Willowick Courier Lake Community News

City of Willowick The state

Serving Your Community Since 1987!

Willoughby Times Eastlake Gazette

Willowick Courier =

Painesville Pride

Offered Throughout January

Volume 33 Issue 7

January 2020

16 Pages



Rich Regovich Mayor/Safety Director

I wish all a fruitful and happy 2020.

I want to thank all who attended the public meeting hosted by Environmental Design Group at The Cabin Restaurant on December 11th to see and give feedback regarding the lakeshore and lakefront development planning process. It was a successful meeting with over 50 residents attending. The feedback was very good. EDG will take the information back to revise the plans and start to make more solid decisions on this ongoing process. We will have the slideshow posted on the city website as soon as we can. I do want to caution that this is a process, and these plans will more than likely change before they are complete. We will have another meeting sometime this spring, so please watch for the date and time.

Now that winter is officially here, please take the proper precautions during snowstorms and snow events. Please do not park on the streets during storms

Continued on page 2

Free Library

During the month of January the following free programs will be offered at the Willoughby-Eastlake Public Library. Registration is required. For a complete schedule of events or to register for one of our upcoming programs, visit www.we247.org.

Instant Pot 101

Join Willowick reference staff as they explore one of today's hottest kitchen gadgets. Learn tips, tricks & recipes that will have you putting dinner on the table in an instant.

Tuesday, January 7, 7 pm Willowick Library, 263 E. 305 St., 440-943-4151

An Evening with Orson **Welles**

Using his expert knowledge his friendship Gary Graves, Orson Welles' cameraman, Chris Lambert brings Orson Welles' final evening back to life!

Wednesday, January 8 6:30 pm

Willoughby Library, 30 Public Square, 440-942-3200

Essential Oils for Healthy Living

Learn to tap into essential oils ancient power which can aid and improve digestion, help balance hormones, boost energy & support brain function.

Thursday, January 9 6:30 pm

Willoughby Library, 30 Public Square, 440-942-3200

Join Willoughby Library's All Day Signature Event & Start 2020 Off Right!

Goal-Making am: Resolutions You Can Keep with Author Emily Capuria

11 am: New Year, Clutter Free You with Author Emily Capuria

12 pm: Is The Mediterranean Diet Right For Me? with

Programs Dietician Anna Kippen

1 pm: Cardio-Drumming For Fitness and Fun with Melissa & Melissa of Will-Power Nutrition

2 pm: Yoga For All with Yoga Instructor Danielle Pennick

3 pm: Special Guest Dr. Michael Roizen

Dr. Roizen, a frequent Dr. Oz show contributor and four-time #1 New York Times bestselling author, will present and promote the paperback release of his new book What to Eat When.

Dr. Roizen is Chief Wellness Officer for the Cleveland Clinic and Chair of its Wellness Institute. His books include AgeProof, The RealAge and YOU: The Owner's Manual.

Saturday, January 18, 10:00 am - 5:00 pm

Willoughby Library, 30 Public Square, 440-942-3200

Between the Lines Author **Series: Sharecropper's Stories** with Author Dick Meadows

Dr. Meadows writes that his book, Washing Day and other Sharecropper's Stories, "describes a lifestyle that has all but disappeared from American culture." The son of sharecroppers, Dick Meadows grew up on farms in southern Illinois. He joined the Marine Corps at age seventeen and served in the Korean War. He then pursued a career as an actor in California, before settling in Cleveland after receiving his PhD in Dramatic Arts.

Wednesday, January 22

Willoughby Library, 30 Public Square, 440-942-3200

Eastlake Library Yarns

Join this group of knitters and crocheters & bring a project to work on. Open to all ages and skill levels.

Monday, January 27 7 pm

Eastlake Library, 36706 Lake feedback and fun environment Shore Blvd., 440-942-7880

Between the Lines Author Series: Smoky, Sweaty, Rowdy and Loud with Author Mike and Jan Olszewski

Head backstage in the Cleveland music scene with authors Mike and Jan Olszewski for a look at legendary rock and roll landmarks as club owners, talent bookers, performers, promoters and concertgoers share stories from the 1950s through 1990s. This presentation coincides with the release of the Olszewski's new book Smoky, Sweaty, Rowdy, and Loud: Tales of Cleveland's Legendary Rock & Roll Landmarks.

Wednesday, January 29 6:30 pm

Willoughby Library, 30 Public Square, 440-942-3200

Hand Sewing Basics with <u>Barb</u>

Learn how to sew several types of stitches while creating a set of hand warmers. All supplies provided.

Thursday, January 30

Eastlake Library, 36706 Lake Shore Blvd., 440-942-7880

> Children and Young Adult Programs:

Willowick Library Saturday Family Films

Join us for a Saturday 2 pm matinee. Bring your own snacks & blankets and enjoy!

Saturday, January 4 2 pm – Movie: Toy Story 4

Willowick Library, 263 E. 305 St., 440-943-4151

Basement Writers

Write with us in our creative writing group. Bring your writing and ideas to share. All writing welcome. Positive

provided. Grades 7-12. Ages 13-

Mondays, January 6 & 20 7-8 pm

Willowick Library, 263 E. 305 St., 440-943-4151

Teen Art Club

Do you love to create art but never get the chance? Join other art-loving teens for art club. We supply the paint/pencils, you supply the genius. Ages 11-18.

Wednesday, January 7 7-8 pm

Willoughby Library, 30 Public Square, 440-942-3200

LEGO Club

We provide the LEGOs, you provide the imagination in our LEGO club. All ages welcome!

Saturday, January 11 2-3:30 pm

Willowick Library, 263 E. 305 St., 440-943-4151

Special Needs LEGO Club at Willowick Library meets on the same dates from 10:30 am-12

Saturday, January 18 1:30-3 pm

Eastlake Library, 36706 Lake Shore Blvd., 440-942-7880

Police Officer Storytime

Patrolman Bruce Fedor from the Willoughby Police Department will present a storytime/craft at the library!

Monday, January 13

Willoughby Library, 30 Public Square, 440-942-3200

Storytime with The Mentor Icebreakers!

Join us for storytime with members of Mentor's hockey team The Ice Breakers. All ages welcome.

Continued on page 13

Permit #621 Mentor, Ohio **DAID** U.S. Postage Presort Std

City of Willowick Council Reports



Charlie Malta
Ward 3 Councilman

Dear Wonderful Residents of Willowick,

Council Men & Women. Dave Phares, Natalie Antosh and Theresa Bisbee, know I am a phone call away, any time of day or night. We are a team, and the next 4 years will be tough, but as a group, we will be successful.

Ann Turk, Bob Reho and Ken Pintar, I have the utmost respect for all of you and thank you for the job each and every one of you has done.

Hearts & Hammer of Willowick: As a incredible group, I want to thank each one of you, if you put in 1 hour of volunteering or 100 hours or more.

We are the only city in Lake County that has a Hearts & Hammers, and its another reason why we are a great city.

The Hearts & Hammers fundraiser is Saturday, Jan 25th at

Continued at right



A Lake Community News Publication

Matt Nelisse Publisher

Deanne Nelisse Advertising Production

Nancy Fath Kristy Neville Sales Associates

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Natalie Antosh Ward 2 Councilwoman

Happy New Year!

Thank you for taking the time to vote this past election and electing me to represent you for Ward 2. I am honored to represent Ward 2 residents and look forward to being your Council Woman for the next 4 years. I am also looking forward to working with City Administrator Sue Wovrosh, Mayor Rich Rogovich, Council President Bob Patton, Council Members; Mike Vanni and Monica Koudela for Ward 1. Theresa Bissbee for Ward 2. Charlie Malta and Steve Phares for Ward 3, along with our city departments.

I often think about the future of our wonderful city. What we as a community can do together to make our city stronger. Along with making our city a place where people want to call Willowick their home to live here as long as possible while making a lifetime of memories as they age. I remember in the 1980's Mayor Dave Anderson of Willoughby had a vision to put Willoughby on a map as a destination, as a place people want to move to or visit and spend money. Look at what Willoughby has become over the years, especially Downtown Willoughby. Mayor Rich Regovich has the same vision for Willowick and there is no reason why our city cannot be a place that people want to move to or visit and spend money.

My husband and I along with over 50 residents attended The Lakefront Development Meeting on Dec 11, 2019 at The Cabin Restaurant. Before any plans can be made regarding the Lakefront, plans have to be made for Lake Shore Blvd first. This meeting was to discuss Lake Shore Blvd. The presentation was centered on 5 designs for Lake Shore Blvd. Everyone was given a chance to pick his or her 2 favorite designs out of the 5 displayed. There

Malta

Continued from left

St. Mary Magdalene Gym from 5:30-??

The dinner includes pasta, meatballs, chicken, salad, rolls & butter & desert. Cost is \$25.00, dollars there will be a chinese auction, door prizes, cash bar & sideboards.

Contact Natalie Antosh for tickets @ 440-364-4663. We are still accepting Door prize donations, contact Ann Turk @ 440-943-3088. A great way to advertise your company, as you will make the program with your donation.

Bitter Sweet: Friday, December 27th, is my last day @ the post office as I retire as a letter carrier. The best advice my grandmother gave me many moons ago was, "Charlie why don't you take the post office test?"

I grew up on West Willowick so being a letter carrier in the neighborhood I grew up in and the past 12 years as your councilman, has been such a rewarding experience. I have watched your children grow up, attended First Communions and weddings and much, much more. I never left the route to choose an easier one because of each and every one

of you. The cold drinks in the summer, hot cocoa in the winter, and a carved out path you shoveled in the winter to make it a little easier to walk, I will remember. I won't say goodbye, but you just might have a visitor from time to time.

I have been so Blessed to be your letter carrier, and ever so Honored to serve as your councilman, for four more years.

Happy Holidays, Happy New Year, God Bless, Charlie Malta 440-943-0222 cmalta@cityofwillowick.com

Mayor

Continued from page 1

so that our Service Department can easily and safely move down our streets. There is also a parking ban in effect when snow levels are 2" and above. Please slow down and leave yourself time to safely travel. We salt the main roads and intersections. The side streets are only plowed, so they may be slippery. We can hope for a quick and mild winter.

I want to thank the North High Art Club again for the wonderful

Antosh

Continued from left

were lots of questions that were answered and comments and concerns were addressed. I hope everyone that was able to attend left with a little clearer idea of what Lake Shore Blvd could look like when the lakefront is developed. This is in the early planning stages and I hope more residents will be able to attend the next meeting when it is scheduled.

I hope everyone has a safe and prosperous new year! I can be reached at NAntosh@Cityof Willowick.com or 440-364-4663.



snowmen on Vine Street and other places in Willowick, Eastlake, and Willoughby. These students do a fantastic job and show such awesome creativity. I can only hope that this will continue in the future. This most likely will be a program that will go away if the school system does not get additional funding. I want to mention that this is a combined effort using local businesses, the North High Art Club, and NCI Willoughby. I applaud the effort that goes into making this happen every year.

I would like to acknowledge all of our 5th graders who graduated from the DARE program in December. This program allows our DARE officer, Ptl. Don Slapnicker, to work with all of our 5th graders for the first half of the school year to educate and interact with them about serious issues that our kids are facing, or

may face, in the near future. They talk about peer pressure, drugs, alcohol, and bullying, and they have the benefit of working and relating with a police officer. We see the value of this program as they mature and move to middle school and beyond. Thanks to the administration and teachers at Royalview for allowing this program take place.

I would like to congratulate Councilman Charlie Malta on a fabulous career with the Postal Service. After more than 40 years as a letter carrier, Charlie has decided to retire. This is well deserved and earned. We will still see him as a councilman and probably announcing high school sports, and on "Mondays with Malta" on WINT radio. I am sure he will wonder how he had the time to work. I look forward to working with Charlie on city business. Great job, Charlie!



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Ronald, Dennis, William, Joseph,
John, Philip, Jonathan

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Here's Why Working Parents Love Lakeland's Summer Camps

Lakeland's summer camps are fun and educational! Parents and campers can choose from two types:

• College for Kids – Science, art, music, technology and more - this academic-based camp is so much fun that they won't realize that they're learning! 8-week, 4-week,

3 or 5-day-a-week options. Designed for children entering grades 1-6 in the fall, 2020.

• Musical Theater and Production Camp – this is designed for children interested in theater and acting, sets and props. Learning to produce a show on stage and in the spotlight has

never been more fun! Appropriate for children entering grades 5-12 in the fall, 2020.

Here's what parents love about

• Drop off early – pick up late A drop off time of 7:30 a.m. is great for parents who need to get to the office early. Pick up can be

Academic setting

All programs are expertly developed by credentialed staff to emailing lakelandcc.edu/camps.

be age appropriate and fun!

These camps fill quickly. Request a 2020 brochure by

Audubon Checks on the Dark-eyed Junco Free Program January 21st at Holden Arboretum

Blackbrook Audubon will focus on one species of sparrow in a free program Tuesday, January 21 at 7:00 p.m. at the Holden Arboretum in Kirtland.

Mike Watson, a Conservation Biologist at Holden, will describe what his study has revealed so far on the seasonal movements of the Dark-eyed Junco. Known widely as a "snowbird" in the eastern U.S., these little charmers frequently visit bird feeders in the winter, but retreat northward in the spring. Mike is trying to determine whether an isolated breeding population in northeast Ohio stays year round or migrates.

The program is open to all. The Holden Arboretum is at 9550 Sperry Road in Kirtland.

For more information, visit blackbrookaudubon.org. Follow Blackbrook Audubon Society on Facebook. Blackbrook Audubon is the local chapter of National Audubon Society covering Ashtabula, Geauga and Lake

Programs cancelled due to weather will be announced on the iAlert system on WKYC-TV 3, wkyc.com, Newsradio WTAM 1100 AM, wtam. com and WMJI 105.7 FM.

January -> to A&U We Go!

The Holidays are over, and we waiting for? wouldn't you know –

The roadways were covered with slushy, wet snow.

Cold, caught in the grip of acute cabin fever,

It was just me and you and the Golden Retriever.

Decorations all down and the guests gone away,

There was nothing to do but watch TV all day.

The news so depressing and reruns a bore, Our thoughts wandered off to

our favorite store.

With vintage, collectibles, primitives and more,

It came to us then, "What are

We haven't had fun in what seems like weeks.

Grab your coat. Let's go out to Antiques & Uniques!'

A&U is at 30200 Euclid Ave in Wickliffe. (Just one mile west of SOM Center Rd.)

Open Wednesday through Saturday 10-6 and Sundays 12-6. (440.944.0133)

Find us on Facebook and at www.AntiquesandUniquesOH.

The lights are bright, the people are friendly and there is something of interest for everyone at Antiques & Uniques....decorate your life.



College for Kids eight-week day camp

Musical Theater and Production Camp

Request your brochure today!

440.525.7301 lakelandcc.edu/camps





Wed - Sat 10am - 6pm & Sunday 12pm - 6pm

Bankruptcy 101:

Peace of Mind Now through Bankruptcy

You are in financial distress. You are going insane. You NEED some peace of mind. You are thinking about filing bankruptcy but the whole idea makes you uncomfortable and you don't know where to start. No worries. This is what you do and what happens when you file bankruptcy. First, you interview an attorney. This is probably the most important part of the whole process. The interview is called an initial consultation and you should not have to pay for it. Do not hire anyone who wants you to pay for the initial consultation. The initial consultation is the meeting in which you determine your comfort level with the attorney and vice versa. First and foremost, you need to be comfortable with your attorney. He or she will be the pilot of a big part of your life and you do not want a slacker or someone who thinks they are doing you a favor to listen to you.

You as a potential paying client are (or should be thought of) as a valuable commodity. You should be treated with the utmost respect and handled with sensitivity because you are going through a very tough period. It is natural for a potential bankruptcy client to be afraid, vulnerable and questioning their decision to file bankruptcy. A good lawyer is a good listener and sensitive to the needs and feelings of their clients. So pay a great deal of attention to the attorney's and the office staff's attitude toward you.

A good attorney welcomes questions. Question their experience and how many bankruptcies they do a year. If the attorney does not do at least one per month I would be concerned. Robert Delchin, our bankruptcy attorney is a partner and founding member of our firm. His entire practice is focused only on bankruptcy. He teaches other attorneys at bankruptcy seminars. He has over ten years experience in exclusive bankruptcy practice and knows what the bankruptcy court judges like and do not like. He knows all of the different bankruptcy trustees (the people who represent the creditor's interests) and how they want their cases prepared to ensure they are approved. Most importantly, Mr. Delchin is respected by the court and trustees because he has a reputation for being on time and prepared. He has established Biales Delchin Law as a highly

competent, seasoned professional bankruptcy firm. A reputation that directly benefits our clients.

Today it is a common practice for many bankruptcy firms to send inexperienced lower paid, younger attorneys to represent their clients at the meeting of creditors and in court. Oftentimes the clients that are put into this unfortunate situation meet their attorney for the first time a few minutes before they are questioned by the bankruptcy trustee. This will never happen at Biales Delchin Law. If you retain us for bankruptcy Mr. Delchin will be your attorney. In addition, you will have a dedicated bankruptcy paralegal who will be available throughout the week to answer your questions and provide assistance.

The practice of bankruptcy has become highly specialized. It's not really something an attorney can do once in awhile and maintain a competent skill level. Fees and costs should be quoted up front in an understandable fashion. You should understand exactly what is covered in the fee and what, if any, added charges might arise. You should meet with the attorney for the initial consultation. You should not meet with a paralegal or legal assistant for the initial consultation. The attorney you meet with should be the attorney who will be representing you at the meeting of creditors and be responsible for your case throughout the duration of your representation. The information gathering process at the first meeting is profound and needs to be gathered by the professional so that any potential problem is identified early. Most importantly, you should follow your intuition. If you are not comfortable with the attorney, the office staff or the office environment you should not hire that firm.

In our office, when you come to the initial consultation bring a month of current pay stubs. If you do not have a month of pay stubs bring your most recent pay stub. If you are not employed or self employed bring account statements or the records you keep of the income you are receiving. Have an idea who you owe money too. Bring any lawsuit, garnishment, repossession, utility shut off, license suspension or foreclosure court papers. If you do not have anything- do not worry. Just bring yourself and we will help and guide you to get what is needed. We try to keep

it simple and make the process as easy as possible.

We give the client a worksheet to take home and fill in his/ her creditors and other relevant information. Then the client comes back and we go over it with them to help them complete it. If the client decides to hire us she/he puts a portion of the fee down and is put on an affordable payment plan. Once they put the initial payment down (as little as \$300.00 for our firm) we start taking all of their creditor calls. We stop the creditors from calling them. The creditors are not allowed to call the client anymore once a bankruptcy attorney has been retained. We do not wait until we are paid in full to stop the creditor calls. The client needs peace of mind which cannot be obtained until all the creditors are backed off from calling. We focus on taking all of the financially related stress out of the client's life so they can focus on getting back on their feet.

Once the case is paid in full, we will have a final meeting to go over the client's worksheets. We then enter it into our computer and create what is called a petition and schedules. The client is called in to review and sign it

and then we file it electronically from our office. In about a week the attorney and the client will receive a notice of a meeting of creditors which usually is held approximately four to six weeks from the filing date. The meeting of creditors will be in Cleveland, Akron, Jefferson or Youngstown depending upon where the client resides.

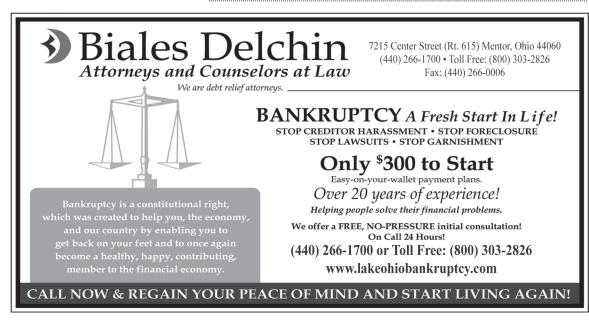
The client will have to attend the meeting of creditors with the attorney. It takes between ten and thirty minutes depending upon the issues in the case. The client will be asked questions by a person called a bankruptcy trustee. The questions are basically about what the client owns and how much money she/he makes. We meet with our clients early and thoroughly prepare them for this hearing so that everything goes smooth. It is rare for creditors to attend even though it is called a "meeting of creditors." Any problems or issues will be disclosed at the meeting of creditors. Clients usually are required to attend only one meeting of creditors.

After the meeting of creditors, for all practical purposes, the process is over for the client. A creditor has sixty days from the meeting of creditors to object to the client's discharge. Unanticipated objections seldom occur, and if they do, we resolve them so the client can receive their discharge. The "discharge" is the court order that forgives all of the client's debt. This is called "a fresh start." The client receives the discharge which is a piece of paper in the mail. She/he needs to keep the discharge paper in a safe place because that is the paper they will send a creditor if that creditor claims the debt is still owed.

Then the client uses their fresh start to rebuild his or her life and credit rating and lives happily ever after (hopefully). That is what happens when you file a basic Chapter 7 bankruptcy.

Robert C. Biales







Cleveland Persian Society Presents CFA Cat Show January 18th

Cleveland Persian Society presents:

CFA Cat Show Saturday and Sunday January 18 & 19, 2020

Patrician Party Center 33150 Lakeland Blvd.

Eastlake, Ohio 9:00 am - 4:00 pm

Admission: \$8 Adult, \$5 Children 6 - 12, Children under 5 and under free (\$1 Off Coupon available in ad below)

Free Parking!

Meet & Greet CFA's Cats; new breeds & your familiar favorites.

You'll see many popular breeds like beautiful longhair Persians, big Maine Coons, robust American Shorthairs & sleek Siamese; and unusual breeds like kinky coated Devon & Cornish Rex; slinky Orientals & Colorpoint Shorthairs, Exotics, Birmans and many others!

6 Rings of Pedigree Cat Judging Each Day 6 Rings of Household Pet

Judging Each Day

information: more http://www.catshows.us/

clevelandpersian

The Cleveland Persian Society Show is moving to a new location. We are not in Parma anymore. You can find us in Eastlake, Ohio

For more information: nmikita@cox.net



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Worship Services

Saturday Evening 6:00 pm Contemporary Worship Service Sunday 10:00 am Traditional Worship Service

Adult Christian Education

Sunday Morning 8:30 am Wednesday Morning

11:00 am

Potluck & A Movie January 19, 2020

Open to everyone in the community. The meal begins at 5 pm; followed by the movie: "Joyful Noise"

Lake County Master Gardeners Workshop Gardening March

Gardener Volunteers and Lake County OSU Extension are hosting their Home Gardeners' Workshop on March 7, 2020 at Lakeland Community College in Kirtland.

The program starts at 8:45 am, and the last session ends at 3:30 pm. All who enjoy gardening are welcome! Keynote speaker is Laura Deeter, PhD, Full Professor of Horticulture at Ohio State University ATI, who will present "kNOw Maintenance Perennials."

Attendees will choose three additional presentations from the following speakers: Ann Rzepka Budziak, Holden Forests and Gardens; Bill Hendricks, Klyn Nurseries Inc.; Danae Wolfe, OSUE; Garrett Ormiston, Cleveland Museum of Natural History; John Barber, Friends of Lower Lake; Laura Bonnell and Natalie Gertz-Young, Master Gardeners; Rain Rivera, OSUE; Mary Slingluff, Avalon Gardens; and Sarah Short, OSU.

Topics include: Planting Native Plants for Birds, Shade Gardening with Native Woodland Wildflowers, Ticks and Lyme Disease, Propagating Native Plants from Seed, Stories of the Garden with Photography, Rain Gardens 101, Community Gardens, and Trees for Bees.

The program fee of includes continental breakfast, lunch, snacks, and a parting gift. A variety of garden-related items will be available for purchase.

To register for the workshop, email MGVLakeCounty@ gmail.com for a brochure and registration form or download a form on our website https:// lake.osu.edu/program-areas/ master-gardener-volunteers. Call the Extension office at 440-350-2254 for more information or a registration form.

The deadline for registration is February 26.

Visit us on Facebook at OSUE Lake County Master Gardeners. We hope to see you March 7!

Cat Sh

9:00 a.m. - 4:00 p.m.



The Cleveland Persian Society's Annual Cat Show will feature more than 200 pedigreed cats, some of which are the top cats in the nation!



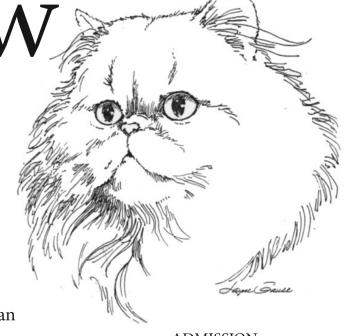
Bring the family & have fun watching the judging!



Meet exhibitors & their furry family of exotic cats and kittens.



Patrician Party Center 33150 Lakeland Blvd., Eastlake www.catshows.us/clevelandpersian



ADMISSION: \$8 Adults • \$5 Children 6-12 See Coupon Below....



Eastlake, Ohio 9:00 am - 4:00 pm

\$1 off ADULT ad



Caregiver Stress...TakeTimeforYourself Caregiver burnout is more yourself, and sometimes just a Change in appetite

common than you think. It's so important to take time for yourself when caring for a loved one. But

Taylor Made Home Care is the solution to give you a break that you need and deserve. We provide respite care for your loved one so you can focus on yourself. Let's face it you're no good to them if you don't take care of little outside help can make the world of difference to a caregiver. We can be there to help so you're not missing work or using your vacation /sick time, save that for yourself.

Don't ignore these caregiver

Crying more often Sleeping - Low Energy Headaches - Chest Pains

burnout warning signs.

Here are some tips for reducing

These emotions

loved one.

- Loneliness

- Frustration

uncommon when caring for a

-Guilt -Sadness Exhaustion

- Helplessness

caregiver stress:

- Ask for and accept help
- Don't feel guilty that you are not perfect
- Accept what you can and cannot change
- Find out about caregiving resources in your community

We have felt all these emotions

and the stress that comes from caring for our loved ones. That is why we are so passionate about what we do to help others.

Sometimes a little outside help can make all the difference in the world. Give us a call and let's talk about it 440-946-6446.

"Interludes of Music" Presented on February 12th

The Women's Committee of the over penne pasta with a garden Fine Arts Association will present "Interludes of Music" February 12 for the Second Wednesday Program Luncheon.

Fine Arts instructors Judith Elias, flutist, Phyllis Spiers, mezzo soprano and Sanni Kearns, pianist will perform.

All programs begin at 11:00 a.m. at The Fine Arts Association, 38660 Mentor Avenue, Willoughby, Oh followed by the luncheon at noon in the lobby (limited seating). The menu is Chicken Florentine Alfredo

salad. Sweetheart specials are the dessert.

The cost is \$15/member or \$18/ non-member and reservations required. Program only tickets can be purchased at the door for \$10. Call 440.951.7500, X 103 or email fineartsrsvp@gmail.com no later than February 7, 2020.

The Women's Committee mission is to support and promote The Fine Arts Association in the appreciation of the creative arts of music, dance, art and drama

(www.fineartsassociation.org).

Because the Best Care is Home Care ®

We provide non-medical home care/ companionship services to seniors who need assistance with everyday activities.

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- Geothermal Systems
- **High Quality Installations**
 - Economy Options Available Also
- 10- & 5-Year Parts & Labor Options
- **Indoor Comfort Specialties**
 - Arzel Zoning
 - UV Purifiers
 - Humidifiers & Air Cleaners
- **Quick and Professional Service**
 - All Makes & Models
 - Inc. Boilers, Heat Pumps & Unico
- **Up-Front Flat Rate Repair Pricing**
 - You Know Before You Buy

Furnace Tune-up

(Mon-Fri • Normal Hour

First Time Seasonal Maintenance Agreement

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Willowick Pet Food Pantry Helps Feed Thousands of Cats/Dogs By Ausra Kaminskas Unfortunately, cats and dogs of the month from 9 am to 11 government assistance. The also accepted by mailing them

The Willowick Pet Food Pantry helps feed thousands of cat and dogs every year.

Elvira Bellegoni started the Willowick Pet Food Pantry back in January 2016. The first year it distributed 8,803 lbs of pet food. Since that time the pantry (run by volunteers) has distributed over 70,000 lbs of pet food.

that live in homes where their owners may lack the resources to properly feed them are at a very high risk of being abandoned or surrendered to shelters that are already full or overcrowded.

The goal of the pantry is to assist owners by providing dog and cat food at a monthly distribution on the 4th Saturday

am at Willow Praise Church, 32905 Vine Street, Willowick, OH. The pantry also helps provide pet food for smaller rescue groups, foster families and the other food pantries that are running low. So far this year the pantry has distributed over 203 vouchers, some of those vouchers are for more than one animal, which means there are over 200 animals that will not reproduce and contribute to the influx of unwanted animals.

This year the pantry started a new program, the Free Spay and Neuter Program in conjunction with Petfix in Euclid. The program is for two groups: The first group is for pet owners who receive some form of

pantry will pay for up to 2 pets for spaying and neutering plus the rabies vaccine. The second group is for people who care for ferals and strays on their own, that is, pay out of their own pockets for the spaying and neutering. The pantry will pay for up to 3 ferals/strays for spaying and neutering plus the rabies vaccine and an ear clip.

If you or someone you know is struggling to feed their cat(s) or dog(s) have them come to the pantry the 4th Saturday of the month from 9-11 am at Willow Praise Church. If you can find it in your heart to donate cat or dog food (both dry and canned) or treats call 440-520-4881.

Monetary donations to the Willowick Pet Food 28605 Lake Shore Pantry, Blvd. Willowick, OH 44095 or dropping it off during our distribution. You can also like us and follow us on Facebook.

All the volunteers of the Willowick Pet Food Pantry are animal lovers and many own pets of their own. They are dedicated to keeping pets in their homes, out of shelters, and off the streets by helping provide food assistance and spaying and neutering to owners in need. We are always looking for volunteers for pet food drives and our monthly distribution. Stop by at the distribution and see what we are all about.





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www.mentorsaltcave.com

Mentor Salt Cave: Two Years Later

The Mentor Salt Cave opened its doors in Mentor in July 2017. Since that time, the community of Mentor, as well as many surrounding communities, all that Mentor Salt Cave has to offer.

Built by Dr. Margaret Smiechowski, these caves are specially designed to enhance relaxation, white getting the benefits of a pure wellness environment. The first of its kind in Northeast Ohio, Mentor Salt Cave has a cave surrounded by over 13,000 pounds of pure Himalayan salt enhanced with a Halogenerator used to break salt pumped into the cave down into fine particles in the air. The forty five minute session is a comfortable, relaxing, technologyfree chance to unplug and reap the benefits of the hypo-bacterial and allergen free air system.

Conditions known to have responded positively to the Salt Cave sessions include (but are not limited to): Acne, ADHD, Allergies, Arthritis, Asthma, Sinus Issues, Ear Infections, Depression, Skin Conditions, Sleep Disorders, Stress, COPD, and Weakened Immune System.

In addition to the Salt Cave, Mentor Salt Cave offers an IonCleanse Detox Foot Bath (created by A Major Difference, Inc.) which helps to purify the body through the electrolysis of the water. The system helps to detox the body from normal, everyday toxins we are exposed to, such as pollution, pesticides, cleaning products, soaps, and shampoos to name a few.

Mentor Salt Cave also has a wide array of wellness products such as 100% authentic Himalayan salt lamps, edible salts, bath salts, deodorant eggs, purifying bars, energy balls, massage rollers, salt pillows, and cooking tiles. Also available are Himalayan salt soaps with various and seasonal scents, Himalayan salt bath scrubs, Himalayan salt lotions, room and body sprays, body balms, lip balms, and salt infused candles.

Open 7 days a week with monthly specials, Mentor Salt Cave is worth the stop for your everyday wellness, gift and Christmas gift needs.

Located at 7501 Mentor Ave, Suite 7 in Colonial Plaza in Mentor, the cave runs sessions every hour on the hour during operating hours and offers the IonCleanse detox foot baths every

You can reach Mentor Salt Cave by calling (440) 942-8228, emailing mentorsaltcave@gmail. com, or make an appointment at Booker.com/Mentor Salt Cave.

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Mentor Window Earns 7th Straight Angie's List Super Service Award

the service industry's coveted Angie's List Super Service Award, reflecting an exemplary year of service provided to members of the local services marketplace and consumer review site in 2018.

Steve Douglas the owner of Mentor Window was asked about how they continue having such success in the home improvement industry. "We have crews that have been with us for decades, and we are very particular about the installers we hire. We won't just hire anyone to catch up if we are backed up a bit, quality is at the top of our list when it comes to workmanship. When it comes to pricing, we are straight forward with people, they don't want to hear any buy 1 get 1 free nonsense. They want a fair, honest price up front without all the gimmicks you see out there in advertising. We treat each and every one of our customers like family. "

"Only about 5% of the Home Improvement companies in Northeast Ohio have performed consistently well enough to earn our Super Service Award," said Angie (founder of Angie's List.) "It's a really high standard."

Angie's List Super Service Award 2018 winners have met strict eligibility requirements, which include an "A" rating in overall grade, recent grade, and review grade period; the company must be in good standing with Angie's List, pass a background check and abide by Angie's List operational guidelines.

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If you have any questions or would like more information on getting rid of your cable or satellite company, please contact

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device to your network, data I am available to personally speak with you to discuss your individual technology needs. I invite you to contact me at (440)461-3900, (216) 789-7936 or jeff@mobilecsllc.com so I can personally help you find a solution for your household or business technology challenges.

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- 4. Check main gas valve
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- 7. Čheck & adjust furnace controls
 - 8. Check safety pilot operation
 - 9. Oil blower.

Even though those hazy, hot, and humid days have faded away, you still may want to take advantage of Hoernig Heating and Air Conditioning's Central Air Conditioning Tune-Up Special for only \$69.95 (Regular price \$95.95). This cooling preventative maintenance safety check includes:

- 1. Check refrigerant charge
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For those of you looking to save even more, take advantage of a package deal! Have us service both systems at the same time for only \$98!!

Hoernig Heating & Air Conditioning offers free estimates, 24 hour service, 10% senior citizen discounts, and can service any brand. We're also licensed, bonded, and insured.

Give us a call today to schedule a preventative maintenance check at (440) 942-8175.



Lake County Genealogical Society

Have you ever wanted to learn how to research your ancestors, create a family tree, or even find some unknown relatives? Please join us as we share information on where and how to conduct genealogical research from society members and local genealogy experts.

On Thursday, January 30, 2020, at 11:30 am, the Lake County Genealogical Society will have a Pot Luck lunch meeting. We will have special interest groups by popular demand. Ask questions and share information with your table. Bring your genealogy questions, a dish to share, and tableware and join us.

Lake County Genealogical Society meetings are typically held on the last Thursday of the month from 10:00 am to noon, but because this is one of our Pot Luck meetings we will meet at 11:30 am for lunch. We do not meet the months of August and December. We meet in the Morley Library basement (184 Phelps St., Painesville).

Please check our web site (www.lcgsohio.org) for any changes in meeting date/time/location or call Dave at 440-209-1639 or Cynthia at 440-951-0914

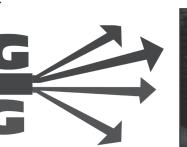
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for more information.

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Laketran Prioritizes Dial-a-Ride Improvements After Passing Levy. Hiring Drivers

The Laketran board of trustees recently approved phase one of service improvements promised by Laketran that will be funded by the passage of their recent sales tax

Laketran will be hiring 12 fulltime drivers and nine part-time drivers that will add over 35,000 hours of Dial-a-Ride service in

"Our first priority is to fix our Dial-a-Ride service and return it to a level of service residents can rely on to get to work and medical appointments," said Laketran CEO Ben Capelle. "The demand for service over the past two years has exceeded our capacity by over 50,000 trips annually and now

30 Day Guarantee!

we'll be able to meet those needs."

Of Laketran's 750,000 annual provides Dial-a-Ride 300,000 trips to seniors and people with disabilities getting them to work, medical appointments, senior centers, shopping, and personal errands. Trips to medical appointments and seniors centers have increased 53 percent and 27

work trips, often for people with disabilities, have increased 21 percent.

"We have been understaffed and relying heavily on overtime to meet customers' requests, especially for seniors relying on us to get to medical appointments, but at times we have had to deny service," shared Capelle. "It's never easy to deny a trip to someone when that is exactly what we are here to do. I'm hoping those days are behind

The first phase of improvements will add capacity to weekday Dial-a-Ride service that operates Monday through Friday 5:00 a.m. to 8:00 p.m. and Saturday 8:00 a.m. to 7:00 p.m. Laketran also plans to add an additional trip to their weekday Cuyahoga County Medical Service that provides access to medical appointments at University Circle healthcare facilities.

"Our customers have been anticipating this news and we're excited to announce the additional service," said Capelle. "It will take the better part of the year to get this many drivers hired and trained

percent, respectively. Meanwhile because all our drivers go through an intensive eight week training course, but we hope to have the majority of them on the road by summer.'

"We are glad more residents are relying on Dial-a-Ride," explained Laketran president Brian Falkowski. "With the continued support of our community, seniors will be able to remain independent by having mobility options that allow them age in place here in Lake County and have an overall better quality of life."

Laketran is now actively recruiting part-time Dial-a-Ride drivers. Laketran offers a very attractive starting wage of \$15.29 per hour with retention bonuses every 6 months for 3 years; top rate is \$19.28 per hour. Additional benefits for part-time employees include, 6 weeks paid training, paid vacation and sick time, uniforms provided, and cash shoe allowance, and Public Employees Retirement Pension and Ohio Deferred Comp Retirement Plan. Commercial Driver's License (CDL) is not required. For more information visit https://laketran. com/about-laketran/careers/.



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Divorce 101:

Divorce v. Dissolution: What is the difference?

This article simplistically identifies the main issues in the termination of the marital contract and explains the difference between a divorce and dissolution. The issues in the termination of the marital contract are as follows: (1.) Allocation of Parental Rights and Responsibilities if there are children. The main issues regarding the allocation of parental rights and responsibilities would include who pays child support and how much, companionship time, formerly known as "visitation", who has custody or how is shared parenting, formerly known as "joint custody", to be allocated, who is responsible for health care/ insurance and how will the tax exemption be divided. (2.) Spousal support. Will one party pay the other spousal support and how much and for how long? (3.) Property distribution. How will the marital real and personal

property and all other marital assets be divided. (4.) Pension and retirement division, if in existence. And, finally, (5.) Allocation of marital debt. These are the main issues in every divorce and/or dissolution.

The most fundamental difference between a contested divorce and a dissolution and/ or uncontested divorce is that in a contested divorce, the parties cannot agree on one or more of the issues; whereas, in dissolution or an uncontested divorce, the parties are in agreement. Dissolutions and uncontested divorces are very cost effective and can be finalized in as little as six weeks from the date of the filing. The cost of the divorce or dissolution will vary on the number of issues in the case. In a dissolution or uncontested (no fighting) divorce the financial cost can be dramatically less than a contested divorce (the parties cannot agree on one or more of the issues) but, most importantly,

the emotional cost to both parties and their children, if applicable, is much lower.

An action for divorce- if the parties cannot come to a voluntary agreement- can easily take a year or longer to finalize. There is the dread of runaway attorney fees averaging \$250- \$300 per hour. In a contested divorce (where the people are actively fighting) there is always the worry (which is justified) that the attorney will quit if you run out of money or the fear of receiving another several thousand dollar bill unexpectedly. The information gathering process referred to as "discovery" can become a costly and stressful nightmare. Discovery is not required with dissolution.

The emotional price of continuous daily resentment, depression, fear and worry can become overbearing and destructive to one's health. Dissolution avoids all of this. That being said; It is very difficult to get two people who are usually not the best of friends to begin with to agree on all issues. All issues

must be agreed to for a successful dissolution to occur. This requires compromise. The cardinal rule is that nobody walks away happy. Each party usually feels wronged in some way by the other. Each party usually feels that they could have obtained a better result if they would have just held out longer or been more aggressive. The truth is the law is pretty settled on how property and children are resolved. In most cases, you will not get a better result by engaging in prolonged litigation.

If the parties are unable to come to an agreement regarding all the issues, as is often the case, a divorce must be initiated. I try to resolve as many issues as possible before hand and communicate with the other party or his/her attorney to coordinate the process. It is always best to work together and focus upon resolution of the issues on which the parties agree. The purpose of the attorney is to make the process as minimally painful, and least expensive as possible. Open and honest communication is key.

Unfortunately, in many cases, the parties have so much resentment toward each other that they are simply unable to cooperate. This is never in anybody's best interest and can be very damaging to children.

There are certainly ways to minimize the pain and cost of a divorce but it will never be as efficient and emotionally healthy as two parties coming to a voluntary agreement with dissolution. I believe that a dissolution really should be possible in most cases if two factors are present (1.) the parties are mature, sensitive and intelligent and (2.) the matter is approached with a cost versus benefit business analysis, an open mind and sound professional guidance. I know this is easier said than done. But- if accomplishedthe financial and emotional rewards (including healing time) reaped are enormous for the parties and children and will be enjoyed for the span of one's entire life.

Robert C. Biales

Are You Medicare

Are you disappointed with your Medicare Advantage plan's network of doctors? Are you concerned that your prescription coverage will fall short of your expectations in 2020? No matter what the reason, if you are not satisfied with your choice, you are not stuck with your Medicare Advantage plan for the next year.

You can make a change.

Those who are enrolled in a Medicare Advantage plan for 2020 and have a change of heart will have a one-time opportunity between January 1, 2020 and March 31, 2020 to:

- Switch to a different Medicare Advantage plan
- Drop their Medicare Advantage plan and return to Original Medicare
- Sign up for a stand-alone Medicare Part D Prescription Drug Plan if you return to Original Medicare.

The Medicare Advantage Open Enrollment Period (MA OEP) was first introduced in 2019 and is an annual 'second chance' opportunity to comparison-shop Medicare Advantage plans to find one that suits your needs and budget.

To take advantage of the Medicare Advantage Open Enrollment Period, you must be currently enrolled in an Advantage plan. This Open Enrollment Period

Satisified with Your Advantage

does not apply to those who have your insurance needs. Original Medicare (Part A and Part B) coverage. It is not a Medicare Advantage plan or Medicare Part D open enrollment opportunity.

Why would someone want to change plans?

While all Medicare Advantage plans cover you for your Medicare Part A and Part B benefits, the doctors, hospitals and other providers included in a plan can vary. Some plans may offer routine vision, dental and hearing prescription While benefits. coverage is usually included with most Advantage plans, each plan's formulary is different, making some plans more cost effective than others. Finally, according to the center for Medicare and Medicaid Services, there were some reported drug-pricing snags with the revamped Medicare.gov Plan Finder. CMS has addressed all reported problems. However, they remain concerned that users may find prescription costs more than they anticipated if they used the Medicare.gov Plan Finder.

If you have concerns about your coverage, contact me now to help you re-evaluate your Advantage Plan and make an appropriate change. You can call me at 440-255-5700 or email me at Lmutsko@mutskoInsurance.com to set up an appointment to discuss

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To Register Call: 440-942-7880

Tue., Feb. 18 • 6-8:00 pm **MENTOR LIBRARY** To Register Call: 440-255-8811

These events are for educational purposes only and no pla specific benefits or details will be proposed. Limited seatin Pre-registration required. Some nominal fees may apply.

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DISSOLUTION

Library Programs Continued...

Tuesday, January 14 11:30 am

Willoughby Hills Library, 35400 Chardon Rd., 440-942-

Winter Wonderland

Enjoy winter stories, crafts and games at the library! Tuesday, January 14 6:30 pm Willoughby Library, 30 Public Square, 440-942-3200

Book Hedgehogs

Join Miss Bryn and Miss Sarah to decorate your very own book hedgehog to take home. We provide the hedgehogs, you provide the fun! Tween program. Ages 8-12.

Tuesday, January 14 6:30-8 pm

Willowick Library, 263 E. 305 Shore Blvd., 440-942-7880

St., 440-943-4151

Adapted Storytime

Specifically for children with special needs, this storytime features stories, rhymes, songs and other engaging activities in a welcoming environment.

Tuesday, January 14 6:30 pm

Eastlake Library, 36706 Lake

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We start by reviewing your project and listening to your goals and concerns and we welcome any recommendations you may have. Then together we establish a budget and work to stay within that cost.

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After scheduling a start date and work begins, we stay on the project from start to finish. To make your remodeling experience as stress-free as possible, we always keep you informed of the progress of the job.

Because Shoreline Window and Remodeling Company is a family owned business, you will always be dealing directly with the owner, no pushy salesman or inexperienced tradesmen. Our company is bonded and insured, and our workers are covered by workers compensation for your

We have the highest ratings with the Better Business Bureau and Angie's List. We take pride in our workmanship so you will not only be current client, but in the future, we want to be "the one" contractor you call to take advantage of our other professional services including kitchen and bathroom remodeling. Plus, we also accept all major credit cards & special financing.

Let us show you how to make your next remodeling project a little easier by calling Shoreline Window and Remodeling Company at (440) 946-1495 or (440) 336-3300. You can also look us up at www. shorelinewindowandremodeling.

Homeschool Travelers

Take a trip around the world without leaving the library! Each month features a different location & fun activities.

Wednesday, January 15 2:30 pm

Eastlake Library, 36706 Lake Shore Blvd., 440-942-7880

Super Sleuth Jr. Book Club

Calling all junior detectives! Join us for an all new kids book club. Books will be available for checkout at least 3 weeks before each meeting. January's Featured Book: Theodore Boone: Kid Lawyer by John Grisham

Wednesday, January 15 6:30-7:30 pm

Willoughby Hills Library, 35400 Chardon Rd., 440-942-3362

All Things Disney Discussion Group for Teens & Adults

Join other Disney fan(atic)s to talk about everything Disney-TV shows, movies, theme parks, etc. Ages 12 & up.

Wednesday, January 15

Willoughby Library, 30 Public Square, 440-942-3200

Yoga Storytime

Try out our brand new class that incorporates yoga into storytime. This class is taught by our very own certified yoga instructor! Please bring a mat or towel. Ages 3-6.

Thursday, January 16 10 or 11 am

Willoughby Library, 30 Public Square, 440-942-3200

Homeschool Thursdays

Children ages 6-12 will enjoy a variety of different hands-on projects. Space is limited.

Thursday, January 16 1:30-2:30 pm or 3-4 pm Willoughby Library, 30 Public Square, 440-942-3200

Book vs. Movie: The Tale of Despereaux

Was the book better? Decide for yourself at our Book vs. Movie program! Read the book The Tale of Despereaux by Kate DiCamillo, then join us at the library where we will watch the movie to compare and contrast.

Friday, January 17

Willowick Library, 263 E. 305 St., 440-943-4151

Interactive Movie Night -<u>Moana</u>

Viewers will receive prop bags full of surprises and more!

Tuesday, January 21

6 pm

Willoughby Hills Library, 35400 Chardon Rd., 440-942-

Cardio-Drumming for Teens and Adults

Exercise can be fun! Join Melissa and Melissa from Will-Power Nutrition for an hour of drum sticks, music, movement and fun. Wear comfortable clothing. Space is limited. Ages 13 & up.

Tuesday, January 21 7-8 pm

Willoughby Library, 30 Public Square, 440-942-3200

Learn and Play Chess Club

Join us for an informal gathering of chess enthusiasts, including instruction and play, fun and refreshments! It's also a perfect opportunity for scouts to earn their chess merit badge. All ages and chessboards welcome.

Saturday, January 25

12-4 pm

Willoughby Library, 30 Public Square, 440-942-3200

Barks for Books

Practice your reading skills by reading to a therapy dog! Grades K-5th grade.

Saturday, January 25

9:30 am and 10 am (Choose one time slot)

Eastlake Library, 36706 Lake Shore Blvd., 440-942-7880

Homeschool Technology

Each month we will explore different facets of technology starting with the very basics. Ages 10 & up.

Monday, January 27 1:30 or 3 pm Willowick Library, 263 E. 305 St., 440-943-4151

Homeschool Sewing

Children ages 9-18 will learn how to make their very own pillow case on our sewing machines. All materials will be provided.

Tuesday, January 28 1 or 2:30 pm

Willoughby Hills Library, 35400 Chardon Rd., 440-942-

Pirate Ship Playdate & <u>Craft</u>

Toys! Crafts! Fun! Ages 2-5.

Wednesdays, 29-March 18, 10 am

Eastlake Library, 36706 Lake Shore Blvd., 440-942-7880

Watch Moana while you shout, sing and snack along.



Parents: Tips to Prepare Your Teens for Safe Driving If you are a parent of a teenage and their teens to create a teen with an agent to determine records have been clean for three accident.

driver, your child's safety is your first concern. Though you cannot always be by their side, you can take steps to help keep them safe behind the wheel. Educating yourself and your teen driver about the risks of unsafe driving can save lives and money.

"Reminding young drivers about the dangers of distracted driving is so important," Governor Mike DeWine said. "Having rules limiting the number of passengers in the car and reminding teens to keep their eyes on the road and hands on the wheel are other easy ways to help increase the safety of young drivers."

"Today's world presents many distractions while driving and we must talk to teens about the dangers and consequences of unsafe and distracted driving,' Ohio Department of Insurance Director Jillian Froment said. "I urge parents to establish rules that will help keep their teen drivers and those around them safe while on the road."

Froment encourages parents

driver contract using the online template at www.insureuonline. org/teen driver certificate. htm. A contract can help teen drivers avoid common mistakes and increased insurance rates, while defining the consequences associated with driving privileges.

Froment said there are actionable steps parents can take to keep their teen drivers safe and to save money on insurance coverage. She shared the following insights:

Set Expectations

- Research suggests parents who set rules cut accident risk in half.
- Set a driving curfew. More than 40 percent of teen auto deaths occur between the hours of 9 p.m. and 6 a.m.
- The relative risk of a fatal crash increases as the number of passengers increases.
- Texting or talking on a cell phone can double the likelihood of an accident.

Keep Costs Down

• Conduct an insurance review

Anger Management Intervention at Lake - Geauga Recovery Centers

CEO of Lake-Geauga Recovery Centers, Inc. is pleased to announce that it now offers Anger Management Intervention classes at its Chardon Outpatient Office.

Anger management intervention helps individuals who have a difficult time controlling their anger by teaching them tools to identify anger cues and triggers along with diversion techniques. To increase the individuals' awareness of their personal patterns and behaviors regarding anger, and to assist them in developing an anger control plan.

"Our new anger management intervention is for individuals age 18 or older who have a desire to better control their anger, may be used to fulfill requirements through courts for anger management classes or individuals who may be referred by the criminal justice system, employer, school, other agency or profession, family or self-referred", said Blasko. This class is not a replacement for anger management therapy.

Prevention Specialists will provide group classes using an evidenced-based curriculum workbook to assist in recognizing personal anger cues and developing an anger management plan. Concepts will include

Melanie J. Blasko, President and how past learning can influence present behavior as well as the aggression cycle and how to change it. Additionally, clients will learn and practice anger management tools including communication relaxation, skills interventions, cognitive restructuring, and assertiveness training.

> Anger management intervention meets once weekly for an hour and a half for 5 weeks. Start date is dependent on schedule rotation. The next session is scheduled for November 18, 2019. If you would like more information about our anger management intervention services, or to schedule an appointment with Lake-Geauga Recovery Centers, please contact us at 440.255.0678 or stop in our Chardon office at 209 Center Street, unit E, Chardon. The cost of the class is \$60 for the 5 week

> Lake-Geauga Recovery Centers is a private, nonprofit agency providing continuous service to the community since 1971. Services at Lake-Geauga Recovery Centers are made possible due to the generous support of the Lake County ADAMHS Board, the Geauga Board of MHRS, and United Way of Lake & Geauga Counties.

options for insuring your teen driver. Adding a teen driver to your auto insurance policy can be costly.

- The type of vehicle a teen driver uses as well as driving violations can impact the cost of insurance.
- Many companies grant discounts to drivers whose

or more years.

- Some companies offer discounts if your teen completes a defensive driving course and upholds a good grade-point
- Ask your insurance company about an "accident forgiveness" clause that guarantees premiums will not increase after one minor

application that limits or prevents texting and driving.

Ohioans with insurance questions can call the Ohio Department of Insurance consumer hotline at 1-800-686-1526 and visit insurance.ohio. gov for insurance information.



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- Federal Return
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- E- file
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\$188 - \$208

- Federal Return
- State Return
- City Return
- All EIC Forms (usually 5-6 extra forms)
- E- file
- Direct Deposit

SOLE PROPRIETOR PACKAGE \$188 - \$228

Schedule C, Self Employment

- Federal Return
- State Return
- City Return
- E- file
- Direct Deposit

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- State Return
- City Return
- E- file
- Direct Deposit

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