

This is printed at no expense to the City

From Mentor City Council



Mentor City Council

Standing: (L-R) Matthew E. Donovan (Ward 2), Scott J. Marn (At-Large), Ray Kirchner (At-Large), and Sean P. Blake (Ward 1).

Seated: (L-R) Council Vice-President Bruce R. Landeg (Ward 3), Council President John A. Krueger (Ward 4), and Janet A. Dowling (At-Large).

Summer camp registration begins January 27 with Mentor Recreation

Registration for Mentor Parks & Recreation summer camps begins January 27 for Mentor residents and January 30 for nonresidents.

With more than 100 camps for children ages 4 – 14, you can visit www.cityofmentor.com/parks-recreation beginning January 22 to view our online Summer Camp Guide and get all you need to know about Mentor's summer camp lineup. The Summer Camp guide is also mailed to all homes with children enrolled in Mentor Public Schools grades K-8 in mid-January and printed guides are also available in all city buildings and at all Mentor libraries.

FREE online registration is available at www.cityofmentor.com/parks-recreation. It's fast, easy, convenient and secure. If you have not participated in a class or program recently or are new to our program, just call our office at (440) 974-5720, Monday – Friday, 8 a.m. – 5 p.m. It's that easy!

For further information, call (440) 974-5720.

Come Chill Out in Mentor on January 19th

Mentor's winterfest-style event is being held at the Civic Center Park on January 19 from 11 AM to 6 PM.

Mentor Chill Out promises a full-day of family-friendly fun as the main grounds are transformed into a winter wonderland. You'll enjoy an outdoor skating rink, ice sculpture garden, a chili cook off and many other fun activities.

All day activities include silent disco, ice sculpting demonstrations, Zamboni pulls, human bowling on ice, popsicle eating contests and

much more.

DJ Stray will be on hand all day spinning your favorite tunes along with an Amphitheater light show.

Be sure to come hungry and take part in the Chili Cook Off or partake in some gourmet fare from a number of favorite area food trucks. Did we mention the whiskey tasting? Red Eagle Distillery will offer a selection of bourbons, ryes, and vodkas to experience.

And everything will be capped off by a fabulous fireworks show.

Mentor Chill Out will go on,

snow or shine with alternative activities in the works in case Mother Nature decides to give us a break for once.

If you would like to enter the Chili Cook Off, please contact Dave Duricky at 440-974-5725 or email at duricky@cityofmentor.com

Admission and activities are free so be sure to join us for Mentor Chill Out!

Mentor Civic Center Park is located at 8600 Munson Road. Learn more at mentorchillout.com

Get in on the Fun with Family Feud Night!

And the survey says ... Family Feud Night is sure to be the best adult event in Mentor! Sponsored by the Mentor Recreation Department and taking place Saturday, February 29 from 6:30 – 10 pm at Mentor Senior Center, this fun-filled, competitive event for adults 21 and over will put teams of 6 in a head-to-head traditional Family Feud contest.

Each team will get to play at least three games consisting of 2 rounds each. Points will be scored and the top two scoring teams will go compete for the championship!

Snacks and wash will be provided. Participants are welcome to bring their own beverage of choice. Each team must have at least one Mentor

resident. The fee per team is \$120 and only the team captain must register.

Don't get shut out! Get your team together and register early. The last day to register is February 26 or when the event fills. Visit www.cityofmentor.com/play to register online or call us at (440) 974-5720.

Please Keep Your Sidewalk Free of Snow & Ice

To shovel, or not to shovel? The City of Mentor receives a number of inquiries after every major snow event regarding snow-covered sidewalks.

We want to remind everyone that it is the responsibility of the owner or occupant to keep sidewalks in front of their property clear of

ice, snow, or other nuisances. In addition, pushing snow or ice onto a public sidewalk or roadway is prohibited. The penalty is a minor misdemeanor but can grow from there.

We all understand that Lake County weather can be

unpredictable...and sometimes it's hard to keep up the snowfall, but ultimately, it's up to you to maintain a safe footing for pedestrians on your property. For the sake and safety of those in our community, be a good neighbor and keep your sidewalk free from snow and ice.

Lake County Chili Open - January 25th

Here's your chance to play in the biggest golf event this winter. Every golfer has played in a summer tournament, but how many have played in January?

The Lake County Chili Open is Saturday, January 25 at the City of Mentor's Black Brook Golf Course. It offers golfers the opportunity to drive orange golf balls across frozen fairways and putt over icy greens. Orange golf balls will help you navigate the 9

hole course of 65 – 100 yard holes. New contests and skills games will add to the challenge and fun!

Last year more than 200 golfers participated in this event, so you'll want to register early!

Prizes are awarded to three winning teams and door prizes are drawn throughout the day.

The cost to enter the Chili Open is \$18 which includes golf fees, food, and hot chocolate. The Chili Open is sponsored by the City of

Mentor with proceeds benefiting the United Way of Lake County. Sponsorship opportunities are available by calling United Way of Lake County at (440) 352-3166.

For more information on this event or to register, call the Mentor Recreation Department at (440) 974-5720. Previous participants - register online at www.cityofmentor.com/parks-recreation.

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In Rosey's Words....



Rosey Gamiere
Guest Writer

This is the year to be grateful for all our blessings, and we all have many.

It's also a time of the year through Christmas and Thanksgiving and all the holidays of various religious beliefs that we become saddened by losses of relatives and friends, disgruntled children, estranged loved ones, diseases and health issues and so on.

That's why it is a good time to reconnect and heal old wounds, forgive and forget.

For all the things we deal with throughout the year that aren't always pleasant, it's this time of year we need to reflect on the joys and friendships that make us who we are.

Your higher power is there to help, and you can do this.

Remember- the little train that could!?

Never give up on yourself and the possibility of healing old wounds.

It's said we go around once in this lifetime and it is important to

make the best of it.

Recently I attended our family reunion and was so grateful to see relatives, their spouses, and all the beautiful babies in our fourth generation.

It was an incredible experience and one I was happy to have.

Struggling with many issues of health and told three times I would die in this last year, I realized how much the good old days were and the importance of family and friendships.

For all of us it's surely heartwarming to realize what really matters in life.

On top of that I was just diagnosed with a brain tumor (No wise cracks you guys!) Non-

cancerous thank you, and just another hurdle to overcome.

Life happens on its' own terms and we all have the choice to allow our bodies to heal themselves, while keeping a strong faith and being positive. No big deal.

Fill your heads with the best times in your life, not the other stuff!

They say, 'dance like nobody's watching' and I surely do, laughing at myself all the way!

Something different may work for you, and this works for me.

Take a piece of paper (and you'll think I'm nuts) and write a list of all the good things that happened in your life on one side and leave all the bad stuff unwritten on the

Mentor Police: Operation SCRAM

Private security cameras are everywhere these days and Police Departments across the country have started using them to their advantage to help solve crimes and conclude investigations. And, this idea has made its way to Mentor.

The Mentor Police Department is now a part of Lake County's new Surveillance Camera Registration and Mapping Program (SCRAM) – an initiative led by the Lake County GIS Department.

"Operation SCRAM gives residents and business owners in our community the opportunity to help keep Mentor safe," says Mentor Police Captain, Robert Valley.

Those who register are added to a secure database which allows Mentor Police to locate cameras near a crime. It's important to

remember that registration does not grant Mentor Police access to your camera system. It simply lets them know the locations of these cameras.

"If a crime were to occur, we can look at the SCRAM map and determine points where the suspects may have gone past. We would then contact the owners of those cameras to see if any useful evidence is captured," adds Valley.

Participation in the SCRAM program is voluntary and participants are able to withdraw from the program if they choose to. You can help keep Mentor safe by registering for SCRAM today at cityofmentor.com.

If you have any questions, contact the Mentor Police Department at (440) 974-5760 or police@cityofmentor.com.

other! (Laughing out loud!)

Isn't it wonderful? Think about it!

So many beautiful things about parents, pets, nature, love, freedom, smiles, vacations, games, friends, birds, food (my favorite) & whatever brought you joy in your life.

I for one love people, places, and things, including all of you who understand me or not.

Thanksgiving and all related holidays including Christmas holidays are full of blessing and wonderful memories.

We all want peace and the world to be happy and harmonious.

Sitting quietly and reminiscing can bring smiles to your faces, but as I always say - just don't live there! The past is the past and it's only there to show you that life was better than you thought and

think about all you learned.

Bundle up and sit outside and breathe the crisp fresh air- and be grateful.

It's a glorious world we live in with lots of glorious things around us.

The world is awesome and so are all of us in this world.

Time for tears and joy in our quest to be human as we pass on our legacy to those we love!

I want everyone to be thankful and happy while remembering how much I love each and every one of you. Truly.

Thanks for being a part of my life and I'll never forget you!

God Bless us all!

You can do it!!

Love forever,
Rosey

JOIN ME, JACKIE GREENE, FOR MEDICARE MONDAYS!

WHEN: Mondays in January
January 13th & 20th

WHEN: 10:00-11:30AM

WHERE: GBA SOLUTIONS
8518 MENTOR AVE. SUITE E2

WHY: LEARN ABOUT MEDICARE
CALL 440-266-0333 X 3
TO REGISTER



These events are for educational purposes only and no plan specific benefits or details will be discussed.

Pre-registration required.

Limited seating.

JACKIEGREENE@GBAOH.COM
8518 MENTOR AVE. SUITE E2
MENTOR, OHIO 44060



The Mentor Monitor

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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 our camps:

- 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

as late as 6 p.m.

- Academic setting

All programs are expertly developed by credentialed staff to

be age appropriate and fun!

These camps fill quickly. Request a 2020 brochure by emailing lakelandcc.edu/camps.

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 counties.

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 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 re-runs a bore,

Our thoughts wandered off to our favorite store.

With vintage, collectibles, primitives and more,

It came to us then, "What are

we waiting for?"

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)

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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

Happy New Year!



Biales Delchin

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Cleveland Persian Society Eastlake, Ohio
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<http://www.catshows.us/>

clevelandpersian

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anymore. You can find us in
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For more information:
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Lake County Master Gardeners Offer Gardening Workshop March 7th

The Lake County Master
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
Rain Gardeners; Margaret
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 \$48
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](mailto: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](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!

CFA Cat Show

S JAN & S JAN
A 18 & U JAN
T 18 & N 19

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



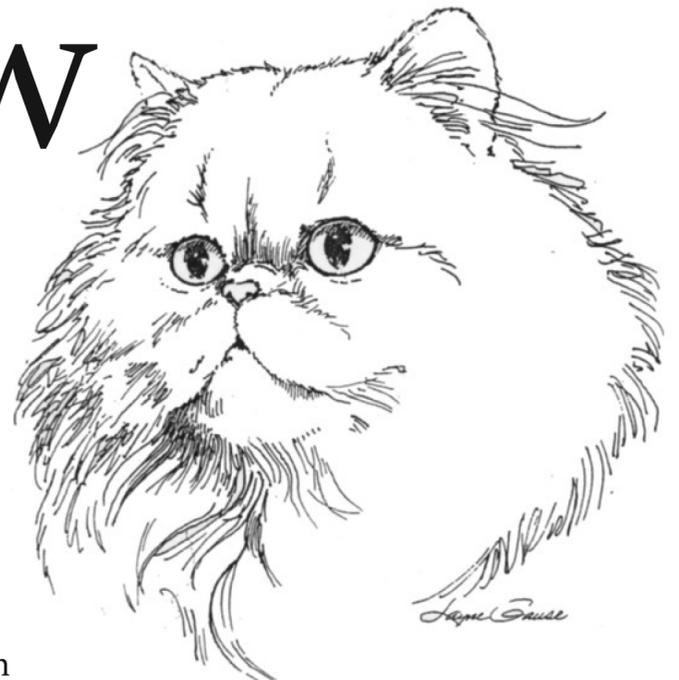
The Cleveland Persian Society's Annual Cat Show will feature more than
200 pedigreed cats, some of which are the top cats in the nation!



Bring the family & have fun watching the judging!



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



ADMISSION:

\$8 Adults • \$5 Children 6-12

See Coupon Below...



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

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

\$1 off ADULT admission coupon
Information: www.kat-show.com




Cleveland Persian Society

LCN

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I perform your job along with two other people, which is why I can promise you what I say, I will do! We're not some big company that offers all kinds of trades other than painting. We are all trained professionals at just painting... and with that comes a professional finish!

Our business is based on problem solving. Finding the reason why previous coatings have failed, correcting the problem through proper preparation, and using only top of the line products like Sherwin Williams, Behr, and Benjamin Moore Paints; and I only use their highest quality products. This guarantees a fine finish, great adhesion properties. Therefore, a long lasting paint job that you can simply wash to restore to its' original beauty...and not have to paint for many years to come unless you just want to change the color! Not to mention the great

sub-base that will be under your next paint job that these quality products provide.

This is your home. Your investment. Never try to save money on product or professional installation...it just guarantees future problems.

MDM Painting offers senior discounts as well as military discounts. We're proud that we

hold an A+ rating with the Better Business Bureau because I answer the phone and quickly address any problems that may occur. When I show up for an estimate, I have extensive testimonials as well as before and after pictures of recent and past work successfully completed in your community so you can make a more confident decision about my credibility and your selection to move forward

with your job.

I'm insured and bonded and will have my insurance company send you a document insuring "YOUR HOME" while we are there to paint, if you wish.

I have learned that becoming a reputable company requires honesty, fairness, and an extra helping of punctuality. Let's face it...as long as you do excellent work and maintain a clean work

site and keep a respectable image... people will want you back for future work and will tell others about your company.

Bottom line...do it right, use the best available materials and take pride in your trade...the rest just falls into place!

To reach Michael D. MacGillis Sr. at MDM Painting call (440) 392-0101 or (440) 477-3927.



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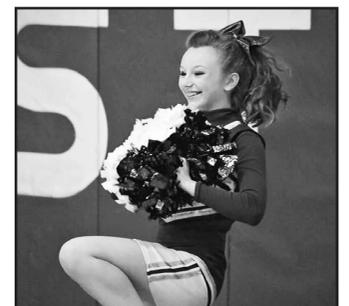
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Mentor Salt Cave: Two Years Later

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, while 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, technology-free 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 half hour.

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.

Two Minutes Can Mean the Difference Between Life & Death

Research has proven that if your home is on fire, you need to be able to get out in less than two minutes to increase your chances of survival.

The best thing you can do is to ensure that you have a working smoke alarm installed on each level of your home and inside of each bedroom. Check your smoke alarm monthly to make sure it is working properly and change the batteries at least twice a year - doing so in the fall and spring when you change your clocks is a good way to remember. Also, check to make sure all of your windows fully and easily.

Develop and review your

escape plan. Have your family practice both your primary and secondary escape routes and take into consideration what you need to do to help family members who are unable to escape on their own.

In the event of a fire, time is of the essence. Here's what you need to know:

- Do NOT waste time getting dressed or gathering valuables
- Yell or pound on walls to notify other family members of the fire
- Always test doors for heat before opening
- Crawl on the floor or stoop low to avoid smoke
- Exit quickly and calmly...get

out and stay out

- Go to the designated meeting place outside
- Make sure everyone is out of the house
- Call for help from a neighbor's house

Remember - every second counts and could mean the difference between life and death. For more information and fire safety tips, visit State of Ohio Fire Marshall at www.com.ohio.gov/fire

Information provided by Jerry Craddock, Public Education Specialist, Mentor Fire Department

Mentor Public Library Adult Programs

Some programs require registration. Register in person, by phone or online at www.mentorpl.org

Colorful Characters Book Club

Friday, Jan. 3, at 10 a.m.
Mentor-on-the-Lake Branch
Come to the Lake Branch's monthly book and coloring club for adults. Discuss a different book each month while enjoying

coloring and refreshments. This month's book selection is "Chilbury Ladies' Choir" by Anthony Horowitz.

Cut the Cord: Get Rid of Cable & Save

Monday, Jan. 6, at 7 p.m.
Main Branch in the Village Room
Discover options to get rid of cable and ways to cut costs. Discover how to get free TV,

including using an easy-to-install antenna or free streaming video services. Explore options for streaming video devices, including Roku, Apple TV, Google Chromecast, or Amazon Fire TV Stick and what shows you can access with them, including live TV and sports. Find out which of the many streaming video services from Hulu, Sling, Netflix, to Playstation Vue and many more are best for you. Make sense of all the confusion of switching from cable to another service and the technical parameters needed to do so. Find out how much you can save. Presented by Joe "the Coupon Guy" Daugirdas. Registration required to attend this program.

Kick the Sugar Habit
Tuesday, Jan. 7, at 6:30 p.m.
Main Branch in the Village Room

Melanie Jatsek, an author and registered dietitian, will suggest ways to limit sugar in your diet. She'll also explain the effects of sugar on the body, how sugar is hidden in many foods, and just how addictive sugar really is. Jatsek will be joined by wellness consultants from Heinen's. Registration is required for this program.

Continued on page 11



Mentor Salt Cave

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Caregiver Stress... Take Time for Yourself

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

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 yourself, and sometimes just a 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 burnout warning signs.

- Crying more often -Trouble Sleeping
- Low Energy
- Headaches -Chest Pains
- Change in appetite

These emotions are not uncommon when caring for a loved one.

- Guilt -Sadness Exhaustion
- Loneliness -Helplessness
- Frustration

Here are some tips for reducing caregiver stress:

- Ask for and accept help
- Don't feel guilty that you are not perfect

"Orchids as Houseplants"

Presented at Wildwood Cultural Center

On Wednesday, January 15th, The Wildwood Garden Club will be hosting "Orchids as Houseplants" with Susan Cowling of the Lake County Master Gardeners.

The program will begin at 10 am at The Wildwood Cultural Center, 7645 Little Mountain Rd., Mentor, OH.

Most orchids are quite hardy and rewarding to home growers. Susan Cowling will be presenting on proper water, lighting, humidity and fertilization to promote regular reblooming of precious orchids.

The program is free to the public. Non members can register to attend by calling 440-639-1141.

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

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Come Along - It's Fun To Travel!
North Ridge Tours is a GROUP TRAVEL LEADER member.

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 levy.

Laketran will be hiring 12 full-time drivers and nine part-time drivers that will add over 35,000 hours of Dial-a-Ride service in 2020.

"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 we'll be able to meet those needs."

Of Laketran's 750,000 annual trips, Dial-a-Ride provides 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 percent, respectively. Meanwhile 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 us."

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 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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"Interludes of Music"

Presented on February 12th

The Women's Committee of the 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

over penne pasta with a garden 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).

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MPL January Adult Programs...

Civil War Series: The Battle of Middle Creek

Wednesday, Jan. 8, at noon
Main Branch in the James R. Garfield Room

An untested Colonel James A. Garfield led a newly formed brigade of 3,600 men into eastern Kentucky to repel an invading rebel army of equal size. Garfield proved to be a "fighting general" as he defeated his opponent at the

Battle of Middle Creek. Garfield's victory earned him a promotion to brigadier general and set the stage for his election to Congress. This is an encore of a program originally presented in 2012. Presented by David Lintern, a volunteer from James A. Garfield National Historic Site.

Festive Beverage Tote

Wednesday, Jan. 8, at 5 p.m.

The HUB at Mentor High School (6477 Center St., Mentor) Adults can customize a festive beverage tote at The HUB. Registration is required.

Back to your Roots Genealogy Group

Wednesday, Jan. 8, at 7 p.m.
Mentor-on-the-Lake Branch
Gather to share genealogy tips, exchange information and talk shop. All genealogy levels are welcome. Basic computer knowledge is required. Registration is recommended.

Color Me Calm

Thursdays, Jan. 9, 16 and 23, from 10 to 11:30 a.m.
Main Branch in the James R. Garfield Room

Enjoy soft music, a small snack and color your concerns away. Supplies provided.

DIY Chalkboard Tray

Monday, Jan. 13, at 4 p.m.

The HUB at Mentor High School (6477 Center St., Mentor) Adults can make their own chalkboard tray at The HUB. Registration is required.

Monday University: The Sultan - Cleveland's Grindstone Wreck

Monday, Jan. 13, at 6:30 p.m.
Main Branch in the Village Room

Learn about one of the most harrowing shipwrecks to ever occur in Lake Erie. Due to a novice captain's error in judgment, the brigantine Sultan foundered in Lake Erie after leaving Cleveland, Ohio, during a storm in 1864. One by one, the crewmembers succumbed to the fury of the storm, leaving a sole survivor to be rescued and share the harrowing tale. The wreck was discovered in 2011 by the Cleveland Underwater Explorers (CLUE), and it is a

beautifully preserved early sailing vessel with a unique and unusual cargo of grindstones scattered on its deck. Presented by Kevin Magee. Registration required for this program.

Jumpstarting a Healthy Diet for January

Tuesday, Jan. 14, at 6:30 p.m.
Main Branch in the Village Room

Registered dietitian Melinda Wivell will explain how to succeed with that popular New Year's Resolution, finding a healthy diet that sticks. She'll discuss popular diets like Keto, and discuss their effectiveness and safety. Bring your questions! Registration is required.

Senior Center Book Club

Wednesday, Jan. 15, at 1:30 p.m.

Offsite at Mentor Senior Center Join librarian Cailey for a discussion of popular reads at the Mentor Senior Center. This month's book is "I Was Anastasia" by Ariel Lawhon. Books are available for pickup at the MPL's Main Branch.

eReading: Getting Books for your Kindle & Kindle Fire

Wednesday, Jan. 15, at 6:30 p.m.

Main Branch in the James R. Garfield Room

Find out how to check out books and audiobooks onto a Kindle device. Bring your Kindle

Continued on page 14



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profession is to provide comfort to those who are in distress or need with the utmost dignity and respect.

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Better At Home, LLC is not a chain or a franchise. We are a locally owned and operated agency located in Willoughby,

backed by the experience of a paramedical professional with over 10 years experience in both the paramedical sector and the home care industry, as well as over 20 years direct care experience. Our staff is an exceptional team of home care professionals who are bonded, insured and backed by real-world experience, education and skills.

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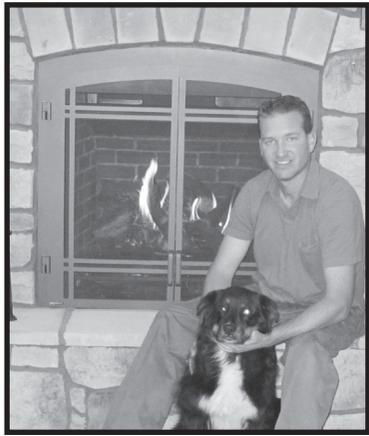
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you are looking for. We also have suppliers for new doors if that's all you need to make it look fresh and new.

So when someone asks you "what do you want for the new year?" you can tell them...a NEW FIREPLACE...and we'll be right here to help make that happen. Come and visit us at our showroom at 1270 Mentor Avenue in Painesville. Or give us a call at 440-358-5858 or visit us online at American-Home.com. We look forward to meeting you and serving your needs.

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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 for more information.

Learn and meet people and have fun - Please bring a dish to share and come and join us!!!

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Know Your Appliance Alphabet Soup! SEER, AFUE, HSPF, BTU...What's in a Letter?

Your government cares about energy consumption almost as much as you do. They don't pay your utility bills, of course, but they have a number of programs in place to help you use energy wisely.

One program is the U.S. Environmental Protection Agency's Energy Star program to rate the efficiencies of appliances. They are responsible for the big yellow tags you see on everything from refrigerators to water heaters. Their purpose is to help you compare models when you shop.

Air conditioners are rated

according to a Seasonal Energy Efficiency Ratio- SEER. Heat pumps are measured by their HSPF- Heating Seasonal Performance Factor, and gas furnaces are compared by measuring the Annual Fuel Utilization Efficiency- AFUE.

About 35 million homes in the U.S. are heated with gas furnaces, by far the most widely used home heating method. Many are older models that pollute the air, and only convert about 50 to 80 percent of natural gas into actual, usable heat. That poor conversion record comes directly out of your pocketbook in the form of high energy bills. In 1992, the U.S.

Department of Energy announced that every new furnace must convert at least 78 percent of its fuel into heat, and the AFUE was born. New furnaces operate in the 80 to 90 percent AFUE range, and condensing gas furnaces can exceed 90 percent efficiency by running furnace exhaust gases through a secondary heat exchanger to recover heat that is normally lost out the flue.

The size of a furnace is measured in BTU output per hour. A BTU is a British Thermal Unit, the amount of heat required to raise one pound of water one degree Fahrenheit in temperature. Popular sizes for

furnaces range from 70,000 to 120,000 Btu. It is very important to invest in the right size furnace! If it's too large, it will cycle on and off frequently and wear out before it's time. If it's too small, you won't be able to keep the house warm enough on the coldest days. Because they were not particularly efficient, many older furnaces were installed that were too large for the home. So, avoid the trap of replacing your older furnace with the same size, especially if the home has been updated with insulation, weather stripping, etc...

As a rule of thumb, if your furnace is more than 12 years old

and needs more than \$750.00 in repairs, you may want to consider replacing the unit.

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MPL January Adult Programs...

or Kindle Fire to this session and get help from the experts.

Headlands Book Club

Wednesday, Jan. 15, at 6:30 p.m.

Offsite at the Headlands Community Center

This month's selection is "The Nightingale" by Kristin Hannah. Registration required. Light refreshments served.

Book Discussion: Reading Behind Bars by Jill Grunenwald

Thursday, Jan. 16, at 6:30 p.m.
Main Branch in the Village Room

Join librarian Mary Pelton for a book discussion of "Reading Behind Bars" by Jill Grunenwald. Copies are available at the Reference Desk for pickup. Grunenwald will be visiting Mentor Public Library on Jan. 23.

eReading: Getting Books for your Tablets & Smartphones

Saturday, Jan. 18, at 10 a.m.
Main Branch in the James R. Garfield Room

Find out how to check out books and audiobooks onto a tablet or smartphone. Bring your device to this session and get help from the experts. If you have an iPad, tablet or smartphone this session is for you.

Down Dogs and Daydreams

Saturday, Jan. 18, at 2 p.m.
Main Branch in the Village Room

Make your goals tangible by committing them to paper. Discover how recording your dreams makes you more likely to achieve them. This special workshop pairs visualization with yoga. All supplies will be provided. No previous yoga or art experience required. Please

register to attend.

Men's Book Club

Monday, Jan. 20, at 7 p.m.

Main Branch

This month's book is "From Cold War to Hot Peace" by Michael McFaul. Copies of the book are available at the reference desk at MPL's Main Branch.

Instant Pot: Soups, Stews and Comfort Foods

Tuesday, Jan. 21, at 6:30 p.m.

Main Branch in the Village Room

Enjoy recipes, tips for seasonal foods, and a cooking demonstration using the Instant Pot. Registration is required and opens Jan. 7.

Books and Yoga at Lake

Wednesday, Jan. 22, at 2 p.m.

Mentor-on-the-Lake Branch

Enjoy a relaxing yoga session at MPL's Lake Branch led by yoga instructor Darlene Kelbach. Please wear comfortable clothing and don't forget to bring your yoga mat.

Book & Brush Club

Wednesday, Jan. 22, at 6:30 p.m.

The HUB at Mentor High School (6477 Center St., Mentor)

Join Collection Development Manager Barb for a visual presentation based on the lives of artists and associated art movements based on art historical fiction and nonfiction. This month's selection is "The Marriage of Opposites" by Alice Hoffman.

Getting to Know Your Instant Pot

Wednesday, Jan. 22, at 6:30 p.m.

Mentor-on-the-Lake Branch

Did you get an Instant Pot of multifunction pressure cooker for the holidays? Would you like hints and tips on how to use it? Come to the Lake Branch for a cooking demonstration and tasty recipes to start you cooking. Registration is required and opens Jan. 8.

Color Me—Headlands

Wednesday, Jan. 22, at 7 p.m.

Mentor Headlands Branch

Looking for some quiet time? Bring the family to a calm evening of coloring at the Headlands branch. Supplies provided.

Author Visit: Jill Grunenwald

Thursday, Jan. 23, at 6:30 p.m.

Main Branch in the Village Room

Join Jill Grunenwald, author of "Reading Behind Bars: A True Story of Literature, Law, and Life as a Prison Librarian." The talk will be followed by a book signing. Books will be available for purchase.

Used Book Knife Block

Monday, Jan. 27, at 4 p.m.

The HUB at Mentor High School (6477 Center St., Mentor)

Adults can transform a used book into a crafty and cool knife block. Registration is required for this program and opens Jan. 13.

Bad Art Club

Monday, Jan. 27, at 6 p.m.

Mentor Headlands Branch

Welcome to the art club where you can be less than perfect. Adults and teens can explore new artistic mediums and techniques that will help them express their creativity in new way. Making bad art is better than making no art at all! Registration is required each month.

Monday Night Book Club

Monday, Jan. 27, at 6:30 p.m.

Main Branch in the James R. Garfield Room

Join librarian Cailey for a discussion of bestsellers, popular reads and books of interest. This month the book club will discuss "Gone with the Wind" by Margaret Mitchell. Copies are available at the Reference Desk for pickup.

Computer Class: Basic Computers

Tuesday, Jan. 28, at 2 p.m.

Main Branch in the Frances Cleveland Room

Learn the basic skills needed to use a computer. No skills required. Registration begins Jan. 13 and registration is mandatory for this class.

Computer Class: Word I

Tuesday, Jan. 28, at 6:30 p.m.

Main Branch in the Frances Cleveland Room

Learn how to use Microsoft Word to create, open and save documents, as well as how to select text and change its formatting. Registration begins Jan. 13 and is mandatory for this class.

Computer Class: Facebook Basics

Wednesday, Jan. 29, at 10 a.m.

Main Branch in the Frances Cleveland Room

Learn how to use Facebook. This free, hands-on class will demonstrate basic Facebook features. Please come to class with your Facebook login information and password. Registration is required for this class and begins Jan. 13.

Classic Film Club: Modern Times

Wednesday, Jan. 29, at 1 p.m.

Main Branch in the Village Room

Come to the library for a free

screening of the Charlie Chaplin classic. Enjoy the film, followed by a short discussion. Popcorn provided.

Computer Class: Basic Internet Skills

Wednesday, Jan. 29, at 2 p.m.

Main Branch in the Frances Cleveland Room

Learn the basics of searching the web. Mouse and typing skills are required. Registration begins Jan. 13 and is mandatory for this class.

Computer Class: Word II

Wednesday, Jan. 29, at 6:30 p.m.

Main Branch in the Frances Cleveland Room

Learn how to use Microsoft Word, including the following features: Quick Access & Mini Toolbars; Line/Paragraph Spacing & Alignment; Margins & Orientation; Spell & Grammar Check; Find & Replace; Thesaurus; and how to print a document. Registration begins Jan. 13 and is mandatory for this class.

Computer Class: Basic Email

Thursday, Jan. 30, at 2 p.m.

Main Branch in the Frances Cleveland Room

Learn how to send, reply to, label and archive emails, as well as how to send attachments. Registration begins Jan. 13 and is mandatory for this class.

Computer Class: PowerPoint

Wednesday, Jan. 30, at 6:30 p.m.

Main Branch

Learn how to use Microsoft PowerPoint, including tips for formatting, background design and creating basic presentations. Registration begins Jan. 13 and is mandatory for this class.

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Mentor Public Library: Children & Teen Programs

Fun for the whole family! Some programs require registration. Register in person, by phone or online at www.mentorpl.org.

Snappy Little Story Time

Mondays at 10 a.m. at Main Branch, starting Jan. 13

Main Branch in the Children's Story Room

This story time is a combination of Tiddlywinks and Family Story Time. There will be songs, rhymes, books, and flannel stories all geared to the little listener. Please note there will be no craft. Open to ages birth to age 5. No registration is necessary.

Pajama Story Time

Mondays at 6:30 p.m. at Main Branch, starting Jan. 13

Main Branch in the Children's Story Room

The library's new story time is a pajama jam! Kids can wear their snuggly pajamas while they enjoy stories, songs, rhymes, a craft and snack. All ages welcome. Children must be accompanied by an adult. No registration required.

Tiddlywinks

Tuesdays and Wednesdays at 10 a.m. at Main Branch, starting Jan. 14

Thursdays at 10 a.m. at Mentor-on-the-Lake Branch, starting Jan. 16

Come and enjoy an interactive story time filled with stories, songs and rhymes just right for little listeners. For children 36 months and younger with an adult. No registration is necessary.

Storytime Stars

Tuesdays at 10:30 a.m., starting Jan. 14

Mentor-on-the-Lake Branch

Children, ages six months to five years, can enjoy stories, music, rhymes and a craft to take home. All children must be accompanied by an adult.

Preschool Story Time

Tuesday at 11 a.m., starting Jan. 14

Main Branch in the Children's Story Room

Children attend without an adult and enjoy a fun-filled session of stories, songs and rhymes. A responsible adult must remain on the children's floor during the story time session. For children ages three to five years old.

Pre-K Pop Party

Wednesdays, at 11 a.m., starting Jan. 15

Main Branch in the Children's

Story Room

Does your little one have some energy to burn? Come to the library's new Pre-K Pop Party. Each week, the library will throw a half hour party, full of music, movement, rhymes, a story, and lots of dancing. For children ages three to five years old. No registration required.

Tyke Time

Thursdays from 11 to 11:30 a.m.

Mentor Headlands Branch

A weekly, interactive story time for children from six months to four years old at the Mentor Headlands Branch. Kids will enjoy stories, songs, rhymes and, perhaps, a craft. An adult must remain with the child during story time. No registration is necessary.

Mother Goose on the Loose

Fridays at 10 a.m., starting Jan. 17

The Read House

A 4-week interactive program for children up to 30 months. The program uses rhymes, songs, puppets, musical instruments and more to stimulate the learning process in babies and toddlers. Registration is necessary and opens two weeks before the beginning of the next session.

Family Story Time

Fridays at 11 a.m., starting Jan. 17

Main Branch in the Children's Story Room

Take a little time for some great stories and family time. Families with children of all ages will enjoy stories, music, rhymes and crafts together. All children must be accompanied by an adult.

Saturday Crafty Pop-Up

Saturdays from 10 a.m. to 1 p.m.

Mentor Headlands Branch

Make a craft to take home. No registration is necessary.

Pixel Perfect: Video Game Club

Thursday, Jan. 2, at 4 p.m.

Main Branch

Enjoy an afternoon of gaming with the library's video game club, Pixel Perfect. The library will have age-appropriate games available to play on the Wii U. Kids are also encouraged to bring mobile devices on which to play Minecraft. For kids, ages eight through 12. Registration is required.

New Years Vision Board

Monday, Jan. 6, at 2 p.m.

Mentor-on-the-Lake Branch

Tweens and teens (ages 10 and older) can learn how to create a vision board with their dreams and goals for the New Year. Inspire yourself to get organized and be motivated to achieve success with you new masterpiece. Registration is required for this program.

It's Knot Art

Tuesday, Jan. 7, anytime between 3:30 to 7:30

The HUB at Mentor High School (6477 Center St., Mentor)

Teens (ages 12 through 18) can walk in and learn how to make fun and easy knot art. No registration required. While supplies last.

Comics Club

Tuesday, Jan. 7, at 7 p.m.

Main Branch in the Children's Story Room

Children, eight to 12 years old, are invited to join the Comics Club to read, discuss, and make their own comics. Club members will meet the first Tuesday of every month. Registration is required.

American Girl Book Club

Wednesday, Jan. 8, at 4 p.m.

Meet Kaya.

Main Branch in the Children's Story Room

Girls between the ages of six and 12 years old meet once a month for a craft and a snack for each of the historical American Girl dolls. Each month will focus on a different doll. Be sure to read "Meet Kaya" before this program. Registration is necessary each month.

Merrily We Sing Along

Thursday, Jan. 9, at 10:30 a.m.

Main Branch in the Children's Story Room

Kids (ages two to six) can come to the library for a morning of singing and dancing. Kids can enjoy favorite tunes and discover new ones. No registration required.

Family Afternoon Movie

Saturday, Jan. 11, at 1 p.m.

Main Branch

Bring the whole family to the library for an afternoon movie. On the second Saturday of each month, the library will show a family movie and provide popcorn. All movies will be rated G or PG. Find out which movie will be playing each month in the Children's Department. This event is for families with children 13 and younger. Ages eight and younger must have parent supervision. No registration required.

Post Holiday Pick-Me-Up

Saturday, Jan. 11, at 1 p.m.

Mentor Headlands Branch

Feeling blah after the holidays? Come to the library and make winter-themed crafts, including an edible sleigh. Please bring a small picture of yourself for one of the crafts. Registration required.

Spa Day for Teens

Saturday, Jan. 11, at 3 p.m.

Main Branch in the James R. Garfield Room

Teens (ages 11 through 18) can enjoy an afternoon of pampering at the library. Try warm foot baths, nail polish, face masks and more in a relaxing setting. Refreshments will be provided. Registration is required.

Curious Kids

Monday, Jan. 13, at 6 p.m.

Mentor Headlands Branch

Kids can explore new ideas every month through science experiments and playful activities. See new things and challenge yourself to be more curious about the world.

Laser Cut Wooden Jigsaw Puzzle

Tuesday, Jan. 14, at 5 p.m.

The HUB at Mentor High School (6477 Center St., Mentor)

Kids (ages four to eight) can craft their very own little wooden puzzle in The HUB's makerspace. Registration required.

Wordplay Creative Writing Club

Wednesday, Jan. 15, at 4:30 p.m. Main Branch

Young writers can get creative with words at Wordplay. Kids from third through sixth grade will write, share stories and play word games. Bring your imagination. The library supplies paper, pens and snacks. Registration required.

Yoga Kids!

Thursday, Jan. 16, at 10:30 a.m.

Main Branch in the Children's Story Room

Certified yoga instructor Darlene Kelbach will lead kids (ages three to six) and their grownups through exercises in breathing and movement, along with a story and music. This hour-long program also includes a craft and a little snack. Registration is required to attend. Also, please bring a yoga mat or towel for both child and adult.

Hand-Stamped Bracelets

Thursday, Jan. 16, anytime between 3:30 and 7:30 p.m.

The HUB at Mentor High School (6477 Center St., Mentor)

Teens (ages 12 through 18) can walk in and make a beautiful and unique bracelet. No registration required. While supplies last.

Dungeons and Dice: Tabletop Adventuring Club

Thursday, Jan. 16, at 4 p.m.

Main Branch in the James R. Garfield Room

Kids (ages eight through 12) can join the adventuring party and write their own destiny in the library's new tabletop gaming club. Become a fierce barbarian or powerful wizard. Take on the role of a premade character to explore dungeons, fight monsters, and save kingdoms. Game supplies and character sheets will be provided. Registration is required.

Celebrate Winnie-the-Pooh Day

Friday, Jan. 17, at noon

Main Branch

Kids (ages three through six) can celebrate Winnie-the-Pooh Day with games, crafts and tasty treats. Registration required. Younger siblings and other family members are welcome to join the fun.

Celebrate Penguins

Saturday, Jan. 18, at 1:30 p.m.

Main Branch

Kids (in kindergarten through fifth grade) can waddle into the world of penguins. Learn cool facts about these flightless seabirds, perform an experiment, and create rock penguins. Registrations required.

Let's Go LEGO Club

Saturday, Jan. 18, at 2 p.m.

Mentor Headlands Branch

Families can drop in and build with the library's LEGO blocks.

Silent Library

Monday, Jan. 20, at 3 p.m.

Main Branch

Just like the television show, kids (ages eight through 12) will team to perform tasks – all while trying not to make a sound. Challenges will include movement and using their different senses of taste, touch, sound, smell and sight. Registration is required to play.

Studio MPL Art Club

Monday, Jan. 20, anytime from 3 to 7 p.m.

Mentor-on-the-Lake Branch

Kids in second through fifth grade can come in for a fun art

Continued on page 18



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There's More to Mold Than Just the Spore!

Mold can emit a fungal gas! When particular molds colonize and they progress through their life cycle they emit a gas (musty smell). As the reservoir of fungus grows to several billion spores in the colony, our noses detect the smell of these fungal gases.

When a closed indoor environment continues to fill with the mycotoxic gases, they can become a health risk. The affect it has on the human body is dependent on three variables. Our individual immune systems, the type of spore and the volume of fungal gas, determines the impact on our bodies.

Additionally, the longer the exposure to these gases, the greater the likely hood we will develop a sensitivity. Much like other environmental allergens we are exposed to, the longer the exposure, the greater the chance our bodies will have an adverse reaction.

Some health effects include, headaches, shortness of breath, dizziness, lethargy, fever, and digestive problems. More severe reactions are hypersensitivity, and asthma symptoms. Although rare, certain Aspergillus species release aflatoxins that are carcinogenic.

There are many things in life we cannot control, but exposure to fungal gases is not one of them. With a little effort, we can reduce or eliminate this health hazard by using a disinfectant or removing the affected material. In some instances, it may be necessary to seek a professional opinion or get professional help.

Gregory L. Drenik CIE (Certified Indoor Environmentalist) Mr. Drenik is the president of Monarch Group, LLC. He has performed thousands of mold tests over the last 20 years & completed over 3,000 mold remediation projects (440) 537-4024

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

Mentor Window has earned 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

MPL Children/Teen

Continued from page 16

project and coordinating, artsy scavenger hunt. Every session will highlight a different artist and their famous works. Walk-in program with no registration required.

DIY Photo Frame Necklace

Monday, Jan. 20, at 5 p.m.

The HUB at Mentor High School (6477 Center St., Mentor)

Kids (ages six to 12) can make a photo frame necklace using The HUB's laser engraver. Don't forget to bring a photo. Registration is required to attend and opens Jan. 6.

Geek Club

Wednesday, Jan. 22, at 4:30 p.m. Main Branch

Teens in grades six through 12 can make Star Wars-themed jewelry with the library's newest club. All creative types are welcome – writers, crafters, painters, poets, sketchers, cinematographers, and more! Each month, we'll tackle a different project. All experience levels welcome. There will be snacks.

Acrylic Pet ID Tag

Wednesday, Jan. 22, at 5 p.m.

The HUB at Mentor High School (6477 Center St., Mentor)

Kids (ages five to 10) can make a customized acrylic ID tag for their pet in The HUB's makerspace.

Continued on page 20

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.

Service company ratings are

updated daily on Angie's List. Companies are graded on an A to F scale in areas ranging from price to professionalism to punctuality.

Mentor Window offers a full range of home improvements, including Energy Star Tilt-In double hung windows, slider styles, bay windows, casement windows, patio doors, fiberglass and steel entry doors, vinyl siding in over 50 colors & styles, cedar shake style siding, seamless gutter systems, gutter covers, blown in insulation, and a complete line of

backyard storage buildings.

Interest free financing is available and most major credit cards are accepted.

Call today or stop in for a free,

no obligation estimate (440) 209-1617. We are located at 7731 Lakeshore Blvd., Mentor, Ohio 44060., www.mentorwindow.com.





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Looking to lose weight? Want to gain muscle? Want to take your fitness to the next level?

Want more energy and to boost your metabolism? Just want to feel and look better? Problems with your libido, your stamina, your mood? Having difficulty concentrating and thinking clearly? Want to feel younger? Interested in treating, preventing and even reversing many of the

signs and symptoms of aging? Look no further, you now can be treated locally with Bio Identical Hormones.

Cosmetic Laser is excited to announce Dr. Tonya Heyman is managing hormone replacement in men and women. There is great success with testosterone therapy with Bio Identical hormones. There also is a lot

of debate concerning what is considered normal Testosterone levels in men over 30 years of age. The normal lab range is 250 – 1197 ng/dl. This is a very large range and as you might expect, a 40 year old with a total testosterone level of 250 probably does not feel the same as a 40 year old with a level of 950 even though they are both in the normal range. For some men, a testosterone level of 600 ng/dl will make them feel great, while other men need to be around 800 ng/dl in order to experience optimal benefits. The bottom line is that your symptoms and how you feel is more important than the Number. Male Menopause is a clinical Diagnoses. There is no documented or proven T-level that is required to make this diagnoses. The injections just bring you up to normal levels.

What are Bio Identical Hormones? Bioidentical hormone replacement therapy, also known as bioidentical hormone therapy or natural hormone therapy, is the use of hormones that are identical on a

molecular level with endogenous hormones in your body. This is made just like our body's own hormones. This is not an illegal anabolic steroid.

Feedback from clients is all positive. They report that the first thing they notice is that they are sleeping better, noticing fat loss, less ache and pains, increase in muscle mass, increased libido. They all report a sense of wellbeing and most of all more energy!

Dr. Heyman is also treating women in pre and post menopause. She is inserting testosterone pellets implanted in your hip. The side effect is it increases your Estrogen levels just enough to take away your symptoms of hot flashes, weight gain, sleeplessness etc. The pellets last 3 months. This prevents you having to take estrogen pills that may have bad side effects. Cost is \$350 and takes 10 minutes to insert.

So why do people do hormone therapy? The main reason is that when people get older and

weaker, they want to regain and maintain every little bit of youthful vitality that they can. Not only do they want to lose fat and gain muscle, but more importantly people want to feel good. Bio Identical Hormones will increase energy and sex drive as if you younger. People want to look in the mirror and like what they see or wake up every day and like the way they feel.

We have specific protocols that promotes responsible medical screening, monitoring and treatment that is readily available and affordable for both men and women.

The Testosterone Replacement Therapy for men is \$300 for the office visit. We provide hands on education and instruction on how to properly draw up the T and safely administer it to oneself.

Clinic hours are held monthly. Next clinic day Monday, January 13th. Call 440 477 4074 for appointment or information. www.takeawayhair.com or Cosmetic Laser Inc on FB.

January is National Train Your Dog Month

This campaign's goal is to promote the importance of training and socialization to all dog owners. Research has found that training and socializing dogs

(young or adult) can reduce or even eliminate behavior problems in the future.

Since January is the time for New Year's resolutions, it is the perfect time for the dog owners of Northeast Ohio to learn about the importance of training for their pet. The Association of Professional Dog Trainers (APDT) website has a wealth of helpful information for pet owners at www.apdt.com/petowners.

Already have a dog and want to get the New Year started on the right paw? Join Digging Dogs Training Center for classes in Obedience, Manners, Rally, Agility, Therapy dog and more. If you're not sure where to start, give Digging Dogs trainers a call at 440-255-3500 for free advice on which classes or programs may be right for you.

Visit www.diggingdogs.biz for more info.

Heating Preventative Maintenance Special --- Only \$69.95!

Based in Eastlake, Ohio Hoernig Heating & Air Conditioning has been a family owned and operated business for over 50 years. Dennis, along with his sons, proudly carry a complete line of quality Rheem products including high efficiency Rheem Air Conditioning and Gas Furnace units.

With colder weather approaching, now is the time to have us perform a Heating

Preventative Maintenance Safety Check for the low price of only \$69.95 (Regular price \$95.95). The gas furnace tune-up and safety check includes:

1. Clean burners
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3. Check Heat Exchanger
4. Check main gas valve
5. Adjust burner & pilot
6. Adjust blower belt
7. Check & adjust furnace controls

8. Check safety pilot operation
9. Oil blower.

Even though those hazy, hot, and humid days are fading 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

2. Leak test unit if necessary
3. Check and adjust fan belt
4. Check bearings
5. Align pulleys & lubricate motor
6. Check Filters
7. Check condenser
8. Check drain
9. Check operation of thermostat
10. Operational check of systems.

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.

MPL Children/Teen Programs...

Registration is required and opens Jan. 8.

Color Me—Headlands

Wednesday, Jan. 22, at 7 p.m.

Mentor Headlands Branch

Looking for some quiet time? Bring the family to a calm evening of coloring at the Headlands branch. Supplies provided.

Masterpieces at Main: Art Club for Kids

Thursday, Jan. 23, at 4 p.m.

Main Branch

Kids don't need to paint like Picasso or sculpt like Michelangelo to enjoy the library's new art club. All they need is a desire to learn something new, fun and creative. For kids, ages eight through 12. (In order to fully enjoy this club, the library asks that the children be able to work independently.) Please dress for a mess and registration is required.

Shivery Snowman Paint

Thursday, Jan. 23, at 4:30 p.m.

The HUB at Mentor High School (6477 Center St., Mentor)

Kids (ages five to 12) can learn how to mix a special kind of paint to use for their next masterpiece. Registration is required and opens Jan. 9.

Super Bowl Snacks Showdown

Saturday, Jan. 25, at 2 p.m.

Mentor Headlands Branch

Tweens (ages nine to 12) can taste and rank some tasty Super Bowl snacks. See if your favorite is voted best. Registration is required to participate.

Full STEAM Ahead: Art

Tuesday, Jan. 28, at 4 p.m.

Main Branch

First through fifth graders can enhance their STEAM development with activities involving Art. Registration is required.

Laser Cut Wooden Backpack Pin

Wednesday, Jan. 29, at 5 p.m.

The HUB at Mentor High School (6477 Center St., Mentor)

Kids (ages five to 10) can use The HUB's laser engraver to craft a wooden backpack pin. Choose from several designs. Registration

is required for this program and opens Jan. 15.

Headlands Family Game Night

Wednesday, Jan. 29, at 6 p.m.

Mentor Headlands Branch

Forget how to play chess? Want

to learn a new game? Just looking for something to do with the kids on a Wednesday night? Come to the Headlands Branch for a fun evening of board games for all ages. No registration required. Just drop in.

School Spirit Scrunchies

Thursday, Jan. 30, at 4:30 p.m.

The HUB at Mentor High School (6477 Center St., Mentor)

Teens (ages 12 to 18) can show some school spirit with handmade fashion. Registration is required for this program and opens Jan. 16.

GAS FURNACE TUNE-UP & Safety Check Only \$69⁹⁵

1. Clean burners
2. Clean, light pilot
3. Check heat exchanger
4. Check main gas valve
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7. Check & adjust furnace controls
8. Check safety pilot operation
9. Oil blower



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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 accomplished- the 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 Satisfied with Your Medicare Advantage Plan?

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

does not apply to those who have 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 benefits. While prescription 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

your insurance needs.

Laura Mutsko is a licensed insurance broker offering a complete line of health and life insurance products, including Individual, Group and Family Health, Annuities, Long Term Care Insurance, Medicare Advantage, Medicare Supplement Plans, Medicare Part D Prescription Coverage, Vision, Dental and Life Insurance. Mutsko Insurance Services, LLC is located at 6982 Spinach Drive in Mentor, Ohio. Laura can be reached at 440-255-5700 or through email at Lmutsko@mutskoinsurance.com.

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To Register Call: 440-942-7880

Tue., Feb. 18 • 6-8:00 pm

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To Register Call: 440-255-8811

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

Biales Delchin

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- 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
- EACH ADDITIONAL SCHEDULE C \$48.00

Returns start off at \$88.00 - Additional Schedules \$20.00 Each

RENTAL PROPERTY PACKAGE

Schedule E

\$188 - \$228

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 - Federal Return
 - State Return
 - City Return
 - E-file
 - Direct Deposit
- EXTRA RENTAL PROPERTY \$48.00 EACH

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