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From Mentor City Council



Mentor City Council

FRONT (left to right): Janet A. Dowling – Councilperson-at-Large; Bruce R. Landeg - President of Council, Councilperson, Ward 3; Scott J. Marn – Councilperson -at-Large

REAR (left to right): Matthew E. Donovan - Vice-President of Council, Councilperson, Ward 2; Ray Kirchner – Councilperson-at-Large; Sean P. Blake – Councilperson, Ward 1; John A. Krueger – Councilperson, Ward 4

Mentor Farmers Market to Open as Scheduled

The amended Ohio Department of Health Director's Stay at Home Order signed on April 2, 2020, identified farmers markets, along with farm and produce stands, as essential businesses and as such may open when following required guidelines.

The Mentor Farmers Market will open as scheduled on Friday, June 26th from 2:00 PM to 6:00 PM at Garfield Park, 7967 Mentor Avenue.

"We are happy to be able to support our local farmers and to offer this service to Mentor residents," says Kenn Kaminski, Director of Mentor Parks and Recreation, "The Mentor Farmers Market offers an opportunity for residents to purchase fresh-picked fruits and vegetables along with farm related items like honey, baked goods, flowers, and teas."

To ensure the safety of shoppers, vendors and city staff, modifications to the weekly farmers market will include:

- Designated six-foot distances between people

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MPL Offering Drive-thru Pickup/Online Story Time

Mentor Public Library has begun the gradual process of reopening after closing its branches to slow the transmission of COVID-19. The library now offers drive-thru and curbside pickup, online story times and crafts, telephone reference help, and renewed delivery to homebound patrons.

Specifically, MPL offers drive-thru service at its Main Branch and curbside pickup of library items from its Lake and Headlands Branches. Patrons need to place items on hold before they can be picked up. People can call the library to put items on hold or they can place holds online at www.mentorpl.org. (Patrons need their library card number and PIN to sign in.)

Curbside and drive-thru pickup is available during Mentor Public Library's regular hours on Monday through Sunday until 15 minutes before the branch closes.

Additionally, the library asks that all items returned in its dropoff boxes.

By the way, Mentor Public Library and its staff are still sharing programs, crafts, story times, and author interviews online.

Almost every day, Mentor Public Library shares original programming on its website (www.mentorpl.org), Facebook page (www.facebook.com/mentorpubliclibrary) and YouTube channel (www.youtube.com/mentorpubliclib).

For example:

- Families can enjoy online story times with MPL staff on its Facebook page and YouTube channel every day from Monday through Friday until the library's buildings reopen. (The story times are also archived there so you can watch them at your convenience.)

- At noon every Tuesday on MPL's website and social media,

Josh Sebrasky shares different crafts that kids can make at home as part of the library's new series, Artpocalypse.

- The library is still hosting special programs and book club meetings online. For details, visit the library's event calendar: <https://mentorpl.libcal.com/calendar>.

Finally, kids, teens and adults can all participate in Mentor Public Library's Summer Reading Program, which runs from June 15 to July 31. The theme for summer reading is Imagine Your Story and it's all about fairy tales, folk tales and mythology. Families can enjoy themselves and possibly even win prizes by filling out the library's "Safe in your Castle" Bingo Card, which is stuffed with fun ideas for summer activities. Get your printable bingo card at www.mentorpl.org.

Mentor Public Library Children & Teen Programs

Fun for the whole family! All of these programs are being offered online. Some will be hosted live via Zoom and require registration. You can sign up by calling the library or at www.mentorpl.org. Others will be broadcast on the library's:

- Facebook page: www.facebook.com/mentorpubliclibrary
- YouTube channel: www.youtube.com/mentorpubliclib
- And website: www.mentorpl.org.

Imagine Your Story Summer Reading Program

From June 15 to July 31

Kids, teens and adults can all participate in Mentor Public Library's Summer Reading Program, which runs from June 15 to July 31. The theme for summer reading is Imagine Your Story and it's all about fairy tales, folk tales

and mythology. Families can enjoy themselves and possibly even win prizes by filling out the library's "Safe in your Castle" Bingo Card, which is stuffed with fun ideas for summer activities. Get your printable bingo card at www.mentorpl.org. The more bingos you get, the more chances you have to win one of our prizes.

Grab & Go Crafts

New craft each week

Families can pick up a different craft each week from Mentor Public Library's Main Branch. Call the Children's Department at 440-255-8811 ext. 220 to request the Grab & Go crafts for their kids. Then they can be picked up along with any other available holds at the branch's drive-thru. New crafts available every Monday, while supplies last.

Kids Photography Contest

From June 1 to June 15

The Mentor Public Library is holding a photography contest for kids during the month of June.

Kids up to the age of 12 can enter the contest. And they can use any device—a phone, tablet, laptop, even a camera—to take their winning snapshot. Photographs should fall into one of three categories:

1. Fearsome and Fantastic Beasts
2. Families in our Castle
3. The Magic of Nature

Kids can submit a photo by emailing it to marilyn.weiss@mentorpl.org between June 1 and June 15. No submissions will be accepted before or after these dates, and only one submission per child is allowed.

Continued on page 2



City of Mentor - Special Supplement

Located on page 5 inside this issue

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In Rosey's Words....



Rosey Gamiere
Guest Writer

The funny things we learn in life are the things that continue to change as we age. Humor is everything since it all has a funny side.

At age fifteen for example, we learn animals can often times warm the cockles of your heart better than people can, and true throughout life.

Eating chocolate won't solve your problems, though it makes you feel good and doesn't hurt a thing!

Kindness is more important than perfection, a lesson for a lifetime.

Remember the good and humorous things about your relationships because you will miss them when they die terribly.

Learning at middle age that pursuing happiness will elude you, but focusing on family, the needs of others, your work, meeting new people, and just doing the very best you can will bring happiness 'to you.'

Never go grocery shopping when you are hungry unless you

have a freezer!

Car salesman look at your shoes and watches & rings while sizing you up. Shop shabby!

When kids get into trouble at school, they will be in bigger trouble at home. True story.

Grandparents and children are natural allies.

Don't hire mediocre people to work for you. They will intern hire mediocre people to the job you need done.

Your time is valuable so waiting an hour for a doctor's appointment is unacceptable (took time to learn this one.)

Remodeling takes twice as long as you thought it would since it was last years idea to begin with!

You can hide the kid's vegetables in a smoothie.

Worrying never changed anything!

There is always a reason to get up in the morning.

Sunshine and fresh air are therapeutic.

Waking up to a smiling face, even if it is a pet brings instant joy.

The sound of a steam engine is your own Orient Express.

Memories are a place to visit as long as you don't live there.

A letter from a friend brings love with it.

Sleep is good anytime of day or night.

Looking out a window brings nature inside.

Praying soothes the soul.

Family is everything and rightly so.

Those who distance themselves are lonely.

Happiness comes from within.

Money can be the root of evil if not used for its proper purpose.

Cleanliness is close to Godliness.

Chopsticks don't make sense.

A cantaloupe doesn't mean you can't elope.

Hugs can change a person's life instantly.

Anger is a trick. Send it packing.

Giving is sharing & sharing is selfless.

Let it be, let is go (song from Frozen)

Butterflies fly lightly.

Nature and life are on life's terms.

Crap occurs regardless.

There is light at the end of the tunnel.

Let him/her go- if they return, they're yours; if they don't, they never were.

Grapefruit is amazing!

Lockdown is exactly that!

Sleep is essential and required.

Good friends are priceless.

Angels do exist.

Your heart opens and closes like a flower.

Food is only necessary to live. Make good choices.

Tears released are issues resolved.

Leaves live, die and are reborn again.

Deep breathing replaces stress. Infinity is just that.

Freckles are kisses from the sun. Happiness is contagious like laughter.

Make a list and finish it.

Put one chore on your calendar each day only.

Make 'me' time & eat time.

Pets make you happy & live longer & healthier.

Expect the unexpected & be prepared.

Pray daily.

Stay safe!

~ Love, Rosey

Let's Focus on Rebuilding Ohio's Economy

While COVID-19 is still with us, our nation has thankfully managed to avoid the dire mortality results originally predicted. Of course, we should all continue healthy practices to keep our community safe while America opens back up.

I think it is great that our economy is beginning to reopen, albeit with new restrictions. Reopening businesses now will help reduce unemployment and allow our businesses to again produce the cash flow required to employ citizens (our family and

friends) and serve their customers (us).

As Lake County Commissioner, I can tell you that we have been working hard to protect the health of our community and to support businesses that are the lifeblood of our economy. I will be here to help resolve whatever issues our county will need to deal with in the months ahead.

Last year I announced my candidacy for Ohio Senate District 18. This district serves most of Mentor and eastern Lake County. I decided to enter this race

to use my business and county experience to help Mentor, Lake County and Ohio continue to prosper. With the economic fallout from the pandemic, I want to bring my experience to Columbus to help Ohio and our local region regain their economic momentum. Mentor needs a Senator who understands our community and how to create local jobs. That is how we will rebuild our economy.

Jerry Cirino is a Lake County Commissioner and candidate for Ohio Senate. Follow his campaign at www.jerrycirino.com.

MPL Children/Teen Programs

Continued from page 1

PJ Story Time

Mondays at 8 p.m.

Help your little ones wind down after a long day with our PJ Story time. Wear PJs and snuggle up while listening to stories, songs, and rhymes. And get that last bit of energy out with some dancing. Perfect for kids, 5 and younger.

Can be viewed on the library's Facebook page, YouTube channel, or at www.mentorpl.org/onlinestorytime.

Preschool Story Time

Tuesdays at 10 a.m.

Shake your sillies out at this fun-filled story time with stories, songs, rhymes and more. Perfect for kids ages 3 – 6. Can be viewed on the library's Facebook page, YouTube channel, or at www.mentorpl.org/onlinestorytime.

Artpocalypse

Tuesdays at 12 p.m.

Get fun and colorful craft ideas with Mr. Josh from Mentor Public Library's Headlands Branch. Can be viewed on the library's Facebook page, YouTube channel, or at www.mentorpl.org/artpocalypse.

Tiddlywinks

Wednesdays at 10 a.m.

An interactive story time filled with stories, songs, and rhymes. Just right for the little listeners, those aged birth to 36 months. Can be viewed on the library's Facebook page, YouTube channel, or at www.mentorpl.org/onlinestorytime.

Merrily We Sing Along

Thursdays at 10 a.m.

Brighten up your day with singing and dancing. Enjoy favorite tunes and discover some new ones,

as well. Can be viewed on the library's Facebook page, YouTube channel, or at www.mentorpl.org/onlinestorytime.

Family Story Time

Fridays at 10 a.m.

Take a break from your busy day for some great family fun. All ages will enjoy stories, music, rhymes, and more. Can be viewed on the library's Facebook page, YouTube channel, or at www.mentorpl.org/onlinestorytime.

Yoga Kids! Zoom Edition

Thursday, June 11, at 10:30 a.m.

Children (ages three to six) can join an online yoga session with special guest, Darlene Kelbach. Ms. Darlene is a certified yoga instructor who will lead little ones and their grown-up through exercises in breathing and movement, all put together with a story and music that you can enjoy from the comforts of your own home. Don't forget your yoga mat or towel. This program will be a live Zoom event. Registration is required.

The Mentor Monitor

A Lake Community News Publication

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FOR STATE SENATE

“Commissioner Jerry Cirino has worked hard for Mentor and Lake County. He has been an excellent partner with us in matters of economic development and relations with the county. We strongly recommend Jerry Cirino to be our next State Senator for the 18th District.”

The President and Members of Mentor City Council:

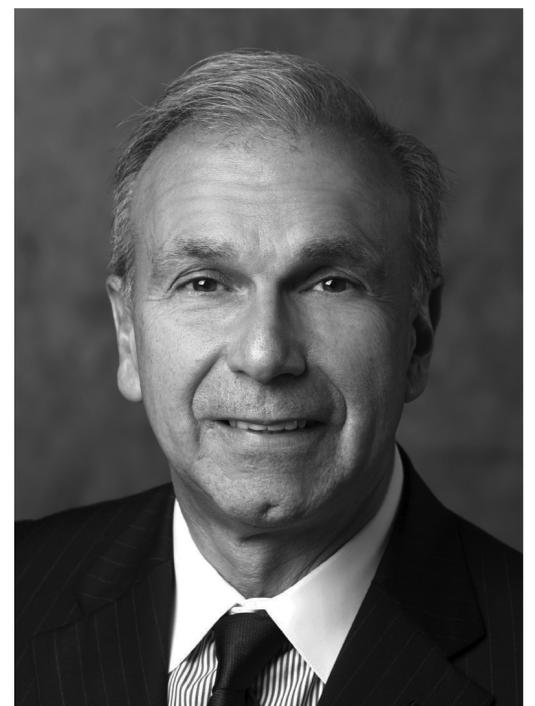
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- State Attorney General Dave Yost
- State Auditor Keith Faber



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Bankruptcy 101:

Bankruptcy Made Simple

The two types of bankruptcy that most people hear about are chapter 7 and chapter 13. The word chapter refers to the chapter (like in a book) in the bankruptcy code. Chapter 7 is a liquidating bankruptcy and chapter 13 is a non-liquidating bankruptcy. Liquidating means they (the government) can take your stuff. Non-liquidating means they can't. However, there are exceptions to this. I will try to lay this out in a simple fashion:

In a chapter 7 you will be able to discharge all of your debts without paying anything back. However, if you have any equity (value) in anything (your home, your car, your bank account, your boat- anything) you must surrender it to the bankruptcy trustee (the person who looks out for the creditors) so that it can be sold (liquidated) to pay back the creditors to the largest extent possible. Equity is what

determines which chapter of bankruptcy you can file under. Fair Market Value minus Amount Owed equals Your Equity in anything.

A chapter 13 is a non-liquidating bankruptcy. This means you get to keep everything but you have to pay back a percentage of your debt. It is also used for people who are in foreclosure or behind on their mortgage and in fear of foreclosure. A chapter 13 requires a payback plan from between three to five years. The payment is monthly. The amount is determined, again, by the amount of non-exempt equity you have accumulated in your life. Exempt equity is equity that the law says your creditors cannot take. Non-exempt means they can take it. Your total equity is referred to as your bankruptcy estate. Obviously, everyone wants to do a chapter 7 because it is no pay back. However, since 2005 it has become much harder to file

chapter 7. In 2005, legislation was passed which tightened up the income restrictions on people with regard to the Chapter 7 bankruptcy. The intended result was that more people must file under Chapter 13 of the Bankruptcy code and pay back, at least, what the government thinks they can afford.

It is the bankruptcy attorney's job to advise you which is the best chapter to file under. It is also the attorney's job to make sure you keep your home, your car, and everything else you have accumulated throughout your life. At Biales Delchin Law we concentrate in the area of bankruptcy. Our practice is dedicated to helping people resolve their financial problems in an honorable and dignified manner. We understand how hard it is for people to take this step. We are sensitive to the pain, despair, sense of failure and humiliation many feel for being in this situation. We are dedicated to educate our clients in a compassionate, caring and sensitive manner as to why it is an act of love to yourself and your family to file bankruptcy;

that bankruptcy is a mechanism created by the United States Constitution to help people get back on their feet and start contributing, once again, to our economy and that you are not only helping yourself and your loved ones but that you are actually helping the economy and your country by filing bankruptcy in most cases (that is why it was created by the Constitution as a power granted to Congress).

Some of the greatest and most honorable people in U.S. history have had to file bankruptcy. Abraham Lincoln filed bankruptcy; so did Thomas Jefferson and Ulysses S. Grant. It did not affect their contributions to society or malign their names. Bankruptcy- if needed- is good. Anybody who thinks or says otherwise has never been in life and sanity threatening financial distress; they have never suffered unending merciless harassment, letters and phone calls by bill collectors. You do not have to live that way. You can regain your peace of mind.

If you are in this situation you are not alone. We can help

you get your sanity back. Please come in for a free completely confidential consultation. You will speak with an experienced bankruptcy attorney. Your case will be analyzed and you will be given a detailed and compassionate evaluation of exactly what can be done to help you. There is absolutely no obligation or pressure to hire us. You will not be asked to give us money or sign anything and no one will ever know that you came. We are legally bound to the highest level of confidentiality in these cases.

If you decide bankruptcy is the solution for you we will be happy to put you on an affordable payment plan. We will stop the annoying collection calls immediately. We will protect you from lawsuits, garnishments and other collection activity. We will see to it that, if possible, you keep your car, home and all of your other property. Bankruptcy is a wonderful legal tool that can give you peace of mind and give you a fresh start in life. I have seen it work miracles.

Robert C. Biales

Farmers Market

Continued from page 1

- Vendor stands spaced 6 feet apart
- Hand sanitizer stations
- Separate operating hours for seniors and at-risk individuals
- Requirement for vendors, city staff and volunteers to wear cloth face coverings as recommended by CDC guidelines
- Only whole, uncut produce and pre-packaged items will be sold. No sampling of any food will

be permitted

The first hour (2:00 PM – 3:00 PM) will be designated for senior citizens and at-risk individuals only. We ask all other shoppers to please arrive after 3:00 PM to help protect our most vulnerable citizens.

For more information about the Mentor Farmers Market or to inquire about becoming a vendor, please visit www.mentorfarmersmarket.com or call Wildwood Cultural Center at 440-974-5735.



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CITY OF MENTOR SPECIAL SUPPLEMENT | COVID-19 INFORMATION



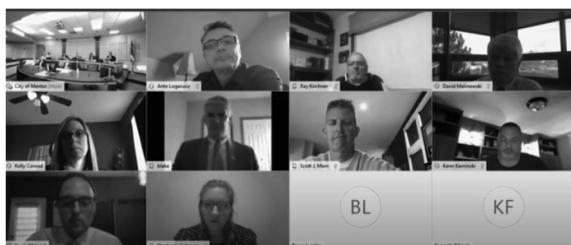
ABOUT THIS SPECIAL SECTION

This special section contains information from the City of Mentor related to the impact of COVID-19 on programs and services in our community, as well as resources which are available to our residents.

The information presented in this section was current as of May 21, 2020. Information related to COVID-19 changes on a regular basis, therefore, we urge you to stay up to date by visiting the City of Mentor's website and/or following the city on social media.

www.cityofmentor.com
www.facebook.com/cityofmentor
www.twitter.com/cityofmentor

If you have questions related to any of the information presented in this section please email pubinfo@cityofmentor.com or call (440) 255-1100 ext. 1800.



PUBLIC MEETINGS

Despite the COVID-19 pandemic, the business of running the city must go on. Public meetings will proceed as scheduled unless otherwise noted. For those who wish to participate, remote access to City Council, Planning Commission, and Board of Zoning Appeals meetings are accessible via Webex. Meeting links, agenda, and information packets are posted prior to every meeting. Visit cityofmentor.com for details.



HOT MEALS FOR LAKE COUNTY SENIORS

The Mentor Senior Center offers curbside pickup for a "made-from-scratch" daily special for \$4.50 per meal for ALL LAKE COUNTY SENIORS. Reservations for lunch must be made at least 24 business hours prior, however we expect to sell out quickly. We

suggest registering for a week at a time. Visit www.mentorseniorcenter.com for details.



YARD WASTE & BULK PICKUP

Waste Management has restored curbside pickup of yard waste and bulk materials.

JUST DIAL 211

Are you having financial issues related to the COVID-19 pandemic or are you struggling to get your basic needs met? Just dial 211.

Lifeline's 211 is available 24/7 to help you navigate the vast array of resources available in Lake County for things like rent/eviction prevention, access to food pantries and emergency services like utility assistance.

Their database features over 900 programs through more than 400 agencies, churches and government entities and includes updated information specific to the COVID-19 pandemic. Need help? Lifeline is there for you.

JOBS & FAMILY SERVICES

Residents can access JFS services including public assistance, child & adult protective services, unemployment insurance, child support enforcement, from home. Download the info sheet or logon to the Lake County Department of Jobs & Family Services at www.lakecountyohio.gov/lcojfs.

SUPPORT OUR RESTAURANTS

The City of Mentor is home to over 175 restaurants – many of whom offer take out and/or delivery. Go to visitmentor.com and download a copy of the Mentor Visitor Guide for an updated listing of eateries. Thank you for continuing to support our local businesses!



MENTOR PARKS & RECREATION

The City of Mentor is committed to protecting the health and safety of our community. A number of programs and facilities have been reopened under guidelines presented by the State of Ohio. Users are to continue to practice safe social distancing. Rules for individual facilities are posted.

Mentor parks and trails are open.

Black Brook Golf Course is open.

Pickleball & tennis courts reopened May 26.

City owned baseball & softball fields reopened May 26.

Civic Center Pool will open on June 13 with limited occupancy. Mentor residents only. Morton Pool, Garfield Pool, and Walsh Splashpark will remain closed this summer.

Summer day camps will resume on July 6.

The Mentor Senior Center, Wildwood Cultural Center and Mentor Ice Arena will remain closed through June. All playground equipment, basketball courts, and skateparks remain closed until further notice.

Summer events, including Mentor Rocks, Headlands BeachFest, Mentor CityFest are currently being planned according to schedule. Although we do remain hopeful, all dates are subject to change or cancellation.

CORONAVIRUS.OHIO.GOV

The Ohio Department of Health website offers a wide variety of resources - including economic resources for those in need.

Don't have internet access?

Call 1-833-427-5634 to reach their call center which is staffed from 9 a.m to 8 p.m each day, including weekends.

IMPORTANT NUMBERS

CITY OF MENTOR

| | |
|----------------------------|----------|
| EMERGENCY | DIAL 911 |
| CITY HALL MAIN SWITCHBOARD | 255-1100 |
| CITY COUNCIL OFFICE | 974-5755 |
| CODE ENFORCEMENT | 974-5792 |
| COURTS CRIMINAL & TRAFFIC | 974-5744 |
| PLANNING & DEVELOPMENT | 974-5740 |
| ENGINEERING/BUILDING | 974-5785 |
| FIRE NON-EMERGENCY | 255-1212 |
| ICE ARENA | 974-5730 |
| MUNICIPAL COURT | 974-5744 |
| PARKS & RECREATION | 974-5720 |
| POLICE NON-EMERGENCY | 255-1234 |
| PUBLIC INFORMATION | 974-5794 |
| PUBLIC WORKS | 974-5781 |
| SENIOR CENTER | 974-5725 |
| WILDWOOD CULTURAL CENTER | 974-5735 |

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| FIRST ENERGY POWER OUTAGE | 888-544-4877 |
| RITA REGIONAL INCOME TAX AGENCY | 526-0900 |
| WASTE MANAGEMENT | 866-909-4458 |

LAKE COUNTY

| | |
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| COUNCIL ON AGING | 205-8111 |
| LAKETRAN | 888-525-3872 |
| LANDFILL | 350-2644 |
| LIFELINE | 211 |
| SEWERS | 350-3431 |

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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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131 Mentor Residents Among the Grads for Lakeland's Commencement

As Ohio returns to work, Lakeland Community College celebrates the true grit of its graduates who earned their degrees amongst the added challenges of the COVID-19 pandemic. To recognize its class of 2020, Lakeland is planning its first-ever, social distance graduation

this summer. Graduates will drive along a route that winds through a part of campus as the college's board of trustees, administration and faculty, invited to wear full academic regalia, line up along Clocktower Drive (with appropriate social distancing) to offer their congratulations and

well wishes. Grads are encouraged to decorate cars with signs that include names and degrees, and wear their cap and gown.

The procession will be videotaped and be made available on the college's website.

Lakeland's 2020 commencement highlights

include:

- A total of 765 students will receive degrees; 131 are Mentor residents.

- An Associate of Applied Business degree in entrepreneurship will be awarded posthumously to Willowick resident James Comer Jr. (61), who died from COVID-19. He retired from the Regional Transit Authority.

- Mentor residents named Outstanding Students in their fields are Bryan Daly (biotechnology science) and Yoshida Golya, (medical assisting).

- Oldest graduate is 62; the youngest is 16.

- 6 graduates are 55+ years of age.

- 75 College Credit Plus students (74 seniors, 1 junior) representing 21 high schools graduated.

- 46 graduates began in the Tech Prep program.

- Holden University Center graduates from partner institutions numbered 89 undergraduate and 62 graduate, and have surpassed 1,100 since 2013.

Visit lakelandcc.edu/commencement to view the list of graduates.

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Household Hazardous Waste Collection
June 6, 2020

For Lake County residents only, **no businesses**
Lake County Fairgrounds, enter only from Mentor Ave. entrance
1301 Mentor Ave., Painesville Twp. 44077

Saturday, June 6, 2020 9:00 a.m. – 3:00 p.m. *Rain or shine*

ACCEPTED ITEMS: FREE, no fees associated with this collection.

- ✓ *Automotive fluids*: motor oil, gasoline, coolants, antifreeze, grease.
- ✓ *Oil based paints, varnish, shellacs, stains, aerosols, polyurethanes, primers, & grout.*
- ✓ *Bulbs & Batteries*: all sizes (lead acid & household) & fluorescents.
- ✓ *Household cleaners & solvents*: thinners, kerosene, turpentine, lighter fluid, & paint strippers.
- ✓ *Liquids/solids*: pool, lawn & garden chemicals, pesticides, weed killers, spray insecticides, photography, "hobby" chemicals, mercury, empty propane tanks, roofing tars, drive sealers, and adhesives.

PROHIBITED ITEMS: Ammunition, explosives, medical waste including prescription medicines, smoke alarms or any other item not listed above.

NEW GUIDELINES: Leave product in original container, or label contents if known. Due to social distancing, all items must be in the trunk area of the vehicle; items located in the front/back seat will not be accepted. Bring materials **ONLY** during collection event, as trained technicians will unload your vehicle.

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 HHW Collection:
LakeCountyOhio.gov/Utilities – See Special Collections Information
Call the Solid Waste District at 440-350-2644 or OSU Extension at 440-350-2208

Mentor Public Library Adult Programs for June

All of these programs are being offered online. Some will be hosted live via Zoom and require registration. You can sign up by calling the library or at www.mentorpl.org.

Imagine Your Story Summer Reading Program

From June 15 to July 31 Kids, teens and adults can all participate in Mentor Public Library's Summer Reading Program, which runs from June 15 to July 31. The theme for summer reading is Imagine Your Story and it's all about fairy tales, folk tales and mythology. Families can enjoy themselves and possibly even win prizes by filling out the library's "Safe in your Castle" Bingo Card, which is stuffed with fun ideas for summer activities. Get your printable bingo card at www.mentorpl.org. The more bingos you get, the more chances you have to win one of our prizes.

America in the 1920s: Women's Suffrage, Fashion & Health

Wednesday, June 10, at 6:30 p.m. Mentor Public Library's Lake Branch will host a series of talks about America in the Roaring 20s. The series begins with a discussion on women's suffrage, fashion and health in that era. Hosted via Zoom. Registration required to attend.

Author Susan Petrone: Every

Word of This Is True, Except for the Parts I Made Up

Thursday, June 11, at 6:30 p.m. Susan Petrone, author of the recently published "The Heebie-Jeebie Girl," will discuss the risks and rewards of turning real-life events and places into fiction. Her new novel takes place in Youngstown, 1977, at the time when the city's largest steel mill has just closed and the worst blizzard in over 40 years has hit the area. Based on actual events

from Petrone's family, the book is a tale of change, family, and redemption. Join us live via Zoom for the author's presentation and to ask any questions you may have. Registration is required.

Lake County Summers Gone By

Tuesday, June 16, at 6:30 p.m. Travel back in time to long ago summer days in Lake County. Did your relatives tell you about the Urban railroad? Did they summer at Willoughbeach? Did you go

to drive-in movies and head to summer camp during school breaks? Ever heard of Camp Loretta? Summer stories of old will help you understand why we do what we do today.

Presented by Tonya Busic from the Lake County Historical Society. Hosted online via Zoom. Registration required to attend.

Serenity With Yoga

Wednesday, June 17, at 2 p.m. Enjoy a relaxing yoga session with instructor Darlene Kelbach from the comforts of your own home. Wear comfy clothes that are easy to move in and don't forget to set up your yoga mat or beach towel before we get started. Hosted online via Zoom. Registration required to attend.

Monday Night Book Club
Monday, June 22, at 6:30 p.m.
continued on page 10



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What is Medicare Part D?

Medicare Part D helps with the cost of prescription drugs. This coverage is offered to everyone who has Medicare. To qualify you must be enrolled in Medicare Parts A and/or B. This program is not mandatory. If you do not enroll in a prescription drug plan when first eligible you may pay a late enrollment penalty when you decide to enroll. There are a couple

exceptions. One is if you receive Extra Help from Medicare and the other is if you have other creditable prescription drug coverage. The late enrollment penalty is 1% of the national base beneficiary premium for every month that you could have had a drug plan but didn't. The national base beneficiary premium for 2020 is \$32.74.

Prescription Drug Plans are

offered through private insurance companies. You can get them as a stand alone product or through a Medicare Advantage plan. Every prescription drug plan has a formulary which is a list of covered drugs under a prescription drug plan. The medications are broken down into tier levels. Generally, the lower the tier level, the lower the cost of the medication. They also may have a network of preferred pharmacies.

Part D plans have four coverage stages. The annual deductible is the first stage. The deductible can be up to \$435 for 2020. The deductible can apply to all tier levels or only a few depending on the plan. The second stage is the initial coverage stage. During this stage you pay a copay or coinsurance for your medication. Once you and the drug plan have spent \$4020 in 2020, then you move into the third stage, the coverage gap. Many people

stay in the initial coverage stage for the whole year and never enter the coverage gap. If you are receiving

Extra Help you will not enter the coverage gap. During the coverage gap you'll pay no more than 25% of the cost for generic and brand name medications. When your total out of pocket has reached \$6350 then you enter the final stage, catastrophic. During the catastrophic phase you pay 5% or a small copay or coinsurance for the rest of the year.

Many prescription drug plans have rules such as quantity limits, step therapy, prior authorization to name a few.

You can also reach out to your agent/broker, health insurance provider for more details.

Jackie Greene is a local licensed health insurance agent located in Mentor, Ohio. If you have questions, Jackie can be reached by email at jackiegroene@gbaoh.com or phone at 440-266.0333x3.

JOIN ME, JACKIE GREENE, FOR VIRTUAL MEDICARE MONDAYS!

WHEN: Mondays in June
June 15th & 22nd
10:00-11:30AM

WHERE: In the safety of your own home via Webex

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.



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Hello Everyone!

I hope you are all doing well. It's been a very trying time for everyone. We're glad that we could be open to make sure you could get some goodies and breads for your families.

Thank you all for sharing your Mother's Day with us- I hope all you Moms enjoyed your cakes and pastries.

Many of you had to put off all kinds of parties from birthdays to weddings and everything in between. We also have graduations and Father's Day coming up too. We would love to help you plan out your celebrations - make sure you put your orders in early so that we can better serve you.

Thank you all for being so considerate when you come in to visit us- we appreciate you giving each other space and being patient.

We would like to congratulate the Class of 2020! You made it! It has been especially difficult for many of you. In your short lives you have been through so much more than many others. I hope this will make you stronger and more resilient. Help us make a better world for all of us.

Enjoy all your parties this summer & take care of each other.

Thank you to all First Responders -you are very special people! Please take care of yourselves as much as you take care of everyone else. May God bless you all!

Let's help each other get through this!

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Mentor Window Earns Yet Another Angie's List Super Service Award- 8 Years Straight!

Mentor Window has earned the home improvement industry's coveted Angie's List Super Service Award for the 8th year in a row. This award reflects exemplary years of service provided to customers throughout Northeast Ohio, along with honest, fair prices.

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

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

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

Service company ratings are updated daily on Angie's List. Companies are graded on an

MPL Adult Programs

Continued from page 8

Join librarian Cailey for a discussion of bestsellers, popular reads and books of interest. This month the book club will discuss "Radium Girls" by Kate Moore. Hosted online via Zoom. Email cailey.williams@mentorpl.org to participate.

Stress Relief Yoga

Wednesday, June 24, at 6:30 p.m.

Explore the lifelong benefits of yoga to your overall health and to help relieve stress. An instructor from Awaken Yoga will lead this free class. No experience necessary. Hosted online via Zoom. Registration required to attend.

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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available at no additional charge! Look for the money saving coupon located within this issue, then contact Quick Dry at (440) 269-4971 or visit us at www.quickdryohio.com for all your professional carpet and upholstery cleaning needs!

DESTINATION BACKYARD...

Living in Northeast Ohio, we tend to neglect our outdoor living spaces. Then late May rolls around and the sun shines, temperatures rise and we emerge from our homes to find an outdoor space that's not so inviting. American Home and Energy Products in Painesville, has everything to create the outdoor living area you've been dreaming of all winter long.

Talking about all that American Home and Energy Products offers would take much more space than we have here. That's why you're encouraged to come out to the store, take a stroll around the

grounds and discover for yourself what they can help you do with your home.

"When I opened the store in 1999, we mainly focused on patio pavers, natural stone, ponds and waterfalls," says owner Chris Bedrick. "Today we have indoor and outdoor fireplaces, patios, fire pits and retaining walls and outdoor kitchens including the best grills, smokers and kitchen accessories. We also have structures to create outdoor rooms and the very best outdoor furniture. All of these project ideas can be installed by most homeowners or we can assist you with finding a reputable installer."

With experience in landscaping and home construction, Chris is knowledgeable in all areas of the home. He makes it his mission to stay current on all of the latest trends.

"I travel to seminars all over the country so I know what's coming," says Chris. "My staff and I are extremely knowledgeable and ready to guide you through your project—no matter how big or small. And if it's too much for you, we'll recommend someone who can help. We deal with many contractors throughout Northeast Ohio who rely on us for quality products and knowledgeable service."

Walking through the shop and surrounding grounds at American Home and Energy Products is an experience. Several unique and elegant outdoor displays showcase

some of the exciting home improvements that can be made to increase the value of your home and upgrade living spaces for your family to enjoy for years to come.

Additions like outdoor cooking areas, fire pits, water gardens, pondless water features, decorative stones and lighting can take your backyard to a whole new level.

"No backyard is complete without a water feature," says Chris. "And it doesn't have to be elaborate. You can do a pondless feature where the water disappears into a basin underground, add some decorative stones, and even add a koi pond. It adds a new dimension to the home and creates a relaxing vibe that is very popular."

American Home and Energy Products is a destination spot for outdoor living inspiration. And to be really inspired stop by the store to see over 2000 square feet of displays and ten different departments of product.

"We want your outdoor areas to be a place to enjoy with family and friends," says Chris. "Why not have your most relaxing destination be your own backyard?"

American Home and Energy Products is located at 1270 Mentor Avenue in Painesville. Hours are:

Monday-Friday 9:00 a.m. to 5:30 p.m.

Saturday- 9:00 a.m. to 5:00 p.m.; closed on Sunday.

For more information, call 440-358-5858, or visit American-Home.com.

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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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A number of our "Getting Started with Medicare" classes have been postponed. Please check our website at mutskoinsurance.com/seminars for rescheduled dates and times. Until classes resume, we are here to answer your questions to help you prepare to enroll in Medicare.

IF YOU ARE TURNING 65 ... DON'T MISS THIS CLASS!

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.

More Than 12 Million Americans Will Need Long Term Care This Year

Women have traditionally been our primary caregivers. They care for their children, their parents and often their husband or partner. They typically spend as much as 50% more time than men providing care for others.

Their caregiver responsibilities take a toll on their own health as one in four female caregivers will develop health problems of her own. And, because women generally live longer than men, women are less likely to have a caregiving partner at home when they need it.

This makes long-term care planning especially important for women. A woman who is age 65 today can expect to live an additional 23 years or more. If they are fortunate, they will remain healthy and independent. Those who need help may want in-home caregivers or to live where they can receive the care they require.

What about the cost? Paying for care is expensive. The average annual home health care costs can run anywhere from \$50,000 to \$75,000 or more. Residential care in an assisted living facility or nursing home will be much more. It is why it is so important for women to consider long term care insurance.

There is no question that women face a special set of issues when it comes to long term care. With some advance planning, they can be assured of receiving quality care, their family will not be burdened, and their savings

will be protected. This is what planning for long term care can provide.

If you would like to learn more, let me know and I will help you look at options. Call me at 440-255-5700 or email me at Lmutsko@mutskoinsurance.com to set up an appointment.

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. For more information, visit www.mutskoinsurance.com.

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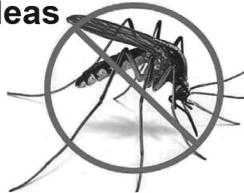
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Can UVC Kill the Novel Coronavirus?

The Coronavirus disease, or COVID-19, is a virus that is mostly transmitted through the air in water droplets found in coughs and sneezes by those infected. UVC irradiation has the ability to kill any kind of bacteria or virus. The COVID-19 virus is 0.1 microns in size making it highly susceptible to UV-C (<https://www.cdc.gov/coronavirus/>).

The amount of UVC necessary to kill virus varies from virus to virus.

Here are a few examples measured in Microwatt Seconds per Square Centimeter.

Adeno Virus Type III 3 - 4,500

Bacteriophage 1,3,4,5,6,9 - 6,600

Coxsackie - 6,300

Influenza 1,2,3,4,5,7,9 - 6,600

Infectious Hepatitis 1,5,7,9 - 8,000

As you can see some are easier to kill than others, but all are killed by UVC.

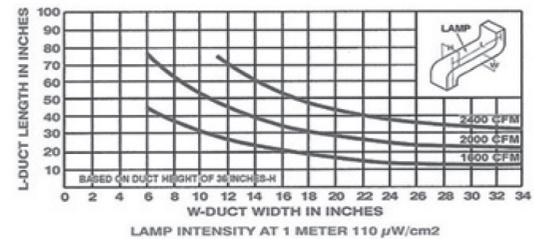
What we do know is it takes a considerable UV dose to kill germs and virus. The principle of UVC sterilization is related to intensity of the lamps used. The more powerful the lamp the better the kill. The slower the air is moving the better the kill.

All One Hour UVC products are designed to meet or exceed the design parameters set forth by Westinghouse. We need a 110 Microwatt lamp in an airflow up to 2400 CFM to get a 70 to 85% kill in a duct system. The lamp intensity is measured at one meter from the lamp. As germs get closer to the lamp the intensity increases. Two inches from the

lamp we have 5,814 microwatts. We can't block the UVC with any type of cell or screen causing a shadowing effect. The light must irradiate up and down the duct to give us time and distance to allow the germs to absorb the UVC light as they flow through the duct.

If a customer is trying to protect their family from spreading germs around their home through their HVAC system we would recommend installing one of the One Hour dual lamp units (see chart). Putting two high microwatt lamps in the duct will produce 360 microwatts of UVC. That will be more than three times the Westinghouse recommended intensity necessary to get an 80% single pass kill. It's not even important to kill viruses but simply deactivate or sterilize them so they can't reproduce.

The chart below is a guide to achieving an 80% kill rate using a 110 microwatt lamp. All One Hour 16" UVC lamps produce 180 microwatts each



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Skin Services at Cosmetic Therapy Medi-Spa

Are you concerned about dry, dull skin? The winter months can do a toll on your body's skin and we need to give our largest organ some self-care to prepare for showing off in our spring attire! I'm Christine Steadman, RN and licensed Esthetician. Let me help you find your glowing, luscious skin so you can put your best face forward!

You could be faithfully using the appropriate cleanser and moisturizer for your skin type. However, if you're not addressing normal buildup of dead skin cells the best results won't be achieved. That's when exfoliation, the mechanical or chemical process of removing the oldest skin cells from the outer skin layer, comes in. As we age those dead skin cells take longer to shed away which prevents full absorption of products. By using an exfoliation method that's correct for your skin type once or twice a week you will soon see more healthy, youthful looking skin!

I offer a custom blend facial that pampers you with deep cleaning, exfoliation and scalp/head/neck and lower leg/foot massage. Or if you're short on time, I have a Fast Results Facial that gets you in and out in 30 minutes and is still personalized to your skin needs. For skin in need of serious attention I also have facial peels that use chemical or facial enhancers that break down the top layer and helps diminish fine wrinkles, uneven tones, and improves the texture of your face. The inevitable scaly texture of dry legs is common this time of year and can be addressed

with my body polish service, an exfoliation treatment coupled with relaxation massage that leaves your skin hydrated.

Treatments range from \$50-\$110 and are available at our Mentor and Chardon locations. Come see me for a complimentary consultation

and schedule a facial treatment which includes aromatherapy and a relaxation massage.

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Arts Education Going Fully Virtual for the Summer 2020 Session

Since 1957, The Fine Arts Association (FAA) has traditionally held their summer arts camps, classes, and private lessons at 38660 Mentor Avenue. However, due to the current pandemic, based on the state guidelines and recommendations, it was decided that all summer 2020 camps, classes, and private music lessons will take place remotely.

"We're committed to doing everything we can to continue to facilitate your growth through the fine arts, especially at this tumultuous time. For the past many weeks, our incredible faculty have been devising remarkable plans to deliver interactive, art-filled experiences this summer" says

Director of Education, Michael Lund Ziegler.

The remote programming will feature multiple forms of interactive growth. A quick snapshot of what summer arts education from home with FAA looks like:

- Art supplies in a box picked up at Fine Arts or delivered to your home
- Interactive classes in dance and theatre facilitated via video conferencing software like Zoom.
- Culminating camp performances done via Zoom or on stage to an empty theatre.
- Live, one on one video music lessons
- HIPAA compliant virtual platform for Art and Music Therapy services

The Fine Arts Association is humbled and grateful to have received support from the following foundations to continue to support Creative Arts Therapies. Thanks to their generosity, FAA can continue critical mental health services and deploy resources to address the urgent mental health needs of FAA's music and art therapy clients.

- Paintstone Foundation: \$2,000 for Creative Arts Therapies services
- Western Reserve Junior Service League: \$1,000 towards educational and artistic tools, materials and equipment
- Lake Geauga Fund Rapid Response Fund: \$10,000 to continue critical mental health services and deploy resources

to FAA's music and art therapy clients made vulnerable by the COVID-19 pandemic

• Feel-Good Foundation: \$1,000 for Creative Arts Therapies programs and services Summer 2020 registrations are open now. You can learn more and register by visiting

www.fineartsassociation.org or by calling (440) 951-7500 x100

The Fine Arts Association's mission is to serve the community by enhancing lives through arts education, creative arts therapies, performance, community partnerships and advocacy.

Keep Your Edge with Bob's Sharpening

For over 40 years, Bob's Sharpening and Grinding has served the Lake County with all its sharpening and grinding needs. From scissors to kitchen knives, mower blades to chain saw blades, drill bits to mill ends and practically everything in between, owner, AJ Carl will keep your edges cutting cleanly.

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quality work done on a timely basis. Whether your needs are residential, commercial or industrial, Bob's Sharpening and Grinding is your answer.

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www.fineartsassociation.org/education/summer-at-faa/

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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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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 and why a dissolution is always the best, least stressful and most cost-effective means to terminate the marital contract.

The issues in either a dissolution or divorce are the same. They 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 "visitation"), who has custody or how is shared parenting (formerly "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 is that in a contested divorce the parties cannot agree on one or more of the issues whereas in a dissolution the parties must agree on ALL issues. Dissolutions are very cost effective. The cost of the dissolution varies based upon the number of issues in the case (listed above). The cost of a dissolution is dramatically less than a divorce (the parties cannot agree on one or more of the issues). The average cost of a divorce with children in Ohio is \$18,800 and without children \$12,500 (Lawyers.com survey). The average cost of a dissolution with children is \$5000 and without children \$4000. Most

importantly, the emotional cost of a prolonged divorce is high to both parties and children.

Dissolutions are fast. A dissolution can be finalized in as little as six-weeks from the filing date and, usually, requires only one hearing. An action for divorce- if the parties cannot come to a voluntary agreement- can easily take a year or longer to finalize. There are several hearings and a trial. The information gathering process referred to as "discovery" can become a costly and stressful nightmare. Discovery is not required in a dissolution. In divorce, there is the dread of runaway attorney fees averaging \$300-\$500 per hour. 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. Almost everyone has heard a horror story about attorney fees.

At Biales Delchin Law, dissolution is a flat fee. Our clients don't worry about getting a huge hourly bill after the initial payment.

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 divorce 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

Lake County YMCA Offers a Chance to Win a 2020 Chevy Blazer

Although no Dream House this year, the Lake County YMCA still offers the chance to win a Dream Car

Due to Covid-19, the Lake County YMCA has canceled their largest fundraiser of the year. "The safety of our staff, volunteers, members and donors come first. Although we would have loved to open a Dream House in 2020, it's in the best interest of all we come back in 2021 with our best Dream House yet," says Kelly Penzenik, Director of Marketing and Communications for the Lake County YMCA. "We have a dedicated team working hard to take every precaution during this pandemic. We are determined more than ever to support our community and are extremely grateful for our partners and donors who have supported our efforts through this time."

Classic Chevrolet in Mentor along with the Chevy Network of Dealers have been longtime friends of the Lake County YMCA and for 2020 this is no different. The group has donated a 2020 Chevy Blazer to the Lake County YMCA to help raise critical dollars needed to support

the community.

The 2020 Chevy Blazer is valued at \$39,000. The YMCA is hopeful to raise \$250,000 through online ticket sales. All proceeds will go right back into supporting Lake County's most vulnerable residents. "The Lake County YMCA is one of the area's largest nonprofits working to better our community and we value the support of Classic Chevy and the Chevy Network of Dealers during this time of crisis," said YMCA CEO, Dick Bennett. "These two organizations have supported us for many years and truly understand the impact we make together in the communities we serve. We are so appreciative."

Ticket sales will be predominantly online to encourage social distancing. Tickets for the 2020 Dream Car will go on sale May 15th, 2020. You will be able to purchase your tickets online and take a virtual tour of the car at lakecountnymca.org/dreamcar. Tickets can be purchased for as low as \$5.00. Tickets will be sold through July 5, 2020.

Important dates:

May 15, 2020 – Tickets go on

sale

July 5, 2020 – Last day of ticket sales

July 8, 2020 – 10 semi-finalist drawing

July 12, 2020 – Finalist is determined

Ticket packages are as follows:

1 Ticket = \$10

3 Tickets = \$25

7 Tickets = \$50

15 Tickets = \$100

Super Deal (*only \$5 each) 40 Tickets = \$200

"The Y is so much more than fitness centers and gyms, pools and locker rooms; we are a cause! Dedicated to strengthening (and protecting) the spirits, minds, and bodies of our friends and communities," said Dick Bennett

About the YMCA

The YMCA is one of the area's largest nonprofits focused on engaging individuals and families in youth development, healthy living and social

responsibility. The Y is dedicated to helping people achieve goals, make friends and find a true sense of belonging. Branches offer quality time for families to be together, resources for parents, and a variety of opportunities for seniors to be active. The YMCA ensures these opportunities are available to everyone no matter their ability to pay with generous support from community partners and donors.

For more information about the Y, visit www.ymca.net



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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,

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Mobile Computer Solutions is a mobile computer repair service that comes to your home or business. I have over 20 years experience. I pride myself on building my business on reliability, honesty and finding multiple solutions for each client's personal budget.

I specialize in virus removal, networking (wired and wireless), upgrades, security, data recovery, data transfer and printer installation and much more.

Mobile Computer Solutions is your best source for onsite computer, repair and upgrades. We sell new and refurbished towers and laptops. We also can help you with mobile device solutions such as adding your device to your network, data syncing, security, printing options and more. MCS was established to provide fast affordable onsite service to anyone in need. We provide the fastest service in the industry and are available 7 days a week!

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 so I can personally help you find a solution for your household or business technology challenges.

Corporate Clients Include Parker Hannifin, Progressive Insurance and Wendy's International.

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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

- Accept what you can and cannot change

- Find out about caregiving resources in your community

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

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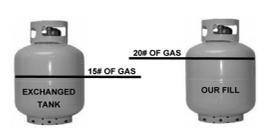
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