



Depot Café

Serving the Lake County area since 1936

August, 2020

Chef Joe's Dinner Specials

August

BBQ Chicken & Ribs

Boneless breast of chicken and St. Louis style pork ribs grilled and smothered in our tangy sweet sauce served with french fries, fresh corn on the cob and cole slaw.

Fettuccini Orleans

Ribbon pasta tossed in a zesty Cajun Alfredo sauce with rock shrimp, spicy andouille sausage and red and green bell peppers.

Filet & Shrimp Asiago

Tenderloin medallions of beef broiled with rock shrimp in a creamy Asiago cheese sauce served over a bed of fettuccini.

Stuffed Orange Roughy

Flaky whitefish fillets layered and baked with a crabmeat stuffing drizzled with bearnaise sauce and served with a medley of garden vegetables.



We now take all major credit cards!



DON'T DO THIS WHILE YOU DRIVE

According to the most recent numbers from the Nation Highway Traffic Safety Administration, inattentive driving is the fourth highest contributing factor to fatal crashes.

What are we so distracted by? A Progressive Auto Insurance survey shows what we're doing while we drive:

- 69 percent of us eat behind the wheel.
- 44 percent of us use a cell phone.
- 12 percent apply makeup (18.7 percent of women and 1.3 percent of men) or shave (5.5 percent of men and 21 percent women).
- 7 percent read a book or newspaper.

*The newsletter is available on our website at:
www.silvestrosdepotcafe.com*

Deep Thoughts

By Jerry Silvestro

Hi Friends and Neighbors,

In this new age of enlightenment, I have had reason to pause and reflect on my daily life, an introspection, if you will. The question is: Have I been insensitive, knowingly or not, to issues in my life pertaining to social norms? Let's review.

I arise in the morning and hobble downstairs, feed the cats (animal friendly) and turn on the coffee maker. I pop two pieces of white bread into the toaster. Uh-Oh, white bread? Does this mean I have a bias towards breads of color? As I ponder this I pour a cup of black coffee. Ah, that surely offsets the white bread thing.

Taking a quick shower, I jump into my Lincoln on the way to work. My Lincoln, developed by a man named Henry Leland who named his car company after his hero, Abraham Lincoln, who was President during the Civil War and emancipated the slaves. Score one for me.

My route to The Depot takes me down Ravenna Rd. otherwise known as "Old 44." Old? Can "Old" be construed as a pejorative against Senior Citizens? And what about "44", as in Dirty Harry's .44 Magnum, "the most powerful handgun in the world" to quote a phrase? Am I advocating gun violence? After the disarming of Elmer Fudd and Yosemite Sam, who am I to think that I am above the politically correct law?

Muse on this, I head into Painesville. Painesville is named after a Revolutionary War General who bought one thousand acres of land from a man named Henry Huntington and promptly named it after himself. But how did Henry Huntington acquire this land? Was this all part of that "Manifest Destiny" thing that pervaded the 19th century that the United States was destined by God to expand its dominion and spread Democracy and Capitalism across the entire North American continent? This was to justify the forced removal of Indigenous Native-Americans from their land. How could my immigrant Italian ancestors even think about settling here?

With these troubling thoughts swirling in my mind, I start to question my own name. Gerald, which means "Ruler of the Spear." Middle name Celeste, which means "Heavenly" and then there's Silvestro, which means "Of the Woods." How many boundaries does this cross? A religious fanatic roaming the forest with a lance, impaling creatures just so he can be the boss?!

It looks like the bad outweighs the good. Thankfully we live in a society that is willing to haughtily point out the errors of my ways.

Stay well and God Bless!





**Get out of the heat
and join us for lunch or
dinner!**

Six Ways to Ease Sunburn

Even though they take precautions, many people will suffer at least one sunburn each summer, says Dr. Dee Anna Glaser, Associate Professor of Dermatology at the St. Louis University School of Medicine. "They forget to reapply sun-block after swimming or they miss spots or they stayed outside longer than expected. A sunburn can be a painful reminder." To ease a burn, she recommends:

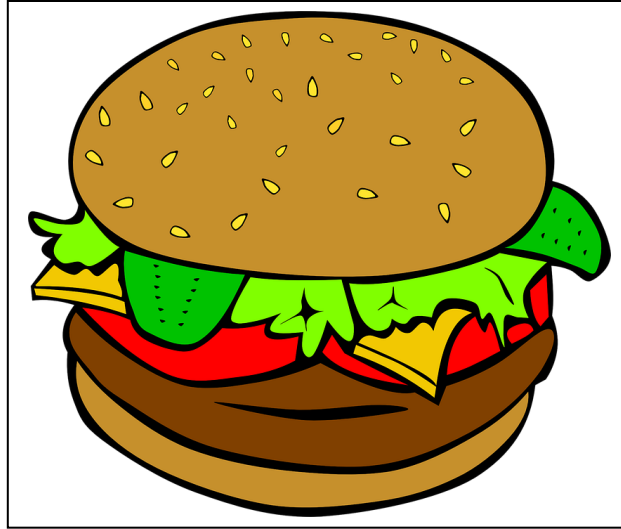
- Get out of the sun immediately and stay out of direct sunlight until your skin has recovered – typically a few weeks.
- Take aspirin or ibuprofen to lessen the pain and inflammation.
- Drink extra water to re-hydrate and replace lost fluid.
- Take a cool bath or shower to unclog pores and let them breathe as much as possible.
- Don't use bubble bath or heavy perfumed cleaners and don't scrub your skin, which will only further irritate it.
- Don't pick off peeling skin because this could result in infections.

New VIP Members

Julie Schultz * Sandra Varanese * Karen Alley * Samantha Scott * Sarah Pizzie * Elizabeth Smith * Fay Evans * Joey Koynock * Jamie & Jeremy Holbrook * Evelyn Sislo * Jim Sislo * Dick Deacon * Maggie Henning * Dawn Perry * Cathy Mekulsia * Ron Keck * Monica Stoddard * Al Namestnik * Michelle McKinley * Bob Corrigan * K. R. Peters * Anette McKinley * Adam & Sarah Mayse * Desiree Stewart * Michelle Varner * Charles & Jodi Schwendeman * John Chinchar * Joe Chinchar * Dick Prentice * Steven Oluic * John Burke * Alaina Hejdkuk * Margaret Beasley * Lou & Dave Griffith * Terry A. Jarus * Gerry Parish * Frank J. Mezgec * Marilee Lang * Judy Neylon * Christine Morris * Chris Lawson * Scott & Kathy Shrader * Norm Bellissimo * Melinda Zahner * Andi Blankenship * Dan Wojtila * Craig



Silvestro's Depot Café
470 Railroad St.
Painesville, OH 44077



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Dinner Specials for August



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Dining Room Hours

Lunch

Monday-Saturday
11:00 a.m. – 2:00 p.m.

Dinner

Monday – Thursday
4:00 p.m. – 9:00 p.m.

Friday and Saturday
4:00 p.m. – 10:00 p.m.

Sunday

1:00 p.m. – 8:00 p.m.

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