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FAIRVIEW PARK & ROCKY RIVER COMMUNITIES | VOL 03, ISSUE 12 | JUNE 2016



A little of the old with a lot of the new!

## Car Cruises in Rocky River

By Bill Cowles

The car crazies at Rocky River United Methodist Church are offering six opportunities this summer for their fellow auto aficionados to either show off their classic rides, or come by and drool over cherished chariots of others!

On the 2nd and 4th Wednesdays of June, July and August, from 5:30 p.m. to 8:00 p.m., the church parking lot on the north side of 19414 Detroit will be full of classic, antique, and custom cars, as well as great food, games for the kids, and music. Each night a valuable door prize will be given away.

Each Car Cruise night has a distinct theme, and people who drive in the brand of the night receive free food and a beverage! Themes for this summer are **June 8** - Ford Night, **June 22** - GM Night, **July 13** - Chrysler Night, **July 27** - European Night, **August 10** - Asian Night, and **August 24** - Rat Rods Night.

No charge for admission and everyone is welcome to these family-friendly events. •

*Bill Cowles is Communication Ministry Team Leader, Rocky River United Methodist Church.*

## FP Fire Department Receives American Heart Association Award

The Fairview Park Fire Department has received the American Heart Association's Mission: Lifeline® EMS Bronze Award for implementing quality improvement measures for the treatment of patients who experience severe heart attacks.

Every year, more than 250,000 people experience an ST elevation myocardial infarction (STEMI), the most deadly type of heart attack. A STEMI is caused by a blockage of blood flow to the heart that requires timely treatment. To prevent death, it is critical to restore blood flow as quickly as possible, either by mechanically opening the blocked vessel or by providing clot-busting medication.

Unfortunately, a significant number of STEMI patients don't receive this prompt reperfusion therapy, which is critical in restoring

blood flow. Mission: Lifeline seeks to save lives by closing the gaps that separate these patients from timely access to appropriate treatments. Mission: Lifeline's EMS recognition program recognizes emergency medical services for their efforts in improving systems of care and improving the quality of life for these patients.

Emergency Medical System providers are vital to the success of Mission: Lifeline. EMS agencies perform 12-lead ECGs which measure the electrical activity of the heart to help determine if a heart attack has occurred. They also follow protocols derived from American Heart Association/American College of Cardiology guidelines. With the correct tools, training, and practices, EMS providers can rapidly

Award page 2

## FP BOE Seeking Community Input

By Joslyn Dalton

The Fairview Park City Schools Board of Education is looking to the community to provide input on the District Facilities Project, an initiative that has been presented by school administration through building tours, community forums, coffee talks (Q&A Sessions), and the formation of a Facilities Advisory Committee (FAC) over the past year.

Each resident plays a role in this important decision — whether they are directly tied to the schools or not — because when students are successful, the community is positioned to thrive.

Facility improvements are needed to support students who can fully embrace the Fairview Advantage: the district's framework for student success that focuses on delivering exceptional services and academic programs to challenge the mind

and instill the joy of learning and responsible citizenship.

At a Special Board Meeting on May 31, the FAC will present their recommendation to the board. The board will then spend three weeks reviewing the option presented along with all community feedback. This is your opportunity to share your ideas, ask questions, or voice concerns.

Join Superintendent Bill Wagner at an upcoming coffee talk: Q&A on facilities on **June 6, 13, or 20** from 5 p.m. to 7 p.m. at the BOE Office, located at 21620 Mastick Road. You can also share your feedback with us at AskFairviewSchools@fairview.k12.oh.us.

At the June 21 Regular Board Meeting, the board will vote on which initiative to place on the November ballot.

Community page 2

## Justin R. McCaulley Appointed to RRPL Board

By Kitty Sommers

Justin R. McCaulley has been appointed by the Rocky River Board of Education to a seven-year term on the Rocky River Public Library Board of Trustees.

McCaulley is president of McCaulley & Company, a strategic consulting and professional services firm focused on communications and opportunity development for clients, serving nonprofit organizations, local governments, higher education, and corporations.

"I am really proud to serve on Rocky River Public Library's Board of Trustees," McCaulley said after being sworn in at the April library board meeting. "RRPL is a pillar of our community. The late Chuck Emrick was a mentor to me, and I am honored to follow in his footsteps as a member of the board. I look forward to giving back by contributing my time and perspective to the library board," he said.

McCaulley is a lifelong Cleveland and splits his time between Washington, DC, Cleveland, and client facilities across the U.S., working closely with clients and government officials. He received a Bachelor of Arts degree in political



Justin R. McCaulley

science from Ohio University and a Master of Business Administration from Cleveland State University. He currently shares his experience with students as a professor in the business and political science departments at Notre Dame College.

In addition, he volunteers for the Alzheimer's Association and the American Diabetes Association. He currently serves on Ohio University's Political Science Board of Advisors and the Professional Ethics and Standards Committee of the Association of Government Relations Professionals. He describes himself as an avid reader, occasional guitar player, frustrated golfer, hopeful Browns fan, and karaoke rock star. •



# Common Threads’ Grand Opening Set for June

By Emily Nelman

Common Threads – a place for thrift, décor and more – is just a few weeks away from opening its doors at 22049 Lorain Road in Fairview Park. City leaders and community members are invited to gather at the store on **June 24** at 10 a.m. to kick off the grand opening weekend with a ribbon cutting ceremony. Shoppers visiting the store during opening weekend are eligible for prizes and special deals on merchandise, which includes adult and children’s clothing, housewares, small furniture and more.

As the first social enterprise venture of Building Hope in the City (BHITC), a Cleveland faith-based nonprofit, Common Threads is not a typical resale store. Behind the store’s thrift offering is a charitable mission that aims to provide work experience to some of the people BHITC serves. They will learn new skills alongside of an experienced retail staff.

“Common Threads, at its heart, is a place that will help to strengthen our community by giving real-life work experience and better wages to people from all backgrounds,” said Jeff Stredney, Director of Social Enterprise.

Stredney and his team want to distinguish Common Threads from other resale stores by providing a superior shopping experience for customers, which includes an expertly designed store layout and quality items on the racks.

“Our emphasis is on selling quality goods at great prices with outstanding customer service – a retail experience with resale prices. This, paired with our charitable mission, will help to make Common Threads a unique resale destination in our area,” Stredney said.

Common Threads invites you to join in the grand opening weekend festivities as follows:

- Friday, June 24:**
- Store hours: 10 a.m. – 8 p.m.
  - 10 a.m.: Ribbon cutting ceremony led by Fairview Park Mayor Eileen Ann Patton; coffee and donuts in the morning from area favorite Becker’s Donuts & Bakery.
  - All day: Fashions on display, curated by students from Virginia Marti College of Art and Design; random prize drawings every hour and special deals on merchandise.
- Saturday, June 25:**
- Store hours: 10 a.m. – 8 p.m.
  - All day: Free popcorn for children; random prize drawings every hour, new items arriving on the sales floor every 30 minutes, and special deals on merchandise.

Quality donations from the community are a critical part of the store’s success. To make a tax-deductible donation, please bring your gently-used items to the store Monday to Saturday from 10:00 a.m. to 4:00 p.m. (donation hours before grand opening). For more information and a full list of accepted donation items, visit [www.commonthreadsthift.com](http://www.commonthreadsthift.com).



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## Award from page 1

identify suspected heart attack patients, promptly notify the medical center, and trigger an early response from the awaiting hospital personnel.

The mission of the Fairview Park Fire Department is to provide service excellence in emergency medical care. The American Heart Association’s Mission: Lifeline program helps us accomplish that by implementing processes for improving our services with the goal of improving the quality of care for all acute coronary syndrome patients.

## Community from page 1

Resources are available on the school’s website, [fairviewparkschools.org](http://fairviewparkschools.org), and include all options presented at recent community forums, survey data, tax and property value information, and a schedule of upcoming meetings.

I encourage all members of the community to share feedback with us. We look forward to hearing from you.

*Joslyn Dalton is President of the Board of Education for Fairview Park City Schools.*

# THE ROCKPORT Observer

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

Check out our Web site at [TheRockportObserver.com](http://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 2016-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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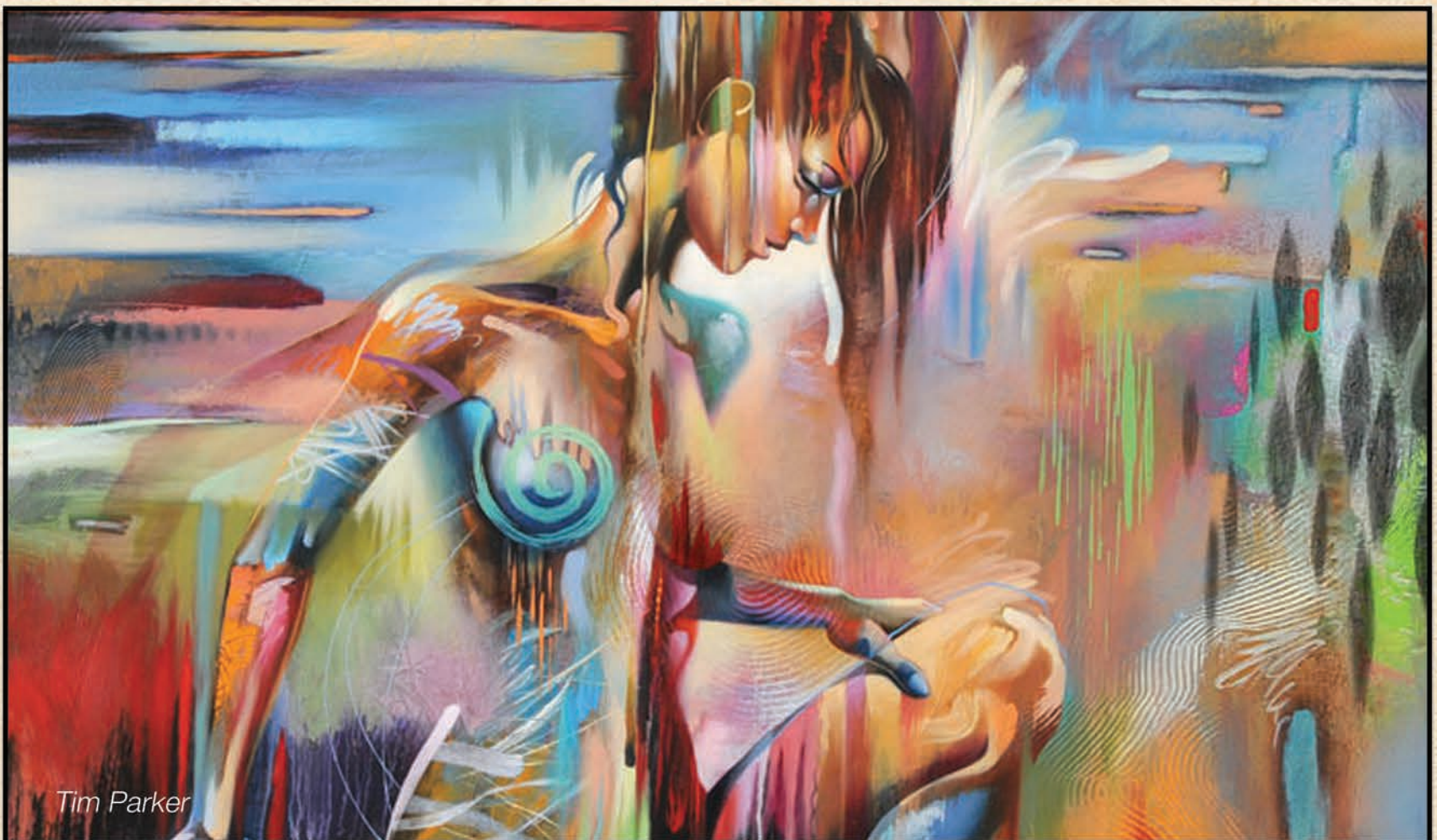
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# Nominate Your Favorite Bright Spot

By Liz Harmath

Spring and summer are always busy for the Rocky River Beautification Committee.

Celebrating the warmer weather, the committee recently spruced up the urns in Downtown River. This is the fifth year for the project, which is a delightful partnership with area merchants and property owners. They obtain the plant material and handle weeding and watering over the summer, while committee volunteers spend time digging in the dirt to install the plants.

The Bright Spot program is the highlight of the summer. Everyone enjoys receiving recognition, and this is a chance to acknowledge the time and effort residents put into enhancing their property with quality maintenance and landscaping. Nominations are open, so don't miss the chance to nominate your favorite yards, both big and small!

Single family homes are the focus of



Planting at Downtown River: Mary Kay Costello, Ron Gottschalk, Rita & Angelo Cellura, Mayor Bobst, Sara Doan, Nancy Sharbaugh, Vicki Foster, Liz Harmath, Abby Marshall, Cindy Bacon, and Gabe and Mel Harmath.

the program. The extensive efforts at other types of residences, churches, and businesses are amazing, but a limited volunteer base curbs the breadth of the program. Teams look

at the homes and front yards from the street; they do not go onto private property and hence cannot consider the many side and back yards in our community.

To nominate a residence, please email [rrbeautification@yahoo.com](mailto:rrbeautification@yahoo.com) by **June 9**. If you have contact information for the person you are nominating, please share it, but contact information is not required. Abby Marshall is leading the project again this year. To see pictures and lists of past recipients, go to [www.rrcity.com/beautification-committee/](http://www.rrcity.com/beautification-committee/). Please stop at the committee's table at River Days on July 9 when we announce the recipients.

One of the committee's long-term projects is considering ways to upgrade the corner of Hilliard Boulevard and Wagar Road. Different options for both signage and landscaping are slated for consideration this summer. Kathy Bemer is leading the project. •

*Liz Harmath is the Chair of the Rocky River Beautification Committee. The committee's mission is focused on projects and recreational activities that foster community involvement to improve the appearance of the city.*

# Loving Cup Kids Academy Receives Award for Quality Program

By Jaclyn Kaliszewski

In recognition of a commitment to quality and an ongoing dedication to the learning and development of children, Loving Cup Kids Academy of Fairview Park has received a Two-Star Step Up to Quality Award from the state of Ohio.

Step Up To Quality is Ohio's rating system for learning and development programs. Participating programs can earn a one to five-star rating.

Programs with a two-star rating require administrators and teachers to attend 20 hours of specialized

training every two years, in addition to the following:

- Hire teachers with higher education qualifications.
- Use self-assessments to improve classroom practice.
- Use the "Ohio's Early Learning and Development Standards" to create activity plans to support children's learning.
- Value strong relationships with families.

"Loving Cup Kids Academy of Fairview Park is proud to be a two-star program," said Jaclyn Kaliszewski, Director of Loving Cup Kids Academy. "We know that children have 1,892 days from birth until school starts and every day matters. It is important to us that children develop their self-confidence, social and emotional skills, and a love of learning."



Research confirms the first five years of a child's life have a direct impact on how children develop emotional well-being, in addition to learning and social skills. For these reasons, the Ohio Department of Job and Family Services and the Ohio Department of Education are committed to improving early

childhood opportunities for all children in the state.

To learn more, visit [www.earlychildhoodohio.org](http://www.earlychildhoodohio.org) or the center at 22985 Lorain Rd, Fairview Park. Call 440-716-1500 and speak with Ms. Jaclyn the Director to set up a tour of the facility. •



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COMMUNITY NEWS & EVENTS

Summer Reading at RRPL

By Kitty Sommers

Summertime is a fun time for readers of all ages. Sign up for RRPL's Summer Reading Programs and you'll discover great incentives, prizes and the love of reading. You can sign up for the programs, beginning **June 13**.

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 prizes for reading and sharing your book adventures with us.

All teens in grades 7 through 12 are invited to participate in the **Teen Summer Reading Program**. More prizes! More ways to win! More fun for everyone! Stop by the Reference Desk to sign up and learn all about our all new Teen Summer Reading program.

And the Summer Reading Program isn't just for kids. Stop by the Adult Reference Desk to participate in the **Adult Summer Reading Program**. Submissions accepted weekly for our gift baskets. Check out our blog (readitorweep.org) or the library's Facebook page to see which prize is up for grabs each week. Registration opens June 13 through our website or at the Adult Reference Desk. The Summer Reading Programs end Saturday, August 6.

\*\*\*Join us for our **Summer Reading Kick-off** on Monday, **June 13** from 2:00 p.m. to 4:00 p.m. on the library front lawn. Be sure to say hello to the Lake Erie Crushers baseball team mascot, Stomper, and sign-up for our Summer Reading Program. Cycle to the library and register your bicycle with Rocky River Police Safety Officer Camp. River Dog Café will be here to help us celebrate by giving free hotdogs to kids at this kick-off event! \*\*\* •



Sign up for RRPL's Summer Reading Program, beginning June 13.

Hooray For Food Trucks & Fun!



Don't miss Hooray For Food Trucks & Fun! on Tuesdays, June 21 and 28, from 5:00 to 8:00 p.m., in Rocky River Public Library's parking lot and front lawn. Be here on June 21 when the FiredUp Taco Truck rolls in and again on June 28 when River Dog Café's food truck stops in our parking lot to serve up your favorite mouthwatering treats--all reasonably priced. Get your food to go or stay to join in the family fun on the lawn. We'll have cornhole, sidewalk chalk, bubbles, trivia and more for a perfect summer evening. The School of Rock performs on June 21. •

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COMMUNITY NEWS & EVENTS

# Water Safety Tips for the Summer

By Kristen Chandler

With the arrival of summer, many families are looking forward to the start of beach, boating and pool season. It's an exciting time of year, and the perfect time to ensure that every child has the skills he or she needs to be safe in and around water.

Drowning is the leading cause of injury death to children ages one to four—and the second leading cause of injury death for children ages one to 14, according to U.S. Centers for Disease Control and Prevention. What's more, thousands of children are hospitalized each year for nonfatal drowning incidents, with a significant number sustaining permanent brain damage. Also, a child can drown in as little as one inch of water and in as little time as 20 seconds.

There are practical water safety tips that all parents and caregivers need to know:

- Designate a "water watcher" who will avoid cell phones, conversations, and anything else that might distract from watching swimming children - every single second. Surprisingly, most children who drown are supervised.
- The American Red Cross says that the main thing that parents can do to keep kids safer around



Ready to hit the water for summer fun!

- water is to enroll them in swim lessons.
  - Get swim lessons for yourself or any other caregiver who cannot swim or is afraid of water.
  - Realize that floaties, noodles and plastic inner tubes are just water toys, not life-saving devices. Life jackets should be designated as U.S. Coast Guard-approved.
  - Even the most seasoned swimmers can encounter trouble. Make sure swimmers don't overestimate their skills and stay hydrated.
- In addition to these tips, there are several skills that the instructors at Goldfish Swim School Fairview Park

and Goldfish Swim School Cleveland East Side focus on. Parents can also practice these skills with their kids:

**Going underwater and breath control.** To condition your baby or toddler for going underwater, start with the verbal cue "NAME. Ready. Go!" Pause one second, dip into the water and celebrate!

**Getting in and out of the pool safely.** Help your little ones learn how to get out of the pool by manipulating their bodies in this order: elbow, elbow, tummy, knee. You can even do this on your living room floor by having your baby climb onto a couch or chair!

Eventually, your little ones will be strong enough to manage the movement on their own!

**Jump, Turn, Swim to the Wall!** Once they have the movement down, let your child jump off the side of the pool to you, help them turn back to the wall, and then assist them in getting out of the pool by using the elbow, elbow, tummy, knee method. As they get more confident, let them go under the water and come to the surface on their own.

**Crab Walk.** Help your kids work on their grasp reflex to assist with their ability to get out of the pool. Support them while they crab walk by holding onto the wall.

**Pulling.** Assist your baby in practicing pulling paddle motions with their arms. This trains both the mind and muscles to perform techniques for later swimming strokes.

The water is a place for family fun. But keep in mind that accidents can happen quickly. Constant supervision and basic water safety skills will make for a safer summer for everyone.

Goldfish Swim School provides swim instruction to children ages 4 months to 12 years in a unique setting with highly trained instructors, small class sizes, shiver-free 90-degree pools, and a state-of-the-art water purification system. For more information, please visit [goldfishswimschool.com](http://goldfishswimschool.com).

## Walk Your Way Around RRPL

Don't miss Let's Go on a Story Walk! on Monday, June 20, from 9:00 a.m. to 6:00 p.m., on Rocky River Public Library's lawn. Enjoy time outside with the 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. For all ages! •



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COMMUNITY NEWS & EVENTS

West Shore Council of Governments Meeting of May 11

By LWVGC observer Janice Patterson (Westlake/North Olmsted)

*This report is not an official statement of the League of Women Voters. Mayor Bobst's office prepares official minutes.*

The meeting took place at Memorial Hall in Rocky River and was called to order at 9:38 a.m. Mayor Pam Bobst presided. The meeting was adjourned at 11:50 a.m.

Present: Mayors Bobst (Rocky River), Summers (Lakewood), Sutherland (Bay Village), Patton (Fairview Park) and Kennedy (North Olmsted). Also present were Mary Ellen Umerly, Chris McNulty, Jeff Capretto, Kevin Bedarski, and the LWV observer.

Two extensive reports were presented. Chris McNulty, Director of Political and Community Affairs for the Republican National Convention Arrangements Committee, briefed the mayors on his office's responsibilities relating to the July 2016 Republican

National Convention. Jeff Capretto, Special Agent in Charge, Westshore Enforcement Bureau (WEB), presented the 2015 Annual Report orally and in print.

Key points from McNulty's presentation are the following:

- Convention committee members and media will begin arriving about July 8 for a week of conference work preceding the actual convention. Some 15,000 media personnel are expected.
- Delegate travel to and from the Q (by bus from their hotels in four counties) is not expected to change rush-hour traffic very much as they will be coming into town in the late afternoon.
- Westshore suburbs can expect a lot of activity in shopping areas, restaurants and bars during the daytime from people who have come to the area with RNC delegates but do have credentials themselves. Several bars are requesting temporary late closing hours.
- Volunteer recruitment continues;

about 8,000 people needed to assist with logistics downtown as well as in all hotels where delegates are housed. Volunteers must commit to attending a training session and to specific time assignments.

- Hosting the RNC is an opportunity to "rebrand" Cleveland as about 85% of delegates may never have been here.
- While there will be a specific national security "net" controlling egress in and around the Q for delegates, media and assigned volunteers, citizens are welcome to come downtown to enjoy the ambiance of a major event.

Capretto's sobering report highlighted the epidemic level of heroin addiction in Ohio and its presence in the Westshore suburbs. He stated that a many-pronged approach is necessary to address use and abuse of all kinds of drugs, beginning with health education for children and youth and following through to convictions of traffickers. Lakewood has four dedicated

narcotics officers and Westlake has two.

His remarks prompted questions from the mayors about the varied substances that are being sold and used. The group also discussed the possible need for new ordinances that would control locations for sales of electronic cigarettes and marijuana products, should medical marijuana become legal in Ohio.

Members accepted the financial reports for February, March, and April presented by Fiscal Officer Renee Mahoney.

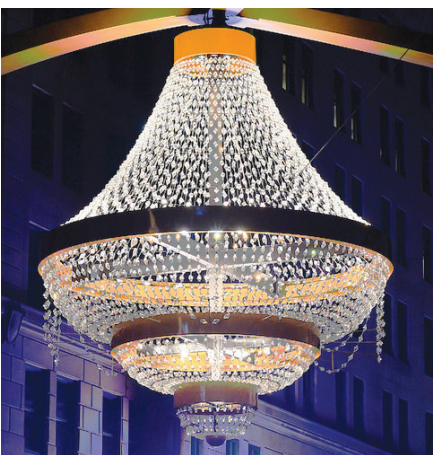
There were no commission reports. The mayors also exchanged ideas on the ways they are using technology to inform citizens about emergency situations and community activities.

The preferred candidate for CERT Coordinator has declined the position, so the search will be reinstituted.

County Chief Economic Development Officer Ted Carter did not attend the meeting as had been announced in the March meeting report. •

Playhouse Square Then & Now

Playhouse Square Then & Now will be presented by George McNulty on June 2 at 7:00 p.m. at Rocky River Public Library. Learn the fabulous history of our Cleveland Theater district and find out how it became the largest performing arts center outside of New York City. Enjoy video clips of the upcoming season along with an engaging talk. Enter a raffle to win two tickets for loge seats at an upcoming fall performance! You must be present to win. •



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**Summer Student Show**  
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COMMUNITY NEWS & EVENTS

Hospice of the Western Reserve to Relocate West Side Team

By Laurie Henrichsen

Late last year, Hospice of the Western Reserve was notified that the building in which it has been occupying an office in Lakewood was slated for demolition. After scouting multiple locations, the nonprofit agency has signed a lease and will be relocating its staff to a new office located at 22730 Fairview Center Drive, Fairview Park, early this summer. Multiple factors were involved in the site selection process. “Through the years, Hospice of the Western Reserve has developed many valued business and community partnerships in Lakewood, Fairview Park and the surrounding communities,” said Lisa Tomm, community facility coordinator. We intend to remain

as active as ever in partnering with local business and community leaders in all of the communities we serve from our new home base in Fairview Park.” Tomm added that operations are expected to be seamless, with no interruptions in service in any of the West Side communities the agency serves. The staff and volunteers involved in the move travel to provide care to patients in their personal residences, at nursing facilities and assisted living and retirement communities. The office site serves as a central base of operations for the team; no patient care is provided there. Positions on the care teams include doctors, nurses, hospice nursing assistants, social workers, and bereavement counselors, among others.



Hospice team moving to 22730 Fairview Center Drive in Fairview Park.

The office is one of many the nonprofit agency utilizes as an operational base. Hospice of the Western Reserve has offices in multiple sites throughout Northern

Ohio. Its headquarters is located at 17876 St. Clair Ave. in Cleveland. • Laurie Henrichsen is Public/Media Relations Manager, Hospice of the Western Reserve.



*It isn't about giving up, it's about more time in their garden.*

Hospice of the Western Reserve's compassionate care can reduce stressful hospital visits so you can spend more time together. **It isn't about giving up, it's about taking control.** If you or a loved one has been diagnosed with a serious illness, **we can help.** Learn more at [hospicewr.org](http://hospicewr.org) or call 800.707.8922 to get started.



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The Etiquette Corner  
Visit a Senior Today!

By Colleen Harding

Senior citizens are a valuable part of our society. They protect our traditions and the history of our society. If you sit and chat with a senior, you will find a wealth of knowledge and information not found in textbooks. Their stories are priceless. In fact, the way things were in the not-too-distant past is often hard to believe.

If you are smart enough to befriend a seasoned person, here are a few things to remember when conversing:

**Slow down.** Everyone moves very quickly today, but seniors relish visitors and thinking about what is unfolding in the world today. They pride themselves on being experts at listening, asking great questions and visiting.

**Dress appropriately.** This generation grew up getting dressed for church, dinner and sometimes even ballgames. When you are not dressed appropriately, it could be interpreted as disrespectful.

**Find a quiet place for a conversation.** They are not interested in distractions that will take away from your visit.

**Be early.** To this special generation, on time is actually considered late. Seniors plan carefully so that no interruption or event will cause them to be late. They are ready for any occasion well in advance.

**Have conversation topics ready.** Current events taking place in your life like vacations, sports teams and clubs are great topics. Most seniors enjoy listening to what “younger” folks are up to. You may find that your adventures stir up beloved memories of their past activities.

**Ask some questions** like what was it like when they were kids? What has changed in your town, school, etc... What has been the biggest surprise of this generation? What are kids doing today that wasn't even on your radar when you were a kid? Where did you go on your honeymoon?

Leave your electronic devices at home. No iPads, iPods, iPhones or I anything. This generation knows there is value in these devices but not when you're visiting. Give them your full attention.

Thank you dear seniors for protecting traditions and sharing your experiences. You are an important part of society and we appreciate you! •



Colleen Harding

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## HEALTH

Wellness Doc

## A Holistic Approach to Allergies

By Bryan Ruocco

Allergy season is here. Sniffling, sneezing, stuffy head, sinus congestion, and headaches are just a short list of the symptoms associated with allergies. Allergy symptoms occur when the immune system overreacts to something that is harmless to most people, but triggers a reaction in those sensitive to it. This substance is known as an allergen.

For some, allergies are seasonal - worsening during certain times of the year, such as pollen allergies in the spring. For others, they are perennial - occurring year-round. If you come in contact with something to which you are allergic, your immune system considers it dangerous and releases a chemical called histamine to counteract it. The release of histamine can cause a variety of symptoms, including a skin rash, headache, sneezing, runny nose, swelling, nausea and diarrhea.

The purpose of the histamine response is to quickly eliminate the allergen from the body. The more you are exposed to it, the greater

the histamine response, which can exacerbate your symptoms. The most severe reaction, known as anaphylaxis, can be life-threatening.

If you breathe in the allergen, your reaction will most likely affect your eyes, nose and lungs. If you consume the allergen, you're more likely to have symptoms in your mouth, stomach and intestines. So pay attention to how you are affected as it can be very useful in your journey to eliminate allergies. If you suffer from seasonal allergies from grasses, pollen and other airborne allergens, there are natural remedies to help combat and eliminate the symptoms.

The most obvious step is to try to eliminate the allergen. However, for most people, changing their environment is not an option. So, since you are going to be exposed to the same allergen year after year, there are various ways to prepare your body to deal with it.

**First, support healthy liver function.** Allergens and the histamine response are filtered through the liver. A healthy liver function may more quickly rid the

body of the allergen and histamine, plus make you feel better.

**Second, improve the body's breakdown of proteins.** Proteins cause the immune response and often lead to all the symptoms associated with allergies. I have seen many allergy cases where taking enzymes has been a tremendous help. Certain enzymes help break down these proteins, which also aids those who suffer with food allergies.

**Third, maintain a healthy gut and digestive system.** Working on the gut and supporting healthy digestion can also help those who suffer with allergies. Through experience, I know that a large percentage of people who suffer from allergies also suffer from some type of digestive issue - from heartburn and indigestion to constipation and bloating.

Digestive challenges and gut health can be at the root of allergy problems. Remember, the quality of and the types of food you eat are related to your allergy risk. They mediate through your gut bacteria, which plays a crucial role in the development and operation of the



Dr. Bryan Ruocco

mucosal immune system in your digestive tract. When out of balance, your immune system may respond abnormally, causing an allergy response. Improving gut health and bacterial balance is important for those who suffer with allergies. •

*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.*

## Roles of Intention, Intuition, and Manifestation

By Rajeev Ahluwalia

Everything that happens in the universe starts with intention and it is the starting point of our dreams. The creative power of intention fulfills everything in our life - be it love, relationships, spiritual awakening, or money.

**Intentions** are like seeds. When we release our intentions, a direct impulse of our consciousness, and leave it to the universe, it starts to grow and flourish. Ancient Indian sages said to practice meditation daily and plant your intention immediately after meditation because your awareness was centered in the quietness of all the possibilities.

**Intuition.** This is a skill every individual can learn, develop, and master. Imagine what you would do with your life, if somehow, you already had a "gut feeling" about all the important decisions you were going to make. When you master the skill of intuition, it will be easy to make better choices and eliminate possible problems before they disrupt your life. Intuition can help you experience greater success, happiness, and more fulfillment in life while staying true to your soul's purpose.

We are unable to make the right decisions in our life because we are trying to please everyone rather than listening to our deeper self or Intuition.

**Manifestation.** Just imagine for a moment that you can create your own reality, get whatever you want, and manifest anything. How wonderful your life would be!

Manifestation is simply a very powerful thought - a powerful projection of our thoughts coming to fruition. Sometimes it is impossible to believe such a thing, especially when things are not going well for us, but we are responsible in some way for creating the reality around us.


The key to manifestation is very simple: Thoughts Become Reality.

In the universe, there is a law known as the Law of Creation, also known as the Law of Attraction. Now the question becomes how do we saturate our minds with thoughts that help us in activating the law of creation? The answer is by simply picturing the desired outcome in your mind.

Sometimes we get so caught up in the many details of the functionality of the universe that we actually forget how to take help from the universe. This becomes simple and easy once you understand how to tap into and use the Theta brainwave. Come and learn the art of creating the best intention, enhancing your intuition, and manifesting the best in your life in ThetaHealing® classes. For more information, visit [www.NaturalHealingTrends.com](http://www.NaturalHealingTrends.com). •

# ALLERGIES

## FREE EVENT




**Do you suffer with allergies?**

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- Sinus Congestion
- Head/Sinus Pressure
- Headaches
- Skin Rash

If you suffer with allergies, you don't want to miss this. Dr. Ruocco will be sharing with you how to eliminate allergy suffering naturally. Learn what steps to take to end your suffering.

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THE GOOD LIFE

The Eponymous Antique Shop Owner Rethinking Your Garden

By Mitchell Sotka

We have shed our wool sweaters, headed outside to clean our yards and contemplated the flowers to plant. So, what should we do to make this year's garden more interesting?

Vintage Pots

Antiques and vintage garden pots, statuary and found objects can be part of the answer. These accents, vintage and otherwise, can easily be found by searching your parent's basement, looking in shops of all sorts, and browsing for tree lawn finds (garbage day). Any of these places may hold the perfect treasure to perk up your yard.

The past holds a bounty of delights in colorful glazed pots, from vibrant



We may never visit this garden in Russia, but the tall plinth elevates the urn above the foliage and blossoms giving the eye a focal point.

orange and yellow to calm seafoam and jade green. Besides great glazes, these pots come in interesting designs - embossed circles, angels and flowers. Identifying pots can be easy, as many companies marked the bottom of a piece with a number that indicated its shape and/or size. In addition, factories such as McCoy, Sewanee and Redwing embossed their names on the bottom of a piece.

These fabulous pots made in America from the 1950s to the 1970s can spice up any space, indoors or out. Vintage pots may be found for as low as \$10 for small common pots to about \$95 for larger ones.

Creating interest can be done with a single large pot. However, blending various shapes and sizes of the same color can create a distinctive focal point. No matter your vision, mixing less and more expensive pots will give you high impact. So, find a series of steps, a corner of your patio or bare spots in your garden that could use height, color or interest and see if a vintage pot makes it sing.

Cast Stone

There are other ways to achieve points of interest. Cast stone and concrete garden accessories from the early to mid-20th century can give your garden classical drama. Cast pieces come in many forms - small toads, playful figures like Putti (chubby babies), classical urns, and birdbaths. The hard surface serves as a backdrop for the foliage and

blossoms in your garden.

Urns give a patio presence. Statues and birdbaths add height within your garden. Made in various factories, the older pieces have a historic patina that gives your garden a sense of history and age. This aged look is not as expensive as you may think. Small figures like toads may cost \$40, while an average rustic planters may run \$65. Cast bouquets of fruit flowers may cost \$125 and larger pieces such as urns and fountains can cost anywhere from \$225 to \$500, respectively. Although this may sound rich, older carved stone pieces can be five times these prices.

Found Objects

And there's more! Found objects, yes, random objects can be that perfect accent. Someone's junk can be your garden's treasure. For example, consider a vintage iron chair as a garden pot holder, an industrial mesh gate used as a trellis, and salvaged iron industrial castoffs placed in between plants not only creates height but also have a patina that changes colors with the rain and life outside.

However, less traditional salvage could bring humor to your garden. A broken down stove with planted



Lewis Ginter Botanical Garden Blog posted this creative idea for a found object for a garden, what's cooking? Thanks Lynn Kirk and Jason Reeves for sharing this great idea.

pots overflowing with plants and nestled among foliage. Even large glass chunks placed in a stream like pattern can be the non-flower flower bed. One thing about salvage the price can be right, zero dollars in many cases, so dream the impossible and have courage to do it!

Designing a garden is like designing a room and simple rules applies - balance, proportion, color and texture. Look into your yard and see what is lacking. When doing this look from the street, look from a second floor window, look from the garden itself. Multiple perspective will let you view your yard with a better eye. Now that you have a map of your garden and you see can figure out your style: vintage pots, classical cast stone or found objects.

Have fun and celebrate your creativity with a glorious garden! •

Bay Village Theater Presents Staged Readings

By Patrick M. Meehan

Under the title "All the World's A Stage[d] Reading" the Bay Village Community Theater is performing staged readings at Mojo's Coffee & More on the second Sunday of each month, June through December.

Just you, the actors and the author's words in a cozy coffee shop. The free performances will take place at Mojo's, located at 600 Dover Center Road in Bay Village. Doors open at 5:30 p.m., giving patrons an opportunity to purchase coffee or other tasty treat before the performance at 6 p.m.

George Bernard Shaw's one-act play, "Overruled", will be performed on June 12. A comedy about marriage, fidelity, and...infidelity! Written in 1912, the play revolves around two couples and their conflicting ideals on honor and desire. The play is directed by John Hnat and features Huntington Playhouse alumni.

Auditions for "Trifles", the second installment of the series, will be held on June 13, 7 p.m. to 9 p.m. at Bay Village Public Library. The play is a suspenseful mystery that pits two farm women against the male sheriff and prosecutor as they all investigate a murder scene. Roles are available for two women and four men, ages 25 and older.

For more information, contact John Hnat at bay.village.community.theater@gmail.com or 216-408-9130. •

Patrick Meehan is Vice President of Education for the newly formed Citizens for Bay Village Community Theater.



RRPL Presents "Lovingly Yours Langston & Lorraine"

By Kitty Sommers

As part of its popular performing art series On Stage In River, Rocky River Public Library presents "Lovingly Yours Langston and Lorraine" by the Ensemble Theatre on June 26, at 7:00 p.m. at the Rocky River Senior Center, 21014 Hilliard Blvd.

Experience the excitement of live performance when this unique theatre company takes us behind the scenes of two literary legends in this imaginative production. The play highlights the poetry and dramatic works of American literary greats Langston Hughes and Lorraine Hansberry. The poetry and scenes from several of their plays, including "Tambourines to Glory", "Simply Heavenly", "Raisin In The Sun", and "To Be Young Gifted & Black", create this inspiring production drawn completely from their words.

Join us for a memorable performance you, your family and your friends will enjoy. Free admission.

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

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





## THE GOOD LIFE

# “Heathers: The Musical” Premieres at Beck Center

By Pat Miller

Beck Center for the Arts proudly presents the regional premiere of “Heathers: The Musical”. The production will run **May 27 through July 2** in the intimate Studio Theater, with show times of 8 p.m. on Fridays and Saturdays, and 7 p.m. on Sundays. This production contains strong language and content.

Based on the iconic 1989 cult film, “Heathers: The Musical” is adapted by Tony-nominee Laurence O’Keefe and Emmy-winner Kevin Murphy. This darkly delicious comedy follows Veronica Sawyer, a teenage misfit who hustles her way into the most powerful clique at Westerberg High - the Heathers.

Just as Veronica makes her mark with the popular crowd, she falls for the sexy outsider J.D. Will Veronica risk it all for a boy, or will J.D. bite the bullet and put the Heathers in their place—six feet under? Praised by “The New York Times” as “a rowdy

guilty pleasure,” this production is for anyone who’s ever been in love, in trouble...or in high school.

No stranger to adventurous theater, this production is directed by Scott Spence—the man responsible for the Beck Center’s record-breaking production of the “Evil Dead: The Musical” as well as “Reefer Madness” and “Eating Raoul”.

“Musicals born from cult movies have been perhaps my favorite projects over the years at Beck Center, especially ones that we produce in the Studio Theater,” said Spence. “I am excited to add the wickedly funny “Heathers” to that mix, a musical that manages to combine the blackest of comedy with a wonderful sense of social commentary that rings as true today as it did when the film premiered in 1989.”

Spence is joined by musical director Larry Goodpaster and choreographer Martín Céspedes.



Look out for the Heathers!

Photo by Patrick R. Murphy/PRM Digital Productions

The talented cast of 18 includes Madeline Krucek of Baldwin Wallace University as Veronica and Shane Lonergan of Oberlin College as J.D. Paul Floriano and Matthew Wright also appear courtesy of the Actors’ Equity Association.

Tickets are \$31 for adults, \$27

for seniors (65 and older), and \$12 for students. A \$3 service fee per ticket will be applied at time of purchase. Purchase tickets online at [beckcenter.org](http://beckcenter.org), or call Customer Service at 216-521-2540 x10. Beck Center is located at 17801 Detroit Avenue in Lakewood. •

## On the Light Side Splashdown

By Tim Piai

Growing up, I was the only boy in our pack of townies that wouldn’t jump off the falls in Chagrin Falls. It was dangerous and illegal, of course, and there were plenty of kids over the years who didn’t stick the landing – primarily because they dove instead of jumping out past the jutting rocks. But everyone did it anyway.

Eventually, somebody – some say it was the fire department itself – hammered an “x” into the rocks at the top of the falls to mark the safest jumping point. It was the ultimate “if you must” concession to teenage stupidity and boredom.

But as much as I feared heights, it was the splashdown into the surprisingly deep bowl of water that prevented me from taking my turn. I was a first-generation bad swimmer from a family of non-swimmers.

One side of my family had been through the Great Dayton Flood of 1913, rendering them “landlocked” forever. And while it’s tough to top the panic of a rooftop rescue, I believe the other side of my family may have experienced even more trauma. Their boxer-and-boxcar-building father threw them in the Shenango River to figure out swimming for themselves. To this day, visualizing that struggle still cuts my breath a bit.

It was no surprise, then, that I swam like a kangaroo. In my early swim lessons, I would swim holding my nose, eyes squeezed shut, paddling one-armed to the bottom of the pool to desperately grope for the gold stones that the teenage instructor had tossed into the pool. Of course, the odds of swimming successfully like this are nil.

In the end, every trip into the wave pool at Geauga Lake was a near-death experience, and every first-period gym class that required a mile-swim resulted in mouthful after mouthful of chlorinated water. (I barfed pool water so many times in second period Ancient World History that I still gag when someone mentions Alexander the Great.)

So let’s flash forward to today, and my next generation of aquatic hopefuls – living their life on the watery West Side lakeshore. Did I follow the lessons of my forefathers and fling my children helplessly off the fishing wall at Sweetwater Landing? No, I deferred to actual swim lessons, and the only anxiety my children experienced was a creepy taxidermy display outside the River Oaks Fitness Center’s pool.

But our water-resistant DNA still surfaces from time to time. This April, my fifth-grader tried to cannonball our policy of swim lessons and swim team every summer. “We don’t want you to know how to swim,” I said. “We want you to be a good swimmer.”

Clever, right? But in the back of my mind, I know this means that someday he won’t hesitate at the top of whatever waterfall he and his friends come across. In the end, all I can hope for is that he jumps like hell, and that he’s ready for the splashdown.

Call it a leap of faith. •

*Tim Piai is a freelance writer living in Rocky River.*

## FAIRVIEW PARK BRANCH LIBRARY HAPPENINGS

**May 24 through June 28 from 5:00 p.m. to 7:00 p.m.** On Tuesday evenings, the library will host pilot classes for **Key College Prep Academy**. Attendees must complete orientation session on May 24. This free program is designed to help attendees enter college ready to succeed. Refresher classes in English, math and/or writing are offered to jump start your college experience. Attendees must have a high school or GED diploma for this program. Registration required.

**June 14 from 7:00 p.m. to 8:30 p.m.** Beverly Potts, age 10, was last seen on August 24, 1951 in Cleveland. Join James Badal, author of “**Twilight of Innocence: The Disappearance of Beverly Potts**”, and documentary filmmaker Mark Wade Stone, producer of Emmy-Award winning “**Dusk and Shadow: The**

**Mystery of Beverly Potts**” as they reexamine the events leading up to her disappearance and the subsequent police investigation. Registration required.



**June 27 from 7:00 p.m. to 8:00 p.m.** Greg Deegan of Cleveland Landmarks Press will present a virtual tour of the **Stadiums of Cleveland** - League Park, Municipal Stadium, Progressive Field and Cleveland Browns Stadium. Registration required.

To register, visit [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org) or call the Fairview Park Branch Library at 440-333-4700.

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ROCKY RIVER PUBLIC LIBRARY • CALENDAR OF EVENTS

Do you need a place to study for finals? **Exam Cram** on **June 1 and June 4, from 6:30 p.m. to 8:30 p.m.** at the library is the place to be! Bring your books and study partners, and we will provide a quiet spot and snacks. Grades 8 and up.

**June 2 at 2:00 p.m.** Join our **Inspirational Book Discussion** of “Grandma Gatewood’s Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail” by Ben Montgomery. In 1955, 67-year-old Emma Gatewood hiked the Appalachian Trail. Her 2,050-mile solo hike continues to provide inspiration to those that follow her footsteps.

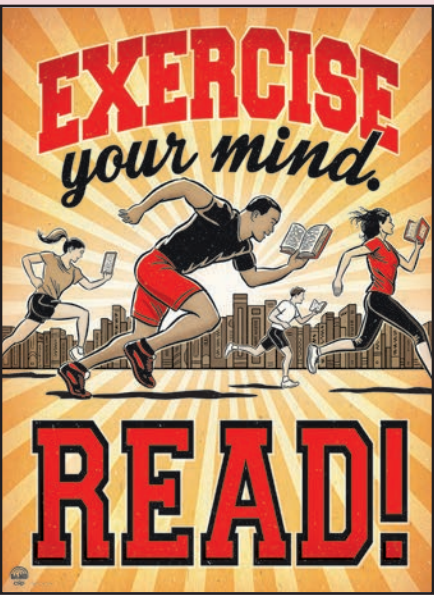
**June 2 at 7:00 p.m.** **Playhouse Square Then & Now** will be presented by George McNulty. Learn the fabulous history of our Cleveland Theater district and find out how it became the largest performing arts center outside of New York City. Enjoy video clips of the upcoming season along with an engaging talk. Enter a raffle to win two tickets for loge seats at an upcoming fall performance! You must be present to win.

**June 9 at 7:00 p.m.** Join us for an **Adult Rocky River Readers Book Discussion** of “The Muralist” by B. A. Shapiro. New York City and the American art scene of the 1930s come alive in this novel about art, history, love, and politics. Read this blend of mystery and historical fiction that traces the life and mysterious disappearance of a brilliant young artist on the eve of World War II.

**June 10 at 5:30 p.m. to 6:30 p.m.** You’re invited to **Your Book, Your Brew** at Whole Foods Market in Rocky River. We’ll chat about books we’re reading, while you enjoy the brewed beverage of your choice.

**June 13 from 2:00 p.m. to 4:00 p.m.** Come to our **Summer Reading Kick-off** on the library front lawn. Be sure to say hello to the Lake Erie Crushers baseball team mascot, Stomper, and sign-up

for our Summer Reading Program. Cycle to the library and register your bicycle with Rocky River Police Safety Officer Camp. River Dog Café will be here to help us celebrate by giving free hotdogs to kids at this kick-off event!



**June 13.** Sign up for our **Summer Reading Program**. 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 prizes for reading and sharing your book adventures with us.

All teens in grades 7 through 12 are invited to participate in the **Teen Summer Reading Program**. More prizes! More ways to win! More fun for everyone! Stop by the Reference Desk to sign up and learn all about our all new Teen Summer Reading program. All students in grades 7-12 are encouraged to participate.

Stop by the Adult Reference Desk to participate in the **Adult Summer Reading Program**. Submissions accepted weekly for our superb gift baskets. Check out our blog (readitorweep.org) or the Library’s Facebook page to see which prize is up for grabs each week. Registration opens June 13 through our website or at the Adult Reference Desk. The **Summer Reading Programs** end Saturday, August 6.

Be a part of our **Summer Reading Video Challenge**. Create a 30-90 second long video that exemplifies the Summer Reading Theme

“Exercise Your Mind: Read.” Three videos, one in each category (Adult, Grades 7-12, and Grades 6 and below) will be selected as winners! All videos will be shown at the Film Festival on August 3 and winning videos will be displayed on the library’s website. Entry forms and rules are available on our website and at the Reference Desk. Entries must be received by July 22.

**June 13 at 6:30 p.m.** View “Anomalisa”, a 2015 American comedy/drama, as we continue our **Indie International Film Fest**, featuring selections from the world’s top film festivals. This story focuses on a man, crippled by the mundanity of his life, who experiences something out of the ordinary. Please note that films shown have not been rated and should be assumed to have mature content. Free popcorn!

**June 15 at 9:30 a.m.** We will help you discover what **Digital Streaming** is all about. Many digital streaming sites and apps exist today –Netflix, Pandora, Vudu, Amazon, etc. Get tips for streaming and learn about other services that you may not know.

**June 15 from 6:45 p.m. to 8:45 p.m.** Teen volunteers are needed for **Stuffed Animal Sleepover Team Leaders**. Volunteers assist with staging, photographing, and creating photo keepsakes showing all the fun children’s stuffed animals had at the library during their sleepover. Grades 7 and up. Registration is required.

**June 17 at 2:00 p.m.** Why not come to the library to **Sip, Snack, and Craft!** while you get into the knitting groove. You can bring your own project or select a suggested pattern from the Calendar of Events. Registration required.

**June 18 from 2:00 p.m. to 4:00 p.m.** Are you crazy about Legos®? Then drop in for the Guild of the Brick for ages 5 and older. We provide the Legos®, you bring the imagination.

**June 20 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 the 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. For all ages!

**June 21 and 28 from 5:00 p.m. to 8:00 p.m.** Don’t miss **Hooray For Food Trucks & Fun!** in the library’s parking lot and front lawn. Be here on June 21 when the FiredUp Taco Truck rolls in and again on June 28 when River Dog Café’s food truck stops in our parking lot to serve up your favorite mouthwatering treats--all reasonably priced. Get your food to go or stay to join in the family fun on the lawn. We’ll have cornhole, sidewalk chalk, bubbles, trivia and more for a perfect summer evening. The School of Rock performs on June 21.

**June 24 at 12:00 p.m.** Watch a **Movie Matinee** featuring a popular new release. Popcorn and lemonade provided!

**June 26 at 7:00 p.m.** As part of our popular performing art series **On Stage In River**, we present “Lovingly Yours Langston and Lorraine” by the Ensemble Theatre at the Rocky River Senior Center, 21014 Hilliard Blvd. This unique theater production highlights the poetry and dramatic works of American literary greats Langston Hughes and Lorraine Hansberry. Bring family and friends to enjoy literary greatness. Free admission.

**June 27 at 3:00 p.m.** Come for **Cool Crafting @ Your Library**. Beat the heat and join us for cool summer drop-in crafts. Make action dice for a unique action game and design your own mixed media trading cards. While supplies last. For ages 6 & up.

\*\*\*The Library will be closed on Sundays, beginning June 12 through August 21.\*\*\*

For additional information, call the Rocky River Public Library at 440-333-7610 or visit [www.rrpl.org](http://www.rrpl.org).

The Jesus Way	Vacation Bible School
<p>Good Soil Lutheran Ministries Christian Day Camp at <b>Our Savior’s Rocky River</b> 20300 Hilliard Blvd., Rocky River</p> <p><b>June 20-24</b> 9 a.m.—4 p.m. For kids in grades K-6</p> <p>Registration Fee: \$20 • ea. add'l child in same family: \$10 • Lunch is Included</p> <p><small>This week-long, full-day camp is led by college-age counselors from Lutheran Outdoor Ministries in Ohio and features Bible stories, games and music. Registration forms also available at <a href="http://www.faithlakewood.org">www.faithlakewood.org</a></small></p> <p>To register or for more information, call 216-226-6500.</p>	<p>Community VBS at <b>Faith Lutheran Church Lakewood</b> 16511 Hilliard Rd., Lakewood <small>(across from Harding Middle School)</small></p> <p><b>July 18-22</b> 9:30 a.m.—12 p.m. For kids ages 4-11</p> <p>Registration Fee: \$5 per child or \$10 per family</p> <p><small>Bible stories, songs and games offered by Calvary United Methodist Church, Faith Lutheran Church, Grace Presbyterian Church and Our Savior’s Rocky River Lutheran Church</small></p> <p>To register or for more information, call 216-226-6500.</p>

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