Mentor Monitor

Lake Community News

Serving Your Community Since 1987!

Mentor Monitor Willoughby Times Eastlake Gazette

Willowick Courier =

Painesville Pride

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24 Pages

This is printed at no expense to the City

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 Recreation Department Summer Job Opportunities

The City of Mentor Recreation Department is currently hiring summer lifeguards. To apply, individuals must be at least 15 years old and have current American Red Cross Lifeguard Certifications. Lifeguards work a minimum of 16 hours a week, weekdays and weekends, mornings, afternoons and evenings.

Camp counselor applications are also being accepted. Energetic and enthusiastic college students and graduates in the fields of education or recreation with an interest in helping the Recreation Department create fantastic camp experiences for our campers, are preferred.

The Recreation Department is also seeking an Intern for the summer. Energetic and enthusiastic college students and graduates in the fields of education or recreation with an interest in helping the Recreation Department implement programs and events for the community, are preferred.

Positions are limited.

Qualified candidates can apply online at www.cityofmentor. com or in person at Mentor City Hall in the HR Department, Monday – Friday, 8 am -5 pm.

Summer Camp Registration is Underway Registration for summer camps city buildings and at all Mentor call our office at (440) 974-5720,

is now underway at Mentor Parks libraries. & Recreation.

With more than 100 camps for children ages 4 – 14, you can www.cityofmentor.com/ play to view our online Parks & Recreation Guide and get all you need to know about Mentor's summer camp lineup. Printed guides are also available in all

FREE online registration is available at www.cityofmentor. It's fast, easy, com/play. convenient and secure. However you must first call our office to set up a new account. We implemented a new software program in December so everyone must set up a new account. Just Monday – Friday, 8 a.m. - 5 p.m.We'll verify your address and provide you with everything you need to get started. Please have your email address, name, address, and phone, and the birth dates of each family member available when you call. It's that easy!

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

Get in on the Fun with Family Feud Night!

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

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

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

Each team will get to play at resident. The fee per team is \$120 and only the team captain must

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

Please Keep Your Sidewalk Free of Snow & Ice

To shovel, or not to shovel? The ice, snow, or other nuisances. In City of Mentor receives a number of inquiries after every major snow event regarding snowcovered sidewalks.

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

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

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

Mentor Public Library Programs for Adults Some programs require lessons, beginners are welcome to and color your concerns away.

registration.Register in person, by phone or online at www.mentorpl.

Headlands Sit & Stitch

Wednesday, Feb. 5, at 6 p.m. Mentor Headlands Branch

Come knit and crochet at the Headlands Branch. Bring whatever project you're working on or look through the library's patterns for inspiration. The library will also have charity crafting ideas, as well as knitting needles and crochet hooks to lend. And while the library can't provide formal

ask questions of the group.

Back to your Roots Genealogy Group

Wednesday, Feb. 5, at 7 p.m. Mentor-on-the-Lake Branch

Gather to share genealogy exchange information and talk shop. All genealogy levels are welcome. Basic computer knowledge is required. Registration is required.

Color Me Calm

Thursdays, Feb. 6, 13 and 20, from 10:30 to 11:30 a.m.

Main Branch in MPL Commons Enjoy soft music, a small snack Supplies provided.

Power Hour Yoga with Morris **Chiropractic**

Thursday, Feb. 6, at 11:30 a.m. Main Branch

Dr. Natalie of Morris Chiropractic will lead a beginner's yoga session, explaining the benefits of yoga for your overall health and especially spine health. Please bring a yoga mat. All experience levels welcome. Registration is required for this program.

Laser Cut Wooden Ring Box

Continued on page 2

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

Rosey's Words.



Rosey Gamiere Guest Writer

Reboot!

It's so fun taking down decorations and freshening up the house like a spring cleaning! No more dust bunnies! And that's swell by me. How about you? Hmm?

Valentine's Day is coming soon and St. Patrick's Day and many more to celebrate!

Reasons so celebrate any nationality or belief creates a constant in our lives in my opinion.

We all need a reason to gather and enjoy and share all the wonderful traditions that make memories, regardless of how large or small, or elaborate. It's just nice.

I often wonder if we didn't have all the special things to enjoy all year what it would be like.

Guessing life could get a little boring I suppose.

Going to the theatre at Willoughby Fine Arts has become a yearly event thanks to my brother.

The 'nutcracker suite' is also a favorite when the children were younger.

Summer picnics at Squire's

The

Mentor Monitor

A Lake Community News Publication

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Castle or even right here at home are so relaxing & fun.

The markets will soon open before you know it, and fresh fruits and vegetables will be abundant.

As a chef trying new things, especially French and Italian cuisine are awesome, and sometimes challenging. New food! That's what we live for!

Made fabulous Tiramisu (3 trays) for a family reunion on mom's side of the family. Scary how much you can eat that cream, cocoa, chocolate, bourbon (or rum), and whipped cream & lady fingers. (Must stop or I'll have to make more...yummy!)

I put some recipes on Pinterest, some are off limits! Somebody stop me!!

What are you cooking or baking in your kitchen that's good to share?

Don't understand those who say they "don't cook."

MPL Adult Programs

Continued from page 1

Thursday, Feb. 6, at 5 p.m.

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

Adults can craft a unique wooden ring box for a special keepsake using The HUB's laser engraver. Registration is required.

Paint Night: Starry Night

Thursday, Feb. 6, at 6:30 p.m. Main Branch

An encore program, back by popular demand! Learn to paint like Vincent Van Gogh with instructor Stephanie Royko. Cost to participate is \$20, which covers the cost of supplies — payable at time of registration. Registration at the reference desk in the Main Branch. Only room for 12 participants, so register early! Registration opens Jan. 23.

<u>Colorful Characters Book</u>

Club

Friday, Feb. 7, at 10 a.m. Mentor-on-the-Lake Branch

Come to the Lake Branch's monthly book and coloring club for adults. Discuss a different book each month while enjoying coloring and refreshments. This month's book selection is "The Spy: A Novel of Mata Hari" by Paulo Coelho.

Monday University: An Introduction to Depression

Monday, Feb. 10, at 6:30 p.m. Main Branch

Have you experienced mood swings or angry outbursts? Are you not interested in things you once loved to do? When someone experiences loss, it is natural to be sad, but if these feelings impair your daily life, it could be an

Do you eat?

No wonder there are so many restaurants!

This world really needs to slow down and settle for less, living 'not' beyond your mean.

The enjoyment of creating a meal is so satisfying when you share it with family, or just yourself. Sit down after and relax & enjoy each other's company calmly.

Sounds like a good old-fashioned plan, doesn't it?

Ya, I know, you both have two jobs and kids.

That's fine, but I think about your well being & for your children too.

They will grow up and think it's supposed to be this way.

Not necessarily. Slow down, spend less, enjoy life more, rest, pray and occupy yourself with a healthy, happy lifestyle.

reacquainted Getting yourself will bring you abundance

indication of depression. Come hear Jennifer McClellan Johnson, Impairment Prevention Educator from the Cleveland Clinic, discuss risks, symptoms and treatment options for depression and seasonal affective disorder (SAD). Like any other disease, depression is treatable. Learn how you can understand your sadness and when to seek professional help. Registration is required for this program.

Reader's Café

Tuesday, Feb. 11, at 10 a.m. Concord Community Center (7671 Auburn Road, Concord Township)

Discover the most popular books of 2019, discuss your favorites from last year, and see what new books are coming during the Reader's Café at Concord Community Center.

Continued on page 22

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and happiness all on its own.

All is good when we relax and take life one day at a time.

I'm telling you my experience.

I sold my company, lost a lot of money, had the business phone disconnected, and spent more time with my children.

As it happened my spare time artwork sold well and provided for

A million plus dollars buys a lot, but one usually has no time to enjoy it was we rush around, work long hours, and have to keep going to maintain your desires. Really?

My health was more important and I survived just fine.

Grandchildren that I never found time to see because they were asleep when I was done working wasn't' worth it.

Yes, it felt good to be a provider, but at what rate and what limit?

I don't want to discourage success although I've learned from my wealthiest friends that dying in their 40's, 50's and 60's wasn't worth it.

One was in a car accidentovertired.

One was drinking too much to

One had a heart attack & died.

One had a stress stroke and died. And I was told by 3 doctors that

I was going to die also. Not worth it friends.

Learning to love yourself and not judge yourself by financial success, or others, will awaken the spirit inside you defining who you really are, and not who you are expected to be.

Get a nest egg set aside, find a good broker like Mentor's Benjamin Edwards, and let the rest

Remember the old saying "you can't take it with you?" Some try and hang on to that last penny while heading to the grave!

Be good to yourself. Take time for your family. Do something enjoyable, living the life God gave you! You are special to Him and also to me. Relax. Enjoy.

And always be of good faith for all good will come to those who believe.

Singing & Dancing, Rosey

TURNING 65 AND HAVE QUESTIONS ABOUT MEDICARE? I'M RIGHT AROUND THE CORNER!

Hello Neighbor,

My name is Jackie Greene \$ I am a licensed, certified health agent with 20+ years of experience with Group Benefit Associates here in Mentor, Ohio.

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February 26th College Transfer Fair to Host Over 20 Institutions

Lakeland Community College will host its annual Spring Transfer Fair Wednesday, Feb. 26, from 10 a.m. to 2 p.m. in the H-Building, ground floor, on the campus, 7700 Clocktower Drive, Kirtland, 44094. The event is free and open to the public.

Visitors can speak one-on-one information on viewing unofficial with college representatives to help plan for a bachelor's degree and beyond.

Current and former Lakeland students are encouraged to have their unofficial transcripts pulled. Visit lakelandcc.edu/transfer for transcripts and to request a transcript pull before the fair for representatives to provide an onthe-spot evaluation.

Lakeland was recently ranked No. 2 among two-year public colleges nationwide based

on a combination of three student success measures that included transferring to a fouryear institution, according to a report by The Chronicle of Higher Education, the leading publication for higher education.

To see approximate cost savings by transferring credits from Lakeland to a four-year institution, visit the 2-plus-2 calculator at lakelandcc. edu/2plus2calculator.

The following are scheduled to attend as of Jan. 15, 2020: Baldwin Wallace University, Bowling Green State University*,

University, Franklin University*, Grand Canyon University, Hiram College*, John Carroll University*, Kent State University*, Kent State University*, Lake Eric College*, Malone University, Miami University of Ohio, Notre Dame College*, Thiel College, The University of Akron*, University of Cincinnati, The University of Toledo, Wilmington College, and Youngstown State University*. Please visit lakelandcc.edu/ transfer to see updates to the list of participating institutions.

*Including Lakeland's Holden University Center partnership

For information, 440.525.7338.

Spring Transfer Fair Cleveland State University*, Duquesne University, Edinboro

Continue your education!

Transfer your Lakeland credits to a four-year school.



Wednesday, Feb. 26, 2020 10 a.m. – 2 p.m. | H-Building Atrium

Lakeland ranks No. 2 in the nation

out of 838 community colleges for students reaching educational goals, according to "The Chronicle of Higher Education."

Enjoy popcorn and pizza while you:

- Speak with representatives from visiting schools.
- Get the advice you need in one-on-one sessions.
- Plan for your bachelor's degree and beyond.

Request a free transcript evaluation from a participating four-year school at lakelandcc.edu/transfer.



For more information call 440.525.7338 or visit lakelandcc.edu/transfer.

"Everyone Loves Dancing" Presented on March 11th

the Fine Arts Association Second Wednesday Program Luncheon will be "Everyone Loves Dancing" on March 11.

The Fine Arts premier dance ensemble will present a glimpse into the life of dance.

All programs begin at 11:00 a.m. at The Fine Arts Association, Mentor Willoughby, Ohio followed by the luncheon at noon in the lobby (limited seating).

The menu is corned beef brisket, buttered cabbage, parsley

The Women's Committee of redskin potatoes, rye bread and carrot cake cupcakes.

> The cost is \$15/member or \$18/ non-member and reservations required. Program only tickets can be purchased at the door for \$10. Call 440.951.7500, X 103 or email fineartsrsvp@gmail. com no later than March 6, 2020.

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

(www.fineartsassociation.org).

Osborne Park Market & Flea **Looking for Artists & Crafters**

The Willoughby Lakefront to do, this is the place for you. Business Association (WLBA) again will be sponsoring the Osborne Park Market & Flea in

The market & flea is held at Osborne Park in Willoughby, off Lakeshore Blvd.

If you would like to help out, or you have community service

The Osborne Park Market & Flea is held on Wednesday's June - September. This year the hours will be from 4-8pm. We have a wide variety of vendors and food trucks to choose from. We are looking for artists, bakers and unique crafts.

We would like to extend the invitation to all car groups, classic and Jeeps, who would like a place to show off their rides.

There is no charge for this

For more information, call Kathie at 216-224-0925. You can also go to our Facebook page, "Like us on Facebook" to find the application.

Join us this year by stopping by and having dinner and dessert, shop for your treasures and gifts, then look at all the beautiful cars and Jeeps.

We hope to see you at the park!



Bankruptcy 101:

The Miracle of Bankruptcy

Bankruptcy is the affordable, fastest working, constitutionally backed legal mechanism available for Americans in financial trouble. Most importantly, bankruptcy offers powerful protections to people that cannot be had in any other way. Some of those protections are as follows:

- 1.) Protection of Assets: Once a bankruptcy is filed the Court protects many assets from being taken. It also prevents garnishment of wages. In almost all cases we are able to keep a person in their home, keep their cars, and all of their personal belongings to name just a few of the benefits.
- 2.) Protection from Creditors: Once your bankruptcy is filed, you receive a legal protection called an Automatic Stay. This "stay" prevents creditors and debt collectors from making contact with or trying to collect money from you. The automatic stay will stop foreclosure, lawsuits, wage garnishments, vehicle repossession, utility shut off, license suspensions for uninsured accident damage to

another motor vehicle and more.

- 3.) Discharge of Debt: Upon completion of the bankruptcy your debt is eliminated and does not ever have to be paid back.
- 4.) Time to catch up on Payment: In many cases bankruptcy filers get a chance to catch up on payments that are overdue on your home, car, or other assets.
- 5.) Re-build Your Credit: Bankruptcy clears up and resolves your debt, judgments, delinquencies, foreclosure and other bad marks on your credit rating and gives you a "fresh slate" upon which to re-build your credit. It also prevents creditors from coming after you years down the line for debts that are labeled "write offs" or "charge offs" by the bank on your credit report but that, unknown to most, are still collectible.
- 6.) It Works Fast: We are able to stop creditor harassment, lawsuits, foreclosures, garnishments, repossessions and a whole lot of other problems **FAST** with bankruptcy. Bankruptcy is not like applying for a bank loan. It moves fast. The protections discussed can be used the same day we file.

Some of these protections like stopping harassing phone calls are available immediately upon giving us money down for representation.

Bankruptcy is about having peace of mind and relief now but it is also about financial planning for the future. It is about reestablishing credit, keeping the lion's share of your property and resolving all of your current debt and bad marks on your record so that you will be in good financial standing in a few years. It is about a fresh start in life. Everyone deserves a fresh start.

Even though a bankruptcy is technically public record, the fact that you are filing bankruptcy will only be known by a few people who you probably will never even come in contact with- let alone know. It is not published in the local newspapers. The truth is that no one really cares whether you file bankruptcy anyway. They are too concerned with their own problems.

I have often stated that bankruptcy is an act of love to yourself and your family. You do not need to live in fear of debt collectors, lawsuits, losing your home or any of the other dreaded consequences of financial problems. You do not have to deal with the unbearable anxiety of financial stress. We cannot cure your cancer but we can cure your debt problems. We can help you regain your peace of mind. It is important to remind yourself that financial problems are temporary. They come and they go. Your health is permanent. Do not allow yourself to lose your permanent health over your temporary financial problems.

Biales Delchin offers to start bankruptcy protection and stop bill collector harassment for only three hundred dollars down. If you think Bankruptcy might be able to help you, please call us for a free, confidential, no obligation consultation.

Robert C. Biales

Audubon Reveals Discoveries on Bird Migration Through Cleveland

Audubon welcomes Dr. Andy Jones as he presents "Migration All Around Us: How Birds Navigate the Americas" 7:00 p.m. Tuesday, February 18 at Penitentiary Glen. For some five billion individual birds, a trip to Central or South America from North America is an essential and stunning annual accomplishment. Dr. Jones will explain why birds undertake this grueling trip and how they find their way to wintering grounds they have never seen before. He is the Curator of Ornithology at the Cleveland Museum of Natural History.

Most species of songbirds migrate at night, and lights on tall buildings or aimed at the sky can disorient them and draw them into buildings. This causes many birds to strike windows or circle buildings until they fall from exhaustion. Lights Out Cleveland is the program in this region within the Ohio Lights Out network, which is coordinated by Ohio Bird Conservation Initiative. Ohio Lights Out staff and volunteers assist managers of buildings

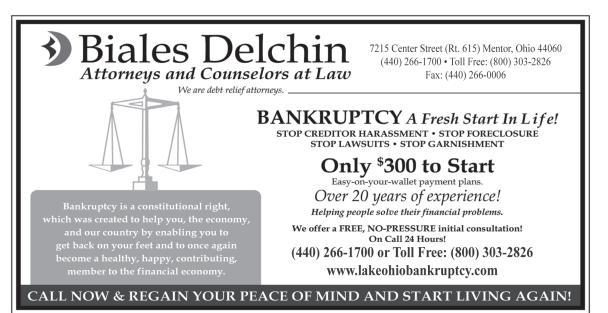
that are enrolled in the program to adapt their lighting schedules and modify their buildings' glass to make urban landscapes safer for migratory wildlife, according to https://ohiolightsout.org.

Lights Out Cleveland monitors bird-building collisions during migration. Dr. Jones will present the results of their work, including insights from rehabilitating birds as well as a new discovery from the collision patterns across the city.

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

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

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





Upcycle Repurpose Competition is Returning as a Feature at the March 7th Home & Lifestyle Expo

Do you have a knack for turning old items into like-new? If so, get creative and showcase your imagination, creativity and talent by entering the Upcycle Repurpose Competition being held during the annual Home & Lifestyle Expo on Saturday, March 7 at Great Lakes Mall.

The competition was designed to inspire others to enhance their home and lifestyle with items they may already own or would have thrown away. There is no fee to enter and items can be, but are not limited to furniture, accessories/home décor, clothing and jewelry.

All entries will be on display during the Expo hours of 10am-6pm. Votes will be cast by Expo attendees and one item will win "Best of the Expo" with a prize of a \$100 gift card. To enter contact Diana Lewis at 440-255-8932 ext. 7726. The deadline to enter is February 21st.

The Expo itself is built around one jam-packed day kicking off at 10am and running until 6pm. The first 300 attendees will receive a free gift bag, with a \$50 gift card in two of the bags! The gift bags will be distributed from a store front close to the entertainment stage which is in front of Macy's. Entertainment is a big part of the Expo with demonstrations to include a 2pm rain barrel painting demonstration with artist and Fine Arts Association Development Director, Yvonne Delgado Thomas, performances from local entertainers and a fashion show at 3pm with models from Leadership Lake

County.

Attendees will get ideas, inspiration and practical advice in remodeling, home improvement, gardening and lifestyle. Representatives from local companies, remodelers and designers will be onsite to answer questions, provide suggestions and explore ideas for all aspects of home improvement and lifestyle needs.

The Home & Lifestyle Expo is a free event, hosted by the Eastern Lake County Chamber of Commerce, Mentor Area Chamber of Commerce and Willoughby Western Lake County Chamber of Commerce and sponsored by many local companies which include premiere sponsor, Generator Pros/Shepp Electric and sponsors A-1 Concrete Leveling



of Cleveland-East, Carpet One Mentor, Floor Coverings International, Handouts, Keller Williams Greater Cleveland Northeast - Natalie J. Antosh, Lake County Women's Journal, Leadership Lake County, Mimi Magazine, Mix 97.1/Gold 93.7, Platinum Real Estate, Schoolhouse Salvage, The News-Herald, Vector Technical Inc. and WINT Integrity Radio 101.5 FM/1330 AM.

For more information about the Home & Lifestyle Expo or to register as an exhibitor call Linda Reed at the Eastern Lake County Chamber of Commerce at 440-357-7572.





Dale Carnegie Course® 3-day Immersion in Mentor

This multi-faceted course provides skills needed to traverse today's changing work environments with confidence and enthusiasm. Join us and experience the transformation!

Thursdays, March 5, 12, 19, 2019 8:30 am - 4:30pm all three days Mentor Holiday Inn, 7701 Reynolds Rd. Free Preview – February 20th, 6 pm to 7:30 pm



To enroll or learn more: neohio.dalecarnegie.com | 216-223-7733 Pattv.Ferris@dalecarnegie.com

Dale Carnegie.

The Dale Carnegie Course is Back!

Ten years ago, the Dale Carnegie Course was offered both publically and in the corporate setting. Some of the larger companies and corporations utilized this training program to develop critical skills with employees and increase employee engagement. Now it's back this March!

This inspirational course is a life-changing event not only for business people, but for world leaders, professional athletes and entertainers, who while coming from diverse specialties, have one thing in common -- an intentional goal of outperforming

their personal best.

Aspiring leaders in all professions learn to connect with people more skillfully and lead organizations to higher levels of productivity. The course lays claim to over 7 million graduates, including Warren Buffett, Don Shula, Annette Bening and many U.S. presidents.

Fast-changing work conditions require leaders who are equipped to not only keep up, but excel in the today's business environment. This requires persuasive communication skills, creative problem-solving methods, and extraordinary confidence and enthusiasm.

While many may think they possess these skills now, through this unique three-day experience, even the best and brightest discover opportunities to grow and improve the skills required to outdistance the competition. No wonder the Dale Carnegie Training was awarded Top 20 Leadership Training Organization in 2019 by the Training and Development Industry.

The course will be offered in a 3-Day Immersion format, Thursday, March 5th, 12th and 19th 8:30am to 5:00 pm at the Holiday Inn Mentor on Reynolds Road. There will also be a Free Preview on Thursday, February 20th from 6pm to 7:30pm, also at the Holiday Inn Mentor.

Transformation Starts Here!



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

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

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 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

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.

First Time Seasonal Maintenance Agreement

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(440) 585-9232

Unraveling the Mysteries of Medicare

Medicare before you enroll. You could spend countless hours talking to friends and visiting numerous internet sites. Or, you can attend a comprehensive workshop called Getting Started with Medicare where we cover many of the things you will need to know before you make your Medicare decisions.

Getting Started with Medicare provides you with up to date, reliable information. You will learn when and how to enroll as well as the differences between Original Medicare, Medicare Part

There's so much to learn about D Prescription Drug Coverage, Medicare Advantage Plans and Medicare Supplement Plans. You will also learn how you can get coverage for dental, vision, hearing and other services not covered by Original Medicare.

> Registration is required and is going on now for classes on the following dates and times:

Monday, February 17 Eastlake Library 6:00 - 8:00 PM440-942-7880

Tuesday, February 18

Mentor Library 6:00 - 8:00 PM440-255-8811

Wednesday, March 18 Concord Community Center 6:30 - 8:00 PM440-639-4650

For additional class dates and times visit www.mutskoinsurance. com/seminars.

Don't make the mistake of settling for the same coverage a friend or neighbor suggests. Take

some time to attend one of these classes so you can decide for yourself what is best for you. These events are for educational purposes only and no plan specific benefits or details will be included. Some venues may charge a nominal fee. Pre-registration is required.

For questions concerning your insurance, including Life, Health, Medicare Advantage Plans or Medicare Supplements, please call me at 440-255-5700 or email me Lmutsko@mutskoInsurance. com to set up an appointment to discuss your insurance needs. I look forward to helping you.

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, Supplement Plans, Medicare 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.

For more information, visit www.mutskoinsurance.com.

Are You Ready to "Cut the Cable?"

In the past, many of you have Since everyone has their own 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.

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.

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, and data transfer 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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Discover Why Mentor Seniors Aren't Waiting Until Heaven

Everyone was telling you to save your whole life. "Save for retirement now or be sorry later!" Your whole life you have been saving and preparing. You imagined having a place to call your own and all the great memories you would create.

Then life came along you had kids, work, family, events and a mountain of other tasks. You never thought you'd have to put off all your home projects for other stuff that came up. Your home grew old and the repairs needed grew as

Imagine living in a beautiful and functional home, you love waking up every morning. After all your years of hard work the glory days of retirement are finally here. The reality is you can't take it with you. So, delaying these repairs and upgrades is only delaying your happiness.

You cringe at the thought of having to call or hire a Handyman. We've all heard the horror stories about the guys who never call back, don't show up on time, or start the work and disappear.

We will make you a few promises. One, we do what we tell you and show up on time. We don't collect for your job until completion and you are 100% satisfied. You don't just need any contractor, you need a reliable and dependable handyman. When you have work done by us, you can be confident knowing it is being done by a highly trained and skilled Professional Handyman. We are licensed and insured. Seniors all over Mentor are falling in love with their homes again. We couldn't be more thankful to be a part of that process. You are in your home a lot. It makes sense to do your projects now.

Monthly Upkeep Handyman/Remodeling Service 440-363-6400.



Get the FACTS on Medicare Health Insurance and Rx Plans.

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Tue, Feb. 18 • 6-8:00 pm **MENTOR LIBRARY**

To Register Call: 440-255-8811

Wed, March 18 • 6:30-8:00 pm **CONCORD**

COMMUNITY CENTER

To Register Call: 440-639-4650

www.mutskoinsurance.com for more classes in your area!

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



Caregiver Stress...Take Time for Yourself Caregiver burnout is more yourself, and sometimes just a -Change in appetite

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

Taylor Made Home Care is the solution to give you a break that you need and deserve. We provide respite care for your loved one so you can focus on yourself. Let's face it you're no good to them if you don't take care of

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 -Low Energy Sleeping -Chest Pains -Headaches

These emotions uncommon when caring for a loved one.

-Guilt -Sadness Exhaustion -Helplessness -Loneliness -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

out about caregiving resources in your community

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

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

"Interludes of Music" Presented on February 12th

Fine Arts Association will present "Interludes of Music" February 12 for the Second Wednesday Program Luncheon.

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

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

The Women's Committee of the over penne pasta with a garden salad. Sweetheart specials are the dessert.

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

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

(www.fineartsassociation.org).

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American Home & Energy Products: A Warm Place to Visit! At this time of year, we all want warm, beautiful fireplaces, inserts well as Biosmart, Edenpure and you have a fireplace and want also still open including the Pond

to come home to a warm house. Fortunately for people that live in northeast Ohio, we have the solution! You can expect style, warmth and great customer service from the people at American Home and Energy Products, Inc. in Painesville. With a multitude of heating options available, we make it a comfortable experience choosing which is best for your home.

We encourage you to stop in and learn about all the alternatives for and stoves such as gas, wood, and pellet fueled units. Radiant electric heaters and fireplaces are also available. We offer some of the best names in the industry such as Regency-Fireplace products International. Their products have the closest clearances in the industry and backed up by one of the best warranties available. Other companies represented include Napoleon, Wolf Steel, Hearth, Monessen, Vantage Empire, Thermo-Rite Doors, as

Dimplex just to name a few.

We specialize in assisting customers with the decision process and educating customers about all the various choices. Whether it's determining a single room's heating needs or if it's sizing a unit for the whole house, we have the tools and experience to be able to help determine which is the best unit for any area. Design ideas are also available. We can help incorporate a completely new unit into a new space. Or if

a completely new look, we can make all the changes necessary to help you fall in love with your fireplace again.

Our showroom is filled with displays including several burning units so you can feel the warmth! We also carry a full line of mantels and mantel shelves to customize your fireplace. Hearth accessories such as tool sets, steamers, wood racks and fire starters are just a few of the additional items available. We also offer fuel such as pellets, firewood and EZ Bricks (a great alternative to firewood.)

Although this is the heating season, our other departments are also still open including the Pond Shop for all your water garden and farm pond needs. The Stone & Brick Yard is stocked with pavers and retaining wall blocks as well as several natural stone varieties. Our Outdoor Kitchen has grills, smokers, charcoal, rubs and accessories for your outdoor cooking needs.

We are located across from the Lake County Fairgrounds in Painesville on Mentor Avenue at 1270 Mentor Avenue. Our phone is (440) 358-5858. Winter hours are Monday through Friday 10:00 am to 6:00 pm and Saturday 9:00 am to 5:00 pm. We look forward to seeing you!

Lake County Master Gardeners Offer Workshop March Gardening

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

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

Attendees will choose three additional presentations from the following speakers: Ann Rzepka Budziak, Holden Forests and

• Hearth Shop - Mantels - Stone Work

• Venting Pipe Materials

Pellet Stoves & Pellet Fuel

Gardens; Bill Hendricks, Klyn Nurseries Inc.; Danae Wolfe, OSUE: Garrett Ormiston, Cleveland Museum of Natural History; John Barber, Friends of Lower Lake; Laura Bonnell and Natalie Gertz-Young, Master Gardeners; Margaret Rivera, OSUE; Mary Slingluff, Avalon Gardens; and Sarah Short, OSU.

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

The program fee of \$48 includes continental breakfast, lunch, snacks, and a parting gift. A variety of garden-related items will be available for purchase.

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

The deadline for registration is February 26.

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

Scholarship for Future Female Educator

The Lake County Gamma Iota Chapter of Delta Kappa Gamma Society International is pleased to announce the availability of a \$2,000 scholarship to assist with college costs for a qualified future female educator.

Delta Gamma Kappa Society International promotes professional and growth of women educators and excellence in education. The Lake County chapter supports this mission by offering this scholarship to female college students who meet the following criteria:

personal

• Are currently registered as a

19

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college sophomore or junior • Are enrolled in and excels

in a college Teacher Education Program.

• Have home residences located in the Ohio cities of Mentor, Eastlake, Kirtland, Timberlake, Wickliffe, Willoughby, Willoughby Hills, or Willowick.

Applications may be requested by e-mail to dkgscholarship@ gmail.com. Questions may also be sent to that e-mail address.

Deadline for applying is March 15, 2020. All applicants will be notified of the committee selection by March 31, 2020.



American-Home.com

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

Free Online Overdose **Prevention Training**

The Lake County General Health District (LCGHD) is now offering a free online opioid overdose prevention training and naloxone distribution through its Project DAWN (Deaths Avoided With Naloxone) program. Participants will receive online training to recognize the signs and symptoms of overdose, distinguish between different overdose types, perform rescue breathing, call EMS, and administer naloxone. The online education and distribution program will be available to Lake county residents, as well as residents of other Ohio counties who do not currently have a Project DAWN program.

The online program is easy to use:

- 1. Visit https://www.lcghd.org/ naloxone-distribution/.
- 2. Click the "Request a Kit" link to complete a survey and training video.

LCGHD staff will review all naloxone requests, and mail the naloxone kit to all eligible recipients within 72 hours of the

request.
"LCGHD is dedicated to ensuring access to naloxone regardless of one's ability to travel or self-advocate, commented Haley Russo, Health Educator and coordinator of the LCGHD's Project DAWN, an overdose education and naloxone distribution program. The Ohio Department of Health reports that in 2018, 84% of unintentional drug overdose deaths in Ohio resulted from opioids.

If you have questions about Project DAWN, or the online opioid overdose prevention training program, please contact Haley Russo at 440-350-2844, or hrusso@lcghd.org. To find a local pharmacy that can dispense naloxone without a prescription, visit The Ohio Pharmacy Board's website at https://www. pharmacy.ohio.gov/Licensing/ NaloxonePharmacy.aspx.

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 must be in good standing with 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

Angie's List, pass a background check and abide by Angie's List operational guidelines.

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

Mentor Window offers a full range of home improvements, including Energy Star Tilt-In double hung windows, slider styles, bay windows, casement windows, patio doors, fiberglass

and steel entry doors, vinyl siding in over 50 colors & styles, cedar shake style siding, seamless gutter systems, gutter covers, blown in insulation, and a complete line of backyard storage buildings.

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

Call today or stop in for a free, no obligation estimate (440) 209-1617. We are located at 7731 Lakeshore Blvd., Mentor, Ohio 44060., www.mentorwindow. com.



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STANDARD FEATURES CHECKLIST

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- ✓ 2 x 8 Tongue-and-Groove Flooring
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✓ Extra Wide 65" Door Opening ✓ 16" On-Center Studs



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'Support Our Seniors' 2nd Annual Spaghetti Dinner Fundraiser- Feb. 13th The Support Our Seniors agencies. Proceeds benefit the Council on Aging, RSVP Lake the day of the event for \$12 For additional information,

Levy Committee is holding its 2nd annual Valentine's Day Spaghetti Dinner Fundraiser on Thursday, February 13, 2020, from 4:00 p.m. to 7:30 p.m. at the beautiful Perry Senior Center located at 2800 Perry Park Road.

The fundraiser will feature live entertainment by Elvis, basket raffle, cash bar with beer and local wine, and a spaghetti and meatball dinner!

The event is sponsored by Tapestry Senior Living -Wickliffe and several other local Senior Services Levy campaign. The Senior Services Levy supports many critical services in Lake County including Meals on Wheels, homemaker services, senior center programming, Protective Services, home repairs and modifications, and the Volunteer Guardian Program, to name a few.

Pre-sale tickets are \$10 for an adult/senior and \$5 for children 12 and under and are available for purchase at any Lake County Senior Center, the Lake County

County, and Lifeline. Tickets adult/senior and \$7 for children please contact soslakecounty@ will also be available at the door 12 and under.

gmail.com.

Mentor Fire Dept. Shares Heating Tips

Winter time temperatures are here! Which means we keeping our homes warm can be a challenge.

Take extra care when using your fireplace or a space heater. Remember do not use your stove or oven to heat your home.

- All heaters need space. Keep anything that can burn at least 3 feet away from any heaters.
- Never use ovens and stoves

to heat your home.

- Always turn off space heaters when leaving a room or going to
- Space heaters should be plugged directly into the wall. Power strips and extension cords will overheat too quickly when a heater is plugged in to them.
- When using a fuel-burning space heater, open a window to reduce carbon monoxide exposure and ensure proper

- Know your community's regulations for the use of kerosene heaters. These are illegal in some jurisdictions.
- · Always use the correct fuel for your heating appliance. NEVER add a fuel that is not meant for that equipment.
- Burn only dry, seasoned wood in your wood-burning stove or fireplace. It is cleaner for the environment and reduces flammable buildup in the chimney.
- Maintain heating equipment and chimneys by having them inspected each year by a qualified professional.
- Remember: burning any fuel, including wood, creates carbon monoxide. Install carbon monoxide alarms that are listed by a qualified testing laboratory. Installing them to manufacturer instructions will help provide early warning to related dangers.

A carbon monoxide detector is just as important as a smoke detector. Be sure to have them on each level of your residence.

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



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Hope your new year is starting off well! However, if you're bored with winter and don't know what to do- new shows are starting and there's a lot going on this month.

Don't forget your sweeties on Valentine's Day- Friday, February 14th. We'll have a lot of special goodies from decorated heart cookies and cakes to special cupcakes and chocolate covered cookies. We will also have gift items and small gift baskets and trays for your Valentine's.

On Tuesday, February 25thwhat many have been waiting for - Fat Tuesday, also known as Paczski Day!!! (pronounced poonch-key.) We will be taking

February 20th. Make sure you get your orders in early to reserve your favorites. We also have Ash Wednesday

on February 26th. This day marks the beginning of Lent for Christians. It lasts for 6 weeks and ends on Easter Sunday. We'll have our hot cross buns - which are favorites at this time. These are a spiced bun with a cross on top. The cross sometimes is baked into the bun or is done in icing after baking. These are great by themselves or with a meal.

The best thing about the end of February is that it is closer to Spring!!



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at home and that better care begins at home. That's why we're dedicated to providing a comprehensive range of the highest quality non-medical home care services in a professional and efficient manner that enhances all of our clients' quality of life and empowers families to keep their loved one at home. Remembering that caring is as important as the care, we know the highest calling of our profession is to provide comfort to those who are in distress or need with the utmost dignity and respect.

We coordinate all these services to provide seamless service for you and there is

Be the Difference! Be a Volunteer!

Hospice of the Western Reserve is seeking volunteers to assist in private residences, nursing homes, assisted living communities, and hospital settings. As a vital part of Hospice of the Western Reserve's team, volunteers come from all walks of life and have a variety of skills, talents and abilities. Opportunities to serve are diverse: Companionship in private home and nursing home settings, Certified Pet Therapy, Licensed Cosmetologists and Barbers, light housekeeping, Patient phone calls, and Veterans Visiting Veterans.

The next series of volunteer classes start on February 18th at 9:00 a.m., at Hospice of Western Reserve, 34900 Chardon Road - Building 1 Suite 105, Willoughby Hills 44094. Pre-registration is required. For more information, or to register, call the volunteer team at 216.255.9090. It is required to wait 12 months after experiencing a significant loss before volunteering directly with patients.

<u>About Hospice of the Western</u> <u>Reserve</u>

Hospice of the Western Reserve is a community-based, non-profit agency providing comfort and emotional support to patients and their families. The agency cares for people in a variety of settings, including the home, hospital, long-term care facility, David Simpson Hospice House overlooking Lake Erie, Ames Family Hospice House in Westlake and Hospice of Medina County. For more information, visit hospicewr.org or call 800.707.8922.

always someone available to speak with when you need questions answered.

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.

Call us today at 440-946-1600. We look forward to the privilege of serving you and your family.

Better At Home, LLC understands the challenges facing today's families and the importance of aging in place. That's why we are **dedicated to providing the very best care** to you and your family in the privacy, **comfort and safety of your own home.**

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We offer 24-hr. care with no hourly minimums and COMPLIMENTARY home assessments to create **a unique care plan** exclusive to you and your needs.



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Save the Date! Hospice of the Western Reserve Hosts Warehouse Sale March 7th-8th

Whether it's sprucing up a home, staging a property, locating a "like new" desk for a student, or finding a dining room table large enough for holiday gatherings, Hospice of the Western Reserve's Warehouse Sale is the place to be to find gently used home furnishings, accents and accessory pieces—all priced at a fraction of their original retail prices!

In addition to furniture, framed artwork and lamps, the selection often includes matching sets of fine china, glassware, antiques, jewelry, collectibles and one-of-akind treasures. The proceeds not

only support seriously ill patients and their families, but veterans in need of specialized care, grief and trauma counseling in schools and other community-based programs provided by the nonprofit agency throughout northern Ohio.

Cash and major credit cards (VISA, MasterCard, and Discover) are accepted for payment (no checks). Ample parking is available in the Hospice of the Western Reserve parking lot. (Follow the "Warehouse Sale" signs upon arrival at the agency's site.)

Donations of Furniture and Household Goods Sought for Sale

Donations of furniture and household goods are still actively being sought. Furniture items will be previewed by volunteers or by submitted photos prior to acceptance for donation. Tax receipts will be provided. Arrangements can be made to pick up large furniture free of charge from some locations in northern Ohio. (Donations to help defray the cost of movers are greatly appreciated.) Those interested in contributing items for the sale should contact the Warehouse Sale Team at 216.255.9090.

NOTE: The agency does not accept bedding, books, clothing,

car seats, electronics, major appliances, medical supplies, sporting goods, children's toys and games, computers, mattresses, televisions and stuffed animals.

Hospice of the Western Reserve warehouse sales are held four times throughout the year. To receive notice of upcoming sales, send an email to: warehousesale@hospicewr.org, or visit hospicewr.org/warehousesale for a schedule.

Date/Location: Saturday, March 7, 8 a.m. to 4 p.m., and Sunday, March 8, Noon to 4 p.m., at Hospice of the Western Reserve Headquarters, 17876 St. Clair Ave., Cleveland.

About Hospice of the Western

Reserve

Hospice of the Western Reserve is a nationally acclaimed non-profit agency providing comfort and emotional support to patients and their families. The agency provides palliative end-of-life care, caregiver support and bereavement services throughout the region, and cares for people in a variety of settings, including private residences, assisted living and retirement communities, nursing homes, at Ames Family Hospice House in Westlake, David Simpson Hospice House on Cleveland's east side and Hospice of Medina County. For more information, visit hospicewr. org, or call 800.707.8922.

Mentor Baseball League 2020



Registration Now Open!

Register now through February 29, 2020 Late Registration: 3/01/2020 -3/30/2020 Late registration will incur a \$10.00 late fee.

FEES:

• M6- Majors: \$100

• Pony-Colt: \$110

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baseball@mail.com

• Seniors: \$130

• T-Ball: \$80

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LEAGUES:

- T-ball (co-ed, ages 4-5)
- Midget 6 (Coach Pitch)
- Midget 7 (Coach Pitch)
- Mitey- Mite 8 (A hybrid mix of kid and coach pitch)
- Minor 9-10 (All kid pitch)

 The 9 and 10 division have been combined from the 2019 season. All divisions 9u and above are straight overhand pitch. All divisions 9u and above use Ohio certified umpires.
- Major 11-12
- Pony 13-14
- Colt 15-17

* AGE CUTOFF FOR EACH LEAGUE - MAY 1

• Senior 18+

Go to www.mentorbaseball.com & click

Go to www.mentorbaseball.com & click on the "REGISTER NOW" Baseball.

- <u>Create New Account</u> (All users must create an account, if you have an account from a prior year then you do not need to create a new account.)
- <u>Complete the registration process</u>- You will receive an email confirming that you have registered (Keep that email.)

QUESTIONS?

Jeff Elly (440) 749-8355 Elly0220@hotmail.com Lou Kraska (440) 622-0502 kraskambl@gmail.com

Please visit Mentorbaseball.com for more information.

There's More to Mold Than Just the Spore! Mold can emit a fungal gas! exposure to these gases, the we cannot control, but exposure

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

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

Additionally, the longer the

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

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

There are many things in life

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

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

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like a blast furnace on summer afternoons? Does that new addition seem like a new fridge in the winter? DeBord's One Hour and Benjamin Franklin Plumbing want to help! If you have one or more rooms in the home that are too hot or cold, you're not alone! It seems every house has a room/ area that's uncomfortable at certain times of year.

In a perfect world, architects would be HVAC specialists. In the real world, HVAC systems must

Does your bedroom feel make do with a number of design, construction, and climate factors in the home.

> Temperature differences of up to three degrees from room to room are not uncommon, but often one or more rooms are uncomfortably warm or cold. Did you know that DeBord's One Hour and Benjamin Franklin Plumbing can help fix this problem? The condition this problem? may be caused by several factors, including inadequate insulation, air leakage, poor duct system design, duct leakage, unwanted

SAUNA sun/shade, or even a failure in part of how the room relates to your of your heating/cooling system.

Common problem rooms include: attics, rooms over a garage, basements, and additions.

Sometimes all it takes is some thorough weather stripping, a good ceiling fan or a well placed tree or shrub to mitigate the problem. Window screens or shades may do the trick. Adding a layer of insulation in the attic, ceiling or walls may be another solution.

More often, however, the situation requires expert analysis

SYNDROME

comfort system, or if the problem lies within the system itself. A specialist from DeBord's One Hour and Benjamin Franklin Plumbing will use diagnostic equipment to evaluate the performance of your home and detect any duct leakage, ventilation problems or system shortcomings, and recommend ways to restore year round comfort.

For most folks, a house is their largest investment, so they should reap the benefits of every room in their home. If you're losing

living space due to seasonally uncomfortable rooms, DeBord's One Hour and Benjamin Franklin Plumbing a call at (440) 285.9125. We can help you get your room back!

For more information and for special offers log onto:

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Surprise Your Valentine With A Couples Massage at Cosmetic Laser Medi-Spa Looking for a Valentine's gift and shoulders focus. We also over each other. Therefore, as

Looking for a Valentine's gift that is unique and an experience you and your partner can both enjoy? The Rock House is partnering with Cosmetic Laser Medi-Spa in Mentor and Chardon to offer personalized couples massage services! Schedule with Rocky Nelson, MEd, LMT or contact us for gift certificates to be used at your convenience. Unwind to an hour massage in our beach themed room and enjoy hors d'oeuvres afterwards.

Rocky and his team of professionals can cater to your individual needs. Does your partner want relaxation but you're in need of a therapeutic massage? You do not have to get the same style of massage but you would share the experience together being side by side under mood lighting and enjoying the sounds of the beach! We provide relaxation, wellness, and therapeutic massage any of which can be infused with hot rock, essential oils and energy techniques as desired. Our specialty is a wellness massage that starts with relaxation routine that incorporates an assessment for issues that could require Structural Integration or other techniques to address problem areas. One person can opt for a full body wellness massage while their partner may be more comfortable with a head, neck,



love performing cranial sacral (head and spine) energy work in our relaxation massages, great for relieving stress!

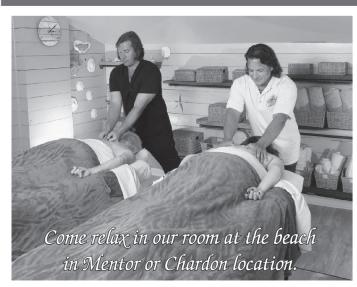
What sets our massages apart from others are the knowledge that Rocky brings and his willingness to "read" what your body needs even if you're unaware of it yourself and adjust or combine techniques to truly tailor the experience to you. Most people develop joint and muscle pain slowly over a course of time, and they can't even tell what they did to cause the source of pain and discomfort. We use our bodies in the same repetitive motions that causes muscular and imbalances adhesions, which limit blood flow. Often our jobs and entertainment are housed on smartphones and computers that alter our posture in an unhealthy way. All this creates muscular adhesions over time, which means the muscular layers are sticking to each other instead of gliding

we get over-use injuries, which don't get better with rest. Blood flow is necessary for any type of tissue healing and achieved by use of structural integration in massage. The end result of this massage will break up any adhesions in your body, which will increase blood flow of the body, increases your range of motion, and decrease aches and pain.

So say "yes" to treating yourself and family to our couples massage services available at The Corning White House located on the corner of RT 20 and 615 at 8353 Mentor Ave. Mentor, OH 44060 or on the Chardon Square at 133 Main St. Upper Chardon, OH 44024.

To schedule or for more information call Rocky Nelson MEd, LMT, at 440-477-4696 or contact Cosmetic Laser Medi Spa & More at 440-477-4074. To see the room, visit www. takeawayhair.com.

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DIAGNOSING ICEBOX OR SAUNA SYNDROME...





For more information refer to the article. . .

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Divorce 101:

How to Make Getting a Divorce Fast, Easy and Cost Effective

This article simplistically identifies the main issues in the termination of the marital contract and explains difference between a divorce and dissolution and why a dissolution is always the best, least stressful and most costeffective 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 "visitation"), (formerly 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 fundamental most 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

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 \$3500 and without children \$2500. 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 \$250- \$300 per hour. There

Lake County Genealogical Society
Have you ever wanted to Genealogical Society meetings

find your "Roots" by learning how to research your ancestors; create a family tree, or even find some unknown past and present relatives? Please join us as we share information on where and how to conduct genealogical research from society members and local genealogy experts. For this meeting our speaker is TBA, so check our web site for more 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 issues

are typically held on the last Thursday of the month from 10:00 am to noon. We do not meet the months of August and December. We meet in the Morley Library basement (184 Phelps St., Painesville). Please check our web site (www. legsohio.org) for any changes in meeting date/time/location

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 fast, relatively inexpensive dissolution of marriage with minimal stress and pain to the parties and their children is 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

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- 4. Check main gas valve 5. Adjust burner & pilot
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- 7. Check & adjust furnace
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- 2. Leak test unit if necessary
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- 4. Check bearings
- 5. Align pulleys & lubricate motor
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- 7. Check condenser
- 8. Check drain
- 9. Check operation of thermostat 10. Operational check of systems.

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Mentor Public Library: & Teen

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

Snappy Little Story Time

Mondays at 10 a.m. at Main Branch

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

Pajama Story Time

Mondays at 6:30 p.m. at Main Branch

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

Tiddlywinks

Tuesdays and Wednesdays at 10 a.m. at Main Branch

Thursdays at 10 a.m. at Mentoron-the-Lake Branch

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

Storytime Stars

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Tuesdays at 10:30 a.m. Mentor-on-the-Lake Branch Children, ages six months to five

Programs years, can enjoy stories, music, rhymes and a craft to take home. All children must be accompanied by an adult.

Preschool Story Time

Tuesday at 11 a.m. Main Branch Children attend without an adult and enjoy a fun-filled session of stories, songs and rhymes. A responsible adult must remain on the children's floor during the story time session. For children ages three to five years old.

Pre-K Pop Party

Wednesdays, at 11 a.m.

Main Branch

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

Tyke Time

Thursdays from 11 to 11:30 a.m. Mentor Headlands Branch

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

Mother Goose on the Loose

Fridays at 10 a.m. Main Branch A 4-week interactive program for children up to 30 months. The program uses rhymes, songs, puppets, musical instruments and more to stimulate the learning process in babies and toddlers. Registration is necessary and opens two weeks before the beginning of

Family Story Time

the next session.

Fridays at 11 a.m. Main Branch Take a little time for some great stories and family time. Families with children of all ages will enjoy stories, music, rhymes and crafts together. All children must be accompanied by an adult.

Saturday Crafty Pop-Up

Saturdays from 9 a.m. to 1 p.m. Continued on page 21



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Nominations Sought for Lake County Senior Citizens Hall of Fame

The Lake County Council on Aging is seeking nominations for the Lake County Senior Citizens Hall of Fame - Class of 2020. Established in 1994, the Hall of Fame is a tribute to seniors who have generously given their time and energy to improve the quality of life in their communities or the county at large. Their contributions can be from their professional lives, or through volunteer work.

Judging will focus on the nominee's contributions toward improving the community or the lives of others. An independent panel will then select the top nominees for induction in May during the Council on Aging's Annual Meeting and Awards Ceremony.

"Each year we recognize contributions made by older persons in the county. These extraordinary individuals work as volunteers, serve as role models, or use their talents to help others," said Joe Tomsick, CEO of the Lake County Council on Aging. "There certainly is no shortage of Lake County seniors who have been incredible contributors in their

Nomination forms for the 2020 Senior Citizens Hall of Fame are due by March 6th, 2020 and can be returned to the Council on Aging, 8520 East Avenue, Mentor, OH 44060. Induction is held during the Council on Aging Annual Meeting in May, which coincides with Older Americans Month.

Nominating Criteria

- Each Nominee must be age 60 or older.
- Nominee must have been a resident of Lake County, Ohio for the past 5 years.
- An individual or couple who - as a senior citizen (60 or older) – has had significant impact on an individual, organization or community.
- This individual or couple may have an impact on another person, organization or community through his/her employment, civic or volunteer activities since age 60.

Who May Nominate / Eligibility

- A person, group, business or organization may nominate individuals.
 - Self-nominations are not

- Awards may be given posthumously.
- Individuals or couples who have been nominated in past years

new form.

The Nomination form can be found online at www.lccoa.org or call 440-205-8111 to have one

may be nominated again with a mailed to you. Please keep in mind that we want biographical facts along with an anecdote that shows why the nominated person

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"African Violets" Presented at Wildwood Cultural Center

On Wednesday, February 19th, The Wildwood Garden Club will be hosting "African Violets" with Pat Barilla of the Wildwood Garden Club.

The program will begin at 10 am at The Wildwood Cultural Center, 7645 Little Mountain Rd., Mentor, OH. Pat Barilla will be presenting on growing, propagating and proper upkeep of the beloved African Violet. African violets are commonly indoor plants. But with proper care, they can be enjoyed outdoors as well.

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

MACC Foundation 2020 Scholarship Applications

Don-Mar Krueger Scholarship and the Marie S. Pucak Technical Scholarship are available on-line.

Both scholarships are open to seniors attending schools in the city of Mentor and to children (seniors in high school) of Mentor Chamber members.

The mission of the scholarships is to select students who have the desire to further their education beyond the high school level.

Students may complete either the Don-Mar Krueger Scholarship Application OR the Marie S. Pucak Technical Scholarship Application.

Don-Mar Krueger Scholarship Application - A minimum of two post-secondary scholarships in the

Applications for both the 2020 amount of \$1000 will be awarded.

Marie S. Pucak Technical Scholarship Application - At least one scholarship in the amount of \$1000 will be awarded. The student must currently be enrolled in a career technical program at his/her high school and must have education plans consistent with his/her current career technical field.

For both scholarships: Providing the necessary funds are available, other scholarship awards may be given as deemed appropriate by the MACC Foundation committee.

The deadline for both scholarships is March 2, 2020.

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MPL Children/Teen Programs...

Mentor Headlands Branch Make a craft to take home. No registration is necessary.

Princess Party Pizzazz

Saturday, Feb. 1, at 1 p.m. Mentor Headlands Branch

Kids of all ages can come to a special tea party with finger sandwiches and several lovely crafts. Feel free to come dressed as your favorite princess. Registration required.

Mixed-Up Valentines Mailers

Monday, Feb. 3, to Saturday, Feb. 8. Main Branch

Kids of all ages can help spread Valentine's Day cheer in the Children's Department. Stop in anytime from Feb. 3 through 8 and decorate a valentine. Then address an envelope to yourself and put it in our magic mailbox. The library will mix up the valentines and send them out to other kind kids. Check your own mailbox to see when your mystery valentine will arrive. Open to all ages. No registration required.

Make a Craft

Monday, Feb. 3 Main Branch

Kid can stop by the Children's Department any time throughout the day (while supplies last) and get creative with one of the library's monthly crafts. No registration is necessary.

Melted Crayon Suncatchers Monday, Feb. 3, at 6 p.m.

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

Kids (ages five through 12) can learn how to use a favorite art supply in a whole new way. Create a stunning suncatcher with a little help from The HUB's Cricut machine. Registration is required to participate and begins Jan. 20.

Kids Hand Stamped Apron

Tuesday, Feb. 4, at 4:30 p.m. The HUB at Mentor High School (6477 Center St., Mentor)

Kids (ages four through 10) can customize their own chef's apron at The HUB. Registration is required to participate and begins Jan. 21.

Comics Club- Tuesday, Feb. 4, at 7 p.m. Main Branch

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

American Girl Book Club

Wednesday, Feb. 5, at 4 p.m. Meet Felicity and Caroline.

Main Branch

Girls between the ages of six and 12 years old meet once a month for a craft and a snack for each of the historical American Girl dolls. Each month will focus on a different doll. Be sure to

read "Meet Felicity" and "Meet Caroline" before this program. Registration is necessary each

Pixel Perfect: Video Game Club Thursday, Feb. 6, at 4 p.m.

Main Branch

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

Read-a-Thon Kickoff: Pirate & Princess Show

Thursday, Feb. 6, at 6:30 p.m. Main Branch

Families can enjoy a reading show where the books come to life! Mentor Schools Foundation is kicking off its annual Read-a-Thon with a bewitched treasure map, trip around the world, and the magic of imagination. The Pirate & Princess Show is free to attend, and open to all families. Registration is required though. Enjoy the adventure, and then learn how your kids can help raise funds for the Mentor School Foundation, which has given more than \$120,000 in grants to Mentor Schools projects.

Valentine's Day Walk-In Crafts & Cards

Saturday, Feb. 8, from 9 a.m. to 3 p.m. Mentor Headlands Branch

Drop in and make a card and craft for the ones you love, while supplies last.

Paws to Read

Saturday, Feb. 8, at 2 and 2:30 p.m. Mentor Headlands Branch

Kids who are able to read independently are invited to practice their reading skills during one of two 30-minute sessions with a licensed therapy dog. Registration is required.

Wooden Valentine

Monday, Feb. 10, at 4:30 p.m. The HUB at Mentor High School

Kids (ages six through 12) can make a unique wooden valentine using The HUB's laser engraver. Registration is required and begins Jan. 27.

Curious Kids

Monday, Feb. 10, at 6 p.m. Mentor Headlands Branch

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

Wordplay Creative Writing Club- Wednesday, Feb. 12, at 4:30 p.m. Main Branch

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

Anti-Valentine's Day Party

Wednesday, Feb. 12, at 6:30 p.m. Mentor-on-the-Lake Branch

Tweens and teens (fifth through 12th grade) can opt out of the Valentine's Day hullaballoo and spend the day with friends instead, enjoying crafts, decorating cookies, and sipping punch at the library's party. RSVP required for the party.

We Love Chocolate!

Wednesday, Feb. 12, at 7 p.m. Main Branch

Daughters bring your fathers or sons bring your mothers for some special time. The library will have a night full of chocolate games and crafts. Open to kids, ages six to 12. Please no younger siblings. Registration is required and begins Jan. 29.

3D Printing Basics Saturday, Feb. 15, at 10 a.m. Main Branch

Learn how to use Mentor Public Library's 3D printer to create everything from cellphone cases to toys to replacement parts for a skateboard. Librarian Mary Pelton will demonstrate the library's printing services and show you where to find to find cool and free designs to print. By the way, no design experience is required for this class, nor will this class teach computer-aided design.

Valentine Pee-Wee Prom

Saturday, Feb. 15, at 1 p.m. Main Branch

Kids, ages three to six, can dress up and dance, play and craft their heart away. Snacks will also be served. Registration is required and opens Feb. 1.

Let's Go LEGO Club

Saturday, Feb. 15, at 2 p.m. Mentor Headlands Branch Families can drop in and build with the library's LEGO blocks.

Lunch and a Movie Monday, Feb. 17 at noon

Main Branch

Special event for families with children 13 and younger. Bring your lunch and blankets and enjoy your day off from school. No registration required.

Studio MPL Art Club

Monday, Feb. 17, anytime from 3 to 7 p.m.

Mentor-on-the-Lake Branch

Kids in second through fifth grade can come in for a fun art project and coordinating, artsy scavenger hunt. Every session will highlight a different artist and their famous works. Walk-in program with no registration required.

Dinner with the Presidents

Monday, Feb. 17, from 5 to 8 p.m. Offsite at Yours Truly in Mentor

The library will have a craft and books on the presidents at Yours Truly for the restaurant's annual Dinner with the Presidents.

Cricut Maker Basics

Tuesday, Feb. 18, at 6 p.m. The HUB at Mentor High School

Learn how to use The HUB's newest creative technology - the Cricut Maker. Simplify your next project with precision cut or drawn graphics. All ages welcome. Registration is required and opens Feb. 4.

Eggs Hatching at the Library Thursday, Feb. 20, to Saturday,

Feb. 29. Main Branch

Beginning Thursday, Feb. 20,, families can come up to the children's department to see little chicken eggs that are getting ready to hatch. The library will have an incubator set up and you might even get a chance to see the eggs hatch. Our little friends should arrive by March 9. After hatching, the library will have baby chicks for about a week and then they will move to Chagrin Valley School. So come on up and join us for the excitement!

Firehouse Friends

Thursday, Feb. 20, at 10:30 a.m. Main Branch

Join our friends from the Mentor Fire Department for stories and songs. Meet the local firemen. Find out what it's really like to be a fireman. Open to all ages. Each time kids attend the "Firehouse Friends" story time will receive a raffle ticket for a chance to win lunch with the firemen in December.

Dungeons and Dice: Tabletop Adventuring Club

Thursday, Feb. 20, at 4 p.m. Main Branch

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

DIY Seed Bead Bracelet

Thursday, Feb. 20, at 5 p.m.

The HUB at Mentor High School Kids (ages eight to 12) can design and string their very own seed bead bracelet. Registration required and opens Jan. 30.

Craft & Cocoa

Saturday, Feb. 22, at 2 p.m. Mentor Headlands Branch

Tweens (ages nine to 12) can make crafts while enjoying hot cocoa at the library.

Mardi Gras Celebration

Monday, Feb. 24, anytime from

3 to 7 p.m.

Mentor-on-the-Lake Branch

Celebrate Mardi Gras at the Lake Branch by making a mask, doing a scavenger hunt, creating a beaded necklace and eating pancakes. Walk-in program with no registration required.

DIY Marble Mugs

Tuesday, Feb. 25, at 3:30 p.m. The HUB at Mentor High School

Teens (ages 12 to 18) can make a marble mug using nail polish. Registration required and opens

Full STEAM Ahead: Math Tuesday, Feb. 25, at 4 p.m. Main Branch

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

Geek Club

Wednesday, Feb. 26, at 4:30 p.m. Main Branch

Teens in grades six through 12 can make buttons with their favorite Marvel characters. They'll also play trivia with the chance to win free comic books. There will be snacks.

Headlands Family Game Night

Wednesday, Feb. 26, at 6 p.m. Mentor Headlands Branch

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

Color Me—Headlands
Wednesday, Feb. 26, at 7 p.m. Mentor Headlands Branch

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

Supplies provided. Laser Cut Embroidered **Keychain**

Thursday, Feb. 27, anytime from 3:30 to 7:30 p.m.

The HUB at Mentor High School Teens (ages 12 to 18) can learn how to craft a laser cut embroidered keychain. Walk-in craft, while supplies last.

Masterpieces at Main: Art Club for Kids

Thursday, Feb. 27, at 4 p.m. Main Branch

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

Adult **Programs**

Refreshments will be provided. Please sign up through Concord Community Center by calling (440) 639-4650.

Healthy Eating on a Budget Tuesday, Feb. 11, at 6:30 p.m.

Main Branch

If you're sticking to a budget this winter, it can seem like a real challenge to eat healthy. Join Registered Dietitian Melinda Wivell to learn how she plans healthy meals while following a budget. She'll talk about grocery store hacks, simple swaps and budget-friendly nutritious foods that can help you eat healthier without the hefty price tag. Registration is required for this program.

Civil War Series: The Life of Abraham Lincoln

Wednesday, Feb. 12, at noon Main Branch

Abraham Lincoln is one of the most revered Americans who ever lived. The 16th president of the United States was born dirt poor in a Kentucky log cabin and rose to the nation's highest office. Lincoln is the man most responsible for both the preservation of the Union and the abolition of slavery during the Civil War. On his 211th birthday, learn more about his life and legacy in this encore of a program originally presented in 2013. Presented by Todd Arrington of James A. Garfield National Historic

Mason Candy Jar

Wednesday, Feb. 12, at 5 p.m. The HUB at Mentor High School Adults can craft a little mason candy jar for themselves or for their valentines. Registration is required.

The Hunt for the Last Public **Enemy with Julie Thompson**

Thursday, Feb. 13, at 6:30 p.m. Main Branch

Discover the life and crimes of Alvin "Creepy" Karpis, the last Public Enemy #1 of the Great Depression era. Karpis reportedly compiled a record of 54 aliases, 15 bank robberies, 14 murders, three jailbreaks and two kidnappings. Author Julie Thompson has spent six years investigating Karpis's story, which begins just three miles from her backyard. This lecture will include a live "train heist" reenactment. Registration is required for this program.

3D Printing Basics

Saturday, Feb. 15, at 10 a.m. Main Branch

Learn how to use Mentor Public Library's 3D printer to create everything from cellphone cases to toys to replacement parts for a skateboard. Librarian Mary Pelton will demonstrate the library's printing services and show you where to find to find cool and free designs to print. By the way, no design experience is required for this class, nor will this class teach computer-aided design.

Ohio's Romantic Tragedies

Saturday, Feb. 15, at 2 p.m. Main Branch

Join Jim Kleefeld as he shares intriguing tales of love, romance and subsequent tragedy from the 1920s through 1940s. Kleefeld will also bring a collection of antique and unusual artifacts and will share the stories behind them. Learn about a strange wedding photo, a rich family that squandered away its fame and fortune, and more. Registration is required for this program.

Vinyl Feather Earrings

Monday, Feb. 17, at 6 p.m.

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

Make a set of vinyl fabric earrings using The HUB's laser engraver. Registration is required.

Men's Book Club

Monday, Feb. 17, at 7 p.m. Main Branch

This month's book is "Into the Thin Air: A Personal Account of the Mount Everest Disaster" by Jon Krakauer. Copies of the book are available at the reference desk at MPL's Main Branch.

The Battle of Midway

Tuesday, Feb. 18, at 10 a.m. Concord Community Center

On June 4th, 1942, the U.S. Navy and the Imperial Japanese Navy fought one of the key battles of the Second World War near Midway Island. The result would decide the fate of the war in the Pacific. Dr. John Foster of the Adult Information Services Department of Mentor Public Library will tell the story of the battle and of the incredible heroism of the sailors and naval aviators who achieved victory that day. Registration is required to attend this program. Please sign up through Concord Community Center by calling (440) 639-4650.

Computer Class: Word— Flyers, Pictures & Drawing Tools Tuesday, Feb. 18, at 2 p.m.

Main Branch

Learn how to use Microsoft Word 2013 to create flyers, manipulate pictures, and to effectively use Word's Drawing Tools. Registration begins Feb. 3 and is mandatory for this class.

Cricut Maker Basics

Tuesday, Feb. 18, at 6 p.m.

The HUB at Mentor High School Learn how to use The HUB's newest creative technology - the Cricut Maker. Simplify your next project with precision cut or drawn graphics. All ages welcome. Registration is required and opens Feb. 4.

Getting Started with Medicare

Tuesday, Feb. 18, at 6 p.m. Main Branch

Mutsko of Mutsko Laura Insurance Services will explain what you need to know if you or a loved one is going on Medicare. You will learn what Parts A, B, C and D cover and what is not covered. You will learn the difference between a Medicare Supplement and a Medicare Advantage Plan. This class is designed to make Medicare easy to understand and to answer all your questions before you need to register for Medicare.

Computer Class: Excel I

Tuesday, Feb. 18, at 6:30 p.m. Main Branch

Learn how to use Microsoft Excel 2013, including how to: describe a worksheet and its function; create a basic worksheet and learn how to save it to disk; apply simple formulas to perform calculations; apply simple formatting; and explore options for printing a simple worksheet. (Microsoft Word experience necessary.) Registration begins Feb. 3 and is mandatory for this class.

Learn about the Lake County Kinship Navigator Program

Wednesday, Feb. 19, at 11 a.m. Main Branch

Learn how you can help those who need it by participating in the Lake County Kinship Navigator Program. Lifeline and Lake County Probate Court are looking for volunteers who are interested in becoming legal guardians for people who have been medically identified as needing a guardian. These guardians assist with ensuring the health and safety of their charges by working with service providers and the probate court. They may also need to make healthcare and housing decisions on behalf of their client, if the situation calls for it. To learn more, you can attend this free informational session with a representative from Lifeline or call Lifeline at 440-350-2233.

Senior Center Book Club

Wednesday, Feb. 19, at 1:30 p.m. Offsite at Mentor Senior Center

Join librarian Cailey for a discussion of popular reads at the Mentor Senior Center. This month's book is "The Mapmaker's Children" Sarah McCoy. Books are available for pickup at the Mentor Public Library's Main Branch.

Computer Class: Excel I

Wednesday, Feb. 19, at 2 p.m. Main Branch

Learn how to use Microsoft Excel 2013, including how to: describe a worksheet and its function; create a basic worksheet and learn how to save it to disk; apply simple formulas to perform calculations; apply simple formatting; and explore options for printing a

simple worksheet. (Microsoft Word experience necessary.) Registration begins Feb. 3 and is mandatory for this class.

Headlands Book Club

Wednesday, Feb. 19, at 6:30 p.m. Offsite at the Headlands Community Center

This month's selection is "The Fault in our Stars" by John Green. Registration required. refreshments served.

Computer Class: Excel II

Wednesday, Feb. 19, at 6:30 p.m. Main Branch

Learn how to use Microsoft Excel 2013, including how to: create and copy formulas and functions; understand relativity when working with formulas and functions; recognize and troubleshoot errors in formulas and functions; insert, delete and resize rows and columns; and use advanced printing features. Registration begins Feb. 3 and is mandatory for this class.

Back to your Roots Genealogy

Wednesday, Feb. 19, at 7 p.m. Mentor-on-the-Lake Branch

Gather to share genealogy tips, exchange information and talk shop. All genealogy levels are welcome. Basic computer knowledge is required. Registration is required.

Computer Class: Facebook **Basics**

Thursday, Feb. 20, at 10 a.m. Main Branch

Learn how to use Facebook. This free, hands-on class will demonstrate basic Facebook features. Please come to class with your Facebook login information and password. Registration is required for this class and begins Feb. 3.

Computer Class: Excel II Thursday, Feb. 20, at 2 p.m. Main Branch

Learn how to use Microsoft Excel 2013, including how to: create and copy formulas and functions; understand relativity when working with formulas and functions: recognize and troubleshoot errors in formulas and functions; insert, delete and resize rows and columns; and use advanced printing features. Registration begins Feb. 3 and is mandatory for this class.

Computer Class: Excel III

Thursday, Feb. 20, at 6:30 p.m. Main Branch

Learn how to hide and freeze columns and rows, use print area and 3rint titles, conditional formatting, and how to create and format charts. Registration begins Feb. 3 and is mandatory for this class.

Bad Art Club

Monday, Feb. 24, at 6 p.m. Mentor Headlands Branch

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

Monday Night Book Club

Monday, Feb. 24, at 6:30 p.m. Main Branch

Join librarian Cailey for a discussion of bestsellers, popular reads and books of interest. This month the book club will discuss "Behind Closed Doors" by B.A. Paris. Copies are available at the Reference Desk for pickup.

eReading: Getting Books for your Tablets & Smartphones

Monday, Feb. 24, at 6:30 p.m. Mentor-on-the-Lake Branch

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

Jukebox Bingo

Tuesday, Feb. 25, at 10 a.m. **Concord Community Center**

Jukebox Bingo is a fun and fastpaced take on traditional bingo. Players are given a bingo card where traditional bingo numbers have been replaced with song names, music titles or both. Your host librarian plays 10- to 15-second clips of music and you mark off spots on your bingo card.

Registration is recommended for this program. Please sign up through Concord Community Center by calling (440) 639-4650.

Tuesday Topics: Cleveland's **Union Terminal**

Tuesday, Feb. 25, at 6:30 p.m. Main Branch

In the 1930s, Cleveland saw terrific change. In spite of the Great Depression, the city held on with jobs and progress. Much of this progress was tied to the building of the Terminal Tower by the Van Sweringen brothers. These brothers had a future vision of Cleveland that hinged on its success as a railroad terminal. They saw a future in rail shipping and made certain that Cleveland was positioned to benefit from the building of a big, new terminal that welcomed commerce and personal travel. Discover some fascinating aspects of the Tower and the brothers who built it - along with the railroads that used this shiny, new terminal. Presented by Rebecca McFarland and Tom Pappas. Registration is required to attend this program and opens Feb. 4.

Books and Yoga at Lake

Wednesday, Feb. 26, at 2 p.m. Mentor-on-the-Lake Branch

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



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\$188 - \$208

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- All EIC Forms (usually 5-6 extra forms)
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SOLE PROPRIETOR PACKAGE \$188 - \$228

Schedule C, Self Employment

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

EACH ADDITIONAL SCHEDULE C \$48.00

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PACKAGE Schedule E \$188 - \$228

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- Federal Return
- State Return
- City Return
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- Direct Deposit

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