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THE ROCKPORT Observer

FAIRVIEW PARK & ROCKY RIVER COMMUNITIES | VOL 02, ISSUE 5 | NOVEMBER 2014

Rocky River Resident Is Tri-C's Board Student Scholar

By Kristin Broka

Rocky River resident Mireille "Miro" Tabanji — the 2014-2015 Board Student Scholar at Cuyahoga Community College (Tri-C®) — can tell you all about perseverance.



Mireille "Miro" Tabanji

In 1980, when Tabanji was 18, she fled war-torn Lebanon with her family and took refuge in Jordan. She left her homeland without graduating from high school, as the fighting often forced her to abandon class.

Now, a quarter-century later and half-a-world away from the turmoil of her youth, Tabanji is working toward an associate degree at Tri-C.

"I have big dreams I want to accomplish," said Tabanji. Don't bet against her.

When her family moved to the United States in 1985, Tabanji was determined to learn English and earn her high school diploma. She quickly reached those milestones and set her sights on college and higher education.

Life provided a few detours, though. She met the love of her life, Tony, married and had her first son, Anthony. She had

Student Scholar page 2

Dine To Donate Cancer Fundraiser

By Debbie Simone

Join us for our cancer support fundraiser *Dine To Donate*. Tommy's Place, located at 1325 Linda St. in Rocky River, will donate 10% of all food item purchases on Saturday, November 15, from 6 p.m. until closing.

Proceeds will be donated to help Mike Broda who was diagnosed with a rare blood cancer. He has been given a limited time to live. Mike and his family are in need of funds for medical bills, a mortgage and general daily care.

The fundraiser will include door prizes, raffles, a Chinese auction, and a vintage jewelry sale...plus a special appearance by Billy Donato - Las Vegas Showman. Billy's show will start at 8:30 p.m.

Billy's high-energy interactive show is the trademark of his musical performance while representing a true variety of styles and eras. This multi-talented performer captivates audiences internationally, bringing song and dance to life, all with warm comedic flair.

A native of Cleveland and graduate of John Carroll University, Billy's one-man show has been seen at major casinos on the Las Vegas Strip, on international cruise ships, and with the world-renowned Cleveland Pops Orchestra. During the Gulf War, Billy's public service announcements were heard worldwide on the U.S. Armed Forces Radio Network. He has also had principle roles on stage and television and in film.

With a magnetic presence that the audience can sense the moment he steps



Billy Donato, Las Vegas Showman, will be performing at Tommy's Place on November 15.

onto the stage, Billy will touch your life in a way you will long remember. "I embrace audiences from all countries, of all ages, with a love and passion as if they were family and friends in the living room of my home - a real family reunion." Visit Billy Donato's website to preview his professional shows at www.billydonato.com.

I am asking for the support of the community on November 15 whether it be by coming to Tommy's Place for dinner and drinks, buying raffle tickets, making a cash donation, or seeing Billy's wonderful Las Vegas performance. For more information, call Debbie at 440-382-6789. •

Debbie Simone is the owner of The Ritzy Chic. The shop helps support cancer survivors through its consignments and sales.

Volunteer Extraordinaire I'm With Mojo

By Jim Tishman

It started in early 2010 when my wife, Rosine, insisted I do something besides read the sports page and bond with the remote. There was an article in the paper inviting people to attend a volunteer orientation class given by the Berea Animal Rescue. It was strongly suggested I attend this class.

Well, I got hooked and a few months later, in April, five-year old "Matt" (due to his matted state) was brought into the shelter. I fell in love with the little guy. Rosine and I decided to foster him, renamed him Mojo (after an old Blues song, "Got My Mojo Working") and took him home. A few days later, we became what is known as "Foster Failures" - we decided he had to become a permanent family member.

Being new to the rescue scene, we hired a trainer to guide us through the first few months. Because of Mojo's cheerful and laid-back nature, the trainer encouraged us to have him trained and tested for a Therapy Dog license.

Therapy Dogs International gave us names of facilities that would like a therapy dog visit. So far, we have over 600 visits recorded in the western suburbs! Most of these visits were in Alzheimer's units. We discovered that Mojo, through his human grandmother, has a special bond with these very special patients.

A First

Naturally, many of our patients moved on to palliative or hospice care. Mojo and I decided to train to become volunteers with the Hospice of the Western Reserve. Mojo is the first West Side Pet Therapy Dog licensed by the Hospice of the Western Reserve. Our regular Wednesday visits to Ames Family House in Westlake are uplifting. The staff at Ames is like family.

To see the smiles on the faces of patients (and the staff) when we - okay, when Mojo walks in is rewarding. Staff



Mojo, a licensed therapy dog, dressed to bring smiles to everyone.

and patients alike make sure Mojo gets lots of belly rubs and ear scratches. We walk into individual rooms and the patients just smile and say, "Mojo's here!"

Sometimes I have to remind them that I'm with Mojo. Makes me happy to see them happy. Mojo hops onto a bed or a lap and does what he does best: naps.

Sitting vigil with patients has been an experience I'll never forget. Helping them and their families ease the transition from this life to the next can be heartbreaking, but at the same time knowing that Mojo and I are helping ease some of their anxiety is what it's all about.

Through the Hospice, Mojo and I have been to several veteran pinning ceremonies, birthday celebrations, special dinners (the food at Ames is great) and, yes, funerals. The families often request our presence at the last farewell. Mojo has even been invited to a funeral mass and several church services. Thank goodness the little guy can nap anywhere! •

Jim Tishman is a volunteer for the Hospice of the Western Reserve. He takes Mojo to visit hospice patients and veterans for end-of-life comfort and companionship, primarily in Rocky River, Fairview and Westlake communities. Jim and his wife Rosine live in Fairview Park.



ROCKPORT FILES

Student Scholar from page 1

a second son, Nathan, and took college classes intermittently while raising her family.

In 2005, Tabanji and her husband opened a fitness center, which they successfully ran for three years. After selling the business, she decided to focus on her college education. “It was time for me to do something for myself,” Tabanji said of her decision to go to Tri-C.

She began with the Career Exploration class at Tri-C’s Corporate College West in Westlake and learned a lot about herself. Tabanji also became actively involved with Student Life programs at the College.

When the Westshore Campus in Westlake opened in 2011, Tabanji was hired as a student ambassador and joined student government as secretary. The following year, she was elected vice president of the student government and became president of the newly formed Westshore International Club.

“I like to be involved on campus and

love helping people,” Tabanji said. “But most of all, I love to challenge myself and learn more.”

A tribute to her hard work and dedication, Tabanji was named Tri-C’s Board Student Scholar for the 2014-2015 academic year. She was sworn into the post at last month’s meeting of the Cuyahoga County Board of Trustees. In her new role, Tabanji is responsible for meeting with student government leaders on all four campuses and bringing any of their concerns or issues to the board. She meets monthly with student and college leaders in preparation for her board presentation.

“Being selected as the Board Student Scholar is an amazing honor and challenge that I am excited for,” Tabanji said.

Her goal is to complete her associate degree within the next year and transfer to a four-year school to pursue a bachelor’s degree in communications and Middle Eastern studies. •

For All We Have

A table with chairs, that welcome sight
Our family, our friends, pure delight

A caring kiss with a gentle smile
Each tender hug lasts that country mile

The presence of love so fills the air
This gift of God brings our hearts so near

Reflections of past bring nurtured thought
Great visions come by, what life has taught

In thankful ways we embrace this day
And often think of loved ones away

Those serving us proud are often gone
But their spirit remains, closely drawn

Our Nation should praise each special one
For all we have is through what they’ve done

The freedom to have Thanksgiving Day
Keeps certain plates bare, please truly pray

— Roger J. Robicheau

A Note from the Publisher

Who would’ve thought that starting this paper would attract the man of my dreams...

I grew up in the “perfect” neighborhood...where our neighbors were considered Family. Two summers ago the Morris’ who lived two doors from us hosted a Labor Day picnic with the Byers family; who lived just a few miles away but spent a lot of time on our street. Mrs. Morris (Sally) shared my second issue of *The Rockport Observer* with the Byers Family. One of the son’s visiting from Los Angeles noted my name as Publisher.

Five months later he saw my name in a comment on a mutual friend’s Facebook page. He sent me a message asking if I was one of the Leonard sisters from Kleber Street and neighbors of the Morris family...I responded “Yes!”...Indeed! Who would’ve thought in this time of “social media” that *The Rockport Observer* would be the medium for the message of Love?! ...and the announcement of our wedding on November 15, 2014?

The many connections we have unveiled since our meeting have been remarkable. When Brian asked his Mom if she remembered The Leonard’s, she said “Oh, I know LuAnn very well”. Brian, a bit shocked, said, “Why, very well?” She recalled that I was her “go-to person” at Trumbull Industries after a fire in their home. Discovering that there are no “degrees of separation” between countless friends, relatives, schoolmates and the like has been just one of the simple joys of our new relationship.

Since neither one of us has ever been married, we continue to feel incredibly blessed with the joy and support from family and friends, who with us look forward to our long life together. For this and so much more, we are Thankful.

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 (or someone you love). **Happy Thanksgiving!**

— LuAnn Leonard
Publisher



The soon-to-be
Mr. & Mrs. Brian Byers.

THE ROCKPORT
Observer
Volume 2 | Issue 5

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

Check out our Web site at
TheRockportObserver.com

With a current circulation of 5,000 copies distributed to over 250 locations in the Fairview Park, Kamm’s Corners, and Rocky River community and via our Web site, The Rockport Observer is a community media initiative whose mission is to involve, engage, inform and converse with neighbors in what was once known as Ohio’s Rockport community. The views and opinions expressed in the publication do not necessarily reflect that of The Rockport Observer, its publisher or staff. Copyright 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.

NEXT DEADLINE:
December 4, 2014

THE ROCKPORT
Observer

PUBLISH DATE:
December 11, 2014

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IN A SERIES

St. John Medical Center Medical Milestones

Surgery Saves Foot & Leg of WWII Vet

Christopher Smith, MD, a vascular surgeon at St. John Medical Center, considered it an honor and a privilege to be able to help a World War II veteran in his time of need.

"He's a bonafide hero," says Dr. Smith of Joseph Schwab, who served as a B17 ball-turret gunman over Germany. The 96-year-old North Olmsted resident was facing total amputation of his left leg and foot due to poor circulation and gangrene. Dr. Smith was able to harvest a vein from Schwab's right leg and transplant it to his left leg, improving blood flow and allowing the foot to heal.

"He was able to save my foot and leg," says Schwab, who proudly shows off the scars on his left and right legs. "It worked out well."

After serving four years in the military, Schwab, a native of Albany, New York, found a job at Warner & Swasey in Cleveland, where he worked for many years.

"I'm doing just fine now," says Schwab, who thanked Dr. Smith and his podiatrist, Robert G. Testa, DPM, for working together to save his left leg and foot.

Schwab recalled Dr. Smith's reaction at an appointment following his leg vein transplant. "He said, 'Fantastic,'" says Schwab. "That was certainly good to hear."

To schedule an outpatient procedure or testing appointment, please call our Centralized Scheduling Service at 440-827-5668 or 877-492-0222 from 7 am – 6 pm.



Joseph Schwab and Christopher Smith, MD, Vascular Surgeon at St. John Medical Center

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SHOP LOCAL

Shop Local for the Holidays

By Perry Haan

With the holiday shopping season getting into full swing, local businesses are encouraging people to buy from local businesses. Local independent retailers have several distinct advantages over national big box competitors.

These stores have many connections to the community. Local entrepreneurs can use those “roots” in the community in ways that the national stores cannot. To successfully leverage the hometown advantage, businesses need to show authentic concern for the community. In Rocky River and the surrounding area, as in many other communities, business owners serve as community leaders in a variety of capacities. “Living and working in the same community is one of the best benefits I have”, according to Paul Gorton, owner of Ford’s Clothier in Rocky River.

The economic argument for why customers should shop locally is simple. Spending at local businesses helps the local economy by providing jobs. Local entrepreneurs also tend to buy from local suppliers and use local professional services such as attorneys and accountants. Studies show that for every \$100 spent in locally owned independent stores, \$68 returns to the community through taxes, payroll and other expenditures. In comparison, the same amount spent in a national chain store returns only \$43 to the community.

The national trend is toward more local shopping. In communities where more hometown shopping is done, there are more economic benefits to be enjoyed, including higher real estate values.

“Local businesses make a community strong and unique”, according to Catherine Jones, owner of Fiori della Vita, a flower shop in Rocky River. “Driving through the downtown of every small town in America tells the story of that town. A vibrant and active retail area means the community is healthy and growing.”

Local Benefits

Shoppers often choose to buy local because of the intangible benefits their spending can bring to the area. Improved local shopping choices, stores with local character, and salespeople and owners who know their names are all reasons why some consumers keep their spending local.

“My customers come to me because I know them, their families and friends. I can meet their needs and exceed their expectations. Local businesses are connected to their customers and community in a very personal way”, Jones said.

Social media is also credited with helping buy-local efforts. Smaller businesses now have a less expensive way to market themselves and, more important, to develop relationships with their customers. Firms that have

active social media campaigns have higher sales, especially among younger customers.

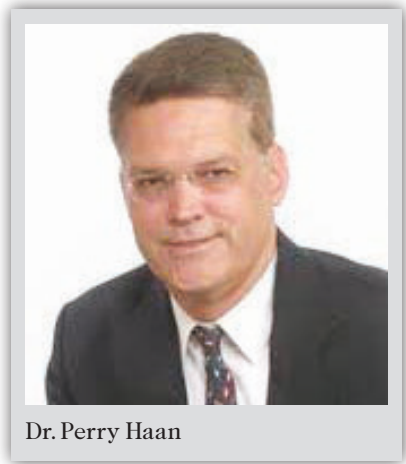
Giving customers incentives to shop locally on a specific day can help drive sales. American Express has sponsored a national “Shop Small Day” on the Saturday following Black Friday since 2010.

The main reason consumers state for not doing more local shopping is price. It is sometimes difficult for local stores to compete with the larger box stores that buy in volume. “It is challenging to compete with the big warehouse stores and supermarkets that offer discount flowers every day”, Jones said.

On the other hand, many small businesses offer products in niche markets where price is not as much of an issue. Jones said she brings in fresh flowers daily from The Netherlands and buys from greenhouses in the area.

Just because an enterprise is local does not mean it is providing good personal service. It is critical for local businesses to provide additional personal touches that are not typically delivered by national firms.

According to Gorton, “There are many benefits for customers to shop local, but probably the number one benefit for me as a small independent retailer is that I can be flexible and considerate toward my customers. Customers will receive the best customer service available because I really do care if they come back time and time again.”



Dr. Perry Haan

Finally, it is important for local entrepreneurs to buy from other local businesses. Local businesses can generate some discussion by purchasing locally and featuring their local buying habits in their marketing. This can be a powerful tool to attract shop-local-oriented consumers, giving them another reason to visit a business. It also lets small businesses support each other directly and helps build new relationships for marketing. •

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

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LOCAL BUSINESS

Century Cycles Named a Gold-Level Bicycle Friendly Business

By Kevin Madzia

The League of American Bicyclists has recognized Rocky River-based bicycle shop Century Cycles as a Gold-Level Bicycle Friendly Business. The league is a national non-profit advocacy group that is leading the movement to create a Bicycle Friendly America for everyone. It announced the 2014 list of 150 new and renewing Bicycle Friendly Businesses on September 24. Century Cycles joins a list of over 800 local businesses, government agencies, and Fortune 500 companies across the country that are transforming the American workplace.

Century Cycles is the first bicycle shop in Northeast Ohio to earn the Bicycle Friendly Business Award, and the first business of ANY type in the state of Ohio to earn a gold-level designation (the league recognizes businesses at either the Platinum, Gold, Silver, or Bronze levels).

Century Cycles encourages bicycling as an easy option for transportation and



provides amenities for customers such as ample bicycle parking, free air for tires, free maintenance classes, and award-winning customer service for bicycles and accessories. Bicycling incentives for employees include cash paybacks for cycling to work, secure bike storage, and a guaranteed ride home in case of bad weather or mechanical difficulties.

Outside the stores, Century Cycles has spearheaded numerous efforts to improve the quality of life in our

communities. Since 2008, it has sponsored and organized the Bike To School Challenge, which has increased the rate of students bicycling to six local schools (including Rocky River Middle School), and educated thousands of students about the health, economic, and environmental benefits of cycling.

Staff members from Century Cycles attend corporate wellness fairs throughout the region to speak to organizations' employees about the health benefits of bicycling. The store has supported Bike Cleveland, the local cycling advocacy group, since its founding with membership promotions and awareness campaigns. Century Cycles is also a long-time sponsor and supporter of the area's most popular cycling events, such as the Great Ohio Bicycle Adventure, Tour of the Scioto River Valley, Bike MS Pedal to the Point, VeloSano, and the recent NEOCycle festival.

"We have always considered ourselves

bicycle-friendly in the 22-plus years that we have been in business", said Scott Cowan, owner of Century Cycles. "It's an honor to have the official recognition from the League of American Bicyclists, not to mention being the first bicycle shop in the area to earn the award. We are also very proud to be the first business of any type in Ohio to earn the gold level of Bicycle Friendly Business."

"Even though we're a bike shop, it was not automatically given that we would be named a Bicycle Friendly Business", added Kevin Madzia, the company's IT manager who led the application process. "We had to apply just like any other business, and we had to submit applications individually for each of our three stores. This allowed us to highlight the unique cycling cultures in each of the communities that we are located in."

Century Cycles is located at 19955 Detroit Road in Rocky River. In addition, it has stores in Medina and Peninsula. •

Kevin Madzia is the Information Technology Manager and a Bicycle Fit Specialist for Century Cycles.

Dog Training: Sooner Is Better

By Daniel Makara

As the owner of Rockstar Dog Training, I meet many people and dogs in different situations. Unfortunately, I'm usually called to someone's home after a behavior problem has already developed.

Whether it is severe human or dog aggression or extreme separation anxiety, my typical client is already in panic mode when he or she calls me. While rehabilitation is possible in all cases, it is definitely a lot of work, as my current clients will tell you.

It may come as a surprise that the best time to call a dog trainer is before you even get a dog! On occasion, I've been hired prior to a client picking out a puppy. I've been able to assist not only in the selection of the dog but also in the initial homecoming.

This is the absolute perfect setup, as I am able to show a client from day one how to stop a new puppy from getting

into a routine of unwanted behaviors. You can count on one hand how many "oops" moments a puppy in training has.

While puppyhood is the best and cheapest time to call a dog trainer, a dog between the ages of six months and a year is also in the premium age of trainability. By this time, some bad habits may have developed but, with proper guidance, these are relatively easy to break. The most difficult problem behavior to work on in this age range is separation anxiety. It is best to start working on this problem right away, as it will only worsen over time.

Regardless of the age of your dog whether he or she is an eight-week-old puppy or a nine-year-old senior, every dog is trainable. Results are usually fast. However, older dogs that have an established routine of unwanted behavior take more work, consistency, and follow-through to rehabilitate completely. And more work costs more dollars.

When selecting a dog trainer, always look for someone who will work in your home - in the dog's own environment, offer lifetime support, and guarantee results. Rockstar Dog Training does all of this! Visit my Website www.rockstardogtraining.com or Facebook page or call 800-649-7297. Remember, sooner is better when it comes to dog training. •

Daniel Makara is the owner of Rockstar Dog Training.



Just two well-behaved kids hanging out!

Gestures Gallery: Local Art and Crafts

By Chris Keener

Gestures Gallery - in the heart of Rocky River at 1150 Linda Street - has been providing over 130 different regional artisans a place to showcase their work for five years. Gestures is stocked full of one of a kind creations, including wall art, jewelry, hand-crafted soaps, pottery, cards, plus many functional fiber art pieces.

If jewelry is your thing, we have cases of unique pieces created in sterling silver, copper, and brass, along with beach glass and found objects. You can even customize a necklace or bracelet with your initials. We have Ohio is HOME t-shirts, decals and glassware. You can order a personalized cutting board with your favorite family recipe engraved on top, as well as commission one of our local artists to do a watercolor portrait of your children or a pet.

The shop is filled with creations that feature Cleveland in prints, photographs and magnets. These make perfect gifts for someone local or someone who has moved away. Holiday ornaments, driftwood Christmas trees and beach glass soaps are just a few of the items you will find at Gestures for the holiday season.



Gestures is filled with unique gifts created by local artisans.

If you are looking for unique gifts, Gestures is the place for you. The shop is warm and friendly and loaded with gift options. There is a price point to fit every budget. We do gift wrapping and shipping too.

Shop local and make Gestures part of your gift giving this holiday season and all year. Our artists thank you!!!

Store hours have been extended during the holiday season for your shopping convenience. So, stop in or visit us at www.gesturesshop.com. •

Chris Keener and Valerie Greathouse are co-owners of Gestures.

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Song of the Pilgrims

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Against the blue horizon.

Oh, beautiful land of freedom born,
I've come across the sea
To reap your fruits and build my home,
And make my people free.

— Nancy Sue Krenrich

LOCAL BUSINESS

Metheny Weir Brings Chalk Paint® to the West Side

By Susan Weir

Now Cleveland Westsiders can visit Metheny Weir's new Rocky River studio to learn easy DIY paint techniques that will enable them to channel their creative energies and transform their home decors. This new store is located at 20254 Detroit Road.

Demand for the Chalk Paint® by Annie Sloan and for painting classes taught by co-owners Kim Metheny and Sue Weir has grown in recent years at their original studio in Shaker Heights. "We have a bunch of customers who make the trek over to Shaker from Rocky River, Lakewood, Westlake and Avon so we think there's a great opportunity to grow here," says Metheny.

"We've spent 15 years learning how to create great custom finishes and worked in hundreds of fine homes around Cleveland", says Weir. "Now we're sharing the secrets we've learned and teaching folks how they can reinvent furniture, kitchen cabinets, or almost anything all by themselves."

The acclaimed no-prep paint – named for the appearance of chalk, though the paint is chalk-free – has become the go-to product for easy makeovers for furniture and cabinetry. "Many of our customers are women who are bored with the look of their homes and want to freshen things up", says Metheny. "Our workshops help them get the confidence they need to use the Chalk Paint® and waxes to create a fantastic finish on anything from a chair to an entire kitchen."

Priming and sanding aren't required when painting with Chalk Paint®. In fact, someone with no experience can create a beautiful waxed furniture finish in a couple hours. Help is always available at either store, or after hours on Metheny Weir's "paint emergency line".

The new store is open Tuesday through Thursday from 10 a.m. to 6 p.m. and Friday and Saturday from 10 a.m. to 3 p.m. For more information, visit www.methenyweir.com or call 216-303-9755. •

Susan Weir is co-owner with Kim Metheny of Metheny Weir Painted Finishes located in Rocky River and Shaker Heights.



Artistic duo Sue Weir and Kim Metheny

Meet the New Owner of Herb's Tavern

By Perry Haan

One of Rocky River's venerable eating and drinking establishments recently changed ownership after celebrating its 50th anniversary in business. Herb's Tavern at 19925 Detroit Road is now owned by Kim Berry, who bought the business earlier this year.

Berry is the daughter of Herb and Bobbie Brugh who opened the business in April of 1963. "We lived upstairs over the Tavern for the first eight years of my life", Berry said.

In the early days at the Tavern, Herb would bartend downstairs while Bobbie was upstairs taking care of the family. "Dad would ring a bell when customers ordered food and mom would come down and cook it. It wasn't until 1971 that they could afford to hire a cook and mom didn't have to cook anymore", Berry said.

Berry has many fond memories of growing up in the family business. "If the walls could talk...everyone loves Herb's and my parents. But everyone's story of why they love Herb's is different." Berry is having cards created to place on the tables so that customers can write down their stories of why they love Herb's. These stories will then be posted on Herb's Tavern Facebook page.

In 2012 Berry's parents asked her to run Herb's. She had a corporate job that

she enjoyed but started helping from behind the scenes. Then her parents both suffered health problems. "In January, while on a business trip, I had a big decision to make – should I sell Herb's or keep it. My parents had given their blessings for either choice. I decided to quit my job and keep Herb's."

A Return to Quality

When Berry took over, a lot of work needed to be done. "My parents' standards were very high for food quality, cleanliness and customer service. I had no choice but to start with a new staff. In May, Herb's closed for three days to clean and train new staff." Many customers left, claiming that Berry was changing everything – from rewriting the menu to knocking down the walls.

"It's been six months. All I did was what my parents would want, which was to bring the Tavern's customer service and food and drink quality up to the level that they had provided for many years." These are all things that customers expect from Herb's, according to the new owner.

A major improvement that Berry has made is in the quality of the Tavern's signature item, the Herb Burger. "We now have our burgers made fresh and shipped to us, which makes a huge difference. The Herb Burger comes in three sizes and it's my dad's recipe of 51 years."

Berry buys as many local products as she can and, when possible, also buys from Cleveland's West Side Market. She uses independent distributors because Herb's is also an independent business. The independent wine distributors have connections with vineyards in Italy and California. "There's always a story with independents and I love that!", she stated.

The Tavern has bourbon tasting, cigar smokes, wine tastings and other events, which she promotes on the Herb's Facebook page. The business is known for its weekend Bloody Mary breakfasts, three egg omelets, and sausage links. Berry believes Herb's offers a big, fresh breakfast for a great price on Saturdays and Sundays.

"We serve great coffee now that is blended by a local independent company. Coffee is important because it's the first and the last thing you taste." She believes Herb's weekend breakfast is one of the best kept secrets in the area.

New & Old Customers

Berry realized many customers would leave given the changes. However, she also knew that Herb's would not survive if she did not make improvements. "Failure to me is not trying. We are doing well and people still love us. Some of the old customers are slowly coming back and it's great!" She said the business has

also acquired many new customers. For the first time, Herb's is not only drawing the younger crowd but also people ages 55 and above.

Today young families walking their children in jogging strollers stop in for a burger and drinks. The outdoor patio is a main attraction for people passing on the street as well as for people watchers. Some come to Herb's because of the radio advertising or word of mouth now that things are much better, according to Berry.

"Our food is high quality. We strive to make guests' experiences one they will be glad to repeat and tell their friends about. We aren't perfect, but we sincerely still enjoy our craft. I think there is great energy at Herb's."

A Final Wish

Berry's one wish would be for her father to see the improvements and talk to the young families and customers coming in for the first time. I know our customers would enjoy hearing his stories about the Tavern.

Herb's new proprietor said she feels very blessed and loves being back in the business. "I love coming to work every day and talking with our customers. I want to continue Herb's for another 50 years." •

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When it comes to life the critical thing is whether you take things for granted or take them with gratitude.

— Gilbert K. Chesterton

HEALTH

Wellness Doc

Say Goodbye to Headaches and Migraines

By Bryan Ruocco

Over the last month or so, I have had many clients visit my office seeking help for migraines and headaches. Since so many people suffer with this debilitating condition, I thought it would be a great discussion topic.

There are many reasons why one suffers from headaches and/or migraines. I believe most people could eliminate their pain if they knew and understood what was causing it. In my opinion, conventional medicine really misses the boat because the treatment is geared only toward dulling the pain, which does not in any way address the problem.

I am amazed by how many people actually experience and live with such pain. Headaches can be serious and may indicate some serious problems within the body. There is nothing normal about your head hurting and feeling like it is going to burst. And taking a pill is not going to solve the problem. Moreover, heavy or long-term use of some medicines, including ibuprofen, naproxen, and aspirin, can cause chronic kidney disease.

To get rid of headaches and migraines for good, you must understand and

address what is causing the pain. Let me assure you that the pain in your head doesn't just happen without a reason. I believe our medical system does not look at what I believe are the primary causes of the pain, but instead focuses only on the pain. Pain meds are prescribed, pain management is offered, Botox is injected, and the list goes on.

This is absurd. Imagine driving your car and the check engine light comes on. You pull into the nearest gas station, wait, and then the attendant says he fixed the problem. You get in your car and see that he put a piece of black tape over the light. Would you continue to drive the car? The check engine light is not the problem - the engine is!

Do not just treat the pain, instead you must get to the root of the problem. In my clinical experience, headaches and migraines stem from poor digestion and digestive problems, which the patient may or may not recognize. You do not necessarily have to have digestive symptoms.

Finding a Root Cause
There are simple tests and reflex points on the body that can be tested. Headaches can stem from food sensitivities, which is different from

food allergies. Poor blood sugar balance and hormone imbalance, especially in women, are also very common causes. Among the most overlooked causes, which conventional medicine does not even consider, are misalignments of the spine and poor posture.

Another key factor is the location of the headaches and migraines, which can be indicative of where the potential problem may be. Typically, pain in the back of the head is caused by poor spinal alignment, poor posture, and digestion. Pain in the temporal region is oftentimes hormonal. Pain in the frontal region is often due to food sensitivities.

Supporting healthy hormone balance, maintaining healthy digestion, addressing food sensitivities, and correcting any misalignments of the spine and posture can very well be your answer to ending your headache and migraine suffering. No drugs, no pain management, just a simple natural approach to ending your pain and suffering. I see successful outcomes every week in clinical practice.

For those of you who are suffering and looking for answers other than pills, I would like to offer you a special opportunity to visit our office to see if we can help. Call our office at 440-331-




Dr. Bryan Ruocco

4744, mention this article, and receive a comprehensive evaluation, consultation and one set of x-rays to assess your spinal alignment for only \$29.00. Call today to take advantage of our special offer, which is valid for the month of November. See our ad for details.

Wishing you a Happy Holiday Season! •

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.

Feeling gratitude and not expressing it is like wrapping a present and not giving it. — William Arthur Ward




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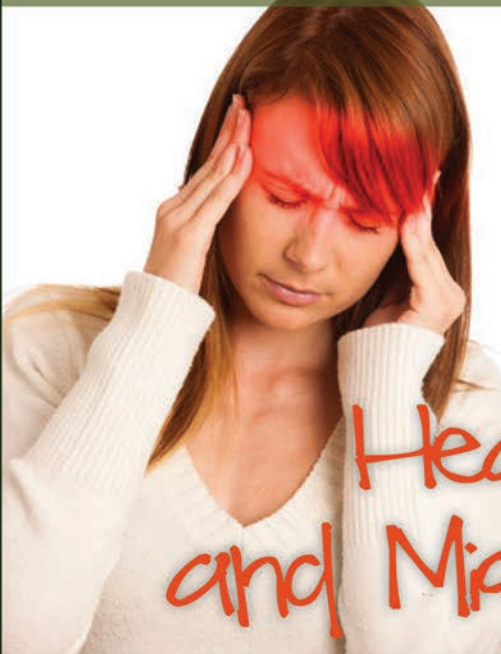
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HEALTH

New Alzheimer’s Trial at Lakewood Hospital

By Angela Smith

People aged 60 to 90 who are diagnosed with mild to moderate Alzheimer’s disease may benefit from something as simple as sitting in a chair – a state-of-the-art chair, that is.

Clinical trials for the new chair therapy began last fall at the Cleveland Clinic Lou Ruvo Center for Brain Health in Las Vegas. This non-invasive therapeutic system uses cognitive training and transcranial magnetic stimulation (TMS) on targeted areas of the brain. The trial was expanded to Lakewood Hospital in early 2014.

“While there is no cure for Alzheimer’s, we are always looking for treatments to improve cognitive function for patients,” says Babak Tousi, MD, a geriatrician with special interest in neurodegenerative diseases. He is the principal investigator of the clinical trial at the Lou Ruvo Center for Brain Health at Lakewood Hospital (formerly the Senior Care Assessment Center).

“Until the introduction of this device, medication was the only approved option for treatment,” Dr. Tousi says. “The pilot trials suggest that this treatment may help provide patients with nine months of better brain function even after the treatment.”

Know the Symptoms

Alzheimer’s disease, the result of an increasing number of nerve cells deteriorating and dying, affects more than 5 million Americans, most older than 65. Symptoms include the following:

- Memory loss
- Confusion
- Decline in executive functions

(mental processes which connect past experience with present action)

- Poor judgment Aphasia (language disorders)
- Apraxia (motor disorders)

The Trial and Treatment

Following an initial interview and consultation with the physician and a research coordinator, individuals approved for the trial must commit to participating in a 15-week program that consists of daily appointments (lasting 1 to 1-1/2 hours), five days a week for six weeks, and two screening visits.

If you are interested in participating in this trial or getting more information, contact the study coordinator, Christine Whitman, RN, at 216-227-2438 or whitmac@ccf.org.

Support Services

The Lou Ruvo Center for Brain Health offers comprehensive outpatient services for older adults experiencing a change in their physical, psychological or social well-being at four locations - Lakewood Hospital, Cleveland Clinic main campus, Las Vegas and Cleveland Clinic Florida. For more information or to schedule an appointment at Lakewood Hospital, call 216-521-2228.

In partnership with the Alzheimer’s Association Cleveland Area Chapter, Lakewood Hospital presents Tuesday Talk on Dementia. Held the first Tuesday of each month from 6 p.m. to 7 p.m. at the Lou Ruvo Center for Brain Health at Lakewood Hospital (Community Health Center, 1450 Belle Ave., 2nd floor). Topics of discussion vary each month. For more information or to reserve a spot, call 216-227-2273. •



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Forever on Thanksgiving Day
The heart will find the pathway home.
— Wilbur D. Nesbit

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EDUCATION & LIBRARIES

“The Pajama Game” Comes to Magnificat



“The Pajama Game” comes to Magnificat in November. Cast members pictured are Cindy Trannguyen ‘16, David Faust (senior at St Ignatius), Mary Hearn ‘15, Nora Dillon ‘15, and Casey Sobecks (senior at St. Ignatius).

By Karen Uthe

Grab your favorite blanket and a pillow, and head to the Magnificat Center for the Performing Arts on November 22-23 and 28-29, as Magnificat High School presents “The Pajama Game”.

Set in 1954 in a Cedar Rapids, Iowa pajama factory, the musical “The Pajama Game” follows the journey of Babe Williams and Sid Sorokin, two employees in the Sleep Tite Pajama Factory. Add to this the antics of other wacky characters and some beautiful, fun and timeless music, such as the songs “Steam Heat”, “Hey There” and “Hernando’s Hideaway”, and you have a musical that presents a serious message about workers’ rights and corporate greed, while never forgetting to entertain.

Performances are at 7:30 p.m. on Friday and Saturday, and at 4 p.m. on Sunday. Tickets are \$15 for adults, \$10 for senior citizens and \$10 for students, and can be purchased by visiting www.magnificat.tix.com or by calling 440-331-1572, ext. 261. Magnificat is located at 20770 Hilliard Blvd. in Rocky River. •

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

“For God & Country” Letter Contest

By Eileen Ann Patton, Mayor

Each school year, the 7th and 8th grade students at Lewis F. Mayer Middle School, St. Angela Merici School, and Messiah Lutheran School compete in a letter writing contest aimed at acknowledging the overseas members of our Armed Forces and expressing gratitude for their sacrifices in keeping the United States safe and free.

Referred to as “For God and Country,” this contest received its name from the letter prompt given to students: “Why God, country, and the men and women who serve in our Armed Forces are important to our country’s freedom.” The year 2014 marks the 38th year of the For God and Country program.

Student letters are submitted to the We Do Care Committee annually and judged by a group of volunteer residents. Letters are selected from each school as winners and are read aloud at a meeting of the Fairview Park City Council. The winning student authors are publicly identified and receive a certificate acknowledging their success.

The 2014 winners of the For God and Country contest will be recognized and their letters read at the November 17 meeting of City Council. Copies of the winning letters will be sent to troops stationed at almost 200 installations around the world.

Fairview Park’s We Do Care Committee was founded by resident and chairman Harriet Beekman in 1976 in response to diminishing patriotism during the Vietnam era. The Committee was formed in an effort to encourage students in Fairview Park to consider and understand how our Armed Forces have helped ensure freedom in the United States. •

Eileen Ann Patton is the Mayor of the City of Fairview Park.

Drug Free Community Coalition Receives Funding

By Noreen M. Kyle

The Westshore Young Leaders Network (WYLN), an emerging coalition in Cuyahoga County that serves six communities in the West Shore region, received notification that it had been selected to be mentored by The Community Awareness and Prevention Association (CAPA) for the Coalition of Excellence - Mentoring Grant from the Ohio Department of Mental Health and Addiction Services. The communities include the suburbs of Bay Village, Fairview Park, Lakewood, North Olmsted, Rocky River and Westlake.

The funding will be used to enhance community collaboration and reduce youth substance use in West Shore communities. It will assist in the development of a strategic planning process that will result in a comprehensive community action

plan by completing a logic model and intervention mapping.

In an effort to understand the local conditions that are contributing to youth substance use, a Community Perception Survey will be used to gather data. A community’s strengths, gaps, needs, and barriers impacting all residents will be examined.

The Westshore Young Leaders Network is dedicated to implementing strategies aimed at preventing and reducing youth substance use while encouraging healthy life choices. For information or to join WYLN Coalition, contact Noreen Kyle at 440-250-9916 or visit us at www.westshoreyoungleaders.org. •

Noreen Kyle is an employee of the Westshore Enforcement Bureau, drug task force. She is the school prevention specialist for the Westshore Young Leaders Program.

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Thanksgiving is here, so our minds have turned
To what time has taught us, to what we’ve learned:
We often focus all our thought
On shiny things we’ve shopped and bought.
We take our pleasure in material things,
Forgetting the pleasure that friendship brings.
If a lot of our stuff just vanished today,
We’d see the foundation of each happy day
Is special relationships, constant and true,
And that’s when our thoughts go directly to you.
We wish you a Thanksgiving you’ll never forget,
Full of love and joy—your best one yet!

— Joanna Fuchs

EDUCATION & LIBRARIES

Become a Part of the Improving Job Market

By Cynthia Wilt

Are you an underemployed or unemployed person looking to start a new phase of your life? Do you wonder what you can do when you retire to bring in some income or to keep yourself occupied and your brain alert? Or are you just tired of doing the same old thing and want to change careers to something more fun and enjoyable? If so, the new 2nd Stage Institute is for you.

Three organizations – all centered in Rocky River – have come together to provide a series of five classes, assessments, elective classes and group/individual coaching to help you realize who you really are and how you operate. Learn how you can fit into this new job market/business environment and what is the best fit for you in your future. Dave Clements of Vision 21 Consulting, Rev. Charles Eduardos of Victorious Living System and Cynthia Wilt of Career Transition Center have collaborated to bring this amazing new program to the area.

Classes will be held at the Fifth Third Bank Building at 20220 Center Ridge Road and at the recently remodeled

Plaza West Conference Center of River Properties. The basic module of five classes will be held in the third floor conference room on Thursday mornings from 9:30 a.m. to 11:30 a.m. for a five week period, November 13 through December 18 (excluding Thanksgiving).

You can sign up at www.careerte.org where you can also see a video describing the program and the registration form. Or you can email cynthia.wilt@careerte.org for a registration form and information on how to hold your seat. Seating is limited and all services are priced very affordably – just enough to cover costs.

There is nothing else like this anywhere in Northeast Ohio. So what's stopping you from improving your future? It just takes some time, energy, drive and a little bit of money to improve your path and get you to your next stage of life. Call 440-409-0318 for more details. Don't be left out of this group who will be improving their life situation with the tools they will learn from this program. •

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

All in a Word

T for time to be together, turkey, talk, and tangy weather.

H for harvest stored away, home, and hearth, and holiday.

A for autumn's frosty art, and abundance in the heart.

N for neighbors, and November, nice things, new things to remember.

K for kitchen, kettles' croon, kith and kin expected soon.

S for sizzles, sights, and sounds, and something special that abounds.

That spells **THANKS**—for joy in living and a jolly good Thanksgiving.

— Aileen Fisher

FAIRVIEW PARK BRANCH LIBRARY HAPPENINGS

November 6 at 7:00 p.m. Join us for the **Golden Age of Shopping in Cleveland**, a delightful look back at the height of downtown elegance and elaborate holiday displays. Which was more glamorous—to ride the elevator with an operator or the escalator? Remember downtown shopping at Halle Brothers, The May Co., Higbee's and the Sterling Linder Christmas tree? From your purchases delivered next day by trucks and dining in the tea rooms, shopping downtown was a dressy affair! Registration required.



November 20 from 6:30 p.m. to 8:30 p.m. **LinkedIn Basics** is aimed at LinkedIn beginners and presented

by a Career Counselor. This workshop will provide attendees with an understanding of the basics and the intent behind LinkedIn. Learn how to create a LinkedIn account, build a profile, set up privacy settings and build a professional network. Registration required.

December 8 from 7:00 p.m. to 8:30 p.m. Come to our **Concept2Business** workshop to learn how to generate and cultivate your business ideas and develop your business concept. Take the challenge and see if you are ready to become an entrepreneur.

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



Find a bargain at Rocky River Public Library's ongoing book sale.

Like Bargains? Love our Book Sale!

By Kitty Sommers

The Women's Committee of Rocky River Public Library hosts an ongoing book sale in the library's lobby. Recent bestsellers, Pulitzer-prize winning novels, children's popular and classic literature, as well as a host of nonfiction (ranging from cookbooks and travel guides to antiques and decorating) are snapped up almost as soon as they hit the shelves. DVDs, CDs and audiobooks abound! Prices generally range from 50¢ to \$1.00 for new and nearly new items that have been donated to the library.

Proceeds from the book sale are donated by the Women's Committee to add equipment, furnishings and new services to the library. •

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

Join us for a seminar on Medicare Plan Choices

Tuesday, November 18
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GOVERNMENT

Report on Westshore Council of Governments Meeting on October 8

By LWV observers Conda Boyd (Bay Village) and Kathy Kosiorek (Lakewood)

This report is not an official LWV statement. Official minutes are prepared by Mayor Patton's office and posted on Fairview Park's website.

RTA
There will be a public meeting about RTA's future on October 21 at 2pm at RTA headquarters. Lakewood's upgraded transit stations are due to be completed in November.

Cuyahoga County Mayors & City Managers Association (CCMCMA)

Mayor Sutherland reported that HB5 municipal income tax changes will be taken up by the lame duck Ohio Senate and will require close monitoring to ensure progress.

North Royalton Mayor Robert Stefanik is asking the CCMCMA to endorse his letter demanding that the Ohio Department of Natural Resources (ODNR) manage the deer population. Mayors Clough and Sutherland declined to sign this letter, but Mayor Sutherland stated that the ODNR is trying to shift the burden onto homeowners.

In Avon Lake, homeowners can request permits from ODNR and the city to

cull deer on private property. Mayor Kennedy noted that the MetroParks culls 30-120 deer a year in Bradley Woods. North Olmsted is examining options, including an ordinance similar to Avon Lake's. Rocky River sent residents an advisory on how to discourage deer. Bay Village has had 20 deer-vehicle accidents in the past year. Mayors Sutherland and Kennedy agreed that aggressive wild turkeys have also been problematic.

Suburban Water Council
Mayor Bobst stated that infrastructure improvements are built into the rates charged to all Cleveland Water customers, so it's important to bring those dollars back to the city via the renewal program. Rocky River is now checking water lines in conjunction with other projects. Fairview Park has evaluated water main breaks, matched them with their street program, and prioritized projects accordingly. Bay Village City Council has declined to participate in the renewal program. Lakewood owns and operates its own water system.

Clean Fuels
Mayor Summers met with Clean Fuels Ohio about fueling stations for alternative fuels. While potential fuel savings for cities and schools are substantial, the cost of these special stations may be prohibitive. Energy efficiency is a long-

term goal for Lakewood, and he will continue to research the idea.

County Council Update
Cuyahoga County Council District 1 Representative Greenspan described a new RTA program that will offer discounts for transportation to cultural events. He also discussed in detail a proposed \$50 million fund to demolish vacant buildings. Mayor Summers stated that while Cleveland's needs are disproportionately large, a reasonable percentage should be directed to the suburbs as well. Property value increases materialize much more quickly in the suburbs, spurring regional recovery.

County Health Insurance Program
Mayor Patton reported that Fairview Park is nearing the end of its first year under the county program. They opted for two of the seven plans and estimated \$300,000 savings in 2014. Employee satisfaction is high, and the 2015 premium increase is only 1.5%.

The WCOG was founded in 1971 "to foster cooperation between municipalities in all areas of municipal service." All meetings are open to the public. The next meeting will be November 12, 9:30 a.m. to 11:30 a.m. in the Fairview Park Gemini Center's Birch Room. •

Thank You to Voters



By Nan Baker

Thank you to the voters of District 16 - Bay Village, Fairview Park, North Olmsted, Rocky River and Westlake - for their overwhelming support to re-elect me on Election Day. Thank you also to my campaign team for tirelessly walking door-to-door with me, making phone calls, attending festivals, walking in parades, planting yard signs and volunteering at our wonderful October Pancake Breakfast in Rocky River.

Our message was clear, "It's All About Jobs!" As always, my number one priority will continue to be to create an environment that encourages jobs to stay and locate in Ohio by lowering excessive taxes and mandates in order to compete with other states. Workforce training will also be a priority to give our Ohioans the skills to obtain the good paying jobs that exist today.

I am excited to return to the Ohio House of Representatives 131st General Assembly in 2015. It is an honor to serve you. •

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

Give thanks for unknown blessings already on their way. —Native American Saying

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THE ARTS

Beck Center Dance Education Offers Festive Events

By Pat Miller

Beck Center Dance Education brings in the holiday season as it presents A Journey with Clara to the Land of Sweets and its popular biannual Holiday Tea Party. With several dates and times to choose from, you should be able to find a time that is right for you and your family.

A Journey with Clara to the Land of the Sweets takes place on Sunday, November 23, in the Recital Hall of Beck Center's Music & Dance building. This dance workshop offers 90 magical minutes of fantasy fun for children ages 4 to 8 years. Students may select from two class times - 1 p.m. and 3:30 p.m. Cost is \$15 per student. Class size is limited, so enroll today!

The young students will join Clara on a magical journey through the Land of the Sweets. They will listen to the story, watch portions of the story unfold, and learn simple dance steps from Beck Center dancers. The workshop concludes with an opportunity to take photos of the students with their favorite characters from "The Nutcracker". A Journey with Clara is a fundraiser supporting Beck Center dancers who are taking their own journey to the Youth American Grand Prix competition in Chicago in February 2015.

The Dance Alliance of Beck Center is inviting children and their families to a Holiday Tea Party on December 6 and 7 in the Recital Hall of the Music & Dance building at Beck Center. Guests will enjoy entertainment by the Beck Center Dance

Workshop and select dancers as they perform excerpts from Tchaikovsky's classic ballet, "The Nutcracker".

"The Holiday Tea is especially appealing to families with young children as they watch the story come alive right before their eyes", said Associate Director of Dance Melanie Szucs, who is also choreographing the piece.

There are two performances on Saturday, December 6 at 4 p.m. and 7 p.m., which include complimentary beverages and desserts. High tea will be served at two performances on Sunday, December 7 at 1 p.m. and 4 p.m., including sandwiches, fresh vegetables, desserts and beverages. Tickets for the Saturday performances are \$10 per person and for the Sunday performances, \$12. Children 11 and under must be accompanied by an adult. Reserved seating is limited and tickets are selling fast.

Finally, as is tradition for the Holiday Tea, the 70 performers will take "The Nutcracker" on the road to three area nursing homes on Saturday, December 13. "Our dancers will share the holiday production with residents at Lutheran Home Concord Reserve, Our Lady of the Woods and Eliza Jennings", said Szucs.

Tickets may be purchased online at beckcenter.org or by calling Customer Services at 216-521-2540, x10. Beck Center is located at 17801 Detroit Avenue in Lakewood. Free onsite parking is available. •

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

'Tis the Season! Beck Center Dance Education presents

A Journey with Clara to the Land of Sweets
Nov. 23 | 1 p.m. & 3:30 p.m. | \$15
- Music & Dance Building -
*Ideal for ages 4 - 8

Holiday Tea Party
Dec. 6 | 4 p.m. & 7 p.m. | \$10
Dec. 7 | 1 p.m. & 4 p.m. | \$12
- Music & Dance Building -

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An Essay
November

By Peggy Calvey Patton

Perhaps it is the cruelest month of all to those who live in northern Ohio. The rich amber, gold and purple leaves falling from the exposed brown tree bark remind us of the coming cold winter. The trees are weeping their leaves in winds that start out as lukewarm breezes and turn frigid in minutes. Blue skies turn a brooding grey in a heartbeat. It is a melancholy goodbye to summer and the beginning of winter.

The split personality of November juxtaposes us with contrasts every day. There may be time for bike riding, walks and driving through the valley, but the short days of November have us home before nightfall.

The first day of November is a fusion of both remembrance and excess with the Catholic feast of All Saints Day and the spoils of Halloween begging. A rewarding gluttonous day for youth and a painful day for those who lost someone dear. A time for retrospect mixed with the joy of the young.

On November 2, daylight savings ends and setting clocks back one hour shortens the precious sunlight that seeps through the grey clouds. Voting day is on the first Tuesday and it brings us a jaded hope that things will change and usually they do, but it never seems to be what we want. We are cautiously hopeful that the secret dealings of crooked politicians are over.

Veterans Day on November 11 is a day of ceremonial thanks and prayers for the young men who went off to our many wars and didn't come home. American servicemen's graves are all over the world because America is always helping other countries in their time of hostilities. The veterans that did come home are honored and thanked for saving our American way of life. So few that did so much for the rest of us. God bless our heroes.

November 22, 1963 is etched in our lives as the end of innocence for America. The Kennedys were our first superstars and we couldn't get enough of them. It was a joyful and exciting time; we believed our politicians then and felt our government in Washington would lead and protect us. Then he was gone. We began to learn of conspiracies. The world would never be the same again.

Thanksgiving Day is in some ways nicer than Christmas because it focuses on only three things - family, friends and food. Less hectic, it is a day of hugs and platters of food. In the morning, guys will go to the neighborhood parks and play an annual ragtag football game that started in grade school and will continue until they are grandpas.

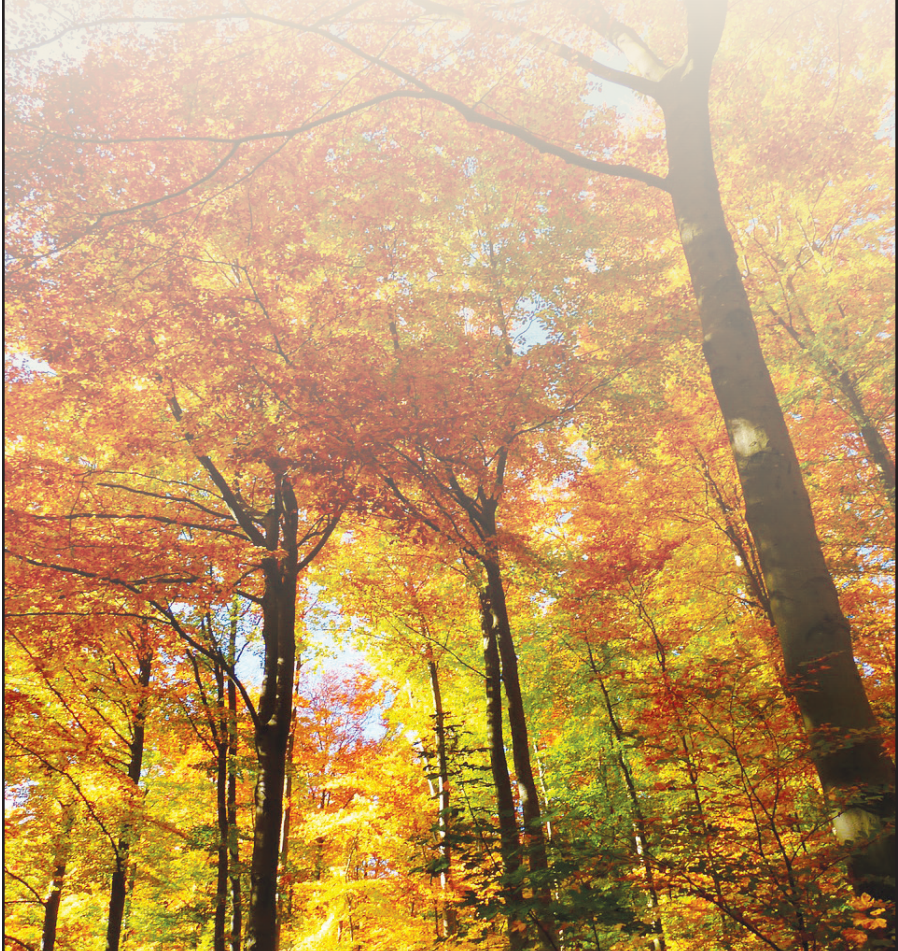
Tables will be set with the good china and silverware. The kids will decorate the mantle with their art class-made turkeys and pilgrims and there is always a football game playing on television. Gathering around the dining room table and giving thanks are treasured moments. Everyone will be happy on this autumn afternoon.

The Christmas songs start in November and football games reach their peak. The fans will watch football games, any and all football games. They'll have tailgate parties, bar parties, bets and pools. They'll dress in brown and orange and paint their faces. Their motto is usually "Wait till next year". I envy their love for the game and the "Brownies".

And the snow will come. And the grey days too. Goodbye to pedicures, tank tops and short shorts. Hello to boots, scarves and gloves.

This is November in Cuyahoga County. It is unpredictable. It is glorious. It is sad. It is a collection of the favorite days of our youth. It is the sadness of remembering those gone before us. It is the joy of being with family and friends in a warm home. It is goodbye to sunshine.

The sweet warm memories of November will fortify us in the coming winter. We will make it through the winter and see flowers growing again. •



RECREATION

Get in the Game!



Drop in for **Get in the Game!** on November 19 from 3:15 p.m. to 5:00 p.m. for students in grades 3-6. Meet at the Rocky River Public 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, party games and board games.

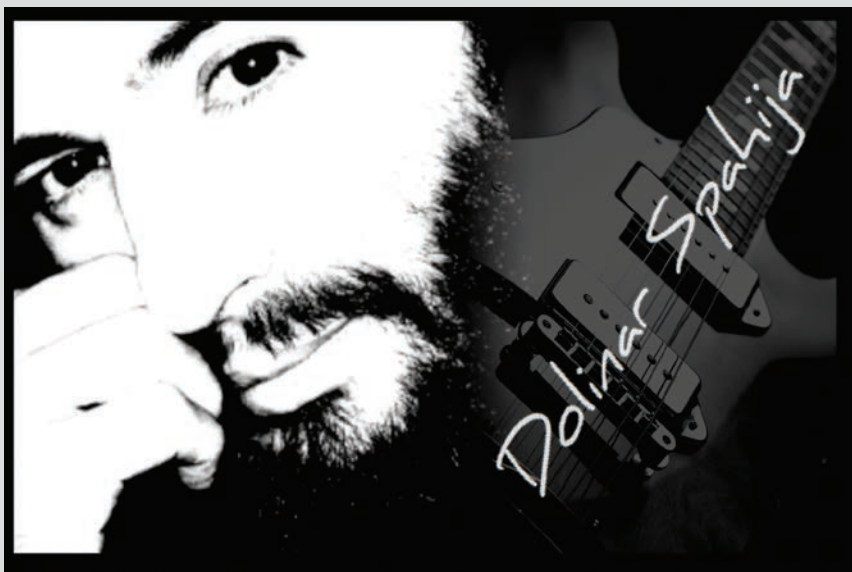
Dance Alliance of Beck Center Hosts Social Event

By Pat Miller

The Dance Alliance of Beck Center invites you to Afternoon Reception & Acoustic Concert with Dolinar Spahija on Sunday, November 23. This social event will take place at 3 p.m. in the intimate Studio Theater at Beck Center. Tickets, which include one drink ticket, are \$25. Appetizers and beverages will be served as a concert featuring the internationally and classically trained Spahija takes place. All proceeds benefit the Dance Alliance of Beck Center.

The Dance Alliance was founded to support the Dance Education program at Beck Center through fundraising and volunteerism. DABC members are primarily parents of dance students and adult dance students, but also include unaffiliated friends of the program. All are welcome to join this volunteer organization. Dues are \$5 per year. To join DABC, contact Melanie Szucs, associate director of Dance Education, at mszucs@beckcenter.org.

Tickets for the Afternoon Reception & Acoustic Concert may be purchased online at bit.ly/DolinarDABC or by calling Customer Services at 216-521-2540, x10. Beck Center is located at 17801 Detroit Avenue in Lakewood. Free onsite parking is available. •



Dolinar Spahija

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

— Melody Beattie

So You Think You’re Fast? Prove It!



And coming around the bend...she took the lead.

By Elizabeth O’Brien

If you have never seen speedskating in person, it’s time to make a jaunt over to Winterhurst Arena in Lakewood and watch adults and kids – as young as five – race around the oval, dipping deep into the corners and pushing for the finish line. But even better would be to give it a try yourself.

Depending on your age, you may be better acquainted with Bonnie Blair than with Apolo Anton Ohno, but don’t let that stop you from strapping on a pair of skates. Speedskating is a great workout, combining strength training and cardiovascular endurance.

Young and old, beginners and accomplished skaters alike, all come together to practice and compete in the Lakewood Speedskating Club. Our skaters include children, teens, and adults from as far away as Chagrin Falls and as close as Rocky River, as well as several families who have passed the love of the sport on to their children and grandchildren. Many join to compete, but others join simply for the exercise and personal and physical growth that speedskating promotes.

The Lakewood Speedskating Club was formed in the 1940s and has a long history of providing supervised training, producing National Champions and World and Olympic team members.

Supported by a trio of talented and accomplished coaches, Lakewood Club skaters benefit from their knowledge and experience.

Dennis Marquard is a Level 2 Certified Coach and a U.S. Speedskating Hall of Fame inductee. Katie Class Marquard was a member of the 1984 Sarajevo and 1988 Calgary Olympic teams and served as Executive Director of U.S. Speedskating for 16 years. Joe Balbo, who has been coaching for more than 20 years, is a speedskating referee and certified personal trainer.

The Lakewood Speedskating Club is a member of the Ohio Speedskating Association and U.S. Speedskating. Practices are held on Sunday and Wednesday evenings at Winterhurst Ice Arena in Lakewood. Skaters can elect to skate one or both nights. To participate, skaters need to be able to skate independently. They are also required to wear a helmet, gloves, knee pads, and a neck guard. The club offers speedskate rental on a yearly basis. All ages and abilities are welcome. New skaters are welcome at any time!

Interested? Check out our website at www.lakewoodspeedskatingclub.org or contact Coach Denny at 440-899-9577 or marquardfam@wowway.com.

Be a part of the sport that won more Olympic medals than any other winter sport! •



Skaters of all ages in the Lakewood Speedskating Club at Winterhurst Arena.

THE GOOD LIFE

The Etiquette Corner
Please, No Candy in Church!

By Colleen Harding

Recently, I attended a church service and sat in front of some poorly behaved children. To make matters worse, the parents attempted to bribe their children with candy suckers that came in very loud wrappers.

In my house, candy is a reward for good behavior. I wondered why someone would give an overly active child sugar in the hopes that they would calm down. Bribing an overly active child to calm down with sugar is like bribing an alcoholic to get sober with a beer. It just didn't make any sense, but it got me thinking.

If we want our children to grow up to be thoughtful adults, able to make good decisions for themselves, we need to set an example by making good decisions in front of them. We need to work on being real-life role models, demonstrating through our actions what is and is not acceptable behavior.

We cannot make poor choices in front of our children without potential future consequences. One of my favorite quotes on this issue is from a lady named Dr. Deirdre Adduci: "You can tame the kitten now or the lion later". I think that pretty much sums it up.

When you attend a church service, a meeting, a presentation or even while you're shopping, be aware of the people around you. Put your cell phones on vibrate. Say please and thank you to anyone who helps you. Make eye contact and smile. Offer to help someone randomly. Tip the person who puts the groceries in your car. Compliment someone who looks nice. Dress appropriately. Let people go ahead of you instead of rushing and pushing to get out the door. It shows kindness and patience to your children.

These simple little actions can demonstrate an immense amount of good will and politeness. Imitation is the finest form of flattery. Let's give our children something good to emulate. •

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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Giving Thanks

For the hay and the corn and the wheat that is reaped,
For the labor well done, and the barns that are heaped,
For the sun and the dew and the sweet honeycomb,
For the rose and the song and the harvest brought home --
Thanksgiving! Thanksgiving!

For the trade and the skill and the wealth in our land,
For the cunning and strength of the workingman's hand,
For the good that our artists and poets have taught,
For the friendship that hope and affection have brought --
Thanksgiving! Thanksgiving!

For the homes that with purest affection are blest,
For the season of plenty and well-deserved rest,
For our country extending from sea unto sea;
The land that is known as the "Land of the Free" --
Thanksgiving! Thanksgiving!

— Author Unknown

An Easy Holiday Side Dish

By Alyssa Wiegand



This recipe puts a gourmet spin on roasted butternut squash with a hint of sweet balsamic vinegar, pieces of smoky bacon, and crunchy walnuts. It's a great side dish for Thanksgiving or Christmas, but it's easy enough to serve any night of the week.

You can also substitute kabocha squash, acorn squash, pumpkin, sweet potato or yam for the butternut.

Omit the bacon and add an extra 1/2 tablespoon of oil to make the recipe vegetarian.

Balsamic Glazed Butternut Squash with Bacon & Walnuts
Serves 6-8 as a side dish

- Ingredients**
- 1 butternut squash, seeds removed, skin removed and cut into 3/4 inch cubes (should yield about 4 cups of cubes)
 - 4 oz bacon, cut into matchsticks
 - 3 tablespoons extra virgin olive oil or French walnut oil from The Olive Scene
 - 1 tablespoon balsamic vinegar (try The Olive Scene's Traditional 18 Year, Pumpkin Spice, or Fig Balsamic Vinegar)
 - 1/2 cup chopped toasted walnuts
 - Salt and pepper

- Preparation**
- Preheat the oven to 400 degrees F.
 - Toss the squash and bacon on a rimmed baking sheet with the oil and season to taste with salt and pepper.
 - Roast for about 20-30 minutes, stirring after 15 minutes and every 5 minutes after that, until squash cubes are tender and cooked through.
 - Drizzle with balsamic vinegar and toss to combine. Adjust seasoning, adding more balsamic to taste. Top with shopped walnuts and serve warm.

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

BE SURE TO VISIT THESE LOCAL
Holiday Shopping Events

The Shops of Lake Road Present...
Holiday Preview Open House 2014
Friday, November 14
6pm - 9pm

Enjoy a sneak peek of the holiday treats and wonders of the season that await you at Rocky River's unique collection of specialty shops, eateries and services.

Winter Market – Sip, Shop, Stroll
Thursday, November 20
6pm - 10pm

On Linda Street in Rocky River
Sip some beverages, shop for the holidays and stroll through the shops and restaurants of Linda Street

Fairview Park 2nd Annual Winterfest
Friday, November 28
5:30pm - 8pm

Lorain Road & Fairview Parkway
Join us for the tree lighting at 6pm, music, ice carving, food trucks, and of course, Santa!

Downtown River Holiday Walk
Saturday, December 6
11am - 4pm
Downtown River

Join us for the 6th Annual Downtown River Holiday Walk, a unique holiday experience for you and your family.

ROCKY RIVER PUBLIC LIBRARY • CALENDAR OF EVENTS

November 3 at 6:30 p.m. Join us for **Mystery Monday**. Pick up a copy of “Paw and Order: A Chet and Bernie Mystery” by Spencer Quinn and join the lively – or deadly- discussion about this book! Pay close attention as Chet and his human companion, Private Investigator Bernie Little, begin their latest adventure together in the rough and tumble town of Washington, D.C.

November 6 at 3:00 p.m. **Family Flicks** play on this Thursday. There’s no school, so bring the whole family for a hit movie and a snack! A caregiver must be present.

November 6 from 3:30 p.m. to 4:45 p.m. Teens are invited to join us for **Lego® Mindstorm®**. Grab your friends and stop by the Library for a new Teen “Thursday Thing” event each month. Grades 7 and up. Registration required.

November 6 at 7:00 p.m. Ready for dessert? Then you will want to experience **A Sweet Treat** presented by Karen Bosworth, head baker and owner of KB Confections Bake Shoppe. It all begins with the perfect pie crust and that’s where Karen starts in her demonstrations of how to make delicious cranberry tarts and cinnamon apple hand-pies. Exquisite samples. Recipe handouts.

November 10 at 6:30 p.m. Join us for “Only Lovers Left Alive” as we continue our **Indie International Film Fest**, featuring selections from the world’s top film festivals. This 2013 American drama is part of the vampire genre and involves a depressed musician who reunites with his lover, though their romance - which has already endured several centuries - is disrupted by the arrival of an uncontrollable younger

sister. Enjoy fresh, hot popcorn while celebrating the world of cinema.

November 12 at 3:30 p.m. **Teen Pizza Pagers** meet on for pizza and a book discussion group. Stop by the Reference Desk to register and pick up a copy of the current book. Grade 7 and 8. Registration required.

November 13 at 7:00 p.m. Join the **Adult Rocky River Readers** discussion of “The Rosie Project” by Graeme Simsion. Love isn’t an exact science, but you can’t tell that to Don Tillman. A thirty-nine-year-old geneticist, Don’s never had a second date and he devises a scientific test to find the perfect partner. Enter Rosie, ‘the world’s most incompatible woman,’ throwing Don’s safe, ordered life into chaos. Read this smart, funny, and surprising novel and come to discuss it.

November 14 at 2:00 p.m. **Sip, Snack, and Craft!** with special guest, Shannon ‘Knitgirl’ Okey - fiber artist, founder of Cooperative Press, and author of thirteen books! Okey will be instructing the group on a simple project and materials will be provided. You just need to bring yourself - and maybe a friend - along with the desire to make boring yarn into an exciting project! Registration required.

November 15 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.

November 17 at 3:30 p.m. **Movie Monday** for students in grades 3-6. Drop in for a hit movie after school and enjoy free popcorn and drinks. We’ll feature newly released DVDs, along with everyone’s favorite classics.

November 18 at 7:00 p.m. Join our **Men’s Book Discussion** of “Killing Jesus: A History” by Bill O’Reilly and Martin Dugard. Read this historical account of Jesus’ life and death, and learn about the world around him.

November 19 from 9:30 a.m. to 11:00 a.m. Come to **App Your Library** and discover the easy ways to keep in communication with the Library using apps. Take the Library with you, wherever you go!

November 19 from 3:15 p.m. to 5:00 p.m. Drop in for **Get in the Game!** for students in grades 3-6. Meet at the Library 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, party games and board games.



Join these enthusiastic participants for Get in the Game! on November 19.

November 19 from 3:45 p.m. to 5:00 p.m. The **High School Book Club** meets. High School readers, this book club is just for you! Join us for snacks and lively conversations. Stop by the Reference Desk to register and pick up a copy of the current book. Grades 9 and up. Registration required.

November 22 from 2:00 p.m. to 4:00 p.m. **Retro Gaming Museum** is a family event. Before Minecraft, there was Dig

Dug. Before Mario, there was Jumpman. Before them all, there was Pong. Parents and children are invited to explore the young, but varied history of video games in this hands-on exhibition. Come and try iconic consoles and games from the past 35 years.

November 24 at 6:30 p.m. The 8th annual **Cowan Classic Film Festival** continues on with “Red Headed Woman” a 1932 classic starring Jean Harlow and Chester Morris. Free hot popcorn!

November 25 from 6:15 p.m. to 8:15 p.m. Play **Dungeons & Dragons**. Locations vary, so call for details. Join us for this classic fantasy role playing game with other teens. Learn how to create a character and embark on fantastic adventures. There is plenty of room for extra Dungeon Masters, too! Grades 7 and up. Registration required.


November 28 at 12:00 p.m. Drop in for **Lunch and a Movie**. Bring your bag lunch and enjoy “Jersey Boys,” the story of four young men from the wrong side of the tracks who came together to form the iconic 1960s rock group “The Four Seasons.” We’ll provide the hot popcorn and refreshments. Adults of all ages welcome.

Thanksgiving Hours
The Library will close at 6:00 p.m. on **Wednesday, November 26** and remain closed on **Thursday, November 27**. Regular hours will resume on **Friday, November 28**, at 9:00 a.m.

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



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