paid is \$120.00.

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⁴ First Federal Lakewood will deposit \$50 to open a Statement Savings account in conjunction with the Benefits Checking account. A statement savings account requires a minimum \$200 average daily balance to avoid monthly service charge.

Insider And “Outsider” Views Of Whole Foods Market



On A Mission

By Colleen Wing

Several years ago, I walked into a grocery store in Michigan to see what all the buzz was about. Upon entering, I went into sensory overload. It was a culinary dream. Neatly stacked pyramids of ripe and shiny apples, oranges, pears - for miles. Amazingly unique items, shore-quality seafood, colorful healthy salads, and freshly packaged pre-cut vegetables waiting to be added to a dish.

That grocery store was a Whole Foods Market. I was expecting the look and feel of a farmers market, what I felt inside was like Disneyland. At first, it is a bit overwhelming, but Whole Foods is definitely a foodies paradise.

After seven years of waiting, I was more than excited to hear that Whole Foods was coming to the West Side. A Whole Foods Market within walking distance! I was on a mission. I had to get a job there. I trolled the Internet for more information and submitted resumes to every department. Then, I waited. Finally, I got an email for a prescreening interview.

The process to follow was unlike any I have ever experienced. I received email instructions preparing me for a group interview. Interview in front a panel of human resource folks or executives, no problem. Nope. A group interview with other people who are competing for the same position that I was.

I did my research on the company and studied the core principles, mission, and values. The first thing I was told upon arrival for my interview was that Whole Foods can train you in a department, but it can't make you into a different person. The interviewers were looking for team members, customer-service-oriented people who were passionate about food. Check.

The first step in the process was to introduce myself to the group, to state the department I'd like to work in and to describe my meteor food. (If there were a meteor heading to the earth, what would you want to eat?) My last meal would be a French baguette, Stilton blue cheese and a bottle of wine. Mind you, this was a casual environment. Given that the HR department and managers were in t-shirts and jeans, tattoos and beards, I needed to open my mind to the process.

We were separated into groups and asked to do a presentation on the core principles of Whole Foods. Oh my! I may not get this job just because they don't like our skit. One-on-one interviewing is my forte, but this. Well, there is a method to the madness. After a very long three-hour interview process...with a degree in Hospitality Management and Culinary Arts, years of management experience in the food business, and baking since the age of ten, I found myself in competition for an entry level position with people even more qualified than I was!

I am pleased to announce that I was offered a position in the retail area of the Bakery. The method and the madness worked because we have a great team. What a wonderful experience to work with people and customers who are as passionate about food as I am.

Selling a beautiful cupcake that is baked in the store with real butter and cage-free eggs is why I was put on this earth. I may not own the store, but I feel like I've found a home.

The opinions expressed are solely those of the writer who does not speak on behalf of Whole Foods Market.

Colleen Wing is currently employed by Whole Foods Market. She lives in Rocky River.

Kale Yes!

By Tim Piai

Area food-fanatics rejoiced as Whole Foods – the high-profile grocery gang that super-sized the natural-food concept, and who once prompted the singer Jewel to tweet “At Whole Foods...Dear Lord, lead me not into temptation” – opened the doors to its brand new location in Rocky River. It was a highly anticipated event that – if nothing else – finally concluded the “Whole Foods is coming” rumor, which simmered in River for what felt like an eternity.

It was not my task to sample the vegan parfait or kale chips, but to simply soak in the scene. I was armed only with the entertaining text messages received from my neighborhood moms that braved opening day.

“I’m heading in. I hear its hypnotic. If you don’t hear from me in an hour, come get me.”

It is impressive. Whole Foods has the “scoop-your-own-shrimp” charm of Trader Joe’s, and the “this-animal-spent-its-whole-life-on-the-same-farm” vibe of earth-first America. And the aesthetics? Well, where Giant Eagle fills an open spot with a rack full of Ohio State Snuggies, I couldn’t help but notice that the LaCroix coconut-flavored sparkling water cases were arranged in the aisle with a curvy, art gallery-inspired design. There are electric car chargers in the parking lot, dining areas awash in natural light, and a prepared food section that’s nice and roomy.

“I can’t get near the place! People r parking by the library and walking.”

Did I say roomy? Ah yes, the traffic – the 800-pound organic avocado in the room. Detroit Road didn’t have much elbow room to start with, so it’s no surprise that virtually every person I spoke to believed that the traffic issues were going to be as bad as imagined. One friend even told me that a nearby preschool had sent its parents maps with “back door” routes to pick up their children.

“I felt a little like I was cheating on my Heinen’s produce guys.”

I will admit that I didn’t want to like Whole Foods too much. After all, there are about 22 people at Heinen’s and Nature’s Bin that I’d like to invite to my house for Thanksgiving. I wasn’t alone. Most of the locals that I talked to cringed a little (or a lot) when I asked them about the nearby grocers. What I found wasn’t just an overall concern for the other stores, but a sincere connection to the people that worked there – the “people behind the counter” at Lake Road Market, the late-shift ladies at Giant Eagle, and, yes, almost anyone at Heinen’s. These sentiments made me feel better about the shoppers that I had – just minutes before – traded paint with while attempting to land a parking spot that didn’t require a tram ride. We all like people who care.

I ended up at the self-serve Artisanal Pasta station, thinking about whether or not I cared about my chicken dinner living on two different farms. It took two friendly staffers to help me figure out how to latch the to-go containers.

“Happy to help,” they said.

It was a good sign. Even a rock star like Whole Foods knows that organic superfoods are no match for good people. •

Tim Piai is a freelance writer living in Rocky River.



Veggies as a work of art.

Food for the body is not enough. There must be food for the soul.

—Dorothy Day

COMMUNITY NEWS & EVENTS

Expect the Unexpected at Beck's Spotlight Gala

By Pat Miller

Beck Center for the Arts will celebrate its 82nd anniversary while raising vital funds with its 2015 Spotlight gala. In its third year, the benefit will take place on Saturday, **October 24**, from 6 p.m. to 1 a.m. For the first time, Spotlight will venture from the Beck Center campus to Hyland, creator of OnBase – Building 3 at 28105 Clemens Road in Westlake. All proceeds benefit Beck Center's programming and its student financial assistance program.

The event, led by Chairperson

Mary Anne Crampton, is introducing many innovative changes and guests are encouraged to expect the unexpected! The evening will start with cocktails and hors d'oeuvres, and an array of silent auction items with mobile bidding. The dinner will be prepared by renowned Chef Chris Hodgson and the Driftwood Restaurant Group.

Beck Center's spotlight will shine on honoree First Federal Lakewood for its exemplary community engagement efforts and region-wide support of the arts. Inventive performances by Beck Center



artists will take place throughout the evening, as well as a live auction with items such as a Sedona vacation, a week in Deer Valley, Utah, and a trip to Wente Vineyard Winery in California.

While the Spotlight dinner and

program are sold out, tickets remain for the Spotlight After Party, which takes place at Hyland from 9:30 p.m. to 1:00 a.m. This is a festive way to support Beck Center while enjoying delicious finger foods, an open bar, and music and dancing by "Best of Cleveland 2013" DJ Donkis. Tickets for the After Party are \$50 per person and are on sale at beckcenter.org.

For information regarding sponsorship opportunities, contact Jason Weiner at 216-521-2540, ext. 18. •

Pat Miller is Graphic Design & Marketing Coordinator at the Beck Center.

NCH's Gala Raises Over \$125,000

By Elizabeth O'Brien

North Coast Health hosted 275 guests at their signature fundraising event, Celebration of Caring, held in early September. Through the gifts of event sponsors, donors, and other generous supporters, North Coast Health was able to raise over \$125,000 to continue providing healthcare to the medically underserved, including almost \$35,000 to expand our Behavioral Health Program to address the significant gap in mental health services in our community.

At the event, awards were given to the following individuals and organizations for their work in helping the medically underserved to access care - Community Champion Award: John R. Corlett; Partner Award: Cotabish Charitable Trust; Hahn/Hoeffler/Sanders Memorial Award for Outstanding Medical Volunteers: Norma Collin and Peggy Drew; and Angel Volunteer Award: Carolyn McGreal.

For nearly three decades, North Coast Health has provided a safety net for low-income individuals

and families struggling to access affordable medical care. We serve the most economically vulnerable in our community by helping them to navigate a complex health care landscape and by establishing programs that address the current needs of the medically underserved. As a faith-based organization, we hold dear the belief that all lives are valuable and that all should have access to high-quality health care regardless of the ability to pay. •

Elizabeth O'Brien is North Coast Health Business & Events Director.

Activities Assistant Needed

By Tiphaney Lanham

The Presidential Apartments in Rocky River is currently looking for a part-time activities assistant. This position is responsible for the smooth operation of planned, scheduled recreational activities for The Presidential Apartments. This could include overseeing, planning and implementation of classes, supervising volunteers and coordinating with other departments. Position will report to the Activities Director. Please send resumé to: tlanham@ownerslive.com. •

Fairview Park Chamber Member Wins Grand Prize

By Tammy Bertrand

All six chambers in the Power of More have the opportunity to win thousands of dollars worth of prizes every time they attend a networking event. This September the raffle tickets were combined from events held in 2015 and Fairview Park chamber member, Eileen Donahue, was the lucky winner.

Eileen received a three-year lease on a brand-new Kia Optima from Montrose Kia. She won this prize simply by being an active member of her chamber. Over 100 Power of More chamber members were on hand at Montrose to witness the ticket drawing. Several other prizes were awarded as well, including a television, a table, Cedar Point passes and hotel packages. The grand prize for 2016 will be announced at this year's Chamber Holiday Party at Dave & Buster's in Westlake.

Upcoming events for the chamber include the Power of More Oktoberfest on **October 15** from 5:30 p.m. to 8:00 p.m. at the North Ridgeville VFW Hall and a breakfast meeting of the Fairview Park, North Olmsted and Olmsted chambers on **October 29** from 8:00 a.m. to 9:30 a.m. at the German Club in Olmsted Falls. •

Tammy Bertrand is the Marketing Manager of the Power of More Networking organization, which combines six West Side chamber of commerce groups.



John Allensworth from Montrose Kia hands over the keys to Eileen Donahue, the grand prize winner of the Power of More car giveaway.

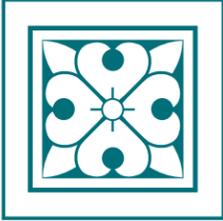
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Come on guys! We'll teach you how to polka.

Oktoberfest at the Fairview Park Senior Center

By Regina Sillasen

All 140 people in attendance had an absolute blast at the first annual Fairview Park Senior Center Oktoberfest! The festivities took place on September 21. The food was plentiful and all enjoyed the kielbasa & kraut, cabbage & noodles, apple strudel and root beer floats. Johnny Pastirik and his polka pal entertained us and kept us on our feet dancing. Thanks to all who participated.

Missed the party? Our next blowout will be the Halloween Party on Friday, **October 30**, at noon. Tim Whalen & Sundown will be shaking things up until 2:00 p.m. You must make reservations by calling the Fairview Park Senior Center at 440-356-4437. •

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



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CARING FOR YOUR FAMILY LIKE MY OWN

O'Neill Healthcare Fairview Park Accredited

By Eric Eakin

O'Neill Healthcare Fairview Park, the 118-bed nursing home newly constructed on the site of the former Garnett School, is now accepting Medicare patients.

The \$14.5-million nursing home and rehabilitation facility, the fifth in the O'Neill Healthcare's family of senior facilities, recently earned certification by the Ohio Department of Health and the Centers for Medicare Services, the standard among nursing-home certifications.

"We are now able to meet the needs of Medicare patients following hospital stays," said David O'Neill, Administrator of the facility. "This is the final step to becoming fully operational. Our state-of-the-art 5,000-square-foot therapy space, 56 private rooms and semi-private rooms, and highly trained staff are ready to facilitate a rapid recovery for all residents."

The facility, which began accepting residents in April, includes a rehabilitation facility that features true-to-life versions of a grocery store and house, complete with kitchen and bathroom. The facility also includes a non-operating, full-size automobile that is used to aid ambulation. The therapy gym contains cutting-edge equipment - everything from a Nu-Step recumbent bicycle to a Likoroll overhead ambulation system.

Using these tools, the therapy team members are able to work with the resident to help them regain confidence and return home as soon as possible.

Residents at O'Neill Healthcare Fairview Park can also enjoy spending time in the facility's coffee shop, movie theater, beauty and barber salon, chapel with live-streaming religious services and spacious and brightly lit common areas.

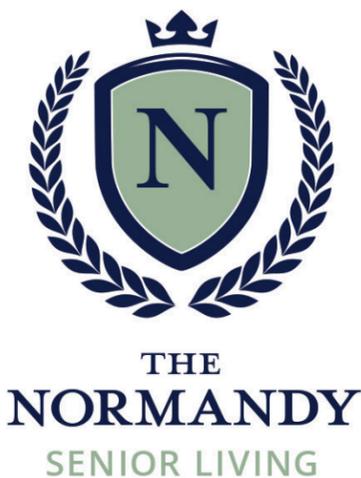
"We invite everyone to visit this state-of-the art facility to see firsthand O'Neill Healthcare's commitment to our community and dedication to raising the standards of excellence in patient care," O'Neill said.

O'Neill Healthcare Fairview Park is located at 20770 Lorain Road. For more information, call 440-331-0300 or visit www.ONeillHC.com. •



O'Neill Healthcare's new facility in Fairview Park

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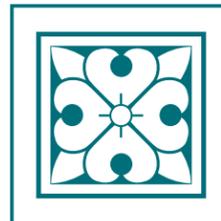


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SERVING SENIORS



Singing for the Health of It!

By Deborah Capstick

According to the Music Teacher's National Association, music helps lower depression and decrease loneliness in older people. Engaging in musical activities can alter moods and outlook. Studies show that music can actually minimize the effects of depression.

Depression is a major health problem that affects many older people. Many older adults spent time caring for families. Careers no longer take up 40-plus hours a week. Social interactions associated with work colleagues are drastically reduced. After retiring from a profession or becoming empty nesters, we have time to participate in activities that we enjoy. If we fill that time with activities that stimulate our brainwaves and give us a sense of accomplishment, our quality of life improves along with our mental well-being!

Singing contributes to health, wellness and successful aging through friendships, fun, relaxation, and reduced anxiety, as well as positive and uplifting thoughts. Studies have shown that music increases mood, energy and happiness while decreasing pain.

So if you are looking for a new hobby, joining a music group is a wonderful choice. Most senior centers offer musical activities. You are never "too old" to sing or play a musical instrument. Consider joining a group - a church choir or bell choir or a senior center group. You don't need to practice daily - just have fun. Consider your voice as a way to make friends, and you might find yourself performing!

The Rocky River Senior Center offers opportunities to sing with the River Seniors every Monday at 1:00 p.m., no experience necessary. Song sheets are provided, and the tunes are familiar. Tone Chimes meets on Thursdays at 1:00 p.m. for those interested in instrumental music. Big Band Boosters meets the fourth Tuesday of the month and will be learning about Gershwin in Swing on October 27 at 1:15 p.m. •



CTC Program Helps Mature Workers Transition

By Cynthia Wilt

The newest program being offered by the Career Transition Center (CTC) on the West Side is "2nd State Institute", an addition to CTC's basic classes and job clubs. This is a joint venture with Vision 21 Consulting's Dave Clements and Rev. Charles Eduardos of Victorious Living System. In this series of specialized classes and group coaching, workers in the managerial, professional, technical and upper level administrative fields will receive assistance in transitioning to the next stage of life.

The workshops are designed to help students begin new/second careers, find volunteer paths, or start entrepreneurial endeavors that will take them into retirement and beyond. Many people in the area still need to work, some want to work or volunteer, and some just get bored after an early retirement - and yet do not know how to change their situation.

Students will learn from a professional career manager, life transformation coach, or organization development/behavioral specialist who will discuss career goals, experiences, barriers, life problems, personal growth and job search needs. Some assessments will be given to assist in determining direction. All who finish the series of five main courses will have gained help and knowledge for determining the future direction of their lives.

Classes will begin **October 15** in Rocky River. Enroll at www.careertc.org or contact Cynthia.wilt@careertc.org. For more information, call 440-409-0318. •

Cynthia K. Wilt is the President of the Board of Directors of the Career Transition Center.



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HOME & GARDEN



An example of a well-vegetated riparian buffer zone.

Riparian Buffers Help Improve Water Quality

By Matthew Hrubey

If you do not have a stream running through or along your property, you may be unfamiliar with the term “riparian buffer.” Simply put, a riparian area is the stretch of land along a streambank. A riparian buffer zone refers to this area when it is naturally vegetated with trees and shrubs. A riparian buffer is arguably the most essential and underrated tool to ensuring the health of our streams, improving water quality, and reducing flood damage and risk.

A well-established, appropriately vegetated riparian buffer is an environmental asset for a waterway. Tree and bush roots help to keep streambanks from eroding during rain events, thereby protecting adjacent property and making water cleaner by reducing sediment in the stream. Trees also create shade, which lowers water temperature and creates a more livable, inviting in-stream habitat for animals and fish. Riparian buffers intercept sediment, nutrients, pesticides, trash and other materials that flow to our streams during rain events.

If you live along a stream, consider this article a call to action to preserve or improve the riparian buffer on your property. Most communities, including Fairview Park and Rocky River, have riparian setback ordinances in their zoning codes that prohibit building or paving within a certain distance of a streambank. While important, those setbacks are not enough.

It is just as important to make sure your riparian zone is vegetated. What you can do? Try planting a few trees. Autumn is a good time to plant. You can also help by not mowing up to the edge of the stream. Instead, let those grasses, bushes, and trees grow. It may not always be the most aesthetically pleasing setting, but it is a very simple, incredibly beneficial way for you to impact the environment. •

Matthew Hrubey is a member of the Fairview Park Green Team, a volunteer group of residents striving for a more sustainable community. This article is part of a monthly column discussing sustainability topics relevant to our area.

We Do It All... Just Make the Call

By Deborah Simone

Given my motto - We do it all...Just make the call, people often ask me exactly what is “all.” My first answer is everything, but I qualify that by saying that we help people that don’t know who to turn to when it comes to a home or house. When people hear the words estate sale, many think that someone has died and someone is selling the contents of a home. This is only one type of house sale that we handle. Whether you are buying, selling, moving, downsizing, trying to de-clutter or stuck with an estate (as executor or guardian), we offer the services that can help!



Debbie Simone and Carl Dondorfer, a realtor for Berkshire Hathaway Home Services, The Michael Kaim Team, have been working together on probate and estates for over 18 years.

When left with a family home or estate, it can be a hard task to decide what to do. Your mind spins with a myriad of questions: Who do I ask? How can I trust someone? What’s this going to cost? I offer a free assessment and consultation to help you decide what your best options are. I will help you accomplish your goal from start to finish with minimal effort. Given over 30 years of experience, my objective is to get you organized with the best resources and put you back into control of your life.

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Debbie Simone does liquidation consultations and sales for estates and probate. She also offers other services related to personal property.



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HOME & GARDEN



The Yardist's Top 10 Tips for Fall

By Edgar Banzhaf

People in the Rockport community know that improving and maintaining curb appeal is important for the continued beautification of their neighborhoods. The steps you take in the fall to clean up and prepare your yard for spring are a critical part of the process. Follow these 10 tips to protect your lawn and garden from Old Man Winter and for a beautiful yard next spring.

1. **DO** keep mowing your lawn to help it compete against fall and winter weeds. Keeping the grass at about 2 inches tall is best for fall.
2. **DON'T** forget to water your lawn if it's dry. Water once or twice a week, long enough to soak the soil several inches deep. Watering at night may encourage fungal diseases.
3. **DO** remove fallen leaves from your lawn or they'll form a thick mat that will suffocate the

grass and breed fungal diseases. Use leaves in your compost pile or as a winter blanket in your perennial flower and garden beds.

4. **DON'T** forget to aerate your lawn. Get a professional to aerate that will punch holes in the soil underneath your grass so that oxygen, water, and fertilizer can feed the grass roots.
5. **DO** fertilize in the fall to encourage growth of deep grass roots and keep nutrients on reserve for a healthy start next spring. Use winter fertilizer and a drop spreader for best results.
6. **DON'T** ignore weeds. To ensure a lush lawn next year, apply an herbicide now to target fall-germinating and perennial weeds.
7. **DO** repair your lawn. Cooler temperatures make fall the best time to plant grass. Just make sure you do this before the temperature drops below 50 degrees.
8. **DON'T** forget to plant shrubs now because the

soil is warmer than in the spring and there's still time for the roots to get established before winter. Water the roots thoroughly on the day you plant and at least once a week before winter. Wait until spring to fertilize so you don't burn your new root system.

9. **DO** plant perennials now for spring color. Can't decide what to plant? Sedum, Peony, and Garden Phlox are pretty but low maintenance.
10. **DON'T** forget to remove annuals and mulch the soil around perennials with peat moss, hay or shredded leaves.

Good Luck and Happy Fall from The Yardist! •
 Edgar Banzhaf owns The Yardist Lawn & Garden Service, LLC. The Yardist provides a variety of landscaping services and snow removal services, to homeowners and small businesses in Cleveland, Lakewood, Rocky River, Fairview Park and the neighboring communities.

Lawn and Leaf Bags Aid Parks & Recreation Foundation

The Rocky River Parks and Recreation Foundation in cooperation with local businesses are selling lawn and leaf bags as a community fund-raising effort. Proceeds from the sales recently benefited the construction of the

Martin Park Preschool Playground. Lawn and Leaf bags are on sale at the Don Umerley Civic Center, Rocky River Senior Center and the Hamilton Ice Arena. The bags sell for \$10 for 15 bags (3 - 5 packs). Monies from

the Foundation have previously helped fund numerous projects as well as provided scholarships for participants in recreation programs. Perfect for fall clean up projects! For additional information or locations, please call 440-895-2599. •

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—Emily Bronte

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Breast Cancer Patient Shares Her Journey

By Angela Smith

When Dana Watts of Fairview Park first learned she had breast cancer, she was shocked. The mother-of-two never imagined she would get cancer. "My life was so wonderfully under control," she explained. "I lived a very healthy, active life. And there was no history of cancer in my family."

Dana was faithful in getting her annual mammogram and was surprised to feel a lump on her breast just five months after her last screening. She didn't even have any symptoms.

"Dana exemplifies the perfect patient," said Mita Patel, MD, breast surgeon at Fairview Hospital's Cancer Center. "Due to her own discovery during a self-breast exam, we were able to treat her promptly. She is one of the few who still does her breast exam regularly and it probably saved her life."

Two surgeries, chemotherapy, and 19 radiation treatments later, Dana credits her entire team of experts at Cleveland Clinic's Fairview Hospital Cancer Center. "I really trusted the folks at Fairview Hospital to take great care of me," said Dana. "I'm grateful for all of their support. They have been wonderful to me."

As a psychologist practicing in



Dana Watts paints an umbrella during an art therapy session at Fairview Hospital's cancer center.

Rocky River, Dana always felt she had to keep it all together. "I had to be strong for everyone else. The extension of that is that you don't let others in. Cancer made me realize that in some ways, I had walled myself in and was keeping people out, including family and friends. It wasn't good for me."

While undergoing treatment at Fairview Hospital, Dana learned about the monthly art therapy group session offered at the cancer center and decided to try it.

She attended a session in which participants were asked to paint

umbrellas (which can protect you from rain or sun) to symbolize how they protect themselves in relationships. Dana immediately started to paint her umbrella with a bright red brick wall on one half, and a colorful blooming garden on the other. She explained the brick half represented the "wall" she hit when she was first diagnosed as well as her former self - totally in control and self-sufficient. The garden portion of the umbrella, however, represented the changes she's made since she was diagnosed. She no longer tries to be totally self-sufficient and has

opened herself up to the gifts offered by those closest to her.

That much-needed support from family and friends along with her medical team at Fairview's Cancer Center has been a lifeline to Dana as she continues dealing with her diagnosis. Despite its challenges, Dana's illness has prompted an awakening of sorts.

It has forced her to give up the appearance of having it all together and to begin relying on the people in her life. "I have to learn to let myself accept help and support," said Dana. "I don't always have to be strong. I don't have to have it all under control. If I'm sad, I cry. If I'm scared, there's always somebody I can talk to." She's especially thankful for one Fairview nurse, Michele Ljubi, who called her every week to offer support and answer all of her questions and address her concerns - no matter how big or small.

Dana's advice to other women? "Make sure you get your mammogram every year and do self-breast exams in between. It saved my life. If you are dealing with breast cancer, get a team you can trust to take good care of you and offer the support you need." •

Angela Smith is Manager, Corporate Communications, at the Cleveland Clinic.

Have No Fear, the Flu Shot Is Here!

By Natalie Williams, RPhT

As summer winds down and the air gets crisp, "cold" season starts to descend upon us. There are many precautions to take and information to obtain as we are coming into this season. While I am not here to persuade you, I would like to share some valuable information to help you stay healthy!

Many people get a flu shot every year, but some may not know exactly what the "flu" is! Influenza, commonly known as the flu, is a very contagious respiratory illness caused by the influenza, A or B virus. The flu attacks the body by spreading through the upper and/or lower respiratory tract. Common symptoms of the flu are fatigue, weakness, high fever, body aches, all lasting many days. It can make it hard for you to get out of bed!

Many people ask themselves if they should get the flu shot. There are some things you may want to know before answering that question. The flu virus changes each and every year, just an individual's

health changes constantly. A smart thing to do is discuss with your physician which type of strain you should be receiving.

This year there are two vaccinations that are available, the trivalent(3 component) strain and the quadrivalent(4 component) strain. The Trivalent vaccine, containing 3 strains, protects against two influenza "A subtypes" and one influenza "B subtype", this strain is the most common used in

past flu seasons. There is also the Quadrivalent vaccine, containing extra protection against two "A subtypes" and two "B subtypes".

There are also many other ways to stay healthy during the winter season: Wash your hands constantly, Sneeze or cough into a tissue or into the corner of your elbow, and get a good night's rest and eat healthy. And remember, germs spread, so try to stay away from anyone who is sick, even with just a cold. •

Natalie Williams, RPhT, is a manager at Ohliger Drug in Fairview Park.



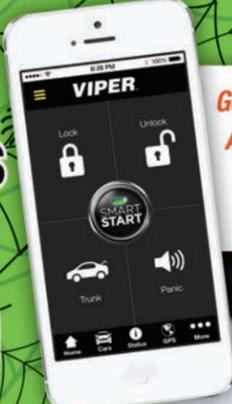
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 **Reminder: October is breast cancer awareness month.**

HEALTH

Wellness Doc

Our Brain Health Is Declining!

By Bryan Ruocco

I believe we take for granted how important our brain really is. The brain controls and regulates every function of the human body. It is what gives us life and animates our body. It is the power source, the generator of life. Without it, nothing in our body would work. Remember, you are considered legally dead when brain activity ceases.

A healthy brain and nerve system are vital to having and maintaining a healthy functioning body. Yet, do routine physical evaluations include a thorough check of your nerve system and the connection between your brain and body?

This may sound confusing, but it's really not. The brain sends messages and energy down the spinal cord to all parts of the body, telling the body parts what to do. It keeps your entire system working in harmony. From digestion to a woman's menstrual cycle, the brain is always in control. It runs the show. So maintaining a healthy brain is critical to life.

The rates of degenerative

brain diseases in our country are skyrocketing and it is not because of our genes. It could have a lot to do with our unhealthy lifestyle choices. If you know someone with Alzheimer's, other types of dementia, or with memory loss and mental fog, it is the most disheartening thing to witness, especially if it is a loved one.

Alzheimer's disease is a degenerative brain disease and the most common cause of dementia. Other diseases and conditions may also cause dementia. Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. It is characterized by a decline in memory, language, problem-solving and other cognitive skills. This decline occurs because nerve cells (neurons) in parts of the brain involved in the cognitive function have been damaged and no longer function normally.

In Alzheimer's disease, neuronal damage eventually affects parts of the brain that enable a person to carry out basic bodily functions such as walking and swallowing. People in the final stages of the

disease are bed-bound and require around-the-clock care. Alzheimer's is ultimately fatal.

Alzheimer's disease is the sixth-leading cause of death in the U.S. According to the Alzheimer's Association, 1 in 9 Americans over age 65 has Alzheimer's disease, which translates to some 5.3 million Americans. The cost of caring for Alzheimer's patients in the U.S. is estimated at \$226 billion for 2015. Unless a cure is found, more than 16 million Americans will have the disease by 2050.

Those statistics are startling and we need to start fighting back. Degenerative brain disease is not something you catch, like a common cold, it is something that you develop over time. We should all be aware that there are things we can do naturally to support healthy brain function.

I invite you to join us every month for our community health education series. This month we will discuss a battle plan for declaring war on degenerative brain disease. And if by chance you are taking



Dr. Bryan Ruocco

cholesterol-lowering medication, you won't want to miss this meeting. Join us **October 28** at 7:15 p.m. at Panera Bread in Rocky River on Center Ridge Rd. Call 440-331-4744 to reserve a seat. Seating is limited to the first 25 participants. •

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.

Age is an issue of mind over matter. If you don't mind, it doesn't matter.
—Mark Twain

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Fall Events at Magnificat High School

By Karen Uthe

Magnificat High School, 20770 Hilliard Blvd. in Rocky River, has many events planned this autumn, including a musical production of "Cinderella". Please plan on joining the Blue Streaks for these family-oriented events that are open to the public. For more information, call 440-331-1572 or visit www.magnificaths.org.

Scholarship Placement Exams and Parent Information Fairs

Saturday, October 10 or 17 from 8:30 a.m. to Noon.

The Scholarship Placement Exam is for current 8th grade girls in both public and private schools. Magnificat uses the High School

Placement Test (HSPT) as part of the admissions process. Fee is \$20. Sign up at www.magnificaths.org/admissions. A Parent Information Fair will be held concurrently with the Scholarship Placement Exam in the Magnificat Center for the Performing Arts at 9 a.m.

Night-in-Blue Pasta Dinner and Bazaar

Saturday, November 7 from 5 p.m. to 9 p.m., with Mass at 4 p.m., and Sunday, November 8 from 4 p.m. to 9 p.m.

The 58th Annual Night-in-Blue bazaar event touches down at Magnificat the weekend of November 7 and 8, complete with the best pasta dinner in town, a raffle with a \$10,000 grand prize,

carnival games, plenty of bingo and games for the little ones. Open to the public. Pasta dinners are \$7 for adults, \$5 for children and senior adults.

Fall Musical "Cinderella"
November 20-22 and 27-28, Magnificat Center for the Performing Arts, www.magnificat.tix.com or call 440-331-1572

Friday and Saturday shows are at 7 p.m.; Sunday Matinee at 2 p.m.

Rodgers and Hammerstein's "Cinderella" is the Tony Award-winning Broadway musical that's delighted audiences with its contemporary take on the classic tale. Magnificat High School's production features all the moments you love—the pumpkin, the glass



slipper, the masked ball and more—plus some surprising new twists! Perfect for all ages. •

Editor's Note: There will also be a "Cinderella" Talk Back event for girls in grades 4-8 on Thursday, November 19 from 4 p.m. to 8 p.m. Girls can enjoy a sneak peek of the show, pizza and a "talk back" with the cast and crew for a Q & A session following the performance. Call the Admissions Department for the Talk Back event, 440-331-1572.

Karen Uthe is the Director of Marketing for Magnificat High School.

"Learning for Life" Series at Tri-C Westshore

By Kristin Broka

The Westshore Campus of Cuyahoga Community College (Tri-C®) will explore topics such as health and wellness, personal finance, and arts and culture during its "Learning for Life" lecture series this academic year. The free educational series offers evening lectures and brown bag lunch discussions at Tri-C's Westshore Campus and Corporate College® West in Westlake. Faculty members and local experts will lead the sessions.

"The 'Learning for Life' lecture series enhances the college's mission of providing high-quality and accessible educational opportunities — not just for our students, but also for members of our community," said Robert Searson, dean of academic affairs at Westshore Campus.

The new series runs through April 2016 and expands and builds on the popular "Year of the Brain" programs offered by the campus the past two years.

Upcoming lectures are How to Manage/Multiply Your Finances at 7 p.m. on **October 21** in the Westshore Campus Atrium and How to Read Poetry at 12:30 p.m. on **October 22** at Corporate College West, Room 112. No reservations are required. For a complete schedule of lectures, visit www.tri-c.edu/LearningforLife.

The Westshore Campus is located at 31001 Clemens Road and Corporate College West, at 25425 Center Ridge Road (the corner of Columbia and Center Ridge Roads). •

Lakewood/Rocky River Rotary Tech Employer Dinner

By Mark Bacon

Lakewood/Rocky River Rotary Club is excited to celebrate the employers that create positions and internships for our West Shore Career Tech students from Lakewood, Rocky River, Bay Village, and Westlake High Schools. On **October 20** at 5:15 p.m. at La Centre in Westlake, a special event will recognize these important employers and host a panel on integrating and keeping talent in the modern workplace. Our panelists include the Director of Career Services from Baldwin Wallace University, the Director of Nurse Recruitment Staffing Resources and the Program Manager of Talent Acquisition from the Cleveland Clinic, and the Senior Vice President Business Attraction of Team NEO.

Dinner and the program are \$35 per person. Please contact Jonathan Clark at 216-521-2201 or jlark@brookstoneadvisor.com for further information. •

Mark Bacon is the Lakewood/Rocky River Rotary Club President Elect.

Dovilla from page 1

citizens, advocating for veterans, and reforming state government."

In the current legislative session, Rep. Dovilla is sponsoring several additional pieces of common sense legislation, including the following measures:

- House Bill 2 substantially reforms Ohio's charter school framework by clarifying roles and responsibilities, improving transparency, and increasing accountability. The bill passed the House by a supermajority in March and is slated for final passage in the near future.
- House Bill 24, the "Ohio Elder Justice Act," strengthens Adult Protective Service statutes for the first time in over two decades, helping to protect some of the most vulnerable members of society from abuse, exploitation, and neglect. The bill unanimously passed the House in March.
- House Bill 46, "Open Ohio," which increases transparency by requiring the Ohio Treasurer of State to establish the Ohio State Government Expenditure Database that includes information about expenditures state entities make. The bill unanimously passed the House in April.

For more information on Mike Dovilla's campaign, please contact Brandon Gesicki at (216) 970-0972 or visit www.DovillaforOhio.com. •

FAIRVIEW PARK BRANCH LIBRARY HAPPENINGS

October 8 from 6:30 p.m. to 8:30 p.m. Join us for **Our National Portrait: America the Beautiful, the New Eden**. Jesse Bryant Wilder, author of "Art History for Dummies", will use a multimedia presentation to explore how early American art—paintings of founding fathers, American landscapes and Native Americans—helped establish America's identity. Registration required.



October 28 from 7:00 p.m. to 8:30 p.m. Wear your peace signs. Tie-dye is highly encouraged for **Love-In at the Library**. Equal Rights, Civil Rights, The British Invasion and Hippies—some words associated with the 1960's. Through song and lecture, Desmond and Molly will

reflect on the events and people who influenced the music of this pivotal period. Registration required.

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

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EDUCATION & LIBRARIES

Passport and Photo Services at RRPL

By Kitty Sommers

Rocky River Public Library is pleased to announce that it now accepts passport applications on behalf of the U.S. Department of State. U.S. citizens planning international travel may apply for their passports at the Library at the following times:

Passport Service Hours

Monday - Thursday

9:00 a.m. - 8:00 p.m.

Friday & Saturday

9:00 a.m. - 5:00 p.m.

Sunday 1:00 p.m. - 4:00 p.m.

No appointment is necessary; however, you can call ahead to reserve a time to keep waiting to a minimum.

According to Library Director Jamie L. Mason, "Our new passport service opens a path to the world for our patrons, especially high school and college graduates who may be getting a passport for the first time."

For application forms, information on documentation required, fees and a wealth of other passport and international travel information, visit the only official website for passport information, travel.state.gov or call the National Passport Center at 1-877-487-2778.

Call the Library at 440-333-7610 or visit www.rrpl.org for information on fees and payment.

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



Passport processing and photo services are now available at RRPL.



Tri-C Westshore Campus

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 on Saturday, **October 17**, 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.

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

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

Open House

AT CUYAHOGA COMMUNITY COLLEGE

Saturday, Oct. 17, 2015
10 a.m. - noon
(please arrive promptly at 10 a.m.)

Visit any of the following locations:

- Eastern | ESS President's Lobby 2nd Floor**
4250 Richmond Road, Highland Hills
- Metropolitan | Liberal Arts, room 102**
2900 Community College Ave., Cleveland
- Western | Student Services**
11000 Pleasant Valley Road, Parma
- Westshore | WSHCS Building Atrium**
31001 Clemens Road, Westlake
- Brunswick University Center**
3605 Center Ridge Road, Brunswick






Come see for yourself

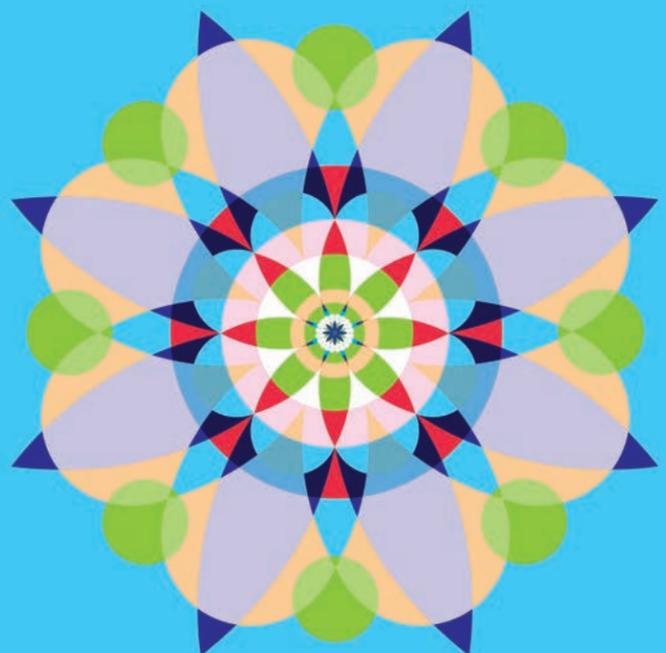
- Tour the campus
- Explore academic options
- Learn about the enrollment and financial aid steps

For more information or to register for an open house, visit
tri-c.edu/openhouse



15-0736

Cleveland Institute of Art
Creativity Matters



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Sunday

October 18, 2015. 12:00pm - 4:00pm

Drop in any time to experience our wide-ranging array of art and design studios and industry-leading technologies. Watch professional demonstrations that showcase the full spectrum of Cleveland Institute of Art's expertise, and make your own take home art projects at this family friendly event.



11610 Euclid Avenue
Free and open to the public
cia.edu/kaleidoscope

CIA

THE GOOD LIFE

The Eponymous Antique Shop Owner Cleveland Treasures

By Mitchell Sotka

There are many treasures to be proud of in Cleveland and Northeast Ohio. Yes, we made it into the NBA playoffs last year, we are the home of the Rock & Roll Hall of Fame, and the National Republican Convention is headed our way. But dig deeper and you will find many treasures with national recognition. From pottery to metal, Cleveland has a legacy of well-known artists.

In my 20-plus years in the antique and decorative arts industry, I have fallen in love with some of these Cleveland treasures. I would like to bring them to life for you and provide the impetus for you to get to know them too.

Claude Conover

Claude Conover may not be well known to many in Cleveland, but his work is in more than 20 museums around the country. His archaic stoneware vessels - hits in the 1960s - are iconic and still celebrated today. These slab-constructed vessels with textural surfaces and subtle color are repetitive in nature but never boring. The clean lines are perfection and timeless. Conover also created zoomorphic sculptures, bowls and lamps with the same feel.

On the bottom of these pieces, you will find the signature "Claude Conover" in an iron oxide glaze. You

may remember the windows at Potter & Mellon lined with Conover vessels. What a sight that must have been! Today, Christie's fetches over \$9,000 for his more unusual forms. On average, his pieces go for \$3,500. Conover's fabulous work is nationally recognized and celebrated.

Rose Iron Works

Before aluminum railings from Home Depot and plastic lanterns from the Internet, there was Rose Iron Works, a metal studio with European roots and 19th century quality. On the near East Side, Rose has it hands in creating gates, railings, lighting and more. Its artistry has graced fine homes and public spaces in Northeast Ohio for 100 years.

"The Hangar" in Beachwood, now a private club, is adorned with railings with seahorses by Rose. Rose outfitted Halle's with doors and screens. Rose also adorned many Euclid Avenue mansions, including gates and andirons. It is hard to see this splendid work first hand, but The Cleveland Museum of Art has pieces in its permanent collection. Old pieces rarely come on the open market; however, Rose still produces work today that celebrates its century of superior craftsmanship.

Edris Eckhardt

Edris Eckhardt came onto the



Rose Iron Work, Muse with Violin, circa 1930

Cleveland art scene in the 1920s with a bang. She studied at Cleveland Institute of Art and excelled to such a degree that she was asked to teach there after graduation. This was a wonderful time for the Cleveland Art scene and she was part of it. Edris produced ceramic, bronze and glass sculptures.

Her playful glazed ceramic figures and stylized glass pieces are a treat to see. She garnered much attention when she re-discovered fused glass encasing gold leaf as the Egyptian did almost 2,000 thousand years before. This not only brought her accolades from peers and collectors,

but it also served to garner her with two fellowships.

Many museums prize her work in their permanent collections. Acquiring her work through auction or galleries is possible, with some pieces selling for around \$100 and fine examples for much more.

Cleveland has been in the forefront in the arts for decades, so celebrate and be inspired. Explore the Cleveland Museum of Art where examples of the work of these three artists are housed along with that of other nationally recognized Cleveland artists. You will see how artistic and creative this region is. •



Cleveland Miniaturia Society member, Dr. Marie Albano, dressed as Alice, will welcome visitors to the show.

"Alice in Wonderland" Theme of Miniaturia Society's Show

By Joyce Waltz-Umerley

"Alice in Wonderland" celebrates its 150th birthday this year and we are still enthralled by the spell cast by Lewis Carroll when he wrote the much-loved children's book in 1865. The fantasy world of rabbit holes and mad hatters, magic cakes, and secret doors will be on exhibit at Cleveland Miniaturia Society's 44th annual show. Please join us 'down the rabbit hole' on Saturday, **October 10**, from 10 a.m. to 4 p.m. at the Don

Umerley Civic Center, 21016 Hilliard Blvd., Rocky River.

Come dressed as your favorite Wonderland character for the occasion. CMS member, Dr. Marie Albano, dressed as Alice, will welcome visitors to the show. There will be door prize drawings, a raffle for miniature Artisan items, food, and 30 vendors from several states selling miniatures for dollhouses and room-boxes. "Don't be late for this very important date!"

Admission is adults, \$5; children,

\$2; age 5 and under, free. Proceeds will benefit WAGS 4 WARRIORS (This non-profit provides war veterans with PTSD or TBI with trained service dogs.)

For more information, email CMSShow@yahoo.com or visit www.clevelandminiaturiasociety.org to view the raffle items. •

Joyce Waltz-Umerley is the Founding Director of the Rocky River Senior Center. She retired in 2004. In 2002, she was chosen Rocky River Woman by the Rocky River League of Women Voters.

Regional Premiere! "A moving reflection on a changed America" - *Chicago Tribune*

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Spotlight After Party

Celebrate with Beck Center at the Spotlight After Party
 Saturday, October 24 | 9:30 p.m. - 1:00 a.m. | \$50 per person
 Enjoy snacks by Chef Chris Hodgson and Driftwood Restaurant Group
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 All proceeds benefit Beck Center's programming and Financial Assistance Program.

Beck Center FOR THE arts | Hosted by: Hyland | Tickets on sale at beckcenter.org | Building 3, 28105 Clemens Road Westlake, Ohio 44145 | THE ROCKPORT Observer

THE GOOD LIFE

Ring Bells of Saint Christopher

Ring bells of Saint Christopher
Bearer of Christ
Over the horns of the traffic and trains
Over the business of every day.

Call us to prayer, call us to Mass
Call us to weddings, funerals, births
Call us. Remind us.
Ring bells of Saint Christopher, ring!

—Mark Herron

The Etiquette Corner
Random Acts of Kindness

By Colleen Harding

The importance of random acts of kindness came up during one of my 6th grade classes. We had talked about etiquette and manners and why we should think about other people when making decisions. We had also covered the need to be appreciative of gifts and kind gestures.



Colleen Harding

The discussion evolved into opportunities to take care of one another and how great it feels when you do. Taking care of each other is a form of etiquette because it requires us to put others before ourselves. Instead of thinking about what's in it for me, you consider what someone else might want or need. For homework, my students were required to either perform a random act of kindness or to tell of a time when they observed one.

Here are some examples of what came out of the exercise. I think they are worth sharing.

1. Someone pays for the person behind them when going through the drive-in window at a fast food restaurant and drives away before the individual can thank him or her.
2. Someone gives or donates money anonymously.
3. Someone takes his neighbor's garbage cans in when his neighbor isn't home.
4. Someone shovels driveways other than his own when it snows.
5. Someone uses her Christmas money to pay for someone else's Christmas presents.
6. Someone holds doors for strangers regularly.
7. Someone puts money in timed-out meters.
8. Someone leaves the quarter in the shopping cart at Aldi's grocery store in the hope that others will do the same.
9. Someone bought his bus driver a present and left it for the driver to find on the bus.
10. Someone helped her mom with unexpected chores daily.

What a great world we would have if everyone occasionally seized an opportunity to perform a random act of kindness. There are occasions to be kind daily if we look for them. At a time when life seems to be going so fast, wouldn't it be nice if we learned from these children and continued their homework assignment. •

Please submit your questions to Mrs. Harding through our website, click on Submit a new story and choose the category "Mrs. Harding."

Piano Recital by Baolu Chen

By Nancy McGillicuddy

On Sunday, **October 11**, at 3 p.m., the Rocky River Presbyterian Church will present the distinguished Chinese pianist Baolu Chen. He is the Principal of the Music School and Director of Music Performance at The First Congregational Church in Twinsburg. Mr. Chen has performed in many prestigious venues such as Carnegie Hall and Steinway Hall in New York, Drinko Hall in Cleveland, Weigel Hall in Columbus, and The China National Center for the Performing Arts and Poly Theatre in Beijing. Currently, he is a doctoral candidate in Piano Performance in the School of Music at Ohio State University.



Pianist Baolu Chen

Mr. Chen will be playing selections from Brahms, Prokofiev, and Tan Dun. The concert is free and open to all ages. A free will offering would be appreciated. The Rocky River Presbyterian Church is located at 21750 Detroit Road, one mile east of Clague Road. •

Nancy McGillicuddy is the Director of the Artist Concert Series at Rocky River Presbyterian.

*Music is a world within itself,
with a language we all understand.
—Stevie Wonder*

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ROCKY RIVER PUBLIC LIBRARY · CALENDAR OF EVENTS

Play **Book BINGO** from **October 1 through November 30!** Would you like a chance to win prizes for reading? Stop by the Reference Desk for a Book BINGO card and then get reading! Once you complete a card, turn it in for a new one. Each completed card is an entry for a monthly prize drawing.

Calling all **Teen Volunteers!** Are you a student in grades 9-12 looking for a place to fulfill school-assigned volunteer hours? The Library may be able to help. Opportunities will range from collection maintenance to assisting librarians with program preparations and implementation. Please contact Megan Alabaugh, Teen Librarian, at 440-895-3752 or malabaugh@rrpl.org to find out more about this new opportunity.

After-School Teen Scene takes place on Tuesdays, Wednesdays, and Thursdays during the school year for grades 7 and up, from 3:30 p.m. to 4:45 p.m.:

- Tuesdays - Gaming in the Computer Training Center.
- Wednesdays - Join the Library Literati for weekly bookish activities.
- Thursdays - Stop in for a casual Teen Lounge. Activities will vary, but pancakes will be a staple!

October 5 from 3:00 p.m. to 4:30 p.m. Stop by for a **Freestyle Hangout** for students in grades 3-6. Relax after school and hang out with friends. Get creative with art supplies and have fun with technology, including our Smart Board. Drop in as you please!

Brush up on your **ACT test-taking** skills with a Princeton Review® test prep and strategy session.

October 7 from 7:00 p.m. to 8:30 p.m. - **ACT Prep Class**

October 10 from 9:30 a.m. to 1:30 p.m. - **ACT Practice Test**
Grades 9 and up. Registration required for each event.

October 8 from 7:00 p.m. to 8:30 p.m. Be part of **The Cleveland Play House Script Club**. It's everything you love about a book club, but with a play in the spotlight. Register, then check out the script for "The Crucible", Arthur Miller's controversial American classic. Read it, and then join CPH staff to explore the story and characters, and to learn how CPH takes a play from page to stage. Registration is required. You can register online

then pick up your script at the Reference Desk or do both at once at the Reference Desk. You must be registered at least two days before to participate.

October 9 at 10:00 a.m. Join our Senior Lecture Series and come to **Know The 10 Signs** presented by the Alzheimer's Association. This workshop will stress the importance of early detection for Alzheimer's disease and other dementias. As 10 million baby boomers risk developing Alzheimer's, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible.

October 12 at 6:30 p.m. We'll be showing "Amour Fou," a 2014 comedy/drama from Austria as part of our **Indie International Film Fest**. Please note this film has not been rated and should be assumed to have mature content.



October 15 at 7:00 p.m. Don't miss **An Evening with the Arts**, presenting **Glass Artists**. The entertaining and enlightening program will celebrate artists who create glass art. Artists Russ O'Brien, Robert Coby and Jerry Keller will talk about their work. It's your opportunity to meet three of Cleveland's best, see their unique work, and learn how they developed their talent. Join in the Q&A to discover what it's like to live life as an artist.

October 16 at 2:00 p.m. Why not come to the library to **Sip, Snack, and Craft** while you get into the knitting groove. You'll want to bring your own project and supplies, and the library will provide a cozy atmosphere and helpful assistance if you get stuck. Or if you'd like to work on the same project as others, please stop by Reference Desk for a free pattern. Registration required.

October 17 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.

October 19 from 6:30 to 8:30 p.m. **Make It: My Bio Book** by crafting an easy accordion style autobiographical book using digital photos and collage materials. Help celebrate Octavofest, the month-long celebration of books and bookmaking. Registration required.

October 20 at 7:00 p.m. Learn about **College Financial Aid: What You Need to Know** from Patty Saddle, President of the College Planning Center. She will discuss the college financial aid process. Topics will include merit aid, the FAFSA, the CSS PROFILE, private versus public schools, as well as information regarding loans and scholarships. Grades 9 and up.

October 21 from 9:30 a.m. to 11:00 a.m. Discover **What's New in Microsoft Office 2016**. This new version is said to be a more viable tool to work with mobile devices and cloud computing. Learn about the new features and how Microsoft in integrating mobility.

October 22 at 7:00 p.m. Be here for **Cleveland Writes: Presenting Self-Published Authors**. Meet authors Karl Bort, Janet Givens and Kate Elizabeth Nagel as they discuss their works and share their publishing experiences in an engaging panel discussion led by author and columnist Michael Heaton. Q&A followed by book signings.



October 23 at 5:00 p.m. **Your Book, Your Brew** is a new kind of book club! We'll meet at Tommy's Place on Linda Street for a casual chat about books we're reading and for a beverage of your choice.

October 26 at 6:30 p.m. Join us for 9th annual **Cowan Classic Film Festival**, which continues on with a showing of "Murder, My Sweet" (1944), starring Dick Powell and Claire Trevor. Fresh popcorn provided!

October 27 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! New to gaming? No problem. Grades 7 and up.

October 28 from 3:15 p.m. to 5:00 p.m. Drop in for **Get in the Game!** for students in grades 3-6. Meet at the Library after school to hang out with your friends, play games and munch on snacks. Be sure to try out our new Wii U with games like Super Smash Brothers!



October 29 at 7:00 p.m. Next in our chef's series is **Chef's Secrets: Delicious Guacamole** presented by Josh Bierman, executive chef at Bomba Tacos & Rum. As part of the restaurant's inspired Latin cuisine, this popular chef shares his fresh take on guacamole, which also happens to be one of his most requested dishes. Enjoy flavorful samples. Leave with recipe handouts.

October 30 at 12:00 p.m. Come to our **Movie Matinee** and enjoy "Testament of Youth," a 2014 British drama based on the First World War memoir of the same name written by Vera Brittain. Popcorn and lemonade provided!

October 31 from 10:00 a.m. to 5:00 p.m. If you dare, join us for a **Frightful Film Festival**. Stay for one or four scary movie classics. Celebrate Halloween while snacking on spine-chilling popcorn and ghoulish goodies.

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

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