



Depot Café

Serving the Lake County area since 1936

January, 2019

Chef Joe's Dinner Specials January

Pork Tenderloin Giardinere

Tender filet of pork slow roasted in a garlic vegetable sauce served with redskin mashed potatoes and mixed garden vegetables.

Stuffed Chicken Parmigian

Boneless breast of chicken wrapped with a sausage bread stuffing and baked in our homemade tomato marinara topped with melted provolone cheese and served over spaghetti.

Filet Oscar

Tenderloin medallions of beef broiled with lump crab meat and asparagus topped with a savory béarnaise sauce.

Catfish Fiesta

Flaky Louisiana Catfish Fillets broiled with your choice of Lemon Pepper, Garlic Chardonnay, Cajun Style or Breaded and Deep Fried to a golden brown.



We now take all major credit cards!



The Staff of
Silvestro's Depot Café
would like to wish
you and your family
a *Happy New Year!*



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

Deep Thoughts

By Jerry Silvestro

Hi Friends and Neighbors,

I'm not a guy who wanders into a movie theater very often, maybe once or twice a year. As a younger man, I would usually check out all the first run movies as soon as they came out. In high school, the perfect date would begin by buying a six-pack of beer for \$1.25, hiding the cans in my letter jacket that had an assorted array of pockets, fifty cents apiece for admission to the Lake Theater to see Romeo & Juliet, Woodstock or Bonnie and Clyde on the big screen and then a trip to the Red Barn for a Barnbuster, fries and a shake after the movies. Total cost for the evening? About six dollars. It takes something a little special to get me into a theater now.

In 1976, my paramour, at that time, and I strolled into the Showplace Theater in Willoughby to see a movie that was all the rage. On the only screen available in the theater, "Rocky" was playing. I was a callow youth of 22 at the time and thought there was nothing cooler than this Italian underdog drinking raw eggs, chasing chickens and running up steps to get ready to fight for the Heavyweight Championship of the World. Even made me don the gloves for a short period of time.

As you can imagine, 3 years later when "Rocky III" came out, wild horses couldn't keep me away. And this time he won! Hoo-Rah!

When I turned 28, my hero was at it again and this time facing a wrecking machine that looked suspiciously like B.A. on the "A-Team." No worries. The Champ wins again.

Living in Ft. Lauderdale in my early thirties, I couldn't wait to watch a ridiculously ripped and buff 40ish Sly Stallone take on the Russian Giant, Ivan Drago. USA! USA!

In 1990, I've moved back to Ohio, dad and my uncle have passed to that big ring in the sky and Rocky has to retire because of brain damage. End of an era.

Not! It's 2006. I'm 52 years old and the Rock is making a comeback at 60. Yes! Time to get back in the gym.

Last week, a lady friend and I strolled into a theater to see a movie that was on one of 20, 30 or 50 screens available at the time. I paid 12 dollars apiece to get in for assigned seats. We had just come from a \$250 dollar dinner at a swanky Italian restaurant on Murray Hill. After reclining my seat, I peer up at the screen to see the now 72 year old Italian Stallion training the son of his former rival and friend to fight for the Heavyweight Championship of the World. Excusing myself to go to the restroom (that I find doing more often than before) I stare at my reflection in the mirror.

Man, Sly, when did we get so old?

Happy New Year and God Bless!



It's Time!!.....



Celebrate the special events and
people in your life this year!
Let Silvestro's Depot Cafe
Be your host for those parties...
lunch or dinner!

Take the Trivia Challenge

Each month we'll give you a new trivia question. Bring or mail in your entry. The first 10 people to answer correctly will be in the drawing to win a dinner certificate worth \$15.00. **December's winner was Kathy Root who knew that *The Salvation Army's "Christmas Kettle" annual donation drive made its debut in San Francisco in 1891.* She has received a dinner certificate worth \$15.00.**

Which planet in our solar system spins the fastest?

- 1) Neptune
- 2) Jupiter
- 3) Earth
- 4) Mercury

My Answer: _____

Name: _____

Address: _____

City, State, and Zip: _____

ACHIEVE YOUR 2019 GOALS!

Most everyone makes at least one New Year's resolution and unfortunately most everyone loses the momentum and doesn't succeed – this can lead to depression and that's no way to start off the New Year! Here are some quick tips:

1. Develop some goal statements. That is, what do you want to achieve? These goal statements must be S.M.A.R.T; that is specific, measurable, attainable, relevant and timely. For example, "I want to exercise 10 times next month."
2. Consider having goals for different areas of your life, one for personal, one for work, one for health, etc.
3. If you are going to give up a habit, replace it with something else – something positive.
4. Write down your goals so that you are more committed to them.
5. Ask for support with achieving your goal from those who really care!
6. Make sure your goal is not too big and unachievable.
7. Have a goal buddy. Is there someone else that you know that would like to achieve the same goal?

Celebrate you success. Love yourself. Reward yourself for achieving your goal. Yeah YOU!!!!



Silvestro's Depot Café
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“For a change, don’t add new things in your life as a new year’s resolution. Instead, do more of what’s already working for you and stop doing things that are a time-waste.” — Salil Jha

INSIDE...

Dinner Specials for January



**Deep Thoughts from
Jerry Silvestro**



Win a Free Dinner

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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