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THE ROCKPORT Observer

FAIRVIEW PARK & ROCKY RIVER COMMUNITIES | VOL 02, ISSUE 2 | AUGUST 2014

Do You Know When to Stop for a School Bus?

By Dale Drottar

Sooner than you realize, you will be driving through school zones and seeing school buses transporting students to and from school. Many drivers are confused about when the 20-miles-per-hour speed limit can be enforced and when it is or is not permissible to pass a school bus.

Let's start with the 20-miles-per-hour speed limit. To be honest, this law is somewhat vague. The law is enforceable when children are present. That seems to sum it up! Children are present when they are going to and from school and when they are outdoors at recess.

There are no set hours for enforcement, so stay alert to your surroundings. Also, keep in mind that flashing school zone lights are **not** required to indicate school zones.

It is the law that, when stopped behind a school bus, you must be at least 10 feet from the back of the bus. I instruct my students to stay a little further back than 10 feet, so they can better see the

bus and the activity around it. *Never* pass a stopped school bus that you are behind when it is picking up or dropping off passengers. Always wait until the school bus has started forward before you continue moving.

In some cases, when you are stopped behind a school bus that is picking up or dropping off students, it may seem as though you've been waiting an eternity! Please be patient: Some buses carry handicapped children requiring wheel chairs or special assistance.

Let's say you're driving eastbound on a four-lane road. A school bus is picking up students in the westbound curb lane. Is it permissible for a driver in the eastbound lanes to continue moving, or does he have to stop? The traffic in the eastbound lanes does **not** have to stop!

Have you ever been on a four-lane road where a school bus is stopped in the curb lane of traffic going in the opposite direction - and some drivers in your two lanes are stopping? That's when you might hear some horns being used!



Peddle to the Metal

At the driving school, we instruct students on the use of the passing gear. Passing gear is activated when the gas peddle is pressed hard to the floor in a car that has an automatic transmission. This causes the car to gain speed very rapidly. Passing gear can be used to pass slower traffic and sometimes to enter a highway.

Suppose you're trying to enter a highway and there isn't an opening in the entrance lane. Now your speed is 40 miles per hour. Then you see an opening and need to get from 40 miles per hour to 60 miles per hour - quickly. This is when you could use the passing gear.

We instruct students on the use of passing gear while on a highway drive. The student is traveling about 60 miles per hour when he activates the passing gear to pass a slower moving car. After first reviewing the procedure, I ask the student if he is ready to try it. Given a yes, when I say activate passing gear, the student presses the gas peddle to the floor to gain speed. We practice this a few times so that the student can feel the increase in speed.

One day, while a student and I were on the highway traveling at about 60 miles per hour, I instructed the student to activate passing gear. The student pressed the peddle to the floor. The *brake* peddle! My heart still pumps fast when I remember and tell this story.

Until next time, keep both hands on the steering wheel and your eyes on the road! •

Dale Drottar is retired from the Avon Lake Police Department. He is currently an instructor at a driving school located in Rocky River.

God's Oasis: The Monastery of the Poor Clares

By Peggy Calvey Patton

The Poor Clares Monastery is hidden by trees and shrubs, but if you pass by very slowly, you'll be able to glimpse the lovely 108-year-old building at 3501 Rocky River Drive. This is the first permanent foundation of the Poor Clares in the US. The regal Georgian brick building with the 12 symmetrically-placed arched windows and roof cupolas is an architectural treasure. There is also a private cloistered garden and a cemetery for deceased nuns.

The main front entrance is seldom used. Visitors enter through the elevated north entrance door to request prayers and memorial or mass cards for the deceased. There, you will be greeted by one of the two extern nuns (an extern nun is allowed to interact with the public), Sr. Therese or Sr. St. John. As anyone familiar with the Poor Clares will tell you, if your own prayers are reinforced by the Poor Clares sisters, they will always be answered. Some say it's because they are a cloistered order of nuns and have a direct line to heaven.



Visitors must walk the length of the monastery to the south entrance and ascend the stairs to enter the Eucharistic Adoration Chapel.

The order has 17 nuns, 15 are cloistered or enclosed and only speak when necessary because they wish to keep a prayerful attitude and open dialog with God. They do converse with each other at the daily recreation hour. All the sisters wear a full habit and the cloister nuns go barefooted all year long. This is not a parish and there are no confessions. Visiting priests from surrounding areas say the morning masses.

To spend a quiet moment in prayer in their beautiful little Chapel, visitors must walk the length of the monastery to the south entrance, ascend the stairs, and enter the Eucharistic Adoration Chapel on the right. It is opened to the public from 6:15 a.m. to 7:45 p.m. daily. Masses are 6:45 a.m. every morning, except on Monday, 7:00 a.m. and the third Sunday of the month, 8:00 a.m.

A wonderful committee of about 30 friends, along with the Monastery's Board of Directors had a "Fun Raiser" this past June at Our Lady of Angel's Linus Hall. More than 320 people attended the

event. It was a great fun-filled afternoon while raising money for the Poor Clares. This event, held once a year, is the biggest source of income for the Monastery.

Sr. Therese said their prayers were answered when Monica Thomas of Bay Village became involved. She along with co-chairpersons Jill and John Grillo of Strongsville spearheaded the fund-raising to a new level. Volunteers worked with the Board of Directors for a year to plan the event. They are from all over the Cleveland area. If you are interested in becoming part of this caring group, email Monica at Thomas248@juno.com.

This is God's Oasis. Stop in and spend

a quiet moment in the chapel or start your day at the early morning mass and be inspired by the nuns three-voice chanting in both Latin and English. Time spent here will make your problems easier to cope with and make your day seem so much brighter.

Thank you, Poor Clares Colettine Sisters, for preserving the lovely refuge of the Monastery and for praying for us.

For more information about worship services, prayer requests and memorials, please call 216-941-2820. •

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



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

Best of Show



"Hudson River Tug" by Howard Hoehn took Best of Show in the 23rd annual Rocky River Art Exhibit held at the Rocky River Senior Center in July. While visiting the Hudson River area, he found Matilda. Mr. Hoehn is a member of the Aquarelle Water Color Society.

ROCKPORT FILES

Library Mural Project



By Kitty Sommers

A team of enthusiastic and talented teens recently worked over three days at Rocky River Public Library with an artist from the Progressive Arts Alliance to learn the basic principles of design and mural-making. As a result, they created the dynamic mural now on display in the Teen Area. The program was a great opportunity for students to learn about visual art to create a large-scale artwork.

“The project was a collaborative effort and it was so much fun to watch the students learn the technical aspects of the project and work together to execute their own creative ideas,” said Teen Librarian Megan Alabaugh. “The resulting mural is just beautiful!” •

FAIRVIEW PARK BRANCH LIBRARY HAPPENINGS

August 6 at 7:00 p.m. Many people have collections of family photos, letters, diaries and scrapbooks. Amy Manella, Archivist and Records Analyst at Cuyahoga Community College, will talk about **Archiving Personal Memories**. She will show you how small changes in storage and handling can help to preserve your memories. Registration required.

August 12 at 7:00 p.m. Do you suffer from low to no energy, anxiety, depression, irritability or mood swings? These symptoms are some ailments of craving and consuming sugar. Join Rebecca Reynolds for **Sugar Addiction Relief**. Rebecca will share tips for reducing your sugar cravings and regaining your health and happiness. Registration required.

August 19 from 2:00 p.m. to 4:00 p.m. Does **Achieving Work-Life**

Balance elude you? Learn how to sort through the dilemma of work-life balance and, with the help of a Cuyahoga County Public Library Career Counselor, determine whether balance or satisfaction is what you seek. Registration required.

August 19, 2014 from 7:00 p.m. to 8:30 p.m. **Concept2Business** is a free workshop in the Encore Entrepreneurs Series. Concept2Business will help the audience explore the ins and outs of entrepreneurship. Seeking a new career by being self-employed? Have a fantastic idea for your business or looking for business ideas? Learn the factors to consider when developing a business concept. Registration required.

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

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A Note from the Publisher

It is hard to believe that school will be in session in less than a month. Where has the summer gone? I hope you have taken advantage of the season to enjoy friends and celebrate family! The good news...There is still some summer left to enjoy!

Scan the pages of *The Rockport Observer*—for some of the activities and free venues our Metro Parks and local communities have to enjoy. I encourage you to take-in some of the many free concerts around town. For example, I learned last week while listening to *Cats on Holiday* - Stinchcomb Memorial will change its musical program to Wednesday nights next season - to eliminate conflict with performances at Edgewater Park. Stinchcomb is a perfect place to take a basket filled with your favorite goodies and feast on the lawn - while listening to some great tunes.

Our paper continues to grow as new writers join us to promote healthy living. We all have such busy lives and tend to forget about the most important thing... our health. The choices are endless in selecting the diet and fitness program that is appropriate for your lifestyle, goals and physical capabilities.

Our communities are energized with the promise of winning teams this fall... let the games begin.

Finally, most important, thank you for picking this up, taking a look, and giving it a go. We hope you find something you enjoy and pass it along to a friend.

— LuAnn Leonard
Publisher

The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.

— Martin Luther King, Jr.

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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 2014-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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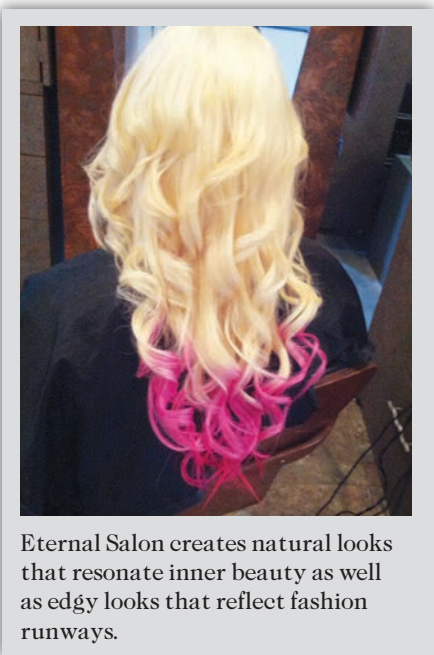
COMMUNITY BUSINESS & EVENTS

Look and Feel Like an Epic Beauty at Eternal Salon

By Nicole Breitmayer

Eternal Salon, formerly known as Prive Hair Salon and Day Spa, is located in the quaint yet bustling Old River Shopping Center. Owner Nicole Breitmayer is a long hair specialist with a background in hair extensions, makeup art, and on-set styling. She has worked with many of Cleveland's leading film and photography professionals such as Robert Banks, D. Trundle of "The Artist", and Global Entertainment. Nicole has been certified in fusion, micro link, and tape in hair extensions through Donna Bella Milan since 2010. Her work with Cleveland's 48 Hour Film Project has landed her credits on IMDb (Internet Movie Database). The Eternal team also includes Landree Thomas (13 years' experience and trained by the biggest names in New York City), Paige Christner (apprenticed with master stylists; takes a young/fresh approach to beauty), Hilda Abreau (a Dominican native with over 20 years' experience including in NYC; specializes in natural hair), and Kalyn Verbeke (a

licensed esthetician who brings her West Coast experience from Los Angeles to Cleveland). At Eternal Salon, we believe beauty is timeless and cater to all age groups and ethnicities. We pride ourselves on being multicultural stylists that can work on every hair type. We create natural looks that resonate inner beauty as well as edgy looks that reflect fashion runways. Given a warm and personal approach to beauty, the stylists at Eternal Salon consider their clients to be friends, family, and confidantes. The salon is in the middle of a transformation that will give it a more vintage and artistic look while showcasing classic beauties from different time periods. In addition to its cutting-edge hair services, Eternal will also be offering body-sugaring hair removal as well as dry pedicures. Body sugaring is an organic, heatless form of hair removal that refines hair while exfoliating and conditioning the skin in the same process. Dry pedicures replace the traditional pedicure throne,



Eternal Salon creates natural looks that resonate inner beauty as well as edgy looks that reflect fashion runways.

which can harbor harmful bacteria and fungus, with steamed towels, foot masques and seasonal foot soaks done easily in sanitized bowls. Eternal offers the ultimate experience of both beautification and relaxation.

Eternal will be hosting a grand reopening/benefit event in the early fall. Specials are currently being run for all in-salon services as a way of saying "welcome" to our new clients and friends. Stop in at any time to see the progress that we are making! We would love to see you! Services Offered: Hair cutting, highlighting, balayage, color melting/ombre, color correction, Brazilian keratin treatments, hair extensions, portfolio services/on-set styling, special events styling and makeup, manicures, pedicures, Shellac manicures, waxing, body sugaring, and massage (by appointment only). To make your appointment at Eternal Salon, "Where Beauty Is Timeless", stop in the salon at 19063 Lake Rd., Rocky River or call 440-710-4447. You can visit us on Facebook at www.facebook.com/eternalsaloncleveland. Nicole Breitmayer is the owner of and a stylist at the Eternal Salon, "Where Beauty Is Timeless".

The Ritzy Chic Loves Rocky River

By Debbie Simone

Wow! What a great place to have a business. I love the cottage-style house that I turned into The Ritzy Chic shop. Rocky River has so much to offer...I just love it! Surrounded by the charm of the community and it's wonderful environment, we take pleasure in offering a wide selection of items. The shop features furniture and home furnishings, collectible pottery, kitchenware, barware, beer signs, advertising items and more. The highlight of my shop is definitely the vintage clothing and hats and a huge selection of designer and costume jewelry. I pride myself on the selection of items that go into the shop to create its distinct charm. I give credit to the two wonderful ladies from *The Rockport Observer* who helped me realize what was working for me and what items sold best in my store. They said, "Everything comes together and you will find out what works best for you." And it did...and I did! People need to

realize that when you are in business, you need to advertise consistently. It works! It certainly worked for me. At the Ritzy Chic, we support the community. We look forward to meeting you and helping you in any way we can. We actively support cancer survivors. Give us a call at 440-331-5200 and let us know how we can support your cause. The shop takes in donations for this cause as well as selective consignments at a 50/50 split (items include high-end designer purses, jewelry, clothing (light fall and select vintage), small furniture (not vintage or antique), and home furnishings. We will buy jewelry selectively (in bulk only). Stop in Ritzy Chic during our summer hours: Wednesday, 12 p.m. to 7 p.m.; Thursday and Friday, 12 p.m. to 8 p.m.; and Saturday and Sunday, 12 p.m. to 5 p.m. Visit us online at www.the.ritzy.chic.com. Debbie Simone is the owner of The Ritzy Chic.

Fairview Park Parish to Hold European Festival

By Michael Prochko

St. Mary Magdalene Byzantine Catholic Church, located at 5390 W. 220th Street, will hold its Fifth Annual European Festival on Saturday, September 6, from 11 a.m. to 11 p.m. There will be fun for the entire family! There will be live musical entertainment throughout the day with performances by groups of various European heritages. European cuisine, hand-pinched pierogi and homemade bakery will be available throughout the day. Bier Garten will offer selections from Europe. Children's activities include bounce houses. There will also be basket raffles and cash prizes. Come shop our craft fair and religious goods selection. Church tours will be given at 2:00 p.m. and 4:00 p.m. Guests Rev. Michael Lee and Rev. Larry Ober will speak at 1:00 p.m. and 3:00 p.m. Church services will be held at 5 p.m. and 11 p.m. For more information, visit the parish website at www.ebni.com/stmarymagdalene or contact 216-906-3463. The parish can also be found on Facebook.

Education would be much more effective if its purpose was to ensure that by the time they leave school every boy and girl should know how much they do not know, and be imbued with a lifelong desire to know it. — William Haley

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COMMUNITY BUSINESS & EVENTS

Romanian Festival at St. Mary’s

By Elizabeth Catana

Don't get us wrong...We love attending all the ethnic festivals in town, but we're making a big promise: You will experience something new when you come to St. Mary's Romanian Festival on August 15-17 in Cleveland's Westpark/ Kamms Corners neighborhood.

Try the authentic Romanian cuisine! All cooked fresh. Romanian delicacies include grilled mititei (not burgers, not sausage, just mighty delicious), mamaliga cu branza, which is polenta baked with sour cream and cheese and is the star of the menu, tasty homemade sausage and sauerkraut and, of course,

the ever-popular stuffed cabbage. This year's volunteers will be preparing about 4,000, entailing a three-day process.

Try the home-baked pastries. We're willing to bet you will NEVER find a richer, more varied selection at any other festival in Cleveland. All freshly baked by St. Mary's ladies. We cannot forget to mention that the Romanian version of elephant ears is always the biggest hit.

Try the Romanian folk music for listening and dancing. Soulful, romantic, energetic, exhilarating. There will be a live orchestra all weekend long plus high-stepping dancers.

There will be tours of the cathedral and the ethnic museum, which contains

priceless artifacts from the Court of Queen Marie of Romania.

Get out to enjoy the festivities at St. Mary Romanian Orthodox Cathedral, 3256 Warren Rd., Cleveland, 1/2 mile south of I-90 at the Warren Road exit or 1 mile north of the I-71 West 150th Street exit. Free admission, free parking. Hours are Friday from 4:30 p.m. to 11 p.m., Saturday 2 p.m. to 11 p.m., and Sunday from noon to 10 p.m. For further information call 216-941-5550 or go to www.smroc.org •

Elizabeth Catana is the media representative for St. Mary Romanian Orthodox Cathedral.



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Loaves of Fun Fair Helps Fight Hunger

By Mark Bacon

The first Loaves of FunFair was held at Rocky River United Methodist Church on Detroit Road in June. Over 600 event goers participated in games, played on bouncy houses, and ran obstacle courses. Favorite dunk tank targets were Senior Pastor Dan Bogre and Associate Pastor Paul Bennett! Christian music station The Fish broadcast live and Meghan Zurkey, recording artist and member of the congregation's Praise Choir, entertained. Members of the congregation prepared and served snacks. Face painters and tattoo artists



Mark Bacon of Rocky River United Methodist Church presents donation to LCSC Executive Director Trish Rooney.

Food donations were accepted as admission to the fair, which resulted in 20 large baskets of food that were donated to Lakewood Community Services Center and Rocky River Women's Assistance Program. As a result of generous donations and ticket sales, \$1,000 was given to both of these outstanding organizations. The event was such a success that the Christian Outreach Committee is already making plans for next year! •

Mark Bacon is a member of the Outreach Committee of the Rocky River United Methodist Church.

Golf Outing Fundraiser at Red Tail

By Lynn Donaldson

The Rotary Club of Lakewood & Rocky River, in conjunction with the Lakewood Chamber of Commerce and Pillars of Lakewood, will have its annual golf outing at Red Tail Golf Club on Monday, September 8, with a shotgun start at 11:30 a.m. The event raises over \$4,000, on average, for Rotary projects.

The cost is \$125 per golfer, and includes greens fees for 18 holes plus boxed lunch, dinner on the patio, contests and door prizes. Foursomes and golfers can register online at www.lakewoodrockyriverr Rotary.org. Registration forms can also be downloaded from the website. If not registering online, forms and payment should be mailed to: Rotary Club of Lakewood & Rocky River, 2801 Ellington Ct., Avon, OH 44011.

Visium Resources, 22255 Center Ridge Road, Rocky River, is this year's Eagle Sponsor. More sponsors are needed. A sponsorship form is also available for download from the club's website.

Red Tail is located at 4400 Lear Nagle Road in Avon. •

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Tour the Cowan Pottery Museum



The "Jazz Bowl," an iconic piece of American decorative arts, was created by Viktor Schreckengost and is part of the Cowan Pottery Museum's collection at Rocky River Public Library.

The Cowan Pottery Museum at Rocky River Public Library can be viewed at any time during regular library hours. You can also arrange for a **free guided tour** for yourself or for a group of 20 or less. To schedule a tour, please contact Curator/Historian, Lauren Hansgen, at 440- 895-3763. The museum holds the largest publicly owned collection of Cowan Pottery in the world, a distinctive form of American art pottery produced in Rocky River from 1920-31.

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

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Crowdfunding: New Source of Financing for Entrepreneurs

By Perry Haan

Financing is an ongoing concern for many new and existing businesses. As the availability of bank loans and other traditional financing sources has become scarcer in recent years, entrepreneurs have been searching for new ways to finance their ventures. One of the newer sources is crowdfunding, also known as crowd financing.

Crowdfunding is a group of people who were recruited, usually by social media, to pool their money to finance a new business, new product or other efforts initiated by a business or other organization. Crowdfunding is not limited to businesses. For the endeavor being funded, it spreads the risk across many investors and creates a group of supporters.

The large number of backers makes crowdfunding different from angel investing or venture capital financing. The business is not obligated to one or a few investors who may want some control of the project or business being supported. Some of the larger crowdfunding sites in operation are Wefunder, RockthePost and Kickstarter.

Jim Trutko of Trutko Analytics in Rocky River sees two uses for crowdfunding. This financing tool can be used for civic, social or political causes.

It is also can be used to fund new trendy products. “It is a good way to get a leg up on selling a product. Crowdfunding is an applied marketing test.”

Currently, organizations using crowdfunding to finance their ventures are not allowed to offer equity positions to investors. At a recent Small Business Administration conference, an inventor of a new smart phone application discussed how offering a prototype of his product helped attract more funding than he needed in just a few hours. At the same conference, a restaurant owner offered a free meal at his restaurant to anyone investing \$100 or more. The key is to find an attractive incentive related to the product or business to entice potential investors.

Impact of JOBS Act

The problems associated with not being able to offer equity to investors may be going away soon. The Jumpstart Our BusinessStartups Act or JOBS Act as it is more commonly known was passed by Congress and signed by President Obama in April 2012. Its purpose is to relax securities laws to make it easier for smaller businesses to obtain funding. Many believe the law will open the door for crowdfunding investors to acquire shares. The Securities and Exchange Commission has not yet determined the

details of the law or how it will be applied to crowdfunding.

If implemented in its current form, the JOBS Act would enable organizations to raise up to \$1 million without having to go through the more complex process of a public stock offering. However, the Act would apply only to C Corporations that want to use crowdfunding. S Corporations - a popular form of small business ownership - are currently limited to 100 shareholders, severely curtailing not only the number of investors but also the amount raised.

Role of Social Media

Most of the organizations successfully using crowdfunding have created short video presentations of their propositions to post on the crowdfunding site. The site is monitored and may be changed based on the feedback received by those who visit the site. Organizations using crowdfunding also need to be prepared to answer questions posed by potential investors such as where, when, and how funds will be used.

Prospective investors are drawn to an organization's crowdfunding site in several ways. First, there is a group of investors who regularly visit crowdfunding sites. Second, other social media are used to drive potential backers to the site. For example, if an



Dr. Perry Haan

organization has fans on Facebook, these fans are a good pool of potential investors and can be directed to the crowdfunding site through the Facebook account or the organization's web site.

Trutko also noted that not all crowdfunders are alike. “Each site is different. They are aimed at different markets to raise money for different purposes and have different fees and other services.”

As social media develop and government continues to change the rules about how it can be used, crowdfunding appears to be a very attractive source of funding for many entrepreneurs and other organizations. •

Dr. Perry Haan is Professor of Marketing and Entrepreneurship, and former Dean of the Business School at Tiffin University. He resides in Rocky River.

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COMMUNITY BUSINESS

An Alternative to Foils for Hair Coloring

By Anci Brennan

TOMORROWS Salon in Rocky River takes pride in using proven salon techniques that lead to consistent client satisfaction. One such technique is the use of plastic wrap as opposed to traditional foils in applying color for highlights and lowlights. Several stylists at TOMORROWS, including Genevieve, have mastered this method with great success.

“This is a trademark of TOMORROWS,” says Genevieve. “We’ve been doing it since 1981 and have perfected the process. The plastic wrap method allows you to cover as much hair as possible, which makes it ideal for big color changes. You can get closer to the scalp for a better overall result.”

Genevieve’s top reasons for using plastic wrap as opposed to foils include the following:

- A more natural-looking outcome
- The product gives greater scalp coverage
- Visibility of the color processing due to the transparency of plastic wrap
- A more compact overall placement - sections wrapped in plastic do not stand off the head like foils
- Easier to apply heat from a hair dryer if needed
- More economical as less product is wasted during the process
- The technique is used by finer salons in New York City and those featured in *Vogue*

“Using foils is perfectly fine, but we get positive feedback from clients all the

time about this alternative. Customers who have never experienced the plastic wrap technique are always satisfied!” says Genevieve. “This is how we learned to apply color, and now we’ve perfected it while getting faster. This is the preferred method.”

“I have been styling and coloring hair for many years. I see hair design as an expression of art and it gives me pride to make my clients look and feel their best. I specialize in dimensional color and precision hair cutting.”

Genevieve has spent many years styling hair for fashion shoots and catalogues with several fashion photographers. Her precise weaving techniques as well as her cuts are well known among her peers. Genevieve finds corrective hair color a challenge and prides herself in the results that she creates. During her time away from hairdressing, Genevieve travels with her family to the western parts of the United States, paints painting landscapes, and works on interior designing.

Call TOMORROWS at 440-333-5056 to schedule your hair color appointment with Genevieve or any of the salon’s experienced color experts. TOMORROWS is located on the second floor of 19300 Detroit Road in the Beachcliff Market Square area. •

Anci Brennan is the owner of TOMORROWS hair salon, which opened in May 1983. TOMORROWS is a premier salon with experienced stylists who design hair for theater, television and high fashion.

Now Hiring Part-Time Activities Assistant at The Presidential

By Tiphany 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 resume to: tlanham@ownerslive.com. •



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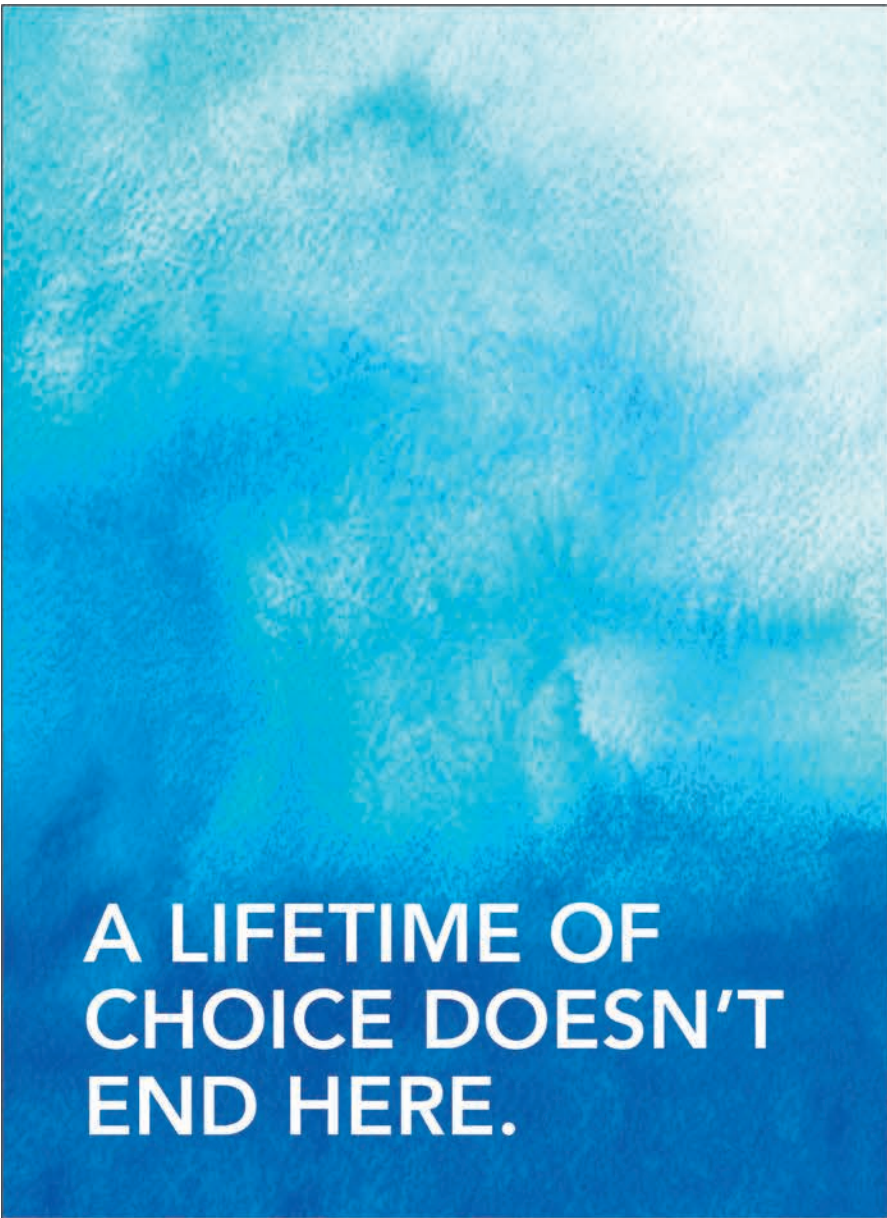
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Back to School

WT Café = Healthy Lunches for Children

By Yvonne Purdy

Some of the toughest food critics are children. Many children won't eat what they don't like. And we can all agree that food left uneaten has no nutritional value. So, for a lot of parents, schools and caregivers, serving meals that are delicious and healthy is a real concern.

When WT Café makes lunches for children, the reviews are always positive. Because lunch tastes so good, children might forget that it's healthy too!

Debbie Aylward, a Rocky River resident, has opened the first WT Café franchise in Northeast Ohio. Her food service provides nutritious and child-friendly meals prepared each day for students in participating schools, day care centers and camps. The emphasis is on fresh, healthy versions of the foods children love.

Young food critics rave about WT Café items like pizza, mac-n-cheese and baked French toast. How about a new take on PB&J? Sunbutter, made with sunflower seeds, is a nut-free, great-tasting alternative to peanut butter. There are gluten-free, dairy-free, vegetarian and kosher meals to meet the nutritional needs and tastes of children with dietary restrictions.

WT Café is nothing like the institutional food services that serve food out of a giant can or plastic tub. The lunches are made from scratch every



morning from over 400 recipes developed specifically for children by nutritionists and chefs.

Aylward was inspired by the WT Café concept. As a mother of two and a foodie herself, she saw an opportunity to help children and share her love of healthy eating. Aylward also recognized the shortcomings of many traditional school lunch programs, as well as the problem of childhood obesity. Her service provides meals that combine great taste with the nourishment children need to grow and thrive. And each meal is sure to get a thumbs-up from the critics!

This summer, youngsters at The City of Westlake Recreation Summer Day

Camp, the Rocky River Recreation Summer Day Camp (third session) and The Goddard School in Westlake are enjoying WT Café lunches. The meals are prepared in the WT Café commercial kitchen in Avon by professional chef Kevin Kreske (who formerly worked at Ritz-Carlton hotels in St. Thomas and Sarasota). Kreske uses only fresh, locally-sourced ingredients to make entrées, sides and desserts without additives or preservatives.

WT Café can serve schools in two ways: an in-tuition lunch provider or a contracted alternative to brown bagging. As an in-tuition lunch provider, WT Café will deliver prepared food

either individually packaged or ready to be served from the cafeteria. As a contracted service, parents can order on-line, 24/7, and choose from a variety of menu options. Under this pay-per-order plan, freshly made meals are individually packaged and delivered in time for lunch.

Beginning in August, Lake Ridge Academy in North Ridgeville will offer the option of individual ordering from WT Café for students in grades 1-12. Portions are age-appropriate, so each student - from small child to young adult - gets a meal tailored to his or her nutritional requirements. The Albert Einstein Academy in Westlake has chosen the same option for its students in grades 7-12.

Aylward says, "It's not just about food, it's about nutrition and making a positive impact on children. We need to teach them how to make better decisions about the food they eat. It's a lesson that will last a lifetime."

For more information about WT Café, you may contact Ms. Aylward at 440-670-8500 or e-mail her at ClevelandWest@wholesometummies.com.

Yvonne Purdy is a freelance writer who lives in Rocky River. The photo accompanying this article was taken by Jim Broadway, a freelance photographer who also lives in Rocky River.

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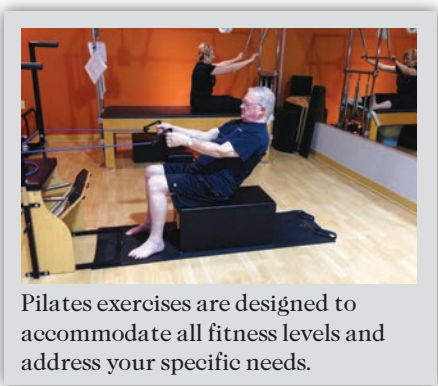
Pilates as Therapeutic Exercise

By Barbara Unger-Lengen

Fourteen years ago I was told I needed a spinal fusion. A second opinion suggested a rod in my spine would provide relief from the constant pain I had experienced for 18 months. Today I am pain free, at least as much as any 56-year-old diagnosed with degenerative disc disease, herniated disks and a formerly fractured cervical spine! Seriously, my body functions beautifully. I enjoy an active life and feel younger in my fifties than I did in my forties. And I never had surgery.

Pilates changed my life...truly. So let me share with you what Pilates is and how it might help you too.

Pilates is a system of movements designed to align the skeletal system and then create muscles that are equally strong and flexible. In addition, Pilates works the neurological system to eliminate bad functional movements that can lead to injury and pain.



We use our bodies every day with little thought as to how our bones, muscles and thought patterns interact and function. Learning Pilate's principles and applying them can make a professional athlete perform better with less risk of injury; a stay-at-home mom can strengthen her back to be able to lift her children with no concern; a person recovering from a stroke, accident or post physical therapy can continue to regain strength and quality of life. Pilates can benefit everyone. The principles you will learn

from Pilates follow through in your daily living.

A typical pilates session begins with exercises performed on a mat or on specially designed equipment. The exercises are designed to accommodate all fitness levels and address your specific needs. As an individual becomes stronger and more flexible, new exercises and challenges are introduced.

So if a typical gym isn't addressing your needs or you have reached a level of pain and frustration, please consider Pilates.

I am available for private instruction as well as group classes. I will even travel to your home! To learn more, please call me at 772-801-1767 or check out my website at www.starpilatesohio.com.

Barbara Unger-Lengen is a STOTT certified Pilates instructor with 12 years of experience. In addition, she is studying to become an osteopathy therapist.

Star Pilates Open House

Tuesday August 26 • 3-7pm

Enjoy healthy snacks and wine while you experience the powerful benefits of Pilates.

Let Barbara Unger-Lengen lead you in a half hour Pilates Mat Class under the shade trees in the yard. Try a few exercises on the Reformer, a specially designed piece of equipment in her home studio. Listen to a short presentation about what Pilates is and how it differs from traditional forms of exercise. Receive a discount on class cards purchased at the open house. Meet some new people and have FUN! Reservations required by August 23.

Bring a mat and enjoy a **Pilates Mat Class** offered at **3:30pm & 5:45pm**.

Barbara is a Stott certified Pilates trainer who believes everyone can benefit from Pilates. She focuses on proper alignment, body mechanics and teaching each student how to reach their fitness goal, whether they are an athlete, stay at home mom or injured.

To learn more, visit www.starpilatesohio.com. RSVP at 772-801-1767.

HealthSpan's Summer Safety Tips

By Laura Dunn

During summer, accidents happen everywhere and we aren't just talking about on the freeways. They are right in your backyard- literally. From pools to bikes and trampolines or even summer chores, injuries this time of year are common. "With a few good rules of thumb and a couple preventative measures, nearly everyone should be able to enjoy their summer injury free," says Aaron Smith, MD, Interim Chief, Emergency Medicine for HealthSpan.

People tend to be more aware or cautious when they are traveling or away from home, but some of the most serious injuries can happen during your daily activities or chores around your house. Dr. Smith offers these tips on how to keep safe during your favorite summertime activities.

Swimming: Don't swim alone. Young or old, make sure there is someone with you. Keep an eye on children at all times. Pools should have a fence and safety gate that a young child cannot open. Never dive into unknown waters or swim in areas designated as off limits.

Food Safety: What would summer be without a cookout? If you're planning a picnic, don't keep perishable food at room temperature longer than four hours. Chill food ahead of time and keep it cold until it's time to eat or grill. Sanitize counters and wash hands after handling raw meat. Keep barbecue grills on a level surface away from the house, garage, landscaping and children and remember that grills remain hot long after you are through barbecuing.

Sun/Heat Safety: Avoid vigorous exercise in hot weather. The elderly, who are especially vulnerable, should

stay out of the sun and drink plenty of cool liquids. Try to avoid the sun at peak hours (10 a.m. to 4 p.m.). If you must be outside, cover up with a hat or visor and apply sunscreen every few hours.

Activity/Chore Safety: Make sure to wear a helmet while biking or skating and use protective equipment like safety glasses or gloves when doing yard work. Flip flops should never be worn while working outside. Work boots or socks and tennis shoes are best. Before mowing the lawn, make sure to remove any small stones or toys that could cause injury.

Fire Pits: Warm nights are the perfect time to roast marshmallows. But out-of-control fires or sitting too close to flames can cause injury and major damage. Place the fire pit in a safe spot away from your home, backyard deck or low-hanging tree branches. Always require adult supervision and never leave the fire

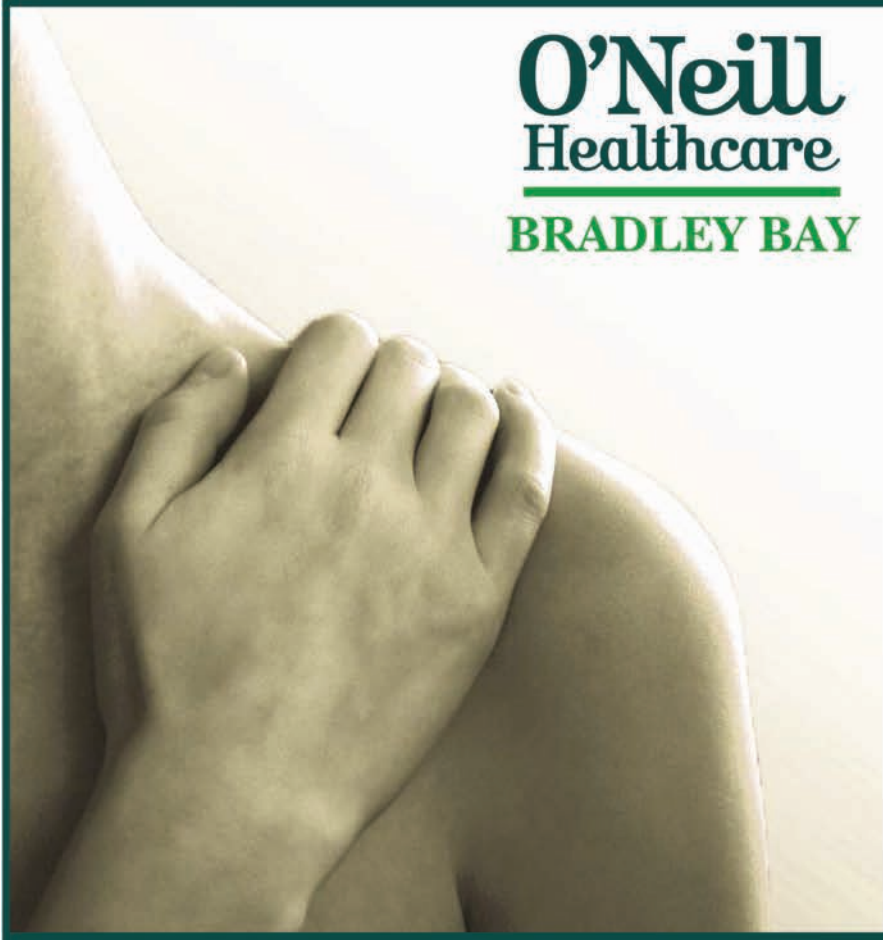
unattended.

Northeast Ohioans spend much of the year dreaming about summer and making plans to enjoy being outside.

"Protect your summer vacation by protecting yourself first," Dr. Smith says. "No one wants to spend time cooped up recovering from an injury or sunburn during the few months of nice Cleveland weather."

For more information, visit HealthSpan.org or follow on twitter.com/myhealthspan and facebook.com/myhealthspan. HealthSpan has offices in Rocky River on Center Ridge Road.

HealthSpan, headquartered in Cincinnati, Ohio, has been caring for Ohioans for nearly 50 years. HealthSpan is committed to making healthcare easier and more affordable to help members and patients be well.




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HEALTH

Wellness Doc

Do You Get Dizzy or Lightheaded When You Stand or Sit Up Fast?

By Bryan Ruocco

So you get up fast and feel a little lightheaded or a little dizzy. You think nothing of it because it goes away in a few seconds. Do you really think this is normal? It's not! This is far from normal and can indicate some serious health issues.

Let's be honest, we live in a medical community that believes you are healthy if you have no symptoms. I challenge that thought. Our medical philosophy leads us to believe that we are sick only when we have symptoms. Even more astonishing is the belief that if you get rid of the symptoms than you are back to normal.

What we tend to miss in the scheme of things is that symptoms tell us something and we need to listen. Taking a drug to suppress what your body is trying to tell you is pure insanity. There are reasons why we experience symptoms. Symptoms are an expression of how your body is working or attempting to work.

Let's take a look at what it means when you get lightheadedness or dizziness when you stand up or sit up fast. If you experience this, the real question is why and what does it mean? If this happens to you, take it very seriously.

Let me explain. One of the most important nutrients for the brain is oxygen. When the brain tissue is starved of oxygen, it may lead to lightheadedness and even dizziness. So what does that have to do with standing up fast? When you stand up, your body has to adapt to its change in posture to maintain healthy circulation and keep oxygen going to the brain.

To do this, a few things must occur. First, the nerve system must detect the change in body pressure as you go from sitting to standing or lying to sitting. Second, the nerve system sends a direct signal to the adrenal glands - the stress response glands of the body.

The Adrenal Glands

These are the most overlooked glands in conventional medicine. They are two small glands that sit on top of the kidneys. They are responsible for numerous biological activities in the body, one of which is controlling your response to stress. They play a role in metabolism, weight gain/weight loss, sleep, hormonal balance, the menstrual cycle and more.

When the adrenal glands receive the signal from the nerve system, their job is to assist the body in dealing with the stress caused by the change in

body position. Once the adrenal glands get the signal, a hormone is secreted that increases cardiac output and circulation to ensure the brain gets adequate oxygen. If the stress glands of the body are weakened, fatigued, or not functioning well due to chronic everyday stress, they may not be able to supply the proper amounts of hormones to signal to the heart to increase cardiac output and blood supply. If this happens, you fail to keep adequate blood supply and oxygen to the brain and you get lightheaded or dizzy.

Adrenal weakness and fatigue can be addressed naturally. Diet, nutrition and stress relief techniques can help to strengthen and support healthy adrenal function and your body's ability to respond to everyday stress. Because of the many physiological functions the adrenal glands play a role in - heart function, metabolism and hormones, weak adrenal glands can have a serious impact on your overall health. This may be an early warning sign for more serious things to come.

Here are a few other classic indicators of adrenal weakness: blood pressure challenges, difficulty losing weight, blood sugar issues, weakness in the nails, hormone imbalances, menstrual



Dr. Bryan Ruocco

difficulty, low libido, hot flashes, chronic fatigue, sleep difficulty, difficulty handling stress, depression, moodiness and much more.

To learn more about this overlooked problem and your adrenal health, join Dr. Ruocco at his next free Community Health Workshop on August 27, 7:15 p.m., at Panera Bread in Rocky River. Seating is limited. Call Dr. Ruocco's office at 440-331-4744 to reserve your seat. •

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.

Vacation Raffle to Support North Coast Health

By Elizabeth O'Brien

Buy a chance to win North Coast Health's Summer Vacation raffle. The winner of the raffle can choose between a seven-night, all-inclusive package, including airfare, to the Luxury Bahia Principe Ambar in Punta Cana, Dominican Republic or a four-night golfing package at The Fairmont Scottsdale Princess, including rounds of golf, airfare and rental car. The winner may also select a \$3,500 travel voucher to Independence Travel in lieu of these travel experiences.

The winning ticket will be drawn on Thursday, August 28, at North Coast Health's Celebration of Caring gala at LaCentre Conference and Banquet Facility in Westlake. Winner need not be present.

Raffle tickets are one for \$25, three for \$50 or eight for \$100 and can be purchased at www.northcoasthealth.org/celebration or by calling the North Coast Health Development office at 216-228-7878 ext. 114. As a public raffle, the North Coast Health Vacation Raffle is open to all purchasers 18 years and older.

All proceeds benefit North Coast Health, a faith-based charitable clinic that provides and optimizes access to health care for the medically underserved. Thank you to Independence Travel for facilitating the raffle. •

Elizabeth O'Brien is a North Coast Health Ministry Development Associate.

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LOCAL GOVERNMENT

Rep. Baker Hosts Press Conference on Job Resources in Cuyahoga County

By Taylor Ieropoli

In late July, State Representative Nan Baker (R-Westlake) held a press conference in Cleveland at the OhioMeansJobs office for Cleveland-Cuyahoga County to raise awareness on job opportunities in various industries and the many resources that are available to jobseekers, including OhioMeansJobs.

Rep. Baker, along with fellow speakers, discussed the OhioMeansJobs website in detail, outlining its various functions. They also spoke about the importance of continuing to involve the business community in the improvement of job search resources and keeping the discussion on employment opportunities for Ohio citizens a priority.

“It was exciting to raise awareness of all the job resources available to



Rep. Baker discussing the OhioMeansJobs website.

those that are wanting to explore their career options, find a job or improve their skills to further their employment opportunities,” Rep. Baker said. “Our message was clear: within a 20-mile radius of Cleveland, over 29,000 jobs

are waiting to be filled. If you want a job, the OhioMeansJobs website, the OhioMeansJobs office, along with our Cleveland professional team ranging from manufacturing to workforce training, will turn that want into a reality. As I continue to say, ‘It’s All About Jobs!’ “

Rep. Baker has sponsored several pieces of legislation on the topic of employment in Ohio including House Bill 486, which is the workforce development component of the Mid-Biennium Review, House Bill 107, the Career Exploration Internship bill that brings high school students and business together, and also House Bill 393, which includes the branding of OhioMeansJobs on existing school publications and offers more information to high school students regarding career planning, job opportunities and the online education resources available to them.

For more information, please contact Adam Schwiebert in Rep. Baker’s office at 614-466-0961 or Adam.Schwiebert@ohiohouse.gov. •

League of Women Voters Merger

By Kathy Kosiorek, Lakewood Chapter

The three local Leagues of Women Voters - LWV-Cuyahoga Area, LWV-Shaker Heights, and LWV-Cleveland Area - have voted to merge, thereby forming one single League of Women Voters of Greater Cleveland. The central league now encompasses all of Cuyahoga County, with nine chapters - Bay Village, Fairview Park, Lakewood, Rocky River, Westlake/North Olmsted, Cleveland Heights/University Heights, Hillcrest, Shaker Heights, and Cleveland Area. This merger will help the organization better meet its mission of encouraging an informed and engaged electorate.

“A single strong League of Women Voters of Greater Cleveland will provide voters with more timely and complete information before every election in Cuyahoga County and its municipalities,” said the new league’s

first president, Maryann Barnes of Cleveland Heights. “Our goal is to provide nonpartisan information about candidates before elections, but also to support and promote policies that match our good-government positions.”

Since its inception in 1920, the league has provided factual information about candidates and issues. In the past five years, the three local leagues have worked together to support the passage of the county charter that led to the creation of a new form of county government, sponsored forums for candidates at the city, county and state level, produced voters guides, lobbied for amendments to the county charter that would assure greater openness and high ethical standards, and advocated for regional solutions to regional problems.

This merger will not affect the local chapter functions or activities. Local chapters will continue to hold regular open meetings with a variety of guest speakers, offer forums to educate the public about issues, host local candidate forums, publish local voters’ guides, observe local and Westshore Council of Governments meetings, and take stands on local issues after study and consensus.

The leagues’ mission at every level, local, state and national, is the same: “The League of Women Voters, a nonpartisan political organization, encourages the informed and active participation of citizens in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy.

League membership is open to all U.S. citizens of voting age - both women and men. A new website, LWVGreaterCleveland.org, will be up and running soon. In the meantime, visit LWVCuyahogaArea.org or call 216-781-8375 for more information or to become a member. •

Fairview Park Democratic Club Meeting

By Jane Reilly

The next Fairview Park Democratic Club meeting, Thursday, August 7, at 7 p.m., in the Dunson Room of Fairview Park City Hall will feature a guest speaker from Equality Ohio, the statewide organization working for equality for the lesbian, gay, bisexual, and transgender (LGBT) community. Equality Ohio has offices in Columbus, Toledo, Cincinnati and Cleveland.

Guest speaker, Alana Jochum, is the Northeast Ohio Coordinator for the organization. She is an attorney and recently came to Equality Ohio from the law firm Squire Patton Bogs. Alana’s work focuses on education, outreach, and advocacy about issues affecting the LGBT community, specifically in the areas of discrimination and marriage equality. Don’t miss this opportunity to get up to speed on the movement for equal rights as it unfolds in Ohio and throughout the country. The meeting is free and open to all interested area Democrats and Independents.

For more information on this event, or on the Fairview Park Democratic Club, please contact fairviewdems@gmail.com or visit fairviewparkdems.org. •

The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind.
—Kahlil Gibran



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IN THE COMMUNITY

Rocky River Community Garden: A Place to Grow

By Meg Greenwald

My family and I downsized last summer, leaving behind a large house and yard in Medina for a townhouse-style condo in Rocky River. The idea of having a smaller space to care for and minimal yard work was very appealing to me—no more tending to the lawn and gardens!

We happily settled into our new space and began enjoying many of the amenities available on the West Side: A diverse offering of great restaurants, close proximity to events in downtown Cleveland, beautiful parks and, of course, the grandeur of Lake Erie.

By the end of the summer though, I realized that something was amiss at our new home. When I was cooking, I could no longer step out into my backyard and pick fresh herbs and vegetables from the garden for what I was preparing!

That's when I did a little searching and discovered that there was a community garden right in Rocky River. For an annual fee of just \$20, I could have my own 5' x 10' space to till, sow and nurture! In February of this year, I contacted Teresa Kowalski, President of Rocky River Community Garden (RRCG) to see if there was available space in the garden. She told me there were three plots available and five people who wanted one. Within 10 minutes of that phone call, I was at Teresa's front door to hand her a check for \$20.

The Rocky River Community Garden is self-supported and completely run by volunteers. As a tenant, you are required to give five hours of volunteer service to one of the garden committees and take a turn at either opening or closing the garden for one week during the season. Gardening tools and water lines with hoses are provided by the garden.



Meg tending her plot at the Rocky River Community Garden.

Tenants are responsible for providing their own seeds and plants.

In addition to growing your own vegetables, there are also opportunities for learning and socializing. I have

acquired much gardening knowledge this summer from the expertise of the master gardeners who have their own garden plots. At the Community Garden's annual cookout and gardener meeting in June, Jacqueline Kowalski of the Ohio State Extension Office gave a "diagnostic" tour of the community garden. She pointed out that my basil was suffering from downy mildew and had to be removed and that baby romaine is NOT a summer crop (I still enjoyed it though).

This summer, my family and I are able to enjoy more farm-to-fork vegetables and herbs. They're just a little ways beyond my backyard, but well worth the two-mile drive! •

Meg Greenwald is Advertising Sales and Business Development for The Rockport Observer. She lives in Rocky River with her husband and 15-year old daughter.

Congratulations Rocky River Senior Center Art Show Winners!



"State Road Bridge II" by Lloyd Keller took first place in the Rocky River Senior Center Art Show. Mr. Keller estimates he's been taking photos for 60 years. If you see him outside, he is usually has a camera around his neck.



Left: "Iris" by Daurice Ellestad won second place in the show, while there was tie for third place: "Champlain Valley Harvest" by Sunny Seyfarth and "Foggy Morning" by Sally Larson (above).



Want the latest on Rocky River events and news sent directly to your email?

Get E-Update!

Here's how:

- Go to www.rrcity.com
- On bottom right corner of the homepage, find Sign up for Rocky River E-Update
- Enter and submit your email address

That's it!

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The Teacher

Lord, who am I to teach the way
To little children day by day,
So prone myself to go astray?

I teach them knowledge, but I know
How faint they flicker and how low
The candles of my knowledge glow.

I teach them power to will and do,
But only now to learn anew
My own great weakness thru and thru.

I teach them love for all mankind
And all God's creatures, but I find
My love comes lagging far behind.

Lord, if their guide I still must be,
Oh, let the little children see
The teacher leaning hard on Thee.

— Leslie Pinckney Hill

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7:00pm - 9:00pm

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Workshop is free!!

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Registration Required:

Contact Amy Roskilly at 216/524-6580, ext. 22 or aroskilly@cuyahogaswcd.org

THE GOOD LIFE

The Etiquette Corner
RNC is a Great Opportunity

By Colleen Harding

The Republican National Convention is going to be a great opportunity for the City of Cleveland. People will be visiting from all over the country. They will eat in our restaurants, stay in our hotels and take in the incredible entertainment that we have to offer.

My hope is that we join together and welcome our visitors as excellent hosts and hostesses. There will be many opportunities to proudly share our town. It is very important that we remember protocol and are on our best behavior during this time, regardless of political affiliation.

The financial aspect of the convention has given rise to quite a bit of conversation. Yes, it will be a lucrative event, but there are many other things to consider. We want to present a great and gracious image of Cleveland, so that visitors will want to return. Our goal should be to treat people so well that they recommend a visit to Cleveland to their friends.

There is only one chance to get this right. It is a once in a lifetime occasion. We want people to experience the warm and wonderful people that make up our city. Should you come across a convention guest, think about what you could do to make his or her stay extra special. •

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

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Zucchini Chips

By Alyssa Wiegand

These baked zucchini chips are a healthy alternative to fried potato chips and they’re a great way to use up bumper crops of zucchini! Zucchini slices are dehydrated in an oven until they become crispy and crunchy. Top them with parmesan for a low-fat hint of salty cheesiness.

Feel free to get creative and use your favorite flavored oils or salts. Basil or garlic oil would be delicious. Try smoked sea salt for a gourmet touch.



- Zucchini Chips**
- Ingredients**
- 1 medium zucchini
 - 2 tablespoons grated Parmesan or Pecorino Romano
 - 1 tablespoon Extra Virgin Olive Oil from The Olive Scene
 - Pepper
- Preparation**
- Preheat the oven to 225 degrees Fahrenheit. Use a convection setting if you have one. Line a baking sheet with wax paper.
- Use a mandoline to slice the zucchini into thin rounds. If using a knife, try to cut the slices about 2mm thick.
- Place the zucchini in a single layer on the baking sheet and bake for 10 minutes. Flip and bake for 10 more minutes. If making a double batch, rotate the baking sheets.
- Brush each round with olive oil and top with a pinch of cheese and a crack of freshly ground pepper.
- Bake for 45 minutes longer, rotating the baking sheet(s) halfway through to ensure even cooking. They should be crisp and light brown. If not, continue to bake 10 minutes at a time until done. Remove from the oven and let cool on the baking sheet. Serve when cool.
- Store in an airtight container and eat within a few days.

This recipe is brought to you by the The Olive Scene in Rocky River. Stop in or visit the store at www.theolivescene.com.

The Eponymous Antique Shop Owner
It’s All in the Legs!

By Mitchell Sotka

Even in furniture, it is all about the legs! Furniture legs come in many shapes and sizes. Some are thicker or curvier than others are. No matter what the style or shape, legs lift a piece, giving it not only stability or necessary height but also importance in some cases.

Yes, the execution of a leg can determine quality - as well as help in identifying the style of a piece, its age, and country of origin. So, now when you look at a chair, a box, a table or case goods, pay attention to the legs. A great set of legs makes for a more elegant structure and moves a piece from being just practical to being a work of art.

Legs can be short or long and lift by an inch to more than a foot. Regardless of the size of the piece, its legs have a universal language. Let’s try to better understand that language and in turn better appreciate the artistry behind the leg.

A cabriole leg has a nice arched knee that curves out and away from them piece and then returns in line with the corner it supports. The top of the leg is

the knee, the curved portion of which may be decorated. The feet or the area where the leg meets the floor can be scrolled, pad or spoon, claw and ball or hairy paw. The combination of decorated or undecorated knee and the type of foot can state the style such as with Chippendale or Louis XV furniture.

A carved knee with acanthus leaves and a claw-and ball foot would identify



Example of a Cabriole leg, on a vintage upholstered chair made in Italy.

a style that is typically Chippendale. A thinner knee with a floral motif or molded edge ending in a scrolled foot would identify a style that is usually called Louis XV. A heavier leg with thick carvings leading to a hairy-paw foot may be identified as Georgian. However, the Queen Anne style is typically an undecorated knee and a pad or spoon foot. Some of these styles are universal in that they support stools, tables, chairs and chests, while others are just for case goods (furniture that provides interior storage), such as a bun foot.

And More Legs

There are still other legs. A Sabre leg sweeps down and out from the piece, usually a chair or chaise. A Sabre leg is generally squared and ends or finishes with a brass cap, which may have wheels or a plain flat end. This leg is typically found on Regency furniture. This style of leg is square in form yet has movement.

There are other square legs that are straight and others that taper in form. Although I am not sure if there is an exact name for this leg, it may identify a style such as Hepplewhite, Federal or



Example of a straight tapering form leg, Louis XVI in style, made in the U.S.

even Chippendale. This is where we need to look beyond the leg and examine the foot. No podiatrist needed, however, as this brings us into another area that we will cover another time.

And legs come in still more forms! Nevertheless, I hope this introduction to legs will help you better appreciate furniture. Also after reading this, you may see centuries of design in a new piece of furniture or even notice how one leg style is represented in different cultures. Let’s face it, simple shapes are found in every culture and country. The finishing and execution define the piece. So let’s hear it for the leg! •

ROCKY RIVER PUBLIC LIBRARY • CALENDAR OF EVENTS

August 6 from 3:30 p.m. to 4:30 p.m. Get ready for the **Book Club Party**. We'll celebrate another great summer of reading! Bring a friend and come ready to talk about all your favorite summer reads. Grades 7 and up.

August 6 from 6:30 p.m. to 8:30 p.m. Get **'Reel' Film and Book Discussion** of "The Secret Life of Walter Mitty". Read James Thurber's short story and then come enjoy Ben Stiller's 2013 film version. After the movie, stay and take part in a short discussion, comparing the film to the 1939 classic story. Copies of the short story will be available at the Reference Desk for those who plan on attending.



Join the End of Adult Summer Reading Celebration on August 9.

August 9 from 3:30 p.m. to 4:30 p.m. You're invited to our **End of Adult Summer Reading Celebration**. A summer filled with wonderful reading

should end with a party! Come celebrate all your hard work by sharing your favorite books, hearing about titles we've enjoyed, and snacking on some sweet confections!

August 11 at 6:30 p.m. Cool down at our **Indie International Film Fest** as we enjoy "Will You Still Love Me Tomorrow?", our featured selection. This 2012 Taiwanese comedy is about introverted optometrist Weichung who begins to question his marriage to Feng and long-dormant emotions are awakened. These films have not been rated and should be assumed to have mature content. Enjoy fresh, hot popcorn while celebrating the world of cinema.

August 12 from 3:30 p.m. to 4:30 p.m. Experience the **The Art of Zentangle™**, a meditative art form that is fun and easy to learn. No art or drawing experience is needed to create beautiful images using repetitive patterns. All materials will be provided. Grades 7 and up. Registration required.

August 13 from 9:30 a.m. to 11:00 a.m. **Organize It with Apps** presents popular apps that will assist you in organizing parts of your life. Hundreds of thousands of apps exist in the different app marketplaces, so let us highlight a few that apply to your busy life!

August 13 at 2:00 p.m. Drop in for **Mid-week Tween Movie** for students completing grades 3-6. Cool off from the dog days of summer inside the Library with popcorn, drinks, and friends while watching a movie on the big screen! Title of a newly released movie to be announced.

August 13 at 6:30 p.m. For **Books Inspire the Artist Within**, read "Still Life with Bread Crumbs" by Anna Quindlen. Craft materials will be supplied for altering a selection of provided photographs. No previous art experience required. All are welcome to discuss the book.

August 14 at 7:00 p.m. **Cancer Etiquette** will be presented by The Gathering Place. Learn what to say and what not to say when someone you know has been diagnosed with cancer. You'll leave knowing how to help, comfort, and



Organize It with Apps on August 13 presents popular apps that will assist you in organizing parts of your life.

lift the spirits of those you care about. Q&A.

August 23 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. No registration required.

August 27 from 3:15 p.m. to 5:00 p.m. Drop in for **Get in the Game** for students completing grades 3-6. Meet at the library to hang out with your friends, play games and munch on snacks. Different games are featured each month, including Wii Just Dance, PlayStation Rock Band, Rainbow Loom, Legos, party games and board games.

August 29 at 12:00 p.m. Drop in for **Lunch and a Movie**. Bring your bag lunch and enjoy a free film selected from our popular new releases. We'll provide the hot popcorn and refreshments. Adults of all ages welcome.

The Library will be closed in observance of Labor Day on Sunday, August 31 and Monday, September 1.

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

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