



Depot Café

Serving the Lake County area since 1936

April, 2021

CHEF JOE'S DINNER SPECIALS April

Roast Rack of Lamb

Roast rib rack of spring lamb specially seasoned and slow roasted, topped with homemade gravy and served with redskin mashed potatoes and buttered green beans.

Seafood Pesto

Rock shrimp, Bay Scallops and Mussels tossed with linguini in sweet basil, pinenut, garlic, and olive oil, topped with fresh grated romano cheese.

Chicken and Shrimp Tortellini Orleans

Boneless breast of chicken and baby shrimp tossed with cheese-stuffed dumpling pasta in a creamy Cajun alfredo sauce.

Deep Fried Haddock

Flaky white fish fillets breaded and fried to a golden brown served with french fries and cole slaw.



Stop in for lunch!

We now take all major credit cards!



*We will be closed
Easter Sunday
April 4, 2021*



*From your friends at
The Depot Café*

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

Deep Thoughts

By Jerry Silvestro

“If this were your last day on earth, how would you spend it?” I've known the answer to that question for most of my life. It would be a clear, sunny, 80-some degree day at a ballpark, any ballpark, eating a hot dog with stadium mustard and drinking a cold beer. Afterwards, heading to a fine restaurant for cocktails and a great meal. Ah, bliss. That is why I look forward to Spring and then Summer with such anticipation.

Last year that was abruptly brought to a grinding halt. Most people have a marking point for the start of their Covid nightmare. Mine was March 15th, the day I was told by our illustrious Governor that I could no longer make a living, (which reminds me, wear a mask, wash your hands, maintain social distancing because it works. How do we know? Because he said so.)

But now it's a new March 15th. There is a promise of baseball in the air, although I have heard there is going to be some changes in the rules of play as well as attending. First, there will be 7 inning double headers. Just a question, when was the last scheduled double header? In my younger years, Sunday double headers were moments I cherished. Maybe football should follow suit and shorten games to 3 quarters (thirds?). In extra-inning games they will start the inning with a man on second. Will there be a 10 run mercy rule? Will everyone on the team get to bat? Will there be juice boxes and orange wedges after the game? Nothing says staying healthy and safe like not playing two more innings.

There will be limited attendance to start the season this year. In numerous calls to the Indians about ticket availability, the answer was a firm “We Don't Know.” What's the hurry? The season only starts in two weeks. The tickets will be on smart phones only because we know how those insidious little cardboard ducats have spread disease. You will wear a mask, wash your hands and maintain social distancing because it works. They've said so.

Okay, as I said, “Any Ballpark.” As I peruse the Lake County Captains schedule, I discover that the only day games this year will be on Sunday. Sunday is fine. Tapping one of the Sunday dates I realize they are not yet selling tickets but if you somehow find your way into the ballpark you will wear a mask, wash your hands and maintain social distancing because it works. Honest.

Now that I've been fully informed as to “How” to go to a ballgame, I would truly like to find a ballgame to go to.

Stay well and God Bless!



*April is the kindest month.
April gets you out of your
head and out working in the
garden.*

-Marty Rubin



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. **March's winner: Linda Starr**, who knew that the only bird that can fly backwards is the hummingbird. She has received a \$15.00 gift certificate.

Which MLB great was name "Mr. October"?

- 1) Mark McGuire
- 2) Alex Rodriguez
- 3) Barry Bonds
- 4) Reggie Jackson

My Answer: _____

Name: _____

Address: _____

City, State, and Zip: _____

Does God Have A Sense Of Humor?

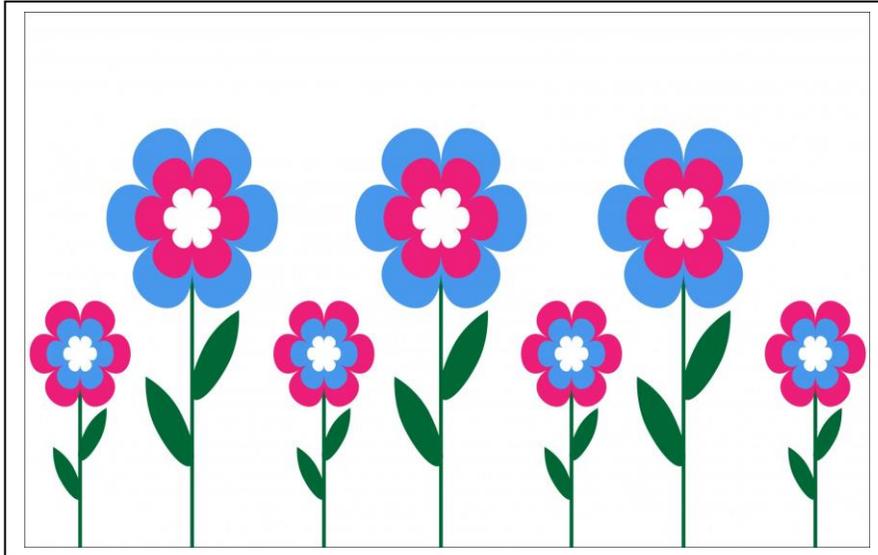
The genius of God is evident in laughter. Laughter is medicine for the body, mind, and soul. Its benefits are endless.

Modern medicine has discovered that laughter strengthens your immune system, improves mood, and diminishes pain. Laughter is a powerful form of stress relief. It burns calories, eases anxiety, reduces stress, and is a natural antidepressant. A good laugh relaxes the body, eases tension, and leaves your muscles relaxed for up to forty-five minutes. Laughter stimulates your heart and increases the number of endorphins released by your brain, which creates an overall sense of well-being. When you laugh, the amount of oxygen-rich air that rushes to your lungs increases. Laughter reduces blood pressure, increases blood flow, and can help protect you from a heart attack. It increases happiness, reduces anger and other negative emotions, and increases resilience in the face of obstacles and unpleasant events. Laughter increases our energy and enthusiasm for life. People who laugh regularly are more joyful and have healthier hearts. Humor improves personal satisfaction, strengthens relationships, helps defuse conflict, shifts our perspective and attracts other people to us. Laughter connects us with others, makes our burdens seem lighter, and can reduce anger and conflict. It creates a sense of belonging and bonds people together. It enhances teamwork and improves productivity. Laughter and humor build trust, encourage collaboration, increase likability, draw people in to listen, improve memory and retention, make arguments more persuasive, and increase learning by reducing classroom anxiety. Laughter releases serotonin, which improves focus, decision making, problem solving, objectivity, openness to new ideas, and overall brainpower.

Author: Mathew Kelly



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



INSIDE...



Deep Thoughts from
Jerry Silvestro



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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