



## Mayor's Report



**Robert Fiala**  
Mayor/Safety Director

These past weeks have been challenging for the City of Willoughby and more specifically, for our merchants, bars, and restaurants. The Coronavirus (COVID-19) has quarantined most of us, and the governor has placed significant restrictions on our business community. These are efforts to control the spread of this virus. We have been in constant communication with the Lake County General Health District, and we are receiving daily updates. Chief Ungar and our fire department are briefed and ready to help manage the situation throughout this time.

We encourage our residents to check with our Lake County General Health District at <https://www.lcghd.org/2019-novel-coronavirus-ncov/>, the Ohio Department of Health at <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>, and, the Center for Disease Control (CDC) at <https://www.cdc.gov>. These are the most reliable and

*Continued on page 2*

## Willoughby Parks & Recreation: Upcoming Events

### Get Outdoors, Summer Day Camp, Mini Munchkin Camp & Swim Lessons

#### Get Outdoors!

Need a prescription for cabin fever. Our Willoughby Parks can be a good choice if you maintain social distancing, and don't touch surfaces that others may have. Some examples would be: Take a hike, ride your bike, catch a trout, get out-side! As always fresh air and sunlight are waiting for you.

#### Summer Day Camp

Zip City, Cedar Point, Fun N Stuff, Clays Water Park, Cedar Point-Shores, Pioneer Water Land, Sky Zone, & Waldamer are just some of the adventures Willoughby Camp Kids 6-12 years will enjoy this summer. Day Camp is weekdays from 9:00 am to 3:00 pm, bus transportation, as well as before and after care are available. Camp includes supervision, two camp shirts, one swim shirt, all supplies, games and field trips.

Camp registration forms

are available online at: [www.willoughbyohio.com](http://www.willoughbyohio.com)

Cost: \$139/ \$104 Resident discount

Early Bird: \$134 / \$99

Resident discount (Early Bird ends April 10)

#### Mini Munchkin Camp

This camp is for children age 4-6, and consists of weekly field trips, story time, Arts & Crafts, songs and special surprise visits. Camp sessions run June 9 to July 30 on Tuesdays/Thursdays, and meets at the Willoughby Senior Center in room #12. Class times are 9:30 – 11:30 am or 12:30 – 2:30 pm.

Cost: \$180 / \$115 Resident Discount

Early Bird \$155 / \$90

Resident Discount (Early Bird ends April 10)

#### Swim Lessons

This year our American Red Cross Learn to Swim will consist of eight 45 minute lessons of the following levels:

#### Parent /Child

Children 6 months to 4 yrs accompanied by a parent.

#### Pre-School Swimming

Children 3-5 who are ready to take lessons without a parent.

#### Red Cross Levels 1-6

Children 4 and older who have become proficient in the previous level.

Cost: \$45 / \$35 Resident Discount

#### Private Lessons

For swim students would benefit from some individual attention. A package of five, 30 minute lessons can be purchased. An instructor will be assigned to you and will contact you to schedule your lessons.

Ages: 3+

Cost: \$90/\$80

#### Bucket List Swimming!

Designed with the "It's time to do this now!" adult in mind. This

4 lessons program is not a "baby class". It is a small group of like minded Adults working to check swimming off that list! Monday & Tuesday evenings

Ages: 18+

Cost: \$45 / \$35 Resident Discount

#### Adaptive Swim Lessons

Sharing, Persevering, Learning, Innovating, Swimming, & Having Fun! These are the tenants we follow to provide four customized swimming experiences, in each session, for those with extra challenges.

Ages: All

Cost: \$75 / \$65 Resident Discount

To register for any of these programs go to: [willoughbyohio.activityreg.com](http://willoughbyohio.activityreg.com)

Or call Willoughby Parks and Recreation at (440) 953-4200.

## The Heart of Willoughby Outdoor Market Returns May 2nd

*To Market, To Market!*

The Heart of Willoughby Outdoor Market, our city's signature event since 1979 and Lake County's longest running farmers market, returns next month beginning on Saturday May 2nd from 8am to noon with our musical guest Alex Bevan to ring in another market season!

Every year The Willoughby Outdoor Market begins on the first Saturday in May and runs rain or shine every week through the last Saturday in October.

Some of you may remember the classic nursery rhyme:

*To Market, To Market*

*To buy a fat pig.*

*Home again, home again,*

*Jiggety-jig.*

According to Wikipedia this nursery rhyme dating back to the 1,600's refers to the rural activity of going to a market or fair where

agricultural products would be bought and sold.

The markets of today offer greater variety than ever before! Each Saturday in Downtown Willoughby's City Hall parking lot you'll find uncommon varieties of local and seasonal produce, plants for your vegetable and flower gardens, local honey and maple syrup, grass-fed beef and pork, artisan breads and home-baked goods, fresh flower bouquets, soaps and lotions, handmade crafts and more.

From the very first market this year on Saturday May 2nd until the last one on October 31st you'll find a convenient shopping destination in Downtown Willoughby with the freshest local and seasonal products plus a place to meet up with neighbors and friends.

The Willoughby Outdoor Market also offers you the opportunity to meet the folks that produce these high quality goods. Many of the

growers and makers will be there at their booths, literally standing behind their product, eager to share with you their passion for what they grow, raise, bake or craft.

Like many folks these days, you want to know where your food comes from, how it's grown, what's in it, and how it's made.

When you shop at The Willoughby Outdoor Market you can ask these questions and get answers straight from the source.

Find out if your grower practices organic or sustainable growing methods if that is important to you. Ask them when the produce was harvested. Find out how the animals were raised, whether the plants you fancy do best in sun or shade, how to store eggplant, and what to do with kohlrabi?!

Our market vendors look forward to meeting you and are already at work, some of them months before the market begins, starting seeds, grazing beef, boiling maple syrup,

trying out new recipes for breads and sweet treats, creating unique hand-crafted items, and preparing to hit the ground running when market season begins.

Look for monthly updates on market events here in The Willoughby Times and follow us on our Willoughby Outdoor Market Facebook page.

We hope we'll meet YOU at market for opening day May 2nd, but due to closings to contain the spread of coronavirus we can't be certain at this writing that outdoor markets in our area will open as planned. Please check our Willoughby Outdoor Market Facebook page for updated information.

*The author, Maggie Fusco, is the owner and chief laborer at The Wood Road Salad Farm in Madison. She has been providing fresh produce, plants and cut flowers weekly at The Willoughby Outdoor Market since 2004.*

# Willoughby-Eastlake Library: Resources Available Online 24/7

With the Willoughby-Eastlake Public Library being closed, resources are still available online 24/7. There are many digital resources that can be accessed with a Willoughby-

Eastlake Public Library card from home. These digital services include but are not limited to: Overdrive (eBooks and audiobooks), Hoopla (movies, music, audiobooks and

graphic novels) and Kanopy (documentaries, classics and Indie films). Children's resources include Tumblebooks, Sesame Street eBooks and ABC Mouse. For the duration of the closure,

due dates for checked-out materials (including wifi hot spots and tablets) and holds for materials will be extended to the date that the library reopens. There is no need to return any of

those items during the period that the library is closed.

Additional information and resources can be found on the library's website at [we247.org](http://we247.org).

## Mayor

*Continued from page 1*

accurate sources for information regarding COVID-19.

We are also encouraging our residents to continue to support our businesses by "buying local." It is an incredibly difficult time for Willoughby businesses, and they need our help. Over the next weeks, I am asking that you join me in helping local businesses throughout our community when you can.

The City is also taking precautions to manage this pandemic. For the safety of our community and employees, we have suspended public interface at City Hall and closed the Senior Center. Offices will maintain normal operating hours, but the buildings will not be open to the public. We've postponed

all events, trips, activities and programs scheduled through our Senior Center and Parks and Recreation Department at least through early April. Our buildings and grounds personnel have initiated an aggressive daily disinfectant policy as have our police and fire departments. While we are exercising these measures, we want to assure our residents that essential city services such as police, fire and service will continue.

The coronavirus pandemic has been challenging, but I am encouraged how our community has responded during the crisis. Businesses have voluntarily curtailed hours of operation, allowed work from home, and eliminated unnecessary meetings. The use of technology

has been an essential asset in enabling this. Our residents have shown the spirit of community by volunteering to help others. I have heard stories of a high school student willing to watch children for working parents during her time away from

school, a young man willing to do household chores for high-risk residents, teachers and students ready to communicate with seniors to help them cope with social isolation. These are incredible acts of kindness and show the heart and spirit of

Willoughby.

Over the next weeks, I ask everyone for patience, understanding, and cooperation as we continue to navigate this challenging situation. I am confident that we will get through this and return to normalcy.

## Audubon Offers Solutions to Plastic Pollution

Blackbrook Audubon will present "The Problem with Plastic" by Jill Bartolotta 7:00 p.m. Tuesday, April 21 at Penitentiary Glen Reservation.

Jill is the Ohio Sea Grant Extension Educator for Ashtabula and Lake Counties. Her research focuses on single-use plastics and barriers to reusable alternatives.

Ninety-six percent of the trash found on beach cleanups along

the Great Lakes is plastic, most of it identified as single-use. Its presence is wreaking havoc on ecosystems, the safety of our food and drinking water, and the economy.

"The Problem with Plastic" will take an in-depth look into our decades-long use of plastic, its effects on us and the environment, and provide simple steps to break free from plastic.

Blackbrook serves coffee and tea, but asks attendees to bring their own cups or mugs to cut down on single-use cups.

The program is open to all. Penitentiary Glen is at 8668 Kirtland-Chardon Road, Kirtland.

For more information, visit [blackbrookaudubon.org](http://blackbrookaudubon.org).

Follow Blackbrook Audubon Society on Facebook. Blackbrook Audubon is the local chapter of National Audubon Society covering Ashtabula, Geauga and Lake counties.

*This program may be canceled by Lake Metroparks or as circumstances warrant.*

## Who Takes Care of the Caregiver?

When family cares for family, caregiver burnout is more common than you think. One reason caregivers have health problems is they are so focused on their loved ones, that they ignore their own health concerns.

### FAMILY CAREGIVERS BURNOUT WARNING SIGNS:

- \*Crying more often
- \*Trouble Sleeping
- \*Low Energy
- \*Headaches
- \*Chest pains
- \*Change in appetite

### ARE YOU AWARE OF WHAT'S GOING ON WITH YOU?

These Emotions are not uncommon when caring for a loved one:

- \*Guilt
- \*Sadness
- \*Exhaustion
- \*Loneliness
- \*Helplessness
- \*Frustration

### WHEN WAS THE LAST TIME YOU TOOK TIME FOR YOURSELF?

Tips for reducing 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

It's so important to take time for yourself when caring for a loved one. But how...

We are here for you. We have been through it, and genuinely understand and want to help.

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CARE can give you the break you need. We provide respite care for your loved one so you can get the time you deserve to rejuvenate yourself.

Face it—everyone needs a break. When you get to the point where you feel overwhelmed then what? You can't take care of anyone if you don't care for yourself.

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

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## Lakeland Honors Program Provides High-Achieving Students With Opportunities to Excel

Lakeland Community College launched an honors program in fall 2018 for high-achieving students. The program has attracted students with a grade-point average (GPA) of 3.5 or higher, who also excelled on their ACT. To date, the program has accepted 94 participants. The

average GPA of the group is 3.73. In addition to honors coursework, students may participate in a variety of co-curricular and extra-curricular activities, events and leadership opportunities. Lakeland's honor students at a glance:

- Age range – While the majority has just graduated from high school, there are some adult learners in the mix. The group range in age from 17-53.
- Majors/degrees – Most are pursuing an Associate of Arts or Associate of Science degree with additional interest in business,

education, engineering or health care.

- Scholarships – Lakeland offers need-based honors scholarships in all disciplines as well as full-tuition merit scholarships in cybersecurity and all Associate of Science program areas.
- Cities represented – Students come from Ashtabula, Barberton, Canton, Chagrin Falls, Chesterland, Chardon, Cleveland, Concord, Conneaut, Eastlake, Geneva, Highland Heights, Jefferson, Kirtland,

Madison, Mentor, Mentor-on-the-Lake, Middlefield, Novelty, Painesville, Perry, Rock Creek, Rome, Wickliffe, Willoughby, Willoughby Hills and Willowick. Lakeland currently has five honors transfer partnerships with local and regional four-year institutions. Transferring students save on tuition for two years while at Lakeland; they also gain the advantage of a strong academic program with great transfer options. More information at [lakelandcc.edu/honors](http://lakelandcc.edu/honors).

# Opportunity starts HERE!

## Get started or get ahead on your educational goals with summer term classes.

 Summer term classes are offered in five or eight-week formats.

- First summer session (5 weeks): May 18 - June 23
- Full summer session (8 weeks): June 8 - Aug. 2
- Second summer session (5 weeks): June 24 - July 30

[lakelandcc.edu/summer](http://lakelandcc.edu/summer)



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**Prohibited Items:**

TVs, CRT monitors, exercise equipment, large appliances, bulbs, loose batteries. Trailers prohibited.

See website for complete list of **ACCEPTED & PROHIBITED ITEMS** at [LakeCountyOhio.gov/Utilities](http://LakeCountyOhio.gov/Utilities) - Special Collections Information

Sponsored by the Lake County Solid Waste District, the Lake County Board of Commissioners, and the Lake County Department of Utilities.  
Call OSU Extension at 440-350-2582 or the Solid Waste District at 440-350-2644

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# Bankruptcy 101:

*Overcoming the Fear of Filing Bankruptcy*

Filing bankruptcy is scary on many fronts. I know because I'm a bankruptcy lawyer and I talk to bankruptcy clients every day. I also have had financial problems like most everyone else and I was scared at the time. I thought about filing bankruptcy. I must admit it was a very frightening thought. I really believed that my life for all practical purposes would end in humiliation and despair. I believed that everyone would look at me and talk and snicker. That it would be in the newspapers and my parents would disown me and that I would die lonely because no one would ever speak to me again. Forget about ever getting another date. They probably wouldn't even let me adopt a cat.

At that time, I couldn't put my finger on why the thought of filing Bankruptcy was so HORRIFYING. Since that time, I have had the opportunity to speak with many people who have gone through the bankruptcy process and now I know why the idea of bankruptcy is so scary. I also know now why it is such an irony that the solution to so many scary things causes us such apprehension. The reason is simple. It is an assault on our pride. A blow to our ego.

There is no other reason to fear such a remarkably effective solution to real tragedy (like, say, having your wages garnished, being sued, losing your home, not having money to eat, dying from stress, going insane, etc.) Pride is one of the seven deadly sins because it causes us to do things that we should not. It also causes us NOT TO DO THINGS THAT WE SHOULD.

Based on my conversations with many people I have concluded that bankruptcy is looked at in the negative. I know people are reading this last line and thinking "duh-yeah!" But in my world, I don't think it is so straight forward. Because I see fearful, distressed, sad, stressed out, suicidal, miserable, guilt ridden, angry people made better by bankruptcy. Not just a little better, either. A lot better. The "I can't believe it, but I actually have peace of mind!" kind of better. I run into people at the grocery store who tell me life has never been so good. I wouldn't normally believe them because I knew them. They were our clients. They were people who came into our office eight months earlier depressed, hopeless, despondent, fearful and beaten. But now their faces, their demeanor and their attitudes are hardly recognizable. They have been restored to sanity.

They have been healed and they know peace. That past life that was so unmanageable, painful and, seemingly, spiraling downward out of control did not crash and burn. Something took the controls and managed to pull it back up seconds before the fiery fateful collision-moments before they came to that dark place that is not known but dreaded. That something was the law of Bankruptcy!

It was probably something greater that took them to the acceptance that bankruptcy was the only thing that could right their lives at this point. But that is beyond this discussion. Everybody's bottom is at a different level. The only question is how much suffering a person endures and makes their family endure until they embrace the solution. I am a simple man. I think financial

problems have a simple solution. That solution is bankruptcy.

So, no, you are not a loser if you need bankruptcy and use it. You will be a winner. Trust me, I know. We are not dealing with kids or irresponsible adults who went crazy at the mall and want to skate out of debt. Not in this world. Not now. In these times, people are struggling to eat; to drive to work; to live. And, no, you are not the only one who is in this much financial trouble. You only think you are because they don't make television sitcoms about the pretty people living in California hanging out at the beach filling out their bankruptcy petition. YOUR FINANCIAL PROBLEM IS TEMPORARY. YOU WILL RECOVER. You just need a little breathing room. If you let it cause you health problems- those may

be permanent. General Motors is a prime example. They went bankrupt in 2009. In 2011 they made record profits.

So, what's my point? Don't listen to other people's opinions because they are only parading their ignorance. Don't be proud because pride is the mask of a fool. Don't be afraid because there is a solution to financial distress. Don't think you're the only one because that's just other people lying to you. Don't be idle because if you are, you'll never be free from the financial craziness, harassment, emotional turmoil and debt collector head games. And do be positive because winning is a state of mind not a state of financial wealth. Get your peace of mind back!

Robert C. Biales

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A+ RATING

# National Diabetes Prevention Program

According to the Center for Disease Control and Prevention, approximately 88 million American adults—more than 1 in 3—have prediabetes. Of those with prediabetes, more than 80% do not know they have it.

It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include but are not limited to:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Had gestational diabetes or gave birth to a baby weighing more than 9lbs.
- Having polycystic ovary syndrome.

If you have prediabetes, the CDC's National Diabetes Prevention Program has a behavioral change program that can help you make lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

The program begins with 16 core sessions offered in a group setting over a 6-month period. In these sessions, you will receive training to make realistic changes in your diet and exercise and provided with strategies to control your weight. A specially trained coach will help motivate you.

Once you complete the core sessions, you will have six more months of follow-up sessions to help you maintain healthy habits

and an additional twelve months of ongoing maintenance sessions if you meet certain weight loss and attendance goals during the first year.

The program is limited to Medicare Part B beneficiaries who meet the specific guidelines for the program. You can find details at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) and ask your health care provider to provide you with a referral. If you are eligible, you will pay nothing for these services.

You can also find more information on Medicare's coverage for diabetes in

a Medicare publication, **Diabetes Supplies, Services and Prevention Programs**. It explains in detail coverage for diabetes medication, equipment, supplies, insulin pumps, therapeutic shoes, medical nutritional therapy services and more. For your copy of this publication you can go online to [www.Medicare.gov/publication](http://www.Medicare.gov/publication) or call 1-800-Medicare to request a copy.

For your questions on life, health, Medicare Advantage Plans and Medicare Supplements, call or email me at [Lmutsko@mutskoinsurance.com](mailto:Lmutsko@mutskoinsurance.com) or call 440-255-5700.

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](mailto:Lmutsko@mutskoinsurance.com).

For more information, visit [www.mutskoinsurance.com](http://www.mutskoinsurance.com).

## Are You Ready to "Cut the Cable?"

In the past, many of you have asked me "Is it possible to cut the cable?" My reply has always been "not yet, but soon". I've been saying it for 7 years. Well, "SOON" is HERE!!

After many months of research, I have finally come to the conclusion that it IS POSSIBLE to "CUT THE CABLE" and save a substantial

amount of money. Since everyone has their own needs, I can customize a solution to allow you to cancel your U-verse, cable or satellite service.

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

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My name is Jeff Berg and 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](mailto:jeff@mobilecsllc.com) so I can personally help you find a solution for your household or business technology challenges.

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**Willoughby Hills Library**  
To Register Call: 440-942-3362

**Mon., May 18 • 6-8:00pm**  
**Morley Library**  
To Register Call: 440-255-5700

**Wed., June 3 • 6:30-8pm**  
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May 2, 2020

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Sponsored by the Lake County Solid Waste District, the Lake County Board of Commissioners, and the Lake County Department of Utilities.

For more information about the Scrap Tire Collection:  
[LakeCountyOhio.gov/Utilities](http://LakeCountyOhio.gov/Utilities) - Special Collections Information  
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### Meet Us in the Garden Series

Join Lake County Master Gardener Volunteers for one Saturday each month from March through November to learn about a variety of garden topics. Each class is scheduled to begin at 10 a.m. and runs for 1 to 1 1/2 hours. This year's series will be held in the Community Room in the Painesville Township Offices at 55 Nye Road, Painesville next door to the Fire Station.

An informational brochure is posted on the Ohio State Extension website at <http://lake.osu.edu>.

#### Upcoming Topics:

\*Classes may be canceled as circumstances warrant.

• Saturday May 2, 2020 – Continuous Color Using Perennials

Your garden can be interesting and colorful all year long and one garden can have many looks. Learn to combine many elements into a coherent whole and what you need to have available to be successful.

• Saturday June 6, 2020 –

"Bee" Friendly with Natives

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• Saturday July 11, 2020

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the right tools and techniques, gardening remains in reach at any age.

• Saturday August 1, 2020 – Prepping Your Lawn for Next Spring

Fall lawn care is important as your lawn prepares to go dormant for the winter. Follow these tips to make the most of the fall season before winter begins.

company offering a wide variety of services. Call us today for help with well pumps to septic systems and furnaces/boilers to indoor air quality and then some. Don't forget to ask your service professional about our preventative maintenance service contract as an opportunity for additional savings!

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### Making Every Day Earth Day...

The Clean City of Willoughby Association Inc. is a non-profit 501(c)3 organization of caring volunteers formed to improve the environmental quality and appearance of our community. Our goal is to make "Every Day Earth Day" in Willoughby.

Our upcoming events include;  
**11th Annual Shredding Event – July 25**

City of Willoughby's Service Garage – 9:00 am until noon

**Chagrin River Clean Up – September 12**

Throughout the year we will be hosting various litter clean ups. Anyone who enjoys a pristine neighborhood, park, beach, or public walkway is welcome to join us. If you would like more information on Clean City of Willoughby Association Inc., please give us a call at 440-953-4200. You are welcome to volunteer, become a member or be a sponsor. All donations are tax deductible.

### Spring Bird Walks with Blackbrook Audubon

Blackbrook Audubon Society will begin their annual Spring Bird Walks at 7:30 a.m. April 12 at Headlands Beach State Park. Birders of all skill levels are welcome to attend this series of six walks Sundays through May 17.

Participants can park in the lot at 9600 Headlands Road. This Mentor Marsh parking lot is on the west side of Shipman Pond at the northern trailhead of Zimmerman Trail. Birders will have the option of the walk or a "big sit" on the final Sunday, May 17. Participants should bring chairs, binoculars, beverage cups and snacks to share

for this passive style of birding at 8:30 a.m. Blackbrook will provide coffee and beverages. Meet at the far eastern side of the parking lot, row P-1, near the Headlands Dunes State Nature Preserve. This migrant hotspot is reached by using the entrance to Headlands Beach State Park, which is at the northern end of Rt. 44 or Heisley Road. The entrance to the handicapped-accessible boardwalk leading to the beach is near the gathering spot for the Big Sit. The restrooms at the park are also nearby.

This will be the 87th annual Spring Bird Walk series for

Audubon. Sites of other walks in the series by chapters and park districts are listed here.

Blackbrook Audubon started as the Blackbrook Bird Club and has been leading walks in this area since the 1940's. Now Blackbrook is the local chapter of National Audubon Society covering Ashtabula, Geauga and Lake Counties. Follow Blackbrook Audubon Society on Facebook.

**\*These walks may be canceled to meet guidelines on social distancing.**

For more information, email [blackbrookaud@aol.com](mailto:blackbrookaud@aol.com) or visit [blackbrookaudubon.org](http://blackbrookaudubon.org).



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# Celebrate Mentor Marsh's Bald Eagles at the 11th Annual Eagle Fest

As Bald Eagle numbers increase, we are all excited for a glimpse of them. You can double that excitement at Mentor Marsh, where a pair of Bald Eagles has nested and raised eaglets for the past decade. In celebration of these birds and their nesting success, the Cleveland Museum of Natural History's Mentor Marsh Nature Center is hosting the 11th-annual Bald Eagle Fest.

This free family-friendly event takes place from noon to 5 p.m. on Sunday, May 3 at the nature center, located at 5185 Corduroy Road, Mentor. Dive into hands-on eagle activities and games, view a replica nest and measure your "wingspan." See live animal programs featuring the natural history museum's animals. Visit conservation exhibitors and nature vendors. Face painting

will be available, as will food for purchase from local food trucks. Be sure to register for a chance to win door prizes. No registration is required for these activities, which will take place rain or shine.

For those interested in observing our nesting Bald Eagles, Museum naturalists will lead hikes to a spot on Zimmerman Trail from which the nest is visible. Hikes depart from the nature center at 12:30, 1:30, 2:30 and 3:30 p.m. Participants will be transported by bus to the Morton Community Park trailhead, where they'll hike the guided two-mile round-trip. Hikes to view the eagle nest are free of charge, but registration is required and space is limited. Spotting scopes and some binoculars will be available, or participants may bring their own. Trails may be muddy; appropriate

footwear is recommended. To register for a hike, visit [cmnh.org/eaglefest](http://cmnh.org/eaglefest).

The Mentor Marsh Nature Center is open from noon to 5 p.m. on weekends from April through October at the Mentor Marsh State Nature Preserve. Explore the center's exhibits and displays. Join a free, family-friendly naturalist-guided hike on Sundays from 2 to 3:30 p.m. Get updates on the marsh restoration project as well. The preserve's three trails are open year-round from dawn to dusk.

Mentor Marsh is an interpretative nature preserve of the Cleveland Museum of Natural History and the State of Ohio. You can find more information on the web at <https://www.cmnh.org/mentor-marsh> or Facebook @MentorMarsh.

## Eagle Fest



**Celebrate our nesting Bald Eagles**  
Join us for a day of fun and educational activities in honor of these special birds!

Sunday, **May 3, 2020** / 12 - 5 pm

**Mentor Marsh Nature Center**  
5185 Corduroy Road

Register for a guided hike to view the eagles' nest at [CMNH.org/EagleFest](http://CMNH.org/EagleFest).

**Hikes are free**, but registration is required. Space is limited!



CLEVELAND MUSEUM OF NATURAL HISTORY



## Try Respite Care...Short-Term Relief for Caregivers

Respite care is a special name for a short-term break for caregivers. It can provide a time for them to refresh while allowing a change of pace and environment for their loved one. **There's No Place Like Home** is a special

assisted living home that provides long-term care for a maximum of five elders while also offering respite or short-term care for periods of 7 to 30 days at a time. Respite care may also serve as a potential path to long-term care.

It affords a time for both family and elder to "test" assisted living without a long-term commitment, and in the process, often removing fears and anxiety concerning change.

In our home, all receive quality care and companionship in a worry-free family-like setting - a real home in a residential neighborhood. Each resident enjoys a private bedroom and shares a beautiful ranch-style home where nutritious meals, laundry service and housekeeping are all provided. The care-giving staff is on-site to assist 24 hours, seven days a week so safety and comfort prevail. The home is also state licensed so strict standards are maintained allowing peace of mind for residents and their families

## Need Help? Dial 211

If you or a loved one are facing challenges like job loss, loss of health insurance, foreclosure or other problems, Lifeline may be able to help. They are Lake County's designated Community Action Agency and their mission is to connect those in our community who need help with the appropriate providers.

transition back into stable housing. Their education and training programs include financial literacy training, asset building assistance, employment training, nutrition education, and tax clinics. And, for those struggling with the most basic of needs, Lifeline offers several utility related emergency services through the federal Home Energy Assistance Program (HEAP).

Lifeline assists qualifying Lake County residents obtain counseling, healthcare, housing, education and training, energy assistance and much more.

Their healthcare programs help residents who are uninsured or underinsured and increase access to healthcare services including prescription medications and diabetic testing supplies. Lifeline helps residents secure safe and affordable housing, as well as the homeless in our County

Visit [lifeline.org](http://lifeline.org) to access their interactive database or dial 211 to speak with a representative about available programs. Representatives can be reached 24/7. This service is free and confidential.

If you or a loved one can use some help, you owe to yourself to learn more about programs which already exist in our community.

Currently, **ONE ROOM IS AVAILABLE** for a special elder needing long-term care. Respite care is available on-going but is dependent on assessment for appropriateness for our assisted living home. We do not offer skilled nursing.

To schedule a care consultation, contact Fran Frabotta at 440.477.2141 or [fjf72@hotmail.com](mailto:fjf72@hotmail.com) Visit our website: <http://theresnoplacelikehome.net>

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**Matt's Lawn Service - Proudly Serving Lake County Since 1990**

Matt's Lawn Service, Inc. has been providing service to residential and commercial customers for over 30 years. The business started in 1990 when owner, Matt Goglin was 15 years old. He pushed a lawn mower around the neighborhood he grew up in and was able to grow his business by word of mouth. Providing quality weekly lawn maintenance and being dependable has helped the business to grow and expand over the years. "Being dependable and providing customer satisfaction is the key to owning a successful service based business. We truly care about satisfying our clients needs," says owner Matt Goglin.

Matt's Lawn Service provides quality services at affordable prices. For a free estimate contact Matt's Lawn Service, Inc. at 440-255-8887.

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# Fitzgerald Tours Announces 2021 Travel Destinations

Put adventure on the map in 2021 with two exciting travel opportunities from Fitzgerald Tours. In May, you can sail from Amsterdam to Zurich on a deluxe Rhine River boat cruise that takes you from the tulip fields of Holland to the Black Forest region of Germany. In September, immerse yourself in the rich history and local culture of Poland. It's a Central European tour that highlights the beauty and soul of this democratic country.

Debra and Tom Fitzgerald of Fitzgerald Tours make it easy to travel internationally. They have been leading tours to destinations

around the world for 18 years, beginning with trips to Ireland from their home base, Fitzgerald's Irish Bed & Breakfast in Painesville. Their popular trips offer travelers an enjoyable way to explore new destinations with carefully planned itineraries that cover all the details. Kick-off receptions let travelers connect with one another in advance.

The Rhine River cruise sets sail from May 29-June 9, 2021. Travelers will explore the majesty of three countries: Holland, Germany and Switzerland. Shore excursions will include visits to two UNESCO World Heritage sites. Enjoy a suite

or stateroom of your choice with onboard evening entertainment, Wi-Fi, meals (with complimentary wine, beer and soft drinks) and much more. Save \$1000 or get free airfare (up to \$1200) per person and save an additional \$300 when you pay in full by April 15, 2020.

Explore highlights of Poland with a comprehensive tour, September 10-20, 2021. The tour will begin in Warsaw, the 700-year-old capital that is a symbol of Polish nationhood. Visit castles and cathedrals, a centuries-old salt mine and the notorious concentration camp Auschwitz-Birkenau, a UNESCO World Heritage site.

Poland is a country of great beauty with a complex history – this tour brings it all to life.

Travel packages by Fitzgerald Tours include meals, admission to all attractions and much more.

Space is limited and these popular trips sell out fast so reserve your space now. For pricing and additional details, visit [www.FitzgeraldTours.com](http://www.FitzgeraldTours.com) or call (440) 796-3529.

## Women's Committee Presents "Wing It"

The Women's Committee of the Fine Arts Association will present "Wing It" May 13 at the Kirtland Country Club, 39438 Kirtland Road, Willoughby. "Wing It" is an internationally ranked quartet of college students from Solon,

Ohio that sings barbershop and a cappella harmony.

The menu is chicken, mushroom and spinach crepes, frosted grapes, fresh fruit, mixed greens salad, melba toast, dinner rolls, and sticky buns. Creme brulee and

macaroons are the dessert.

Email [fineartsrsvp@gmail.com](mailto:fineartsrsvp@gmail.com) or call 440.951.7500, X 103 no later than April 30. Reservations are required. The cost is \$40.00 per person payable at the door in cash or by check. Valet parking will begin at 11:00 a.m.

The Women's Committee is an independent auxiliary whose 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](http://www.fineartsassociation.org)).

*This program may be canceled as circumstances warrant.*

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# Parents: Tips to Prepare Your Teens for Safe Driving

If you are a parent of a teenage 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 and their teens to create a teen driver contract using the online template at [www.insureonline.org/teen\\_driver\\_certificate.htm](http://www.insureonline.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 with an agent to determine 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 records have been clean for three or more years.

- Some companies offer discounts if your teen completes

a defensive driving course and upholds a good grade-point average.

- Ask your insurance company about an "accident forgiveness" clause that guarantees premiums will not increase after one minor accident.

- Install a smartphone 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](http://insurance.ohio.gov) for insurance information.

## Pet Services at Digging Dogs Locations During the Pandemic

The staff at Digging Dogs Training & Pet Care is closely monitoring and observing community suggestions & regulations for businesses during this challenging time.

Our Doggy Daycare/Grooming/Boarding facility will maintain regular hours to service our clients until further notice. Some important things to know:

- We are a small boutique facility – we average 15 dogs daily for daycare. The benefit is that your pets are not exposed to 50-100 dogs and families that are typical

in high-volume facilities.

- Our maximum capacity for overnight care is 10 families. More personal attention and less exposure.

- Veterinary hospital products & cleaning procedures have always been common practice and cleaning schedules have been increased to multiple times daily.

- Ultraviolet Disinfection System to eliminate airborne pathogens & 10 air changes per hour is in our facility air-handling system

Training classes will continue

to be held with our current maximum of 8 students per class plus an instructor in our 5,000 sq. ft. Training Center. Skill drills that require touching dogs and people will be temporarily discontinued. Students are also asked to forgo bringing large groups of friends and families to classes.

The staff at Digging Dogs will do its best to assist our clients in any way possible. Any questions, contact Digging Dogs Owner Elizabeth Richards at 440-255-3500.

## Try Self-Care to Fight Seasonal Affective Disorder

The last stretch of winter grinds on and the months of cold weather, staying indoors, and lack of sun exposure can start to take a toll on us. Don't let its name fool you, Seasonal Affective Disorder, or SAD, can start as early as the fall and if left untreated can lead to depression in the spring or early summer. Worse, this can happen at the same intervals every year. The cyclical nature can make it easy to not address since the cause is typically common of individuals in climates like northeast Ohio. Committing to take care of your self is the first step towards stabilizing your mood and perception year-round.

Self-care is becoming a popular term used to advocate the importance of taking time out for yourself to recharge. Most people's lives are busy with long work hours, taking care of loved ones, and making ends meet to keep a roof over your head with food on your table. More people are realizing taking time for yourself can touch all the areas of your life in a positive way because we all interact better when our moods are lifted.

Try to make your environment brighter by opening curtains

and move close to a window while working or relaxing. Any opportunity to get outside will be ideal to get sunlight on your skin even during overcast and is particularly helpful within the first two hours of your day. Overall attempts at taking care of yourself like getting enough sleep, eating well, and exercising are also essential.

Cosmetic Laser Medi Spa and More has something for everyone to help them receive some self-care. Therapeutic and relaxation massages are offered in our beautiful beach themed spa rooms equipped to accommodate couple's services for anyone who wants their loved ones cared for and supported too. Esthetician services like facials, hand and foot massages, and whole-body skin exfoliation techniques can be personalized to your individual needs. Even small changes like semi-permanent eyelash curling can make a big change in how you see yourself and save time in your cosmetic routines.

If cosmetic outpatient services are of interest to you then you deserve to find out more for yourself! Maybe temporary changes with Botox or fillers like

Juvederm or Voluma would help you feel confident, they are more common than you think. Laser hair removal and electrolysis can aid the removal of unwanted hair on the face or body but is at a minimum a year of committed treatments to achieve permanent removal. Most of our clients say their hair removal is life changing because of the time they save shaving or alleviating the shame or embarrassment of unsightly growths. Mole removal, fungus removal, and so many more small changes can easily be addressed with the right service and will leave you feeling comfortable in your body again.

Cosmetic Laser Medi Spa & More has two locations in Mentor and Chardon on the Square. We've been serving the local area for over 15 years and have a highly trained staff of doctors, cosmetic therapists, massage therapists, and estheticians to all help you look and feel better.

To schedule or need more info call 440-477-4074 or visit [www.takeawayhair.com](http://www.takeawayhair.com) to view our treatment and spa rooms. Look for us on Facebook at Cosmetic Laser Inc. and Instagram at [Cosmeticlaser\\_medispa!](https://www.instagram.com/cosmeticlaser_medispa/)

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6. Check Filters
7. Check condenser
8. Check drain
9. Check operation of thermostat
10. Operational check of systems.

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6. Adjust blower belt
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controls

8. Check safety pilot operation
9. Oil blower.

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| 4. Check bearings                  | 9. Check operation of thermostat |
| 5. Align pulleys & lubricate motor | 10. Operational check of systems |



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