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Mentor Monitor
Willoughby Times
Eastlake Gazette
Willowick Courier
Painesville Pride

Volume 33 Issue 9

March 2020

24 Pages

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From Mentor City Council



Mentor City Council

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

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

On your mark- get set- GO... for Mentor Recreation's hottest adult social event!

Mentor Recreation will host its Adult Flashlight Dash Egg Hunt at Black Brook Golf Course, 8900 Lake Shore Blvd. in Mentor on Saturday, April 4. Sure to be the best hour of fun in 2020, the Adult Flashlight Dash is a fast-paced, competitive all-out -sprint of an egg hunt just for adults 21 and over!

This pre-registered event will feature more than 3,000 eggs hidden on the Black Brook Golf Course Driving Range. Over 100 eggs will be filled with great prizes from local Mentor businesses such as dining, hotel stays, automotive services, and much more. You'll have a chance to win even more prizes by wearing your best, most creatively decorated Easter bonnet!

Doors will open at 7:30 p.m. and the Flashlight Dash will begin promptly at 8:30. Snacks are included, and Black Brook's Bar will be open for business. Participants should bring their own flashlight.

Register by calling the Mentor Recreation office at (440) 974-5720, Monday - Friday, 8 a.m. - 5 p.m. or register online at www.cityofmentor.com/play Participants must be 21 and over.

Mentor's Spring Event is Going to be EGG-CITING!

Kid's, grab your Easter baskets and hop on over to the Springtime Egg Hunt for Children on Saturday, April 4 at 11 a.m. at Mentor Amphitheater.

Children will decorate a cookie and visit with the Easter Bunny!

The egg hunt will be divided

into three age categories: Ages 3 and under, ages 4 - 6 and ages 7 - 10. Participants should bring a bag or basket to carry the eggs they find.

This is a pre-registered event and all participants must register in advance. No on-site registration will be accepted. The cost to

register is \$10 for Mentor residents and \$12 for nonresidents.

Register by calling the Mentor Recreation Department at (440) 974-5720 or register online at www.cityofmentor.com/play/upcomingevents.

The last day to register is April 1.

Frost Bound Egg Hunt - March 28th @ Mentor Ice Arena

It maybe springtime outside, but it's always frost bound in the Mentor Ice Arena! Join us March 28 at noon for a twist on the classic egg hunt as we do it on ice! Children will be separated into age groups 2 - 4, 5 - 7 & 8 - 10.

Don't skate? Don't worry, we do it in our rubber sole shoes (required). Stay after and help paint the ice, followed by an open skate.

Pre-registration is required for this event. No on-site registration

will be accepted. Call (440) 974-5730 to register or visit www.cityofmentor.com to register online. Price includes open skate for egg hunt participants. Skate rental is an additional \$3. Resident: \$10 / Nonresident: \$12

Mentor Public Library Children & Teen Programs

Mentor Public Library Children & Teen Programs for March - fun for the whole family! Some programs require registration. Register in person, by phone or online at www.mentorpl.org.

Homework Help

Mondays and Wednesdays, from 4:30 to 5:30 p.m.

The HUB at Mentor High School Kids in kindergarten through fifth grade can get some homework help at The HUB with a certified teacher. Registration not required.

Snappy Little Story Time

Mondays at 10 a.m. at Main Branch, starting March 16
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, starting March 16

The library's new story time is a pajama jam! Kids can wear their snuggly pajamas while they enjoy stories, songs, rhymes, a craft and snack. All ages welcome. Children must be accompanied by an adult.

No registration required.

Tiddlywinks

Tuesdays and Wednesdays at 10 a.m. at Main Branch, starting March 17

Thursdays at 10 a.m. at Mentor-on-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 - Tuesdays at 10:30 a.m., starting March 17 • Mentor-on-the-Lake Branch

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

Preschool Story Time

Tuesday at 11 a.m., starting March 17 • 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., starting March 18 • 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., starting March 20 • 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 the next session.

Family Story Time

Fridays at 11 a.m., starting March 20 • Main Branch

Take a little time for some great

Continued on page 2

In Rosey's Words....



Rosey Gamiere
Guest Writer

Spring Cleaning

Spring cleaning is around the corner and we are revved up for that chore- NOT!

When you're young it's fun...

when you get older it is a chore. Aches and pains the whole summer, right!?

Call in the cleaners, be it family, friends, or hired services! Ya!!

If all else fails, bring in the live chickens to peck the floors clean and the bats to clear the cob-webs and a goat to eat up all the leftover decorations and stale food! (Just pulling your leg)

If it's all too much, you have too much!

If it's too much room, downsize.

Getting a grip on another season can be just as stressful as the holidays, if you let it.

When frazzled, a friend (one of my 'Golden Girls') takes me to

the park and slaps a plastic chair in the stream and says 'sit!'

It's a good way to get the fish to give you a pedicure by the way, if you aren't squeamish.

We also go sit by the lake and smuggle margaritas in carry bags.

I'd say our horseback riding days and jumping days are over, eh?

Now we just bring a trunk-load of apples to feed them.

Oh ya, life is great. It's what you make it.

Playing with puppies and kittens at the shelter for a while can make your day. Free perfume.

What do you do for fun and a little R & R?

I sleep a lot. You?

They say, 'getting older ain't for sissies!'

Baking funny cookies are fun, and nobody eats them, so you have them all to yourself! With a cola!

Head over to the Tea House and let someone else wait on you and bake the goodies.

Spend money. It can keep you sane...can't take it with you.

How about a RED HAT? And a purple dress? You've earned the right!

Leaves mulch into the grass so, forget about it.

Get a lei and a coconut cake and pretend you are in Hawaii of Mentor.

Life is good when you let go

once in a while.

Sometimes you need a little fun time and a break from your serious side, organization and pat-terns of life, don't you think?

Let 'er rip once in a while to pass the time of have to's and must do's. It's a hoot.

How creative are you really?

What have you decided to do 'outside the box?'

Treat yourself to a lobster tail just because. Pretend you are using Monopoly money.

Have a pet? Take him/her for a joyride with the car window open in the country (but don't get a ticket.)

Go ahead and put that bathing suit on. Nobody cares but you! Just pretend you are someone else on a beach on the other side of the world & don't know anyone.

Whatever you do, have a ball doing it, with a corrupted friend! Ha!

Uh oh, meds are wearing off, have a lovely day whatever you get into.... wheeeee

~Silly Rosey

MPL Children/Teen Programs

Continued from page 1

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.

Mentor Headlands Branch

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

Make a Craft

Monday, March 2

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.

Read Across America with Dr. Seuss - Monday, March 2

From 9 a.m. to 4 p.m. at Main Branch in the Children's Area

Join the children's staff in observing Dr. Seuss's birthday with crafts and games featuring some of Seuss's best characters. There will also be birthday cake (while it lasts.) No registration is necessary. Dress in your best Dr. Seuss outfit.

Kids Clover Lei

Monday, March 2, at 5:30 p.m.

The HUB at Mentor High School Kids (ages three through eight) can pinch-proof themselves by making a clover lei using paper shamrocks and straws. Registration is required to participate and begins Feb. 17.

Cheese Doodle Taste Testing

Monday, March 2, at 6:30 p.m.

Mentor-on-the-Lake Branch

Kids (fourth through seventh grade) can celebrate National Cheese Doodle Day at Mentor Public Library's Lake Branch. Enjoy some cheesy snacks and try to figure out which doodle is the healthiest. Registration is required and begins Feb. 17.

Comics Club

Tuesday, March 3, 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, March 4, at 4 p.m.

Meet Josefina. 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 Josefina" before this program. Registration is necessary each month.

Yoga Kids!

Thursday, March 5, at 10:30 a.m. Main Branch

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

Pixel Perfect: Video Game Club

Thursday, March 5, at 4 p.m.

Main Branch in the Village Room

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.

Warm & Fuzzy: Hot Chocolate & Alpacas

Saturday, March 7, at 2 p.m.

Main Branch in the Village Room

Families can warm up with hot chocolate and meet the alpacas of Sunnimoor Farm at Mentor Public Library. Owner Mary Reed will discuss the care and feeding of alpacas and the associated

textile industry inside the library. Afterward, people can meet some of her alpacas. The program is free to attend and open to all, including kids. Registration is required.

Preschool Dance Party:

Continued on page 22



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The Mentor Monitor

A Lake Community News Publication

Matt Nelisse
Publisher

Deanne Nelisse
Advertising Production

Nancy Fath
Kristy Neville
Julie Warren
Sales Associates

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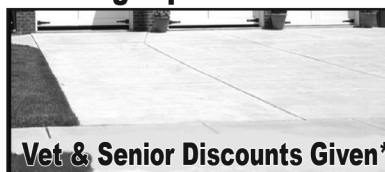
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Ways to Cut Prescription Costs Down to Size

The costs for many prescription medications keep going up every day. Even those who have good insurance coverage are seeing their costs on the upswing. Without insurance, many people find themselves unable to keep up with their prescription costs and must do without.

Fortunately, there are a number of legitimate resources designed

to help you cut the cost of your prescriptions down to size. Not every one of these resources will work in every situation, but you may find one or more of these resources that can help you.

“Is this really the best price you can offer?”

Don't be shy about questioning your pharmacist about the cost. Ask him or her if you can save

money by paying cash instead of going through your insurance plan. Also, ask your doctor whether there is a generic version of your drug or if he or she can give you free samples or discount.

Use an App to Comparison Shop

Prescription costs vary widely between pharmacies. Get a quick idea of what your prescription will cost through any of the growing list of apps and websites that provide comparative pricing at pharmacies near you. Examples of these apps and website include [GoodRx](#) or [RetailMeNot Rx Saver](#) and [SingleCare.com](#) to name a few. Their comparative pricing service is provided free of charge. They often provide coupons and discount offers to help lower the final cost of your prescription, too.

Assistance for Life-Saving

Medications

[The Assistance Fund](#) provides assistance that can make the difference between life and death for some patients. This non-profit helps pay for some medications by footing a significant amount of the out-of-pocket costs — including copayments, coinsurance, deductibles and other health-related expenses — for insured patients. [The Assistance Fund](#) tries to approve people for assistance within 24 hours because they know time is of the essence in many cases. You can see a list of diseases that are covered by The Assistance Fund at <https://tafcares.org>.

Check Manufacturer Websites for Rebates

Manufacturers of brand-name drugs often offer rebates or other assistance to get people to try their medications at deep discounts or

for free. You will need to visit the drug manufacturer's website to learn whether any coupons, rebates or introductory offers available.

Always talk to your physician if you cannot afford your prescription. He or she may be able to recommend other resources to help you. Skipping your prescriptions is never a good choice.

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

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Wed, March 18 • 6:30-8:00 pm
Concord Community Center
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Mon., May 11 • 6-8:00 pm
Willoughby Hills Library
 To Register Call: 440-942-3362

Mon., May 18 • 6-8:00pm
Morley Library
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- 37 year resident of Willoughby/Eastlake
- Current Eastlake City Councilman
- Wife, Amy, a W/E School Board Member
- VFW 3863 Member
- Graduated Willoughby South High School
- Children all attended/attending W/E School District
- Established Vine Street Corridor Business Meeting
- Graduated from Lake Erie College MBA, Painesville
- Ph.D. from School of Business & Tech. at Capella University

ORCHESTRATED COMMUNITY EVENTS

- Taste of Eastlake ~ 2016, 2017, 2018, 2019
- Best Christmas Ever ~ 2017, 2018, 2019
- Fundraisers ~ Veterans, Amy's Adoptables, Eastlake Police K9, Eastlake Women's Club, Hurricane Relief, Fight Against Addiction
- Retro Outdoor Movie Night
- Job Fairs ~ 2017, 2018, 2019
- Volunteer Fair & Kids Fair
- Christmas in July
- Trick or Treat Street ~ Vine Street in June
- Nature Day ~ 2016, 2017, 2018, 2019
- Meet the Presidents ~ Good Shepard Church



Bankruptcy 101:

SAYING GOODBYE TO THE STIGMA OF BANKRUPTCY

In 2011 there were 1.4 million consumer bankruptcy filings (Federal Court Website- www.uscourts.gov). Since then consumer bankruptcy filings have averaged over 1 million per year. Bankruptcy is now commonplace because it has become the only affordable source of financial planning for a large segment of the financially distressed population. This recessionary economy which is now the new and apparently sustained state of the world's financial outlook has dried up funds that used to be available through lending institutions, family members, savings and home equity. It is further complicated by creditors' general unwillingness to work with debtors by offering reasonable payment plans to help them get caught up. So, for many people, the choice becomes whether to pay bills or put food on the table.

Beyond this, there is the continued fallout from the housing crisis and the still high number of foreclosures and people who are "underwater" on their mortgages. For these people, the choice is pay bills or lose the roof over their head. There is also extremely high inflation and ever-increasing gas prices with no end in sight. It used to be that grocery items would increase in penny increments. Now, it is not unusual to see them increase in fifty cent or even one dollar or greater increments. Further, there are the government entities at every level which are constantly looking for

anything and everything that can be taxed, ticketed, or fined. On top of this and most pernicious and reprehensible is the human greed factor: The politicians who live lavishly off the sweat of the taxpayer's brow and put their own self interest, always, above that of the people. The large corporations who overcharge and engage in less than ethical business practices. And certain individuals and businesses who out of desperation or dishonesty take advantage of others in the name of the almighty dollar. Certainly, it is not all politicians, corporations, people or businesses. But it is too many.

The law of Bankruptcy is the only tool that middle-class Americans must level the playing field. The fact is without it many people would be homeless or unable to survive. When I started in this business twenty-six years ago there was a stigma attached to filing bankruptcy. And it really was not justified even then because the largest part of our clientele was made up of people who had catastrophic medical bills and no insurance. But it was perpetuated because there were a certain percentage of filings attributable to people who had simply "over lived" by spending too much on fancy cars, vacations, clothes and "toys" and used the filing to "skate" out of their debt. This type of bankruptcy simply no longer exists. Yes, it was tightened up in 2005 with the introduction of more stringent laws. But the main reason it does not exist anymore is because people have not had the money or the mindset to engage in that type of frivolous spending for some time. Moreover, the

government has forced lenders to tighten credit to the extent that people are not able to borrow for frivolous unsecured purchases anymore.

The people who use bankruptcy now are honest, decent people who are using it to survive. They basically fall into two types. First, there are the people who are in an emergency. They are using bankruptcy (whether chapter 7 or chapter 13) to stop a lawsuit, a foreclosure, creditor harassment, a garnishment, utility shutoff, prevent a car from being repossessed or any number of the other types of relief it provides. And, second, are the people who see the disaster coming and want to cut it off at the pass so to


speaking. Either way, Bankruptcy is financial planning. It is a mechanism by which one can exercise control over his or her financial future in a positive way.

Further, the stigma is largely gone. It has become like divorce. In the fifties and sixties people who got divorced were stigmatized. Now it is the norm. Anyone that made comments about a person because they got a divorce, nowadays, would be considered ignorant. It is the same with bankruptcy. Bankruptcy is a relatively affordable and fast mechanism by which one in financial distress can simplify their lives and regain their peace of mind. That is why so many people are using it. I always try

to remind and encourage people that if you are truly in financial distress you need to recognize it and admit it so that you can fix it. You need to know financial hardship is temporary and fixable. Like anything, the earlier you fix it the better off you'll be. And the more money you and your family will have to start fresh and begin to live in peace again.

If you want more information please feel free to come in for a free, no pressure consultation. You will find it extremely informative. Also please feel free to learn more about our firm or post questions on our Google My Business page.

Robert C. Biales



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Mentor Public Library March Programs for Adults

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

Back to your Roots Genealogy Group

Wednesdays, March 4 and 18, 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.

Color Me Calm

Thursdays, March 5, 12 and 19, from 10:30 to 11:30 a.m.

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

Computer Class: Basic Computers

Thursday, March 5, at 2 p.m. Mentor-on-the-Lake Branch
Learn the basic skills needed to use a computer. No skills required. Registration begins Feb. 20 and registration is mandatory for this class.

Spring Wreath

Thursdays, March 5 and 19, at 5 p.m. The HUB at Mentor High School (6477 Center St., Mentor)

Adults can make a beautiful floral wreath at The HUB. Registration is required. Only register to attend one of the two sessions.

Ghosts & Legends of Northern Ohio with Author William Krejci

Thursday, March 5, at 7 p.m. Main Branch
Discover haunts that are close to home! Author William Krejci's newest book, "The Ghosts and Legends of Northern Ohio," takes you through rumored haunts like Rider's Inn in Painesville, a scorched orphanage in Vermillion, and haunted graveyards in Columbiana County. Krejci will share stories of

the grim supernatural and the most chilling legends. Decide for yourself what is true. Registration is required to attend this program.

Colorful Characters Book Club

Friday, March 6, 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 Obituary Writer" by Ann Hood.

Lake County Kinship Navigator Program: Family Law

Saturday, March 7, at 10 a.m.

Main Branch
Kurt Law will be present to discuss family law and questions that you might have. The focus of the program is to help grandparents and other kin who are raising children not their own. It will focus on breaking the cycle of poverty by offering educational, social and emotional support by working in conjunction with our community partners.

Warm & Fuzzy: Hot Chocolate & Alpacas

Saturday, March 7, at 2 p.m. Main Branch
Families can warm up with hot chocolate and meet the alpacas of Sunnimoor Farm at Mentor Public Library. Owner Mary Reed will discuss the care and feeding of alpacas and the associated textile industry inside the library. Afterward, people can meet some of her alpacas. The program is free to attend and open to all, including kids. Registration is required.

Makerspace 101

Monday, March 9, at 6 p.m.
The HUB at Mentor High School
Learn all about the incredible makerspace services now available to Mentor Public Library patrons. Take a tour of The HUB's makerspace with its laser engraver, Cricut Maker, and more.

Medicare Basics

Monday, March 9, at 6 p.m. Mentor-on-the-Lake Branch
Whether you need to sign up for Medicare or have had it for years, you probably have questions.

Continued on page 7



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MIKE BERGER

FOR STATE CENTRAL COMMITTEE

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Sean Blake, City of Mentor Councilman



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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!

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

with your job.

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

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

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

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Families Can Learn About Job Pathways at Campus Visit Days

Lakeland Recently Ranked No. 2 in Student Goals Reached

For more than 50 years, Lakeland Community College has made an impact on thousands of students. Today, the college continues to attract people of all ages from the entire region with its offering of more than 130 associate degree and certificate

programs at a lower tuition rate than many other schools.

Families are invited to learn more at either of two Campus Visit Days, April 3, from 9-11:30 a.m., or April 9, from 6-8:30 p.m., at 7700 Clocktower Drive, Kirtland. The event and parking are free and

open to the public.

Attendees will learn about close-to-home college opportunities and the college application admission fee will be waived for high school seniors who attend.

Campus Visit Day will include how to apply for admission and

financial aid, an overview of degree and certificate programs at Lakeland, information on bachelor's degree programs at the Holden University Center, and a walking tour of campus. Sign up at lakelandcc.edu/visit.

The April 9 session will be held immediately following the college's Health Technologies Open House from 4-6 p.m. Attendees may come earlier to learn more specifically about health technologies programs

in patient care, medical lab or medical office roles. Sign up at lakelandcc.edu/health.

Lakeland was recently ranked No. 2 among two-year public colleges nationwide based on a combination of three student measures that included transferring to a four-year institution, according to a report by The Chronicle of Higher Education, the leading publication for higher education.

Visit lakelandcc.edu for more information.

2020 Campus Visit Days



Current high school seniors and juniors and their parents are invited to Lakeland Community College.

- Learn about Lakeland and steps for admission.
- Receive information about financial aid.
- Interact with current students.
- Take a walking tour of campus.
- Experience a classroom setting.

Current College Credit Plus students are welcome to join us to learn more about continuing at Lakeland or Lakeland's Holden University Center following high school graduation.

Application fee will be waived for all high school seniors who attend.

Refreshments will be provided. Seating is limited - register early!

Register online at: lakelandcc.edu/visit

Questions? 440.525.7900

Dates/Times:
Friday, April 3, 9-11:30 a.m.
Thursday, April 9, 6-8:30 p.m.

Students interested in health programs are invited to attend our Health Programs Open House before the April 9 Campus Visit Day, from 4-6 p.m. Campus Visit Day will immediately follow.

MPL Adult Programs

Continued from page 5

A representative from Pelorus Financial Group will provide answers on how Medicare works.

Monday University: Bomb City USA - The Danny Greene Era

Monday, March 9, at 6:30 p.m. Main Branch

Learn about the bloody mob war that resulted when Danny Greene and John Nardi tried to muscle in on the Cleveland Mob's operations. The melee left Cleveland with the moniker "Bomb City USA." This program, presented by Dennis Sutcliffe, is open to all and free to attend. However, registration is required and opens Feb. 10.

Sham-Rocks

Tuesday, March 10, at 5:30 p.m. The HUB at Mentor High School Adults can paint rocks with a St. Patrick's Day theme. Registration is required.

Tuesday Topics: Diving & Exploring Guam

Tuesday, March

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

Kevin Magee will take you on a tour of Guam. The island features a wide variety of intriguing sights both above and below the water, including shipwrecks from both World Wars, Pacific war museums, manta rays, giant clams, anemone fish, and the native culture. Discover more during this special program. Open to all. Registration required.

Civil War Series: Clear the Way - The Irish Brigade

Wednesday, March 11, at noon. Main Branch

Few units in Civil War history are as famous as the Irish Brigade, a Union infantry brigade made up predominantly of Irish Americans. The Irish Brigade fought in most of the major battles of the war's eastern theater and had the third-highest number of brigade members killed in action of all Union brigades during the war. As St. Patrick's Day approaches, learn more about the fascinating and highly decorated

Continued on page 17



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Who Takes Care of the Caregiver?

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

FAMILY CAREGIVERS BURNOUT WARNING SIGNS:

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

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

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

Are You Ready to "Cut the Cable?"

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

After many months of research, I have finally come to the conclusion that it IS POSSIBLE to "CUT THE CABLE" and save a substantial amount of money. Since everyone has their own needs, I can customize a solution to allow you to cancel your U-verse, cable or satellite service.

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

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

WHEN WAS THE LAST TIME YOU TOOK TIME FOR YOURSELF?

Tips for reducing caregiver stress:

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

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

networking (wired and wireless), upgrades, security, data recovery, data transfer and printer installation and much more.

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

Collective Goods Fundraising Sale Comes to Lake Health

Lake Health Auxiliary is hosting a fundraising event open to the general public from Collective Goods.

All proceeds benefit Lake Health Auxiliary. Collective Goods provides incredible prices on several name brand items and exclusive labels including Marvel, Lego, Sharper Image, Gund, Kitchen Envy, Whimsical Garden, Multitech Solutions and many more.

Sales held are in the lobby at the following locations:

SOM Center Campus- 5105

SOM Center Rd., Willoughby, March 2 - 10 am - 3 pm

West Medical Center- 36000 Euclid Ave., Willoughby, March 9 from 9 am - 4 pm & March 10 from 7 am - 3 pm

TriPoint Medical Center- 7590 Auburn Road, Concord, March 23 from 9 am-4 pm & March 24 from 8 am -3 pm

Mentor Campus- 9485 Mentor Ave., Mentor, March 25 from 10 am - 3 pm

For more information contact Lake Health Volunteer Services at 440-354-1665.

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

TAYLOR MADE HOME CARE can give you the break you

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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

VOTE YES ON ISSUE 1-MARCH 17TH

We have studied the project appearing on the March 17, 2020 primary ballot known as Issue 1. We strongly recommend a YES vote for Issue 1 and explain our reasons for support in this editorial endorsement.

Issue 1 is a thoughtful and comprehensive repurposing of land that has generated almost no value for the City of Mentor or the citizens of Mentor the last 100 years. The property in question is located near the junction of I-90 and State Route 615. The property has been in the hands of the same family for more than a century and was originally a farm.

Issue 1 offers Mentor voters a deal too good to turn down. First, the project will create a new 70-acre public park with miles of walking

trails that will be permanently protected and privately funded. Mentor families will be able to walk, run and hike among some of the oldest trees in Ohio (some estimated to be over 100 years old) without paying any fees or higher taxes. That is a big win for Mentor.

Second, the project will create a new town center for Mentor, something we seem always to have been missing. The town center will include new walkable neighborhoods with new home styles not currently available in Mentor. We envision these neighborhoods serving both existing Mentor families looking for a new experience and, importantly, young families coming to Mentor. This latter group will help reverse the trend of

our public schools losing student population. The town center will include amenities and public spaces for Mentor residents to gather and socialize. Such public gathering places are few and far between in Mentor, even given the size of our city.

Finally, this project WILL NOT raise anyone's taxes. In fact, it will be a source of new tax revenue that will help hold down future tax increases in other parts of Mentor. We view this project as a thoughtful combination of new public park space and a new town center. For that reason, we urge Mentor voters on March 17 to vote YES on Issue 1.

Paid for by For a Better Mentor- Jennifer Grogan, Treasurer. 8500 Station Street, Suite 300R, Mentor Ohio 44060.

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Mentor YES Issue 1



- Issue 1 features a new 70 acre public park with miles of woodland trails
- Issue 1 will permanently protect some of the oldest trees in Ohio
- Issue 1 includes a new walkable neighborhood with new housing styles for Mentor families
- Issue 1 will NOT raise your taxes

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 h russo@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 family."

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

Angie's List Super Service Award 2018 winners have met strict eligibility requirements, which include an "A" rating in overall grade, recent grade, and review grade period; the company

must be in good standing with Angie's List, pass a background check and abide by Angie's List operational guidelines.

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

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Laketrans Seeks Public Input on New Route Serving Tyler Blvd., Mentor High School, Mentor-on-the-Lake and Mentor Headlands

Laketrans is hosting a series of public hearings to gain public input on a new fixed route bus line that would serve Tyler Boulevard, Mentor-on-the-Lake, Mentor Headlands, and parts of Center Street and Heisley Road as well as connect to Great Lakes Mall and Lakeland Community College.

The new route, made possible by the passage of Laketrans's sales tax levy last November, will provide access for 36,000 residents and to 27,000 jobs.

"This is an ambitious route that aims to address many of top service requests we receive which is route service to Tyler Boulevard, Mentor

Headlands and Mentor-on-the-Lake," explained Laketrans CEO Ben Capelle. "Route 8 will improve access to manufacturing and retail jobs, shopping, and education. But first we want feedback from residents about how they envision this route to best serve them."

The Route 8 public hearing schedule is:

- Wednesday, March 4 from 6 p.m. to 7p.m. at Mentor Civic Center – 2nd Floor Conference Room
- Tuesday, March 10 from 6 p.m. to 7p.m. at Mentor-on-the-Lake Community Room

Laketrans will also be presenting options for a potential Route 3 modification to improve transit access to north end of Lost Nation Road in Willoughby.

The meetings will be an open house format and the public is encouraged to come anytime within the hour. The public will view and rank preferences on route designs.

Laketrans is providing free Dial-a-Ride transportation to all meetings. Dial-a-Ride reservations are required 2-12 days in advance by calling 440-354-6100.

Details outlining the route designs are available at <https://laketrans.com/about-laketrans/route-8-public-hearings> along with a community feedback survey for those who cannot attend the public meetings.

The public has until Tuesday, March 24 to provide written comment on the new route to hearings@laketrans.com or by mail to Laketrans, 555 Lakeshore Blvd., Painesville Twp., OH 44077.

Route options will also be on display for comment and review at the Great Lakes Mall Home & Lifestyle Event on Saturday, March 7, 2020 from 10 a.m. to 6 p.m. at the Laketrans display.

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<p>Lounge Hours: Mon-Sat 11:30am - 2:30am</p>	<p>Kitchen Hours: Mon-Thur 11:30am - 10pm Fri & Sat 11:30am - 11pm Sun 11:30am - 9pm</p>
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March 15th & 17th St. Patrick's Day Menu

March 15th: Special Live Entertainment (After the Parade)
March 17th: Live Entertainment

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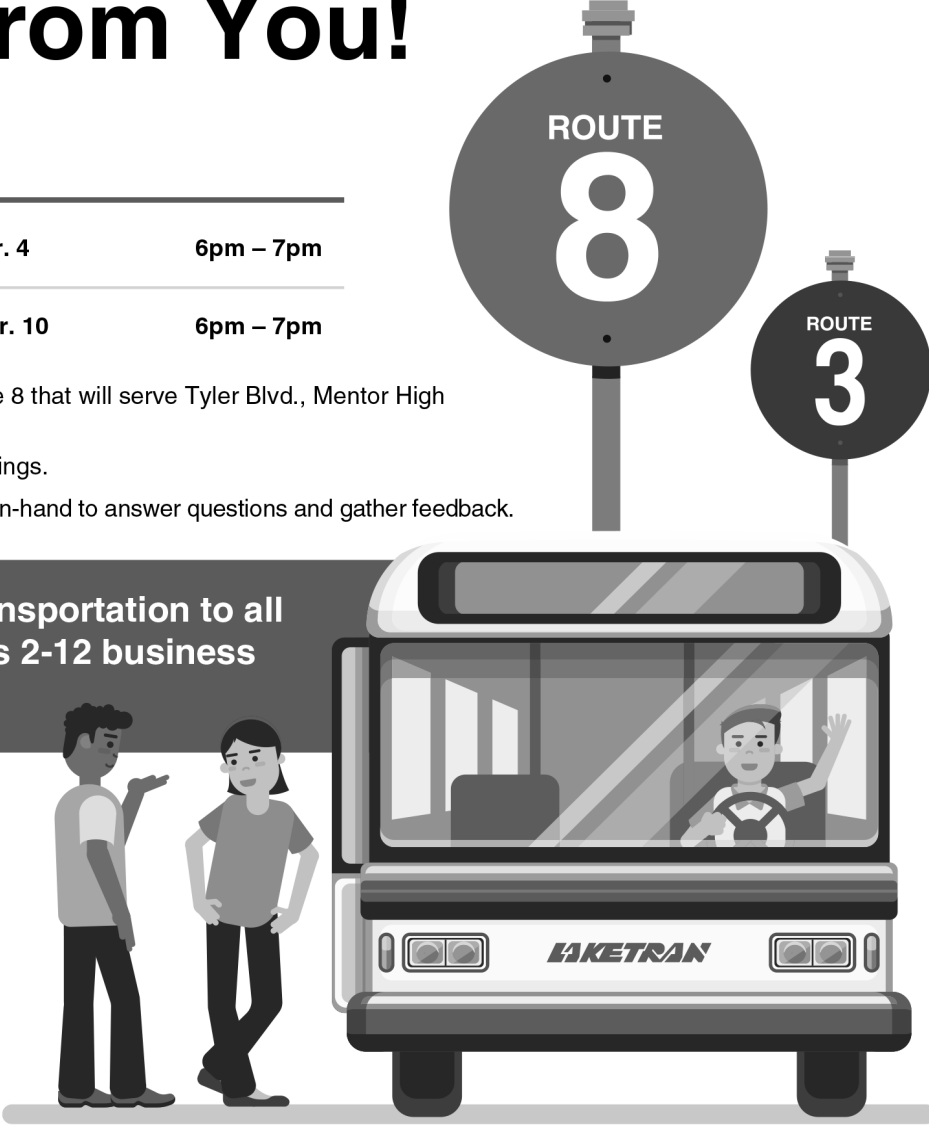
Mentor Civic Center - 2nd Floor Conference Room 8500 Civic Center Blvd.	Wed., Mar. 4	6pm – 7pm
Mentor-on-the-Lake City Hall 5860 Andrews Rd.	Tues., Mar. 10	6pm – 7pm

View and comment on three potential route designs for Laketrans's new Route 8 that will serve Tyler Blvd., Mentor High School, Mentor-on-the-Lake and Mentor Headlands.

A minor route change for Route 3 will also be discussed at these public meetings.

Come and go as you please. Help rank route designs. Laketrans staff will be on-hand to answer questions and gather feedback.

Laketrans provides free Dial-a-Ride transportation to all meetings. Please make reservations 2-12 business days in advance.



Written public comment can be submitted until Tuesday, March 24 at hearings@laketrans.com.

Questions or additional information, contact: Julia Schick at (440) 350-1012 or jschick@laketrans.com.

More details and community feedback survey at www.laketrans.com.

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We believe life is better 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.

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Meet Us in the Garden Series

"Meet Us in the Garden" for the 2020 season will start March 14. Join Lake County Master Gardener Volunteers for one Saturday each month from March through November to learn about a variety of garden topics.

Each class is scheduled to begin at 10 a.m. And runs for 1 to 1 1/2 hours. This year's series will be held in the Community Room in the Painesville Township Offices at 55 Nye Road, Painesville next door to the Fire Station. An informational brochure is posted on the Ohio State Extension website at <http://lake.osu.edu/>.

Topics for March - June are:

• **Saturday March 14, 2020 – Nature's Cues a.k.a. Phenology**

Learn what growing degree days (GGDs) are and, while not perfect, why they are a more reliable method of predicting plant and insect development than calendar days.

• **Saturday April 4, 2020 – Square Foot Gardening**

We will discuss and show the methods used in setting up a garden, creating the soil needed, sectioning off the garden and the types of plants used to make the most of the space available in your yard.

• **Saturday May 2, 2020 – Continuous Color Using Perennials**

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

• **Saturday June 6, 2020 – "Bee" Friendly with Natives**

Native plants have evolved with our native bees. These plants are not only beautiful but provide multiple ecosystem services. Learn how planting with natives provides benefits to you and our bees.

to provide seamless service for you and there is 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.

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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-a-kind 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.

There's More to Mold Than Just the Spore!

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

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

Additionally, the longer the

exposure to these gases, the greater the likelihood 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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Buckeye Chocolate Sale at Lake Health

Lake Health Auxiliary is sponsoring a candy sale by Buckeye Chocolate.

All proceeds will benefit the Auxiliary.

Sales held in the lobbies at:
West Medical Center- 36000 Euclid Ave., Willoughby on March 31 & April 1 from 7 am-5pm.

TriPoint Medical Center- 7590 Auburn Road, Concord,

March 31 & April 1, 7 am -5 pm

Mentor Campus- 9485 Mentor Ave., Mentor, March 31 from 8 am - 5 pm

Sales open the general public. Special pre-wrapped gift items and sugar free selections are available.

For more information call Lake Health Volunteer Services at 440-354-1665.

Making Mentor Bathrooms Great Again!

Before you get started this is not a political post. Just a post to come here to remind you that you deserve a great bathroom. The commode, Throne of the House, Porcelain God, The Potty. You get the picture. There's a list of words to describe your bathroom because we as humans are in there a lot. Let's make it a space you enjoy. We have done many bathrooms in Mentor this year

already and it's only February. According to HGTV bathroom upgrades increase home values more than any other upgrade in the house.



Contact us for your New bathroom today. We are currently booking about 3-4 weeks out so we appreciate your patience. Let's get this potty party started.







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MY HOME IS MY CASTLE!

How many times have we heard or said that saying "My Home is my Castle"? Well, just like the castles of old were not the healthiest places to live in, so are our homes today. In fact the E.P.A. states that "the air inside our homes can be up to five times more polluted than the WORST outdoor air." Some factors can make indoor air up to 100 times more toxic than the outdoor air. Not a comforting

thought is it?

What are some things that happen in our homes that can make them so toxic?

Well let us discuss a few; excessive moisture can be one cause, due to leaky doors or windows. The cleaning products we choose can be a huge factor, the E.W.G. tested 2,000 cleaning products and found many of them contain chemicals that are linked to asthma, allergies and

even cancer. Most manufactures aren't required to disclose all their ingredients, so there's a lot that we still don't know. Many air fresheners contain phthalates which can disrupt the reproductive system. Building materials and household furnishings contain Volatile Organic Compounds also known as V.O.C. that may cause adverse health effects.

So the question is, what can be done about it? Air filters can be

a good solution to cleaning indoor air as long as it is a HEPA filter, meaning that it can rid the air of tiny particles that can get caught in the lungs. Proper ventilation or even fresh air brought in from the outside could be the solution for you. Ultra violet lights that kill bacteria and viruses are very important. Whatever you choose make sure to have a professional come out and give your house a thorough evaluation for what your particular home needs. Give DeBord's One Hour and

Benjamin Franklin Plumbing a call at (440) 285-9125. We can help you evaluate what your home needs.

For more information and for special offers log onto:

www.Debordinc.com or www.BenjaminFranklinPlumbingNEOhio.com

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Bio Identical Hormone Replacement at Cosmetic Laser Medi-Spa & More

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

Want more energy and to boost your metabolism? Just want to feel and look better? Problems with your libido, your stamina, your mood? Having difficulty concentrating and thinking clearly? Want to feel younger? Interested in treating, preventing and even reversing many of the signs and symptoms of aging? Look no further, you now can be treated locally and not have to travel far.

Our Medical Director, Dr. Tonya Heyman MD is having great success with Bio Identical testosterone replacement in men and women. What does Bio Identical hormone mean? It means that the hormones are manufactured to be exactly what is in your body, this therapy is not to be confused with Anabolic Steroids that are illegal. Bio Identical hormones have been used for more than 50 years and are completely safe.

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

the medical community have been treating menopausal women with hormone replacement, so why not do it for men? Men suffer from symptoms just like women, depression, no motivation, hot flashes, muscle loss, fat gain around belly, low libido are some of the symptoms.

Dr. Heyman is also treating women in pre and post menopause. She is inserting testosterone pellets implanted in your hip. The side effect increases your Estrogen levels just enough to take away your symptoms of hot flashes, weight gain, sleeplessness etc. This negates the need to take oral Estrogen which has potentially dangerous side effects. The pellets last 3 months and takes 10 minutes to insert.

We have had great success so far with our clients that have gone

on the hormone replacement. The feedback is all positive. They report that the first thing they notice is that they are sleeping better, noticing fat loss, less ache and pains, increase in muscle mass, increased libido. They all report a better sense of wellbeing.

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

The office visit is \$300 for men and \$350 for women. We set you up with prescriptions for what you need. Men must be seen every 5 months according to the medical board and women are every 3 months to have another pellet reinserted. We give hands on instruction on how to properly draw up the T and safely

Safe Dog Handling for Seniors

Owning a pet can contribute to better health and a more active lifestyle. As more seniors become/continue to be pet owners, the benefits of owning a pet dog may come with some unfortunate side effects.

A recent University of Pennsylvania study found emergency room patients 65 and older with injuries from walking leashed dogs increased from 1,671 injuries in 2004 to nearly 4,400 in 2017. Nearly 80 percent of those patients were women, most commonly with hip fractures followed by injuries to the wrist or upper arm.

While some of these incidents can be attributed to the environment (slippery sidewalks etc.) many of the incidents were likely a result of a dog that was not trained to walk on leash. Leash skills are critical for any dog owner, but become increasingly important as the dog-owning population ages and more seniors are enjoying pet ownership.

Things to consider if you

are a senior or know a senior considering adding a dog to the household:

- Energy Level: Make sure that your physical condition and lifestyle can accommodate the dog's exercise needs
- Size of the Adult Dog: Large and giant breeds may be too physically demanding for a senior, particularly if the dogs have poor leash skills and manners (jumping.) Large dogs may also prove difficult to transport.
- Training: Can the dog be physically managed while participating in obedience training to improve manners?

We encourage seniors to do a compatibility assessment of a potential pet to assure that the dog can be safely handled at home and in public before committing to the new pet.

For more information about training and dog behavior contact Digging Dogs Training Center (440) 255-3500 or visit www.diggingdogs.biz

administer it to oneself.

We require lab testing prior to hormone replacement and recheck labs. We accept previous labs done. And your insurance

will pay for lab work.

Clinic hours are held monthly in our Mentor office. Next clinic day March 16th, 2020. Call 440-477-4074 for appointment.

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For more information refer to the article. . .

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Divorce 101:

**Divorce v. Dissolution:
What is the difference?**

This article simplistically identifies the main issues in the termination of the marital contract and explains the difference between a divorce and dissolution. The issues in the termination of the marital contract are as follows: (1.) Allocation of Parental Rights and Responsibilities if there are children. The main issues regarding the allocation of parental rights and responsibilities would include who pays child support and how much, companionship time, formerly known as "visitation", who has custody or how is shared parenting, formerly known as "joint custody", to be allocated, who is responsible for health care/ insurance and how will the tax exemption be divided. (2.) Spousal support. Will one party pay the other spousal support and how much and for how long? (3.) Property distribution. How will the marital real and personal property and all other marital assets be divided. (4.)

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

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

An action for divorce- if the parties cannot come to a voluntary agreement- can easily

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

The emotional price of continuous daily resentment, depression, fear and worry can become overbearing and destructive to one's health. Dissolution avoids all of this. That being said; It is very difficult to get two people who are usually not the best of friends to begin with to agree on all issues. All issues must be agreed to for a successful dissolution to occur. This requires compromise. The cardinal rule is that nobody walks away happy. Each party usually feels wronged in some way by the other. Each party usually feels that they could have obtained a better result if

they would have just held out longer or been more aggressive. The truth is the law is pretty settled on how property and children are resolved. In most cases, you will not get a better result by engaging in prolonged litigation.

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

that they are simply unable to cooperate. This is never in anybody's best interest and can be very damaging to children.

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

Robert C. Biales

Benefit Concert for Lake County Homeless Shelter

Join us on Sunday, March 8th at 4:00 p.m. at St. Noel Church (35200 Chardon Rd. Willoughby Hills, OH 44094) for this special concert.

The Choir of Hope (Agnieszka Bieniek, director) and the Lithuanian Choir Exultate (Rita Cyvas-Kliorys, director), soloists (Gabriela Martinez, soprano and Nikola Budimir, baritone) and chamber orchestra will present "Gabriel Fauré and Friends."

In Part I you will hear compositions of Gabriel Fauré, Ola Gjeilo, and Claude Debussy, and in Part II, Gabriel Fauré's

famous and beautiful Requiem in D minor Op. 48.

The concert is free and open to the public. A free will offering will be collected, with 100% going to support the Lake County Homeless Shelter - Project Hope for the Homeless. A small reception will be served in the narthex after the concert.

If you can't come to the concert, but still would like to support Lake County Homeless Shelter - Project Hope for the Homeless, you can give a monetary donation (check payable to St. Noel with Project Hope in MEMO) or any

items from the list below from February 8 to March 8 in the narthex at St. Noel church. Items needed for Project Hope for the Homeless: gift cards to Giant Eagle, Walmart, and gas stations (\$5 and \$10 value only); large size shampoo, hair conditioner and body wash; bath towels (new or gently used), 1 gallon zip-loc bags; 13 and 30 gallons garbage bags; coffee (regular and decaf); 8-12 oz cold/ hot cups.

For more information please contact Agnieszka (Aga) Bieniek choirofhope2019@gmail.com.

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

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2. Leak test unit if necessary
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 9. Check operation of thermostat
 10. Operational check of systems.
- For those of you looking to save even more, take advantage of a

package deal! Have us service both systems at the same time for only \$98!!

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

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

MPL Adult Programs Continued...

Irish Brigade. Presented by Todd Arrington of James A. Garfield National Historic Site.

Computer Class: Basic Internet Skills -Thursday, March 12, at 2 p.m. Mentor-on-the-Lake Branch

Learn the basics of searching the web. Mouse and typing skills are required. Registration begins Feb. 27 and is mandatory for this class.

Women Spies in Ohio Thursday, March 12, at 6:30 p.m. Main Branch

The Lake County Historical Society will tell the history of the lady spies of Lake County and Ohio. From the Revolutionary War to the World Wars, they risked all for their country, demonstrating courage, ingenuity, and tenaciousness. Discover their stories. Registration

required for this program.

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

Monday, March 16, at 6:30 p.m. Mentor-on-the-Lake Branch
Mentor Public Library's Lake Branch will host a series of talks about America in the Roaring 20s. To coincide with National Women's History Month, the topic will be women's suffrage, fashion and health. Please register to attend.

Men's Book Club - Monday,

March 16, at 7 p.m. Main Branch

This month's book is "Weapons of Math Destruction" by Cathy O'Neil. Copies of the book are available at the reference desk at MPL's Main Branch.

Avoiding Landscape Mistakes

Tuesday, March 17, at 6:30 p.m. Main Branch

Planning your landscape ahead of time will help you save time, energy, and money. This class - led by a Lake County Master

Gardener - will give you many conditions to consider before you dig. For example, analyzing your soil, location, light and purpose before you start will help you avoid disappointment. The Master Gardener will also discuss how and where to start, garden fads, problems, water, mulching, and effects on the environment. Registration is required to attend this class.

Senior Center Book Club

Wednesday, March 18, at 1:30 p.m. at Mentor Senior Center

Join librarian Cailey for a discussion of popular reads at the Mentor Senior Center. This month's book is "A Gentleman in Moscow" by Amor Towles. Books are available for pickup at the Mentor Public Library's Main Branch.

Faux Leather Drawstring Coin Pouch

Wednesday, March 18, at 5 p.m.

The HUB at Mentor High School Adults can craft a small faux leather drawstring coin pouch in just a few simple steps. Learn how at The HUB. Registration is required.

Headlands Book Club

Wednesday, March 18, 6:30 p.m. at Headlands Community Center

This month's selection is "Age of Miracles" by Karen Thompson Walker. Registration required. Light refreshments served.

Practical Steps to Managing Stress - Wednesday, March 18, at 6:30 p.m. Main Branch

Certified health and wellness coach Lydia Skiljan will offer practical stress-management techniques to help you take the first step in controlling your stress. Program is free to attend and open to all. Registration is required.

Lake County Kinship Navigator Program: Basic Needs - Thursday, March 19, at 11 a.m. Main Branch

Your "new" family might need help obtaining basic needs such as clothing and food. Learn about local resources that can help. Lake County Department of Job and Family Services will present a variety of options to meet your family's needs. The focus of the

Continued on page 21

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| 5. Adjust burner & pilot | |



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Whatever Goes Into Carpet is Guaranteed to Come Out!

Recent EPA studies show over 50,000 species of dust mites and their fecal residue produce the most common allergen people inhale in their homes.

The EPA indicates we spend 60% of our time in our homes where pollutants are 3 times higher than outdoors! Not surprisingly, as "whatever" accumulates in your carpeting with soils, dander, oils, bacteria,

and foods, respiratory disorders arise in alarming proportions.

Rid your carpeting and upholstery of "whatever" with a thorough cleaning by you local professionals at Quick Dry! We offer an affordable, aggressive 4-step process including: pre-vacuuming, pre-treatment, state-of-the-art equipment utilizing a low moisture solution that deeply dissolves and emulsifies soils and pollutants, and we groom to set

the carpet nap.

Quick Dry includes a guarantee for every job we do. If you're not 100% satisfied, just let us know within 30 days and we will correct it FREE of charge. Offering economical protectors

and disinfectants with convenient scheduling, we also specialize in upholstery, Oriental and area rug cleaning throughout residential and commercial Lake County, plus we are listed with the Better Business Bureau.

Look for money saving COUPON located within this issue, then contact Quick Dry at (440) 269-4971 or visit us at www.quickdryohio.com for all your professional carpet and upholstery cleaning needs!

Lake County Genealogical Society

Have you ever wanted to 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.

On Thursday, March 26, 2020, at 10:00 am, the Lake County Genealogical Society (LCGS) will have our monthly meeting. Our speaker will be Chris Staats who will tell us about "Analysis and Correlation: Two Keys to Sound

Conclusions."

Lake County Genealogical Society meetings 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.lcgsOhio.org) for any changes in meeting date/time/location or call Bonnie at 440-428-3783 or Cynthia at 440-951-0914 for additional information.

Learn and meet people and have fun - Please come join us!!!

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Whether you are contemplating owning and operating an assisted living home or seeking a residential care community for your loved one, you need to know about There's No Place Like Home, a very special assisted

living home tucked away in a residential neighborhood in the heart of Mentor. See <http://theresnoplacelikehome.net>

There's No Place Like Home is unusual in that our maximum capacity is for five residents, allowing us to offer quality,

personalized care. We provide a worry-free family-like setting in a beautiful ranch-style home where each resident enjoys a private bedroom, nutritious meals and companionship. The care-giving staff is available to assist 24/7 so safety and

comfort prevail. We are state licensed allowing peace of mind for residents and their families. CURRENTLY ONE ROOM IS AVAILABLE for a special elder needing a special home and our special care.

Fran Frabotta, owner of There's No Place Like Home:

"I love what I do – it is rewarding and fulfilling caring for seniors while providing peace of mind to their families. After twelve years and with many past residents engraved on

my heart, I am looking to pass on this business and blessing to ensure that the legacy of loving care to the elderly continues at 7586 Ruth Street. Could this be the fulfillment of YOUR dream?"

To learn about this turnkey business opportunity or to schedule a long-term or respite care consultation for your loved one, contact Fran Frabotta at 440.477.2141 or fjf72@hotmail.com.

"Cakes and Hough Bakery" Presented on April 8th

The Women's Committee of the Fine Arts Association will present "Cakes and Hough Bakery" April 8 for the Second Wednesday Program Luncheon. Maria will demonstrate the art of cake decorating from Hough Bakery recipes with tasting and history blended together.

This program will begin at 11:00 a.m. in the main gallery at The Fine Arts Association, 38660 Mentor Avenue, Willoughby, Oh with the luncheon at noon (limited

seating).

The menu is individual ham and swiss cheese quiche lorraine, fresh fruit kabobs and brownies.

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 April 3, 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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workers compensation for your protection.

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

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

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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

communities." 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 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

accepted.

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

may be nominated again with a new form.

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

mailed to you. Please keep in mind that we want biographical facts along with an anecdote that shows why the nominated person is unique.

Volunteers Needed

The Osborne Park Market & Flea is looking for volunteers to help out. If you would like to volunteer, or you need to do community service, please give Kathie a call at 216-224-0925. The Osbourne Park Market & Flea is held at Osborne Park in Willoughby off Lakeshore Blvd. every Wednesday from June to September 4-8pm.

We are always looking for Artists, Baker's, Crafters and more. There is no cost for a spot. We do have an application for the market which you can find on our Facebook page, please like us on Facebook, or email or call Kathie.

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 Kappa Gamma Society International promotes professional and personal 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:

- Are currently registered as a

We have a wide variety of vendors so stop by and check us out.

We would like to add Classic Cars and Jeeps to our event. If you have a car or Jeep and are in a group that would like to be a part of this event, we would love to have you.

The Lakefront District of Willoughby has some great small businesses to check out, and a beautiful park to enjoy. Please stop down and see what we have to offer. On behalf of the Willoughby Lakefront Business Association we would like to thank you for checking us out.

See you at the Market & Flea!

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.

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American Home & Energy Products: A Warm Place to Visit!

At this time of year, we all want 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 warm, beautiful fireplaces, inserts 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, Vantage Hearth, Monessen, Empire, Thermo-Rite Doors, as well as Biosmart, Edenpure and 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 you have a fireplace and want 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!

MPL Adult Programs

Continued from page 17

program is to help grandparents and other kin who are raising children not their own. It will focus on breaking the cycle of poverty by offering educational, social and emotional support by working in conjunction with our community partners.

Computer Class: Basic Email

Thursday, March 19, at 2 p.m.

Mentor-on-the-Lake Branch

Learn how to send, reply to, label and archive emails, as well as how to send attachments. Registration begins March 5 and is mandatory for this class.

Leading a Brain Healthy Lifestyle

Thursday, March 19, at 2 p.m. Main Branch

Are you worried about dementia? Alzheimer's? Losing cognitive function as you age? Keeping your brain generally healthy? Chera Inhat from Kemper House will discuss what you need to do to keep your

brain engaged and healthy. Program is free to attend. Registration is recommended.

Monday Night Book Club

Monday, March 23, 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 "The Woman in the Photo" by Mary Hogan. Copies are available at the Reference Desk for pickup.

Cut the Cord: Get Rid of Cable & Save

Tuesday, March 24, at 7 p.m. Main Branch

Discover options to get rid of cable and ways to cut costs. Discover how to get free TV, including using an easy-to-install antenna or free streaming video services. Explore options for streaming video devices, including Roku, Apple TV, Google Chromecast, or Amazon Fire TV Stick and what shows you can access with them, including live TV and

sports. Find out which of the many streaming video services from Hulu, Sling, Netflix, to Playstation Vue and many more are best for you. Make sense of all the confusion of switching from cable to another service and the technical parameters needed to do so. Find out how much you can save. Presented by Joe "the Coupon Guy" Daugirdas. Registration required to attend this program.

Books and Yoga at Lake

Wednesday, March 25, 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.

Classic Film Club: Notorious

Wednesday, March 25, at 6 p.m.

Main Branch

At a new time! Come to the library for a free screening of the Alfred Hitchcock-directed classic, starring Cary Grant and Ingrid Bergman.

Enjoy the film, followed by a short discussion. Popcorn provided.

Book & Brush Club

Wednesday, March 25, at 6:30 p.m. Main Branch

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

Crafty Adults

Wednesday, March 25, at 6:30 p.m. Mentor-on-the-Lake Branch

Each month adults can explore their creativity and create a new craft. The library will supply all the materials needed. All skill levels are welcome. Registration is required.

Color Me—Headlands

Wednesday, March 25, 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.

Eleanor Roosevelt: The Early Years

Thursday, March 26, 6 p.m.

Main Branch in the Village Room

Celebrate Women's History Month by learning more about one of the nation's greatest women. Discover Eleanor Roosevelt's fascinating relationship with her parents, as well as her difficult childhood and education. This riveting presentation, led by Susan Cannavino, will offer a unique perspective toward this amazing woman's early life.

Bad Art Club

Monday, March 30, 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.

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Children/Teen Programs Continued...

Barnyard Boogie

Monday, March 9, at 1 p.m.

Main Branch

Bring your kids (ages two to six) to the Old Town Road and dance 'til you can't no more! Giddy up to the dance floor for singing, dancing, moving, and grooving all followed by a craft. Registration is required and opens Feb. 24.

Curious Kids

Monday, March 9, 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.

Paint by Sticker

Wednesday, March 11, at 4 p.m.

Main Branch

Kids (kindergarten through sixth grade) can paint a lovely picture using shaped stickers. All supplies provided. Registration is required and opens Feb. 26.

Wordplay Creative Writing Club

Wednesday, March 11, 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.

Merrily We Sing Along

Thursday, March 12, at 10:30 a.m.

Main Branch

Kids (ages two to six) can come to the library for a morning of singing and dancing. Kids can enjoy favorite

tunes and discover new ones. No registration required.

Magnetic Slime

Thursday, March 12, at 4:30 p.m. The HUB at Mentor High School

Tweens and teens (ages 12 to 18) can make magnetic slime at The HUB. Super stretchy and fun! Registration is required to participate and begins Feb. 27.

St. Patrick's Day Walk-In Program

Saturday, March 14, at 10 a.m. to 3 p.m. Mentor Headlands Branch

Drop in to make a special craft and look for a pot of gold. Fun for all; no registration required.

Jewelry Workshop for tweens and teens

Saturday, March 14, at 2:30 p.m. Main Branch

Tweens and teens (ages 11 to 18) can make their own jewelry at the library. They'll choose from dozens of colors and styles to make unique bracelets and earrings. All materials provided. Registration is required and opens Feb. 29.

Studio MPL Art Club

Monday, March 16, anytime from 3 to 7 p.m.

Mentor-on-the-Lake Branch

Kids in kindergarten 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.

Perler Bead Shamrock Coaster

Tuesday, March 17, anytime between 3:30 to 6:30 p.m.

The HUB at Mentor High School

(6477 Center St., Mentor)

Tweens and teens (ages 12 through 18) can get in the St. Patrick's Day spirit by making a shamrock perler bead coaster, while supplies last.

Firehouse Friends

Thursday, March 19, 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.

Tree Tale Tellers

Thursday, March 19, at 11 a.m.

Mentor Headlands Branch

To celebrate the vernal equinox, a special guest presenter from Holden Arboretum will join the library for a special spring-themed story time. There will be stories, songs, and crafts. For kids, six months to four years old. No registration required.

Dungeons and Dice: Tabletop Adventuring Club

Thursday, March 19, 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.

Let's Go LEGO Club

Saturday, March 21, at 2 p.m.

Mentor Headlands Branch

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

Black-Out Poetry

Monday, March 23, anytime between 3:30 and 7:30 p.m.

The HUB at Mentor High School

Tweens and teens (ages 12 to 18) can turn old book pages into their own personal poetry using the black-out technique. No registration required.

Pour Paint Pots

Tuesday, March 24, at 6 p.m.

The HUB at Mentor High School

Kids (ages six to 12) can get ready for spring by making a unique plant pot using pour paint. Registration required and opens March 10.

Geek Club: Pokemon!

Wednesday, March 25, at 4:30 p.m. Main Branch

Teens in grades six through 12 can geek out making Pokemon crafts. There will be snacks.

Spring Birdhouse Craft

Wednesday, March 25, at 5:30 p.m. The HUB at Mentor High School

Kids (ages five to 10) can paint and decorate a wood birdhouse for spring. Registration required and opens March 11.

Headlands Family Game Night

Wednesday, March 25, 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, March 25, at 7 p.m.

Mentor Headlands Branch

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

Masterpieces at Main: Art Club for Kids

Thursday, March 26, 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 seven 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.

Engraved Wooden Yo-Yo

Thursday, March 26, at 4:30 p.m.

The HUB at Mentor High School

Kids (ages six to 12) can get in the fun and make a personalized yo-yo. Registration is required for this program, and it opens March 12.

Mum's the Word Tournament

Saturday, March 28, at 2 p.m.

Mentor Headlands Branch

Tweens (ages nine to 12) can play a creative game of catch at the library. Winner gets a prize.

"New Report Details How A 49-Year Old of Annual Real Estate Income Inside His Retirement Account" Collects \$107,621.88

Many retirees and aspiring retirees are justifiably concerned about having consistent income throughout their retirement years. This concern stems from the historical 10-year Bull Run and how long it will actually continue. Throughout history, we've never experienced a bull run spanning this length of time.

Let's face it; historical cycles indicate that we have a large stock or bond market crash headed our way at some point in the future. If you're not positioned properly before this crash, it may destroy your comfortable, stress-free retirement.

It is critically important for you to not let this happen to your retirement account considering the elevated market risks we're all facing now.

That's where the strategies revealed at this free, educational report may help. In this report, you'll learn how to use your

retirement account to turn real estate into consistent monthly income for life.

This report details how a 49-year old transformed his retirement account to collect \$107,621.88 of annual real estate income. "The trick that helped me was to see real estate the same way other people see dividend stocks. I can buy a home in my retirement account and will be able to collect monthly "real estate" dividend income for decades.

Even better, I have control over this asset and can raise the rents each year. This monthly income compounds at a much faster pace than the income from ordinary dividend stocks.

Whenever the stock market crashes, I plan to use this monthly income to buy great stocks at the bottom of the market."

The best part about this approach is that it provides substantial income with reduced risk.

And this strategy may even protect you from the inevitable inflation emerging from the money printing policies of the Federal Reserve.

If you're worried about not having enough monthly income in retirement, you should study the ideas in this new free report to see if they make sense for you. This shift in your investment approach could be the difference between a comfortable, secure cash-flow rich retirement and one that may find you living month-to-month.

IRS regulations allow this provided certain rules are followed allowing you to generate attractive tax deferred gains. And you don't need to have any prior experience to use these strategies.

You can get instant access to this new free report by visiting Dividendnaire.com.

This free report is courtesy of Platinum Real Estate and is only available while supplies last.

Beginning Beekeeping Class

Beginning Beekeeping Class sponsored by the Ashtabula County Beekeepers Association, will be held on Saturday, March 14th from 10 a.m. till 3:00 p.m. at Giddings Hall, located at 104 East Jefferson Street, Jefferson, OH 44047 behind the police station.

Topics include knowing your equipment, installing your bees,

hive management and much more. Light lunch and course book provided.

To register call Sharon at 440-576-8818 or e-mail at sjraccio@yahoo.com.

Cost is \$15 per person.

For more information visit:

<https://www.facebook.com/AshtabulaCountyBeekeepersAssoc>

FREE List of Homes Available BELOW Market Value

A new free email service will send you automatic updates of local homes listed for sale below market value. This new free service scans the market for foreclosures, vacant homes, HUD properties, estate sales and homes offered for sale by motivated sellers.

To sign up for this new free email service visit:

DistressedHomes.com
Courtesy of Platinum Real Estate



WARNING:

Don't Overpay Uncle Sam AGAIN This Tax Season!

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- State Return
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- E-file
- Direct Deposit
- Kids Return \$69 (Federal, State, City) with parents return

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- State Return
- City Return
- * BRING US YOUR QUICKBOOKS BALANCE SHEET, INCOME & EXPENSE SHEET
- * W-2's and 1099's at Reasonable Fees
- * Year End Bookkeeping at Reasonable Fees

FREE STUFF!!

- * Married Filing Joint vs Married Filing Separate Analysis
- * No Appointment Necessary
- * 1-2 Day Turn Around Time
- * FREE Gift Card to ZappysAutoWashes.com (11 Locations)
- * FREE Tax & Wealth Books (12)

HOURS:

Monday - Friday 9:00 am - 7:00 pm
Saturday 9:00 am - 2:00 pm
Sunday By Appointment, Call Ahead
Concord Location

Our 39th Tax Season!
www.zappitellifinancial.com

ZAPPITELLI FINANCIAL SERVICES

Certified Public Accountants • Certified Financial Planners

11 Locations:

CONCORD • 440-354-0375

(Across from St. Gabriel's School)

EASTLAKE • 440-269-8344

(Vine Street next to HaiRazors/Classic Tatoo)

WILLOUGHBY • 440-918-1513

(Across from the News Herald)

PAINESVILLE TOWNSHIP

440-352-5770

(Retirement Planning Center
Next to Hellriegel's)

MENTOR-ON-THE-LAKE

440-209-1775 (Next to MOL Giant Eagle)

PAINESVILLE WEST

440-352-5770

MENTOR HEINEN'S PLAZA

440-701-8302 (Next to DMV/Title Bureau)

WILLOUGHBY HILLS • 440-943-5277

(Across from Loehmann's Plaza next to Subway)

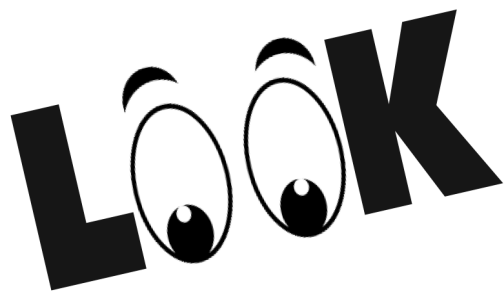
PERRY/PAINESVILLE EAST

440-392-6100 (Northridge Road at Bacon
Rd, next to Craft Co-op)

MENTOR EAST • 440-352-5770

NORTH OLMSTED • 440-354-0375

Payroll Services



**What Else You'll Get For An Extra \$20 When
Zappitelli Financial
Does Your Taxes This Year....**

(440) 354-0375 • www.zappitellifinancial.com • 11 Northeast Ohio Locations

**"Put Your Mind to Rest"
Extended Service Plan**

- RITA/CCA/ All Cities
- OHIO
- IRS
- Payment Plan
- IRS POA
- Audit
- Tax Debt Relief
- Refer a Friend Program

\$120 Value

**Estate Planning
Consultation**

- I'm tired of working...
- When can I retire?
- Social Security
62/66/70
- Medicare 65
- Payoff my house/
cars/credit cards?
- My family legacy
- CPA's/ CFP's Available

\$120 Value

(May through December)

**Business Startup
Consultation**

- Corp/LLC/ Partnerships
- Bookkeeping/Accounting
- Payroll/1099s
- Financing
- Year End Taxes/Sales
Tax/ CAT
- CPA's/ CFP's Available

\$120 Value

(May through December)

**Extension Filing/
Tax Payment**

- File by April 15
- 6 months more time
- If you owe, you still
have to pay by April 15
- Personal/Business
Extension

\$60 Value

"2nd Chance Lookback"

- We'll review previously
filed returns for mistakes
- Maximize Refunds
- Filing Status Review
- EIC Credit Review
- College Credit Review

\$60 Value

GUARANTEES

- 100% Accuracy Guarantee
- Audit Support Guarantee
- Maximum Refund
Guarantee
- Copies of old tax returns
- Email of returns to banks

\$60 Value

**Year Round Financial
Advice for \$20 when you
do your taxes with ZFS**



**ZAPPITELLI
FINANCIAL SERVICES**