*This is printed at no expense to the City*

## From Mentor City Council



### Mentor City Council

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

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

### Mentor Recreation to Offer Limited Fall Classes

It should come as no surprise that the COVID-19 pandemic has reduced the programs and events normally offered by our Recreation department during the fall season. As a result, a Fall Recreation Guide will not be mailed to our residents this year.

Maintaining a healthy lifestyle, including a regular exercise routine, is important for both the physical and mental well-being for persons of any age. A limited selection of programs will be available, including;

- Tai Chi for Health
- Tai Chi for Arthritis
- Fencing
- Cardio Kick Boxing
- Body Sculpting by Exterior Designs
- Phenomenal Abdominals®
- Preschool Ballet
- Itty Bitty Ballet
- Move and Groove with Me

To ensure the safety of participants, class sizes have been reduced and social distancing protocols have been implemented. Other programming is available.

Call Mentor Recreation at (440) 974-5720 or visit ONLINE for additional information or to register.

### Mentor Kids Can Get Free Books from Dolly Parton's Imagination Library

Starting Aug. 25, families with young children in Mentor, Mentor-on-the-Lake and Concord Township can now get picture books mailed to their house for free thanks to United Way of Lake County, its Emerging Leaders affinity group, The Literacy Cooperative, Mentor Public Library and Dolly Parton.

Children younger than five in those communities can now receive free high-quality, brand-new, age-appropriate books from Dolly Parton's Imagination Library. Once the kids are signed up, they'll have one book mailed to their home each month until they turn five.

And those free books can make a big difference for children as they prepare for kindergarten and life.

"According to one study, children who are read one book a day will hear about 290,000 more words by age five than those who don't regularly read books with a parent or caregiver. This disparity can affect brain, vocabulary and

reading development," said Cheryl Kuonen, the executive director of Mentor Public Library.

In Northeast Ohio, The Literacy Cooperative of Greater Cleveland works to introduce Dolly Parton's Imagination Library to as many communities as possible. It recently teamed with Mentor Public Library to write a grant that spreads the Imagination Library to Mentor, Mentor-on-the-Lake and Concord Township, and United Way of Lake County and its Emerging Leaders provided the funding.

"Evidence shows that participation in Dolly Parton's Imagination library increases family reading and children's interest in books leading to improved preparation for kindergarten," said Robert Paponetti, President & CEO of The Literacy Cooperative.

And, in Lake County, 52 percent of children enter kindergarten without sufficient skills, knowledge and abilities to engage in kindergarten-level instruction. United Way of Lake County was eager to bring the Imagination Library to Mentor and hope to spread participation to all of Lake County.

"One of our goals is to increase kindergarten readiness among children in Lake County. Studies

show that children who enter school unprepared are at risk of being left behind throughout school and life, which is why we are proud to support Dolly Parton's Imagination library," said United Way of Lake County Vice President and Community Impact Director Jean Sency.

Currently in Lake County, children in Kirtland, Kirtland Hills, Wickliffe, Mentor, Mentor-on-the-Lake, and Concord Township can sign up for the Imagination Library and start receiving books, thanks to different donors.

Families can register to receive books at [www.ohioimaginationlibrary.org](http://www.ohioimaginationlibrary.org) or in person at one of Mentor Public Library's branches.

Those who wish to donate to spread the reach of the Imagination Library in Lake County can contact the United Way of Lake County at 440-352-3166 or The Literacy Cooperative at 216-776-6180.

Dolly Parton began the Imagination Library in her hometown of Sevier County, Tennessee, in 1995. It was her way of encouraging reading and childhood literacy. In the past 25 years, the program has spread across the country and even to United Kingdom, Australia and Ireland with the help of local champions.

### Yard Sign Reminder

Election season is upon us and signs have been sprouting up across the city.

Mentor residents are reminded that our ordinances allow one ground sign per development unit (your yard) with a maximum area of 15 square feet year round. During the election cycle however, one additional ground sign is permitted per candidate and/or ballot issue for which a voter in the City may cast a ballot.

No signs are permitted to be placed in the public right of way, including tree lawns. Learn more about Mentor Signage Ordinances.

You can report nonconforming signs by contacting the Code Enforcement Department at [codeenforcement@cityofmentor.com](mailto:codeenforcement@cityofmentor.com).

### MPL Community Shred Day - Sept 12th

When the Coronavirus hit and things shut down, it led to many canceled events, including the Mentor Public Library's free annual Shred Day for Library patrons and community members. The event is a great way to securely dispose of personal papers and documents like old tax returns, medical forms and anything containing sensitive identity information.

The good news is that the Library has rescheduled the event for Saturday, September 12th from 9 AM to 1 PM. If you

spent quarantine cleaning out closets and organizing files, now's your chance to safely dispose of those papers containing personal information.

Bring up to 5 boxes or bags of documents for secure off-site shredding to the Main Library's auxiliary parking lot on the corner of Sharon Lee and Mentor Avenue. The collection is one day only. Thanks to the Mentor Public Library and community partner Xpress Shredding for providing this service!



# In Rosey's Words....



**Rosey Gamiere**  
Guest Writer

*The Story*

It's been a therapeutic year as a dear friend and established author decided to write my story and

how my life has affected her life. The book will be out by the end of this year and it's called 'Rebounding with Rosey.'

On days that were rainy or dreary or way too hot to be outside, I would write my story from beginning to end, along with poetry that told a story as well.

For all of us it's a good thing to take those opportunities to reflect on your life in honesty and you'd be surprised what comes to mind.

It is therapeutic and heartwarming to realize all the wonderful things that made you who you are today. We all have a story and it doesn't matter if you publish it or not.

The beauty is you have a legacy to leave your family & friends to remember you by.

You'll find yourself realizing so much about your family, your likes and dislikes, who or what made an impact & so on.

It's a way to relax and enjoy the events that took place.

Everyone should leave a handwritten version of how their lives took place and made you the person you are today.

I found notes from my family, accompanied by photos that unearthed memories I totally forgot about.

As you know we find ourselves so busy that the details that help to understand our lives are buried

with us if we don't take the time to write down what means the most to us.

When I had an out-of-body experience while dying I found that the things that I thought were so significant were not.

What were important and come to mind were the simple things such as a small dinner with my family for my birthday and being presented with a plastic engagement ring from my future husband! The real one followed, but when I saw that red & yellow Oscar Meyer Weiner ring I was

hysterical!

One never knows our deeper feelings until we see them on paper, clarifying our most treasured moments.

Perhaps you can put away the solitaire cards, turn off the TV and reach into your inner-self for a wonderful trip that your family will cherish in the future.

I love you all, wish good things for my 'Mentorites' and hope you read my story when it comes out.

Happy to be alive,  
~ Rosey

## "EXPERIENCE MATTERS"

Over the last few months, you may have seen my ad in this newspaper asking for your vote for the State Senate. Of course, I would be humbled and honored to receive your vote. But I also wanted to convey to all Mentor residents how important it is to Mentor's future that you have solid representation in Columbus.

As your Commissioner for almost four years, I worked hard for all communities in Lake County and that certainly includes Mentor, the county's largest city and its leader in economic activity. I have had very close ties with Mentor for a long time. I have run two companies in and brought hundreds of jobs into Mentor at SourceOne Healthcare Technologies and the Ohio headquarters of Reichert Technologies. While I live in Kirtland, the vast majority of my family's economic activity occurs in Mentor. Additionally, my nephews own and operate Cleveland Furniture in Mentor and have also created jobs in the city.

As you can see, I have loyalties to Mentor, and I wish to continue honoring those loyalties as your State Senator. Our state government decides on many policy issues and budgetary issues. It will clearly be in Mentor's best interest, and yours, to have a Senator who thoroughly knows Mentor and has supported the city.

Your modest research on my opponent will reveal that she has never been elected to public office and as such, has no economic development experience. She also hasn't dealt with real crises such as large budgetary decisions and defending our economy, or even Covid or opioid addiction. Finally, she has absolutely no experience in business or job creation, which will be critical for our local economic recovery. Please do not put Mentor's future in the hands of such inexperience. I ask for your vote - Cirino for Ohio Senate.

*Jerry Cirino is a Lake County Commissioner and candidate for Ohio Senate. Follow his campaign at [www.jerrycirino.com](http://www.jerrycirino.com).*

## Farmer's Market Coupons Available for Eligible Seniors

The Lake County Council on Aging will once again be a distribution agent for the Senior Farmer's Market Nutrition Program (SFMNP) for 2020. The program has been extended through November 30, 2020.

The SFMNP is funded by the United States Department of Agriculture (USDA), Ohio Department of Aging (ODA) and the Western Reserve Area Agency on Aging (WRAAA) and provides limited income seniors with coupons that can be exchanged for eligible foods at area farmers' markets. The purpose of this program is to improve the nutritional health of seniors with limited income and to increase business for local farmers throughout Ohio. To be eligible for this program in Lake County, you must be a Lake County resident, age 60 or older with an income

(from all sources) of less than \$23,107 for a household of one and \$31,284 for a household of two.

The SFMNP program will be administered on a first come, first served basis.

### Phone Application Only

Due to Covid-19, applications will only be received over the phone between the hours of 10:00am to 3:00pm beginning August 11th. Applications will be reviewed and eligible seniors will receive ten \$5 coupons (\$50 value) by mail. The Lake County Council on Aging office is closed to visitors, so no walk-ins will be accepted.

Eligible seniors interested in applying for the program will need to call the Council on Aging at (440) 205-8111 and ask for ext. 233 or 238 to complete an application over the phone. Seniors who need

assistance with shopping may list a proxy to shop on their behalf. It is important to note that someone may only serve as a proxy for TWO individuals. The name of the proxy and their Driver's License number must be recorded at the time of application.

For more information, please contact Jennifer McLaughlin, ADRC Manager at (440) 205-8111 ext. 240

*About Lake County Council on Aging: The Lake County Council on Aging (LCCoA) has been serving Lake County's seniors, their families and caregivers since 1972. The Agency strives to enhance quality of life through education, advocacy, service and support. The agency's priority is to help older adults remain in their own homes longer, healthier and more safely. For more information, visit [www.lcco.org](http://www.lcco.org).*

### The Mentor Monitor

A Lake Community News Publication

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The Mentor Monitor is a monthly publication and is distributed to residents in the City of Mentor. Views expressed in the articles of this publication do not necessarily reflect the opinion of Lake Community News. Published by Lake Community News, in cooperation with the City of Mentor. Submissions can be sent to P.O. Box 814, Mantua, OH 44255. Telephone number is (440) 946-2577. Send emails to [lakecommnews@aol.com](mailto:lakecommnews@aol.com). Deadlines are the 10<sup>th</sup> of each month. Lake Community News reserves the right to refuse any ad or article. Lake Community News ©1987 All rights reserved.

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*Elect*

# JERRY CIRINO

## FOR STATE SENATE

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

The President and Members of Mentor City Council:

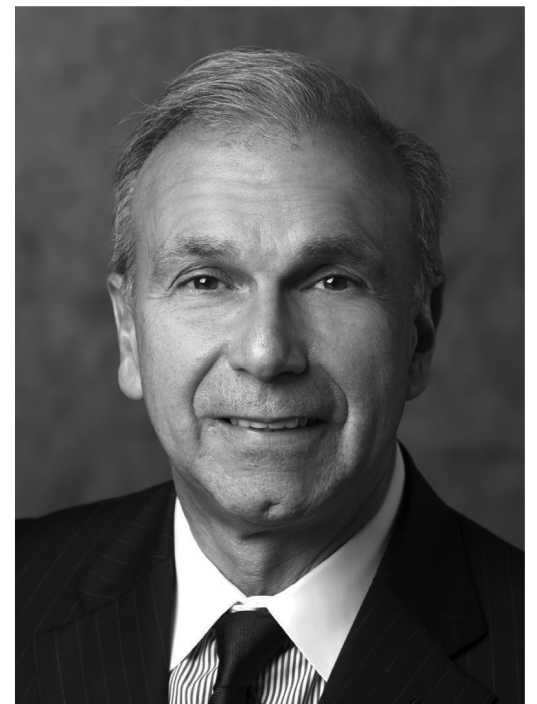
- Bruce Landeg - Sean Blake - Janet Dowling - Ray Kirchner - John Krueger - Scott Marn

### BRINGING BUSINESS & GOVERNMENT TOGETHER

- Not a Career Politician
- A Proven Job Creator – Right Here in Mentor
- A Family Man Committed to the Community
- Respected by Republicans, Democrats and Independents
- Has Protected Seniors in Lake County
- QUALIFIED TO BE OUR NEXT STATE SENATOR

#### Also Endorsed By:

- U.S. Congressman Dave Joyce
- Lake County Prosecutor Chuck Coulson
- Lake County Commissioner Ron Young
- Lake County Auditor Chris Galloway
- State Senator John Eklund
- State Senate President Larry Obhof
- State Representative Jamie Callender
- State Attorney General Dave Yost
- State Auditor Keith Faber



[JerryCirino.com](http://JerryCirino.com)



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# Bankruptcy 101:

*Peace of Mind Now  
Through Bankruptcy*

You are in financial distress. You are going insane. You NEED some peace of mind. You are thinking about filing bankruptcy but the whole idea makes you uncomfortable and you don't know where to start. No worries. This is what you do and what happens when you file bankruptcy. First, you interview an attorney. This is probably the most important part of the whole process. The interview is called an initial consultation and you should not have to pay for it. Do not hire anyone who wants you to pay for the initial consultation. The initial consultation is the meeting in which you determine your comfort level with the attorney and vice versa. First and foremost, you need to be comfortable with your attorney. He or she will be the pilot of a big part of your life and you do not want a slacker or someone who thinks they are doing you a favor to listen to you.

You as a potential paying client are (or should be thought of) as a valuable commodity. You should be treated with the utmost respect and handled with sensitivity because you are going through a very tough period. It is natural for a potential bankruptcy client to be afraid, vulnerable and questioning their decision to file bankruptcy. A good lawyer is a good listener and sensitive to the needs and feelings of their clients. So, pay a great deal of attention to the attorney's and the office staff's attitude toward you.

A good attorney welcomes client questions. Question their experience and how many bankruptcies they do a year. If the attorney does not do at least one per month I would be concerned. Robert Delchin, our bankruptcy attorney is a partner and founding member of our firm. His entire practice is focused only on bankruptcy. He teaches other attorneys at bankruptcy seminars. He has over twelve years experience in exclusive bankruptcy practice and knows what the bankruptcy court judges like and do not like. He knows all the different bankruptcy trustees (the people who represent the creditor's interests) and how they want their cases prepared to ensure they are approved. Most importantly, Mr. Delchin is respected by the court and trustees because he has a reputation for being on time and prepared. He

has established Biales Delchin Law as a highly competent, seasoned professional bankruptcy firm. A reputation that directly benefits our clients.

Today it is a common practice for many bankruptcy firms to send inexperienced lower paid, younger attorneys to represent their clients at the meeting of creditors and in court. Oftentimes the clients that are put into this unfortunate situation meet their attorney for the first time a few minutes before they are questioned by the bankruptcy trustee. This will never happen at Biales Delchin Law. If you retain us for bankruptcy Mr. Delchin will be your attorney. In addition, you will have a dedicated bankruptcy paralegal who will be available throughout the week to answer your questions and provide assistance.

The practice of bankruptcy has become highly specialized. It's not really something an attorney can do once in awhile and maintain a competent skill level. Fees and costs should be quoted up front in an understandable fashion. You should understand exactly what is covered in the fee and what, if any, added charges might arise. You should meet with the attorney for the initial consultation. You should not meet with a paralegal or legal assistant for the initial consultation unless it is your preference due to a time crunch or some other legitimate reason. The attorney you meet with should be the attorney who will be representing you at the meeting of creditors and be responsible for your case throughout the duration of your representation. The information gathering process at the first meeting is profound and needs to be gathered by the professional so that any potential problem is identified early. Most importantly, you should follow your intuition. If you are not comfortable with the attorney, the office staff or the office environment you should not hire that firm.

In our office, when you come to the initial consultation bring a month of current pay stubs. If you do not have a month of pay stubs bring your most recent pay stub. If you are not employed or self-employed bring account statements or the records you keep of the income you are receiving. Have an idea who you owe money too. Bring any lawsuit, garnishment, repossession, utility shut off, license suspension or foreclosure court papers. If you

do not have anything- do not worry. Just bring yourself and we will help and guide you to get what is needed. We try to keep it simple and make the process as easy as possible.

We give the client a worksheet to take home and fill in his/her creditors and other relevant information. Then the client comes back, and we go over it with them to help them complete it. If the client decides to hire us, she/he puts a portion of the fee down and is put on an affordable payment plan. Once they put the initial payment down (as little as \$300.00 for our firm) we start taking all their creditor calls. We stop the creditors from calling them. The creditors are not allowed to call the client anymore once a bankruptcy attorney has been retained. We do not wait until we are paid in full to stop the creditor calls. The client needs peace of mind which cannot be obtained until all the creditors are backed off from calling. We focus on taking all the financially related stress out of the client's life so they can focus on getting back on their feet.

Once the case is paid in full, we will have a final meeting to go over the client's worksheets. We then enter it into our computer and create what is called a petition and schedules. The client is called in to review and sign it and then we file it electronically from our office. In about a week the attorney and the client will receive a notice of a meeting of creditors which usually is held approximately four to six weeks from the filing date. The meeting of creditors will be in Cleveland, Akron, Jefferson or Youngstown

depending upon where the client resides.

The client will have to attend the meeting of creditors with the attorney. It takes between ten and thirty minutes depending upon the issues in the case. The client will be asked questions by a person called a bankruptcy trustee. The questions are basically about what the client owns and how much money she/he makes. We meet with our clients early and thoroughly prepare them for this hearing so that everything goes smooth. It is rare for creditors to attend even though it is called a "meeting of creditors." Any problems or issues will be disclosed at the meeting of creditors. Clients usually are required to attend only one meeting of creditors.

After the meeting of creditors, for all practical purposes, the

process is over for the client. A creditor has sixty days from the meeting of creditors to object to the client's discharge. Unanticipated objections seldom occur, and if they do, we resolve them so the client can receive their discharge. The "discharge" is the court order that forgives all the client's debt. This is called "a fresh start." The client receives the discharge order which is a piece of paper in the mail. She/he needs to keep the discharge order in a safe known place because that is the paper they will send a creditor if that creditor claims the debt is still owed.

Then the client uses their fresh start to rebuild his or her life and credit rating and lives happily ever after (hopefully). That is what happens when you file a basic Chapter 7 bankruptcy.

Robert C. Biales

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# Mike ZUREN

## for Lake County Treasurer



### INVESTED IN LOCAL COMMUNITY

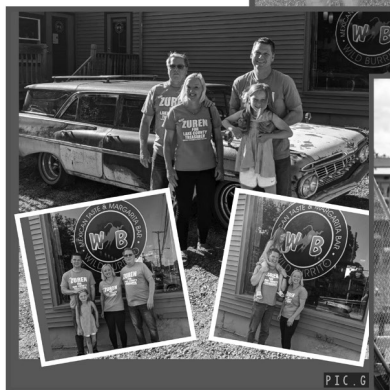
- 37 Year resident of Willoughby/Eastlake
- Current Eastlake City Councilman
- Wife, Amy, a W/E School Board Member
- VFW 3863 Member
- Graduated Willoughby South High School
- Children all attended/attending W/E School District
- Established Vine Street Corridor Business Meeting

### QUALIFIED & EXPERIENCED TO BE TREASURER

- Graduated from Lake Erie College MBA, Painesville
- Ph.D. from School of Business & Tech. at Capella University
- Experienced with finance as VP American Midwest Mortgage

### 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
  - Hosted Four Kids Grab and Go Lunch Fundraisers
  - Willowick Pet Food Pantry
  - Operation S.T.A.T.
  - 100 Youth That Care
- **Retro Outdoor Movie Night**
- **Job Fairs** 2017, 2018, 2019, 2020
- **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



### GOALS

- Implementing cost savings measures
- Updating Computer Software
- Creating a friendlier culture for residents and municipalities
- Looking for a better return on investments
- Coordinating with fellow Treasurers to develop best practices that will benefit all county & local governments

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with your job.

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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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# Your Checklist if You Need a COVID Test

You would be hard pressed to find anyone today who is not aware of the need for COVID-19 testing. However, questions quickly arise once a person decides they need to get a

COVID-19 test. *Where should I go to get the test? What will it cost? Will Medicare cover it? What if I need to be hospitalized?*

Here are some of the basics

about COVID 19 testing:

## Where to begin?

Start by contacting your physician's office as soon as you have concerns. They will help you assess your situation and tell

you where to go to get tested. If you do not have a doctor, call your local hospital, the health department, or an urgent care center for guidance.

## Is the test covered by Medicare?

Testing for COVID-19 is covered under Medicare Part B. Medicare will also cover serology tests that can determine whether an individual has been infected with COVID-19 and has developed antibodies to the virus. Medicare Advantage plans are required to cover all Medicare Part A and Part B services, including COVID-19 testing.

## Will hospitalization be covered?

Medicare covers all medically necessary hospitalizations. This includes if you are diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine. You will still pay for any hospital deductibles, copays, or coinsurances that apply.

## What if I get a surprise bill?

You can help avoid unwelcome surprise bills by taking a few minutes to contact Medicare,

your Medicare Advantage plan, or other health insurance company in advance of any tests or treatment. Ask about your coverage and note the names of the people you talked to about this. Follow this call up by contacting your healthcare provider to confirm their billing policy.

If you receive a bill that you did not expect, do not pay it right away. Contact your insurer and healthcare provider to see if you were billed in error. If this fails, file an appeal.

**Will a vaccine be covered?** Currently, there is no vaccine for COVID-19. However, it will be covered by Medicare if one becomes available.

If you would like to learn more about your Life and Health insurance options including Medicare Advantage plans, Medicare Supplements, Prescription Part D plans, please contact me at 440-255-5700 or email [Lmutsko@mutskoinsurance.com](mailto:Lmutsko@mutskoinsurance.com).

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



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# New Laketran Routes to Connect Tyler Blvd., Mentor Headlands, Mentor-on-the-Lake & Painesville

Laketran is launching its first new route service in over twenty years on Monday, September 14.

Laketran board of trustees approved a long awaited bus service to improve transit access along Lake County's largest employment corridor. City of Mentor's Tyler Boulevard is the major arterial connecting ten industrial boulevards lined with over 300 employers and 7,500 jobs, making it the 7th largest concentration of manufacturing companies in the state.

"Requests for fixed route transit service to Tyler Boulevard, Mentor-on-the-Lake, and Mentor Headlands have been going on for 20 years from both employers and residents," explained Laketran CEO Ben Capelle.

Laketran's new Route 8 will connect Tyler Boulevard to major destinations including Lakeland Community College, Great Lakes Mall, Mentor Park-n-Ride, Mentor High School, Mentor Civic Center area, Mentor-on-the-Lake, Mentor Headlands and Laketran Headquarters in Painesville Township, operating hourly on weekdays and every two-hours on Saturdays. Service will operate from 6:00 a.m. to 8:00 p.m.

The agency held multiple public meetings to gather input from residents and businesses on the

needs of the community to design the routes.

"During our public hearing process and focus groups with Mentor businesses, we learned we also needed to better connect the east end of the county to jobs along Tyler Boulevard. So in addition to Route 8 in Mentor, we have launched Route 9 so residents in eastern Lake County can better access jobs," continued Capelle. "These routes will fill a transit gap in the center of the county with improved connectivity throughout our entire system making it easier for customers to transfer in county or to Cleveland using one of our Park-n-Ride routes."

Route 9 will provide peak service connecting downtown Painesville and Tyler Boulevard with service to Diamond Centre. Service will operate weekdays from 5:30 a.m. to 8:30 a.m. and 2:00 p.m. to 6:00 p.m.

Route 9 service will operate with a smaller Dial-a-Ride style bus equipped with amenities of a traditional fixed route bus including bike racks, stop cords, a destination sign and fare box.

The new routes, made possible by the passage of Laketran's one quarter of one percent sales tax levy last November, will provide access for nearly 58,000 residents and to 33,000 jobs.

"One of the primary roles of

transit is to increase economic activity, and one of the most impactful ways transit does that is by providing a reliable way to get people to work," said Laketran board president Brian Falkowski. "Lake County voters passed our sales tax levy based on a promise to improve access to job corridors with this route in mind. Even though the current pandemic has created uncertain times, we are committed to fulfilling that promise, especially when people may be looking for new job opportunities."

Mentor City Ward-4 Councilperson, John Krueger, has petitioned for service

expansion in Mentor for a number of years, "We're excited to finally have service to our Headlands area and through our vital manufacturing corridor. Laketran plays a significant role in our local economy by providing direct access to high-paying, skilled positions in our City. This new route will enhance connectivity throughout Mentor and surrounding communities."

Mentor-on-the-Lake residents that attended a public hearing for the service in March were eager for a more affordable transit option.

"Mentor-on-the-Lake residents, who have had to rely on

Dial-a-Ride or just live without, now have a transit option that runs more frequent and is less expensive," shared Mentor-on-the-Lake Mayor Dave Eva. "We have a perfect mix of businesses and residents, plus a very pedestrian friendly community to have transit thrive here and we appreciate all the efforts Laketran has given to make this route a reality."

Laketran will also make a slight route change to Route 3 along Lakeshore Boulevard in Willoughby to travel along Tamarac Boulevard and Lost Nation Road to better serve the residential area.



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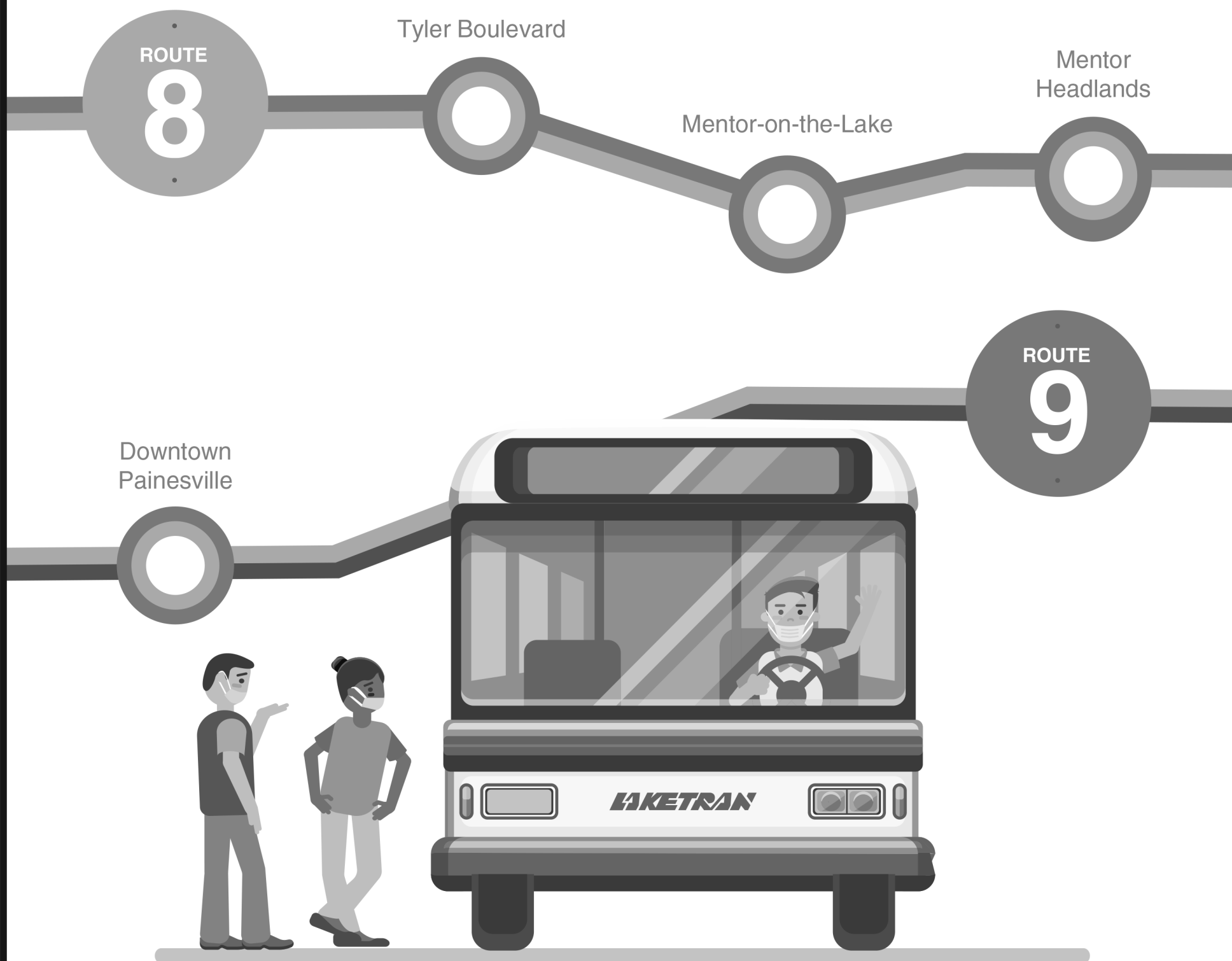


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## Get Your Fresh, Local Produce & More at the Mentor Farmers Market

The Mentor Farmers Market, located on the grounds of Garfield Park, 7967 Mentor Ave is open every Friday, from 2-6 pm through September 25. Join us on the last Friday of each month for Fantastic Fridays, where you will be able to shop a variety of local crafters too!

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

farm related items like honey, baked goods, flowers, and teas."

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

- Designated six-foot distances between people
- Vendor stands spaced 6 feet apart
- Hand sanitizer stations
- Separate operating hours for seniors and at-risk individuals
- Requirement for vendors, city staff and volunteers to wear cloth face coverings as recommended by CDC guidelines
- Only whole, uncut produce

and pre-packaged items will be sold. No sampling of any food will be permitted

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

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



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# Online Info Sessions Help Adults Start or Finish College

Lakeland Community College wants to assure adults considering college—whether as a new start or a return to finish a degree—that resources are available to become a student this fall.

"Adult Learner Info Session" webinar is slated for each month and is intended to address concerns about going to college that are specific to adult learners. More than 30% of Lakeland's student population is comprised of adults ages 25 or older.

"When you haven't seen the inside of a classroom or taken a test in years, it can be a bit intimidating to think about going back to college," said Leslie Mohr, recruitment coordinator. "Lakeland has hundreds of adult students who take classes each

semester, so we'd like anyone thinking about going back to school to know that they wouldn't be alone."

The session will focus on commonly asked questions among adults returning to school such as:

- Why should I return to school?
  - How long will it take for me to earn a degree or certificate?
  - How can I afford college and can I get financial aid?
  - How can I start?
- Other topics discussed that are

important to adult learners include child care, online classes, credit for prior learning/experience and resources to balance work, home and study. Participants will also learn about bachelor's or master's degrees available through 4-year university partners at Lakeland's Holden University Center.

To register for the free info session, email [recruitment@lakelandcc.edu](mailto:recruitment@lakelandcc.edu) or call 440.525.7900.

For more information visit [lakelandcc.edu/web/about/adult-learner-departments](http://lakelandcc.edu/web/about/adult-learner-departments).

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While this might seem like a lot of money, there are ways to lower the cost of a bathroom remodel while still adding a ton of value to your home.

Let's look at several ideas you can use to add value to your home via bathroom remodeling in 2020.

### Let's Talk Countertops:

The pros to upgrading are low maintenance and high impact. These come with high upfront cost, but make a huge impact on

the value of your home.

Safety Features for Seniors can make life in the bathroom a lot less stressful, the cons are they may be unattractive to younger buyers.

Reglazing a Tub is a low cost way to bring a tub and surroundings back to life. The con is it typically is a 2-5 year fix.

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

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

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

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

Sponsored by the Lake County Board of Commissioners, Lake County Solid Waste District, and the Lake County Department of Utilities.  
 For more information about the HHW Collection:  
[LakeCountyOhio.gov/Utilities](http://LakeCountyOhio.gov/Utilities) – See Special Collections Information  
 Call the Solid Waste District at 440-350-2644 or Utilities at 440-350-2645



# To Repair or Replace Your Homes Furnace or Air Conditioning, That is the Question?

One tough part of owning a home is the costs of repairing or replacing any HVAC equipment. Especially in an emergency situation, when your air conditioner isn't cooling the house or in the winter when your furnace isn't heating. It is never an easy decision on whether to make the investment of a new unit or repair your existing one. Before making that decision, there are some considerations you can make to determine what is best for

## ODNR Releases Children's Activity Book

Ohio Department of Natural Resources has released a new children's activity book to help guide stream exploration. Macroinvertebrates, often referred to simply as "bugs," lack a backbone and are large enough to be seen by the naked eye. If you know where to look, it's easy to spot crawdads and hellgrammites in Ohio streams. The activity booklet uses streams and the bugs that live in them as a way to engage young readers to learn biology concepts like life cycles, habitat, adaptations, and ecosystems.

Here are just a few of the fun facts found in the booklet:

- How do stonefly larvae breath underwater? They do "push-ups" to get more oxygenated water rushing past their gills.

- How do caddisfly larvae find shelter? They build tiny rock homes, and some carry them around like hermit crabs carry their shells.

- How do dragonflies find food? Most of their head is comprised of their eyes, an adaptation of a fierce predator that hunts for prey larger than itself.

The engaging activities are even more dynamic when paired with real-life stream exploration. We hope parents will join their children in trying to spot some of these important critters in a stream near them. Remember: Some bugs are more sensitive to pollution than others, so if you find any of those sensitive species, it's an indication that the quality of your stream is good.

For more information and to download the book, please visit: <https://ohiodnr.gov/wps/portal/gov/odnr-core/documents/natural-areas-and-preserves-documents/scenic-rivers-activity-book>.

you and your family.

**HOW OLD IS YOUR SYSTEM?** On average, a furnace will last around 15 – 20 years. Air conditioners or heat pumps will last around 10 – 12 years. As units age, they will typically require more maintenance and may need costly repairs.

**WHAT WOULD MY UNIT COST TO REPAIR?** If the cost of repair exceeds the cost of replacing, refer to the "50 percent rule", or a general rule of thumb that encourages pursuing a new investment when the repair of an old unit exceeds half the cost of a new one.

## Six Shops, One Location

Whether you are sprucing up your home with new furniture or décor, searching for a special gift or want to support some of the locally owned businesses that Mentor has to offer.... look no further than the shops located at 8562 Mentor Ave, in the former Mosack's building.

A group of friends heard that the space was available and after meeting to tour the building they agreed it was the perfect space to showcase the variety of items sold in each of their six stores. "We all have a variety of items and styles we sell. Although we overlap in some of the items, all of us have our own niche," explains Kim Stuck of Tiffany Rose Antiques.

The six shops are spread over three floors providing customers the opportunity to browse and shop for jewelry, furniture, country décor, custom made pet steps, one of a kind clothing, beautiful

**HOW EFFICIENT IS YOUR SYSTEM?** As with other technology, heating and cooling systems have advanced to include new features and greater energy efficiency than ever before. These improvements can reduce your monthly utility bills.

**LIMITED TIME OFFER!** Enjoy our 12 Year Parts and 12 Year Labor Warranty. Up to \$2000 OFF HVAC Optimum or Premium System Purchase & Installation, ...Do not Delay, Call Today!

If you are stuck between a rock and a hard place, have a professional evaluate your system and your home's needs. It can help ease the decision of repairing or replacing. For a complimentary

handmade wreaths and much more!

Tiffany Rose Antiques sells mainly fine estate jewelry and antiques, Life's Simple Treasures is known for beautifully painted furniture, and Country Pedlar features country and gift items. Pet Steps and More offers custom made pet steps and cat scratching posts to fit your needs while Sheri's Sew Unique will custom make a one of a kind article of clothing that's exactly what you want and it will fit you perfectly. Angel Wings Wreaths & Things makes beautiful wreaths and she can custom make one for you.

No matter where you go there is a treasure to be found in every shop. The shops are open Tuesday through Saturday from 10am to 4 pm, Sundays 10am to 5pm and Mondays by chance. Stop in & find your treasure!

quote to replace your HVAC system, contact the professionals at **DeBord's One Hour**. The professionals of **Benjamin Franklin Plumbing** can also help with ALL your plumbing and septic needs as well.

We maintain an A+ rating with the Better Business Bureau and are a very proud partner of the Children's Miracle Network. We are licensed, bonded, and fully

insured. Your comfort and safety are truly our top priority!

Log on to [www.Debordinc.com](http://www.Debordinc.com) and [www.BenjaminFranklinPlumbingNEOhio.com](http://www.BenjaminFranklinPlumbingNEOhio.com) to learn more and for special offers. Call us today at (440) 285-9125 to schedule an appointment.

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### Country Pedlar (440) 255-9090

Country Furniture, Home Decor, Handcrafted Gifts, Rag Rugs, Wind & Willow Dips, Wall Art, Candles

### Pet Steps and More (440) 487-0087

Custom made dog steps and cat scratching posts, Painted Furniture

### Sheri's Sew Unique

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Alterations and custom creations

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& Things (440) 669-4729

Mesh and grapevine wreaths, special order personalized t- shirts, signs and mugs.

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Hello Neighbor,

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

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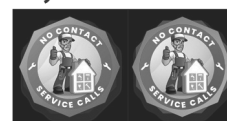
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located in Chardon, is currently looking for experienced Plumbing Technicians and HVAC Technicians. We have been servicing Northeast Ohio since 1987 and are family owned and operated. If you are a motivated self starter and a team player with good mechanical aptitude, we would like to talk with you.

Minimum of 2 Years Experience Preferred. These are full time opportunities with high potential for growth!

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

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

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

## Hospice of the Western Reserve Virtual Volunteer Training Sept. 9<sup>th</sup>

Are you looking for a way to stay engaged in your community? Are you willing to engage with homebound patients and families by phone or by mail? Consider becoming a Hospice of the Western Reserve Volunteer.

We are excited to announce virtual volunteer training for new volunteers. For more information, contact us at 216.255.9090 or fill out an online application [hospicewr.org/volunteers](http://hospicewr.org/volunteers).

Volunteers who complete virtual training will be able to provide in-person visits as soon as Ohio's Stay at Home order is lifted.

Virtual Volunteer Training starting September 9th at 9 am.

### About Hospice of the Western Reserve

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

For more information, visit [hospicewr.org](http://hospicewr.org) or call 800.707.8922.

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.

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

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



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# There's More to Mold Than Just the Spore!

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

the colony, our noses detect the smell of these fungal gases.

When a closed indoor environment continues to fill with the mycotoxic gases, they can become a health risk. The

affect it has on the human body is dependent on three variables.

Our individual immune systems, the type of spore and the volume of fungal gas, determines the impact on our bodies.

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

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



There are many things in life

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


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

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

Based in Eastlake, Ohio Hoernig Heating & Air Conditioning has been a family owned and operated business for over 55 years. Dennis, along with his sons, proudly carry a complete line of quality Rheem products including high efficiency Rheem Air Conditioning and Gas Furnace units.

With summer winding down and colder weather approaching, now is the time to have us perform a Heating Preventative Maintenance Safety Check for the low price of only \$69.95 (Regular price \$95.95). The gas furnace tune-up and safety check includes:

1. Clean burners

2. Clean, light pilot
3. Check Heat Exchanger
4. Check main gas valve
5. Adjust burner & pilot
6. Adjust blower belt
7. Check & adjust furnace controls
8. Check safety pilot operation
9. Oil blower.

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

1. Check refrigerant charge

2. Leak test unit if necessary
3. Check and adjust fan belt
4. Check bearings
5. Align pulleys & lubricate motor
6. Check Filters
7. Check condenser
8. Check drain

9. Check operation of thermostat
  10. Operational check of systems.
- For those of you looking to save even more, take advantage of a package deal! Have us service both systems at the same time for only \$98!!

Hoernig Heating & Air

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

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

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

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

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

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

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My name is Jeff Berg and I am available to personally speak with you to discuss your individual technology needs. I invite you to contact me at

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5. Adjust burner & pilot
6. Adjust blower belt
7. Check & adjust furnace controls
8. Check safety pilot operation
9. Oil blower



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# Blackbrook Audubon Co-Sponsors Chagrin River Bird Quest

Two local chapters of the National Audubon Society challenge everyone who enjoys birds to safely explore the Chagrin River Valley and find as many bird species as they can in the 6th annual Chagrin River Bird Quest. Bird alone or in teams and record species in one 24-

hour period from 4 p.m. Friday, September 11 to 4 p.m. Saturday, September 12. Audubon Society of Greater Cleveland and Blackbrook Audubon Society are co-sponsoring this birding event which includes parts of Lake, Geauga, Cuyahoga and Portage counties.

All Bird Quest activities and materials are free, but registration is required by September 10.

Drive-thru team check-in will be 4:00-6:00 p.m. September 11 at the Deer Run Shelter of The West Woods, 9465 Kinsman Road in Russell Township. Each check-in packet will have a map, checklist,

a list of scheduled walks and t-shirts. Every registered quester will get a Subway gift card, a new feature this year. Team members are asked to comply with physical distancing and ethical birding practices. Teams must send in their checklists by 4:00 p.m. September 12 according to instructions given at check-in.

This year's Quest Celebration will be 7:00 p.m. September 12 via Zoom using a link provided to each email address given at registration. Audubon will award prizes for the most species overall, most warblers seen, most habitats visited and most creative team name.

For more information, visit <https://clevelandaudubon.org> and click the Chagrin River Bird Quest logo or email [birdquest@clevelandaudubon.org](mailto:birdquest@clevelandaudubon.org).

[clevelandaudubon.org](https://clevelandaudubon.org).

Audubon Society of Greater Cleveland, which covers territory along the southern half of the Chagrin River watershed, began this contest in 2015 to bring attention to the Chagrin River Corridor IBA, or Important Bird Area. National Audubon declared this watershed an IBA to highlight the many species who use riparian and other habitats along the Chagrin to nest each year and rest during migration. Once again, Blackbrook Audubon Society, which covers the northern half of the Chagrin River IBA in Lake and Geauga counties, joins ASGC as a co-sponsor and hopes to encourage its members to share in the quest. Geauga Park District is also a sponsor.

## Glad to be back... Now seeing patients!

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Curled toes are often the cause of painful corns and irritations. Dr. Tenney uses modern techniques to relieve this problem in his office without pins or stitches. In a few minutes, you can walk out of the office in your own shoes and have straight, comfortable toes.

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Your session includes:

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Although Cabinet Hardware no longer has a showroom in Mentor, we are still OPEN for business & we look forward to helping with all your hardware purchases.

Let's set up a video chat with Zoom or Facetime, or you can send us an email to discuss any hardware issues or if you need advice on what to buy. We feature many of the top brands and we

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or Call (440) 946-2577

# Mentor Public Library: September Programs for Adults

All of these programs are being offered online. Most will be hosted live via Zoom and require registration. You can sign up by calling the library or at [www.mentorpl.org](http://www.mentorpl.org). A few will be broadcast on the library's:

- Facebook page: [www.facebook.com/mentorpubliclibrary](http://www.facebook.com/mentorpubliclibrary)
- YouTube channel: [www.youtube.com/mentorpubliclib](http://www.youtube.com/mentorpubliclib)
- And website: [www.mentorpl.org](http://www.mentorpl.org).

**Borrow Board Games from MPL-** Bored at home? Borrow a board game from Mentor Public Library. The library has more than a dozen board games available, including educational games for kids and both cooperative and competitive games for all ages. They include favorites like Catan, Munchkin and Pandemic, as well as quirkier offerings like Rhino Hero, King of Tokyo and Zombie Dice. For a list of games and their descriptions, visit [www.mentorpl.org/games](http://www.mentorpl.org/games). Adults can borrow up to two games at a time for up to two weeks. No renewals.

**All Booked Up with Cailey & Meg** Saturdays at 12 p.m.

Every week, MPL's librarians Cailey and Meg recommend and discuss books on a specific theme. They rotate their suggestions between teen and adult books. All Booked Up can be viewed on the library's website, [www.mentorpl.org](http://www.mentorpl.org), as well as its Facebook page and YouTube channel.

**Leaders & Legacies of the Civil War: Sherman, Sheridan & the Indian Wars**

Wednesday, Sept. 9, Noon  
While millions of volunteer soldiers mustered out at the end of the Civil War, many of the Army's professional officers remained in the service and turned their

## **[Unveiled] VIRTUAL Lake County Art Contest**

The Lake County Art Contest has grown into a well-recognized art exhibit located at Mentor's City Hall. This exhibit includes many locally renowned and emerging artist. For the 2020 year, this art contest will be going VIRTUAL and will be accepting a variety of media submissions. Monetary awards will be given for first and second place in all judged categories. Along with these awards one artist will be awarded the Dorothy McNamara Maloney "Best of Show" award. This recipient will also receive an exclusive solo artist exhibit of their work at Mentor City Hall in February 2021.

Accepted categories; watercolor, oil / acrylic, photography, mixed media, drawing, 3D. Art pieces

attention to American Indian tribes in the West. This presentation will examine several of the so-called "Indian Wars" fought in the quarter-century following the Civil War and the roles played by many of America's most famous Civil War veterans. The speaker will be Ranger Alan Gephardt from the James A. Garfield National Historic Site. Hosted online via Zoom. Registration is required.

**Simple Acts to Change the World: Author Amy Neumann**

Wednesday, Sept. 9, 6:30 p.m.  
Amy Neumann, author of Simple Acts to Change the World, will discuss her book, what inspired it, and how you too can change the world, even in these turbulent times. This author talk will be hosted online via Zoom. Registration is required.

**10th Annual Community Paper Shred Day**

Saturday, Sept. 12, from 9 a.m. to 1 p.m. • Library auxiliary lot at the corner of Mentor Avenue and Sharonlee Drive

Mentor Public Library is partnering with Xpress Shredding of Mentor to host this one-day event. Patrons and Mentor residents are invited to bring up to five boxes of documents for shredding to the Main Branch's auxiliary lot on the corner of Mentor Ave. and Sharonlee Drive. All papers will be taken to a secure facility for shredding.

**The Cold War: 1968**

Thursday, Sept. 17, at 6:30 p.m.  
Dr. John Foster presents the third in his series of lectures on the history of the Cold War, focusing on the pivotal year of 1968. This program will be hosted via Zoom. Register to attend online or by calling the library.

**Men's Book Club**

are to be created in the last year. 16 years and older are welcome to enter. \$5 entry fee per piece (maximum 2 pieces)

Electronic art submissions will be accepted September 14-September 25. Applications with a complete list of rules can be found at <http://www.cityofmentor.com/wildwood-cultural-center> or by emailing [wildwood@cityofmentor.com](mailto:wildwood@cityofmentor.com)

The virtual art exhibit will run October 5 – November 2, 2020. For the latest updates including how to view the show, please follow the Wildwood Cultural Center Facebook page.

For more information please call the Wildwood Cultural Center at (440) 974-5735.

Monday, Sept. 21, at 7 p.m.

This month's book is "Chalk Man" by Michelle C.J. Tudor. Copies of the book are available at the reference desk at MPL's Main Branch. Hosted online via Zoom. Registration required to attend.

**America in the 1920s: Arts & Culture**

Wednesday, Sept. 23, 6:30 p.m.  
Art, literature, music, film, and dance flourished in the United States in the 1920s. Additionally, prohibition went into effect nationwide and there was a rise in crime and violence in the country. Library Associate Traci from the Lake Branch will highlight different famous individuals, artwork, music, films and events during the Roaring Twenties. Program hosted online via Zoom. Registration required to attend.

**Learn from the Leaders: Rick Coleman – So You Want to Be a Food Truckr**

Thursday, Sept. 24, at 9:30 a.m.  
Rick L. Coleman Sr. is the proud owner of Jackpot Chicken food Truck and author of So You Want to Be a Food Truckr. His food truck has been a Best of Cleveland top finisher every year he has operated. So You Want to Be a

Food Truckr is a straightforward way to shorten the learning curve for anyone looking to get into the food truck business. It gives real world experiences from a real food truck owner. Additionally, you'll learn the step by step processes it takes to launch your business. This virtual interview is part of Lakeland Community College's Learn from Leaders series, which is sponsored by Dworken & Bernstein Co. L.P.A. and Mentor Public Library. It will be hosted online via Webex. It's free to view and registration is required. You can sign up at <https://lakelandcc.edu/leaders>.

**No More Cable: Save Money & Switch from Traditional Cable**

Thursday, Sept. 24, at 6:30 p.m.  
There are more streaming services than ever to choose from: Netflix, Disney+, Apple+, Peacock, HBO Max, Quibi, Hulu, Amazon Prime, and more. With cable prices skyrocketing, which streaming services are best for you and your family? Learn about streaming movies and shows over the Internet, the many different services out there, and even some free services your library provides. This program will be led over Zoom. Registration is required to

attend.

**Monday Night Book Club**

Monday, Sept. 28, at 6:30 p.m.  
Join librarian Cailey for a discussion of bestsellers, popular reads and books of interest. This month the book club will discuss "My Grandmother Asked Me to Tell You She's Sorry" by Fredrik Backman. Copies are available at the Reference Desk for pickup. Book club will be hosted online via Zoom. Registration is required to attend.

**Yoga for Creativity**

Tuesday, Sept. 29, at 6:30 p.m.  
Discover how you can use yoga to unlock your creativity and help you experience gratitude in all situations. The program will be led by Kristina Ambrosia-Conn. Hosted online via Zoom. Registration required to attend.

**Medicare Basics**

Wednesday, Sept. 30, at 6 p.m.  
Learn how Medicare works and find out which plan would be best for you and your family. You can also ask any questions you may have. This program will be presented by Andrew Preston from Pelorus Financial Group and will be hosted via Zoom. Please register in advance.

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## Transgender & SRS Specialist at Cosmetic Laser Inc.

Welcome to Cosmetic Laser, Inc. I am a small independently owned business with 14 years' experience in hair removal. I am a Licensed Cosmetic Therapist under the Ohio State Medical Board. I work with Dr. Robert Salamon who is Board certified in Plastic and Reconstructive surgery.

We specialize in all hair removal but are very supportive and involved in the Transgender Community. We specialize in the hair removal for the sexual reassignment surgery in trans women and trans men as well as facial and body hair. We will work closely with several surgeons from CCF, UH, Metro, Philadelphia and California to remove the hair to their specification. Every surgeon has specific area for the hair to be removed. We remove all the hair that the laser can pick up then finish up with electrolysis for the white, blond and grey hair. We do offer topical and injectable anesthetic for pain relief. Our

office is private and discreet.

I wanted to make my business different then the "normal business" model for laser. Most laser places sell "packages" only which includes a certain amount of treatments with a "huge" discounts. I wanted to make laser affordable for the average income person. I offer a per treatment charge for hair removal, rather than a "package". So there is no need to finance or wait and save up to start your hair removal. Our office has a layed back and private atmosphere to make you feel comfortable. You see only Doctor Salamon and I for your first visit from start to end. A typical first appointment last 30 minutes, which includes paperwork, test spots and first treatment.

It helps to understand how laser hair removal works, all the hair is in 3 different stages of growth, first, second and third. Approximately 1/3 is in each stage. The laser light can only kill the hair that is in the 1st stage of growth when the hair bulb is big and full. The other 2/3 of hair are in the 2nd and 3rd stage of growth where the hair bulb or "papilla" is dormant. The hair in the 2nd and 3rd stage will die and fall out, but the 1st stage is underneath the skin ready to come up. That's why we repeat a treatment in a month to kill the new stage and every 6-8 weeks after that to get to the most hair that is in the first stage of growth. So it only kills a certain percentage of hair with each treatment and repetitive treatments are required.

So how many treatments does it take? Between 8 and 14 treatments, 6-8 weeks apart. Depending on how much hair you are starting with. The hair becomes lighter and finer with each treatment. And you will notice patchy spots where the hair is gone. So it is over a year process to become completely hairless. What does your skin look like after treatment? Initially the skin around each hair follicle swells and gets red, so you have an overall red appearance on the skin. The redness last for about 20 minutes. Usually by the time you get home your skin appears normal. We use the state of the art Candela GentleLase Laser it is a safe and effective treatment. Lasers have been used for many years for a variety of medical cosmetic procedures including treatment of facial and leg veins, age spots and brown mole removal. The GentleLase System, a revolutionary long-

pulse high energy alexandrite laser emits a gentle beam of light that passes through the skin to the hair follicle where it is absorbed. The laser energy is transformed into heat, which destroys the hair follicle leaving the surrounding skin unaffected. The skin is further protected during treatment by a Dynamic Cooling Device™ where cryogen is sprayed onto the skin cooling the upper layers and providing patients with increased comfort. The GentleLase selectivity helps to protect the skin, while effectively treating the unwanted hair.

Traditional hair removal techniques, such as shaving, plucking, waxing and depilatory creams provide only temporary relief. The GentleLase System safely removes unwanted body hair without damaging the delicate pores and structures of the skin. Facial and bikini areas are usually completed in under ten minutes; legs, backs and larger areas can take longer. Immediately after laser, all the hair is not gone from the treated area. It takes 2-3 weeks for the dead hair to push out of the follicle. This is not new hair growth, but dead hair pushing its way out of the follicle. What does it feel like? It feels like a rubber band snapping on your skin. The feeling goes away immediately. Everyone has a different pain tolerance. Laser is not as painful as electrolysis or waxing. You can wear makeup immediately after being lasered and you can continue to shave before and between laser treatments. Any color skin can be treated or tanned skin. They call Laser hair removal a permanent reduction and electrolysis a permanent removal. Laser hair removal requires a once a year maintenance treatment. But what grows back is only 5 or 6 fine light hairs. It never comes back course like it was in its original state. You can count on us for all your hair removal needs. We also provide electrolysis, spider vein removal, mole and brown spot removal, botox and juvederm injections and microdermabrasion for acne. We also offer a unique sublative radio frequency face treatment called E Matrix that mimics the lifestyle lift, improves acne scars and lightens brown spots and freckles, decreases pore sizes, smooths and rejuvenates the surface of the skin all without the down time.

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# DIVORCE 101:

**DISSOLUTION:  
EXPEDIENT. ECONOMICAL.  
UNCOMPLICATED**

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 a dissolution or an uncontested divorce the parties agree on everything. 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. Yes, you heard right our job is to make your life easier and less stressful by making the process as simple and affordable as possible. From my point of view I'd rather have

regular infusion of smaller fees coming in that can be turned around fast ensuring client satisfaction rather than some monstrosity where the people are spending thousands of dollars an hour fighting over silverware (which I simply would not do.) And, of course, the client's going to be angry at the attorney when he comes to his senses- and his anger is justified in a situation like that where a client is taken advantage of in an emotionally charged state. Not Cool! Happens every day. But dissolutions are so relatively inexpensive and simple that there is no way really to be taken advantage of. Lawyers concentrating in dissolution law are really more about providing a cost effective option to the average income Jane or Joe to be able to move on with their lives in this current pandemic crap economy where most people are either out of work or out of money. And the

client doesn't really have to worry about getting bamboozled by dissolution attorneys because attorneys who are that way don't practice dissolution because its more of a low buck, discount area. Contested divorce practice is where people can throw away money with no viable objective other than to hurt each other which is, also, a very sad commentary on the current state of the practice of domestic relations.

Bottom line. If both parties can be open and honest throughout the process a dissolution is the best way to go. Like in everything, 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 simplify and bring to a peaceful conclusion a situation that, otherwise, has the potential of turning into an ugly thing in times that are already about as ugly and uncertain as we have ever seen.

Robert C. Biales



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# Coronavirus (COVID-19)-Related Stress Factors and Resources

*The impacts of COVID-19 aren't confined to physical health. If you or a family member experiences stress related to this pandemic we want to reassure you that help is available.*

**From the Lake County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board**

## Free, confidential local resources

### Crossroads Health Virtual Support Groups (VSGs)

#### **Open to all:**

Tuesdays, 12:00 p.m.

#### **For clients of Lake County ADAMHS provider agencies:**

Mondays, 11:00 a.m. • Thursdays, 4:00 p.m.

- To access online log onto <https://crossroadshealth.zoom.us/j/6044743547>
- You can also elect to participate by phone: 888-788-0099, meeting ID: 604-474-3547

### Lake Co. ADAMHS Board Compass Line: 350-2000 or 918-2000 (both 440)

- Call the Compass Line for information about all behavioral health services, including those relative to COVID-related stress or anxiety, and/or to explore telehealth options.
- Compass Line hours are Monday through Friday 8:00 a.m. - 4:00 p.m.

### Lake County Crisis Hotline: 440-953-8255

- Free, 24/7 help if you or a family member experiences overwhelming stress that impacts ability to function normally.

### Crossroads Health Coronavirus Warmline: 440-754-3340

- For help with COVID-related stress, anxiety, or uncertainty.
- Warmline hours: Monday - Friday, 8:00 a.m. - 8:00 p.m.

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*The ADAMHS Board is responsible for planning, evaluating, monitoring, and funding services available for Lake County residents who are dealing with mental illness and/or addiction disorders.*



**YOU.ME.US. We're in this together. There is no them.**

# Mentor Public Library: Children & Teen Programs

Fun for the whole family!

All of these programs are being offered online. Some will be hosted live via Zoom and require registration. You can sign up by calling the library or at [www.mentorpl.org](http://www.mentorpl.org). Others will be broadcast on the library's:

- Facebook page: [www.facebook.com/mentorpubliclibrary](http://www.facebook.com/mentorpubliclibrary)
- YouTube channel: [www.youtube.com/mentorpubliclib](http://www.youtube.com/mentorpubliclib)
- And website: [www.mentorpl.org](http://www.mentorpl.org).

## Grab & Go Crafts

New craft each week

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

## Artpocalypse

Tuesdays at 12 p.m.

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

## Virtual Family Story Time Room on Zoom

Tuesdays at 10 a.m., starting Sept. 8

Children of all ages and their families can spend some time together while enjoying stories, songs and a craft. The story time will be a live Zoom event. Registration is required. Once a family has registered, they can pick up their supplies from the Children's Department of MPL's Main Branch. (The story time is open to everyone but craft supplies are for children ages two and older.)

## Yoga Kids! Zoom Edition

Thursday, Sept. 3, 10:30 a.m.

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

## Online Origami Hour

Thursday, Sept. 10, at 6 p.m.

Kids (ages eight to 12) can learn the art of paper folding. Mentor Public Library will even provide the supplies. This program will be a live Zoom event. Registration is required. Once a child has registered, they can pick up their supplies from MPL's Main Branch. Then kids can fold together step by step and show off their creations.

## 10th Annual Community Paper Shred Day

Saturday, Sept. 12

From 9 a.m. to 1 p.m.

Library auxiliary lot at the corner of Mentor Avenue and Sharonlee Drive

Mentor Public Library is partnering with Xpress Shredding of Mentor to host this one-day event. Patrons and Mentor

residents are invited to bring up to five boxes of documents for shredding to the Main Branch's auxiliary lot on the corner of Mentor Ave. and Sharonlee Drive. All papers will be taken to a secure facility for shredding.

## Virtual Vittles

Monday, Sept. 14, at 10 a.m.

Kids (ages seven to 12) can learn how to make tasty no-bake treats during the library's new Virtual Vittles program. MPL's Chef Robin will show children how to follow a recipe via Zoom. The library will even provide all the ingredients that kids need to participate. Registration is required. Families can sign up online at [www.mentorpl.org](http://www.mentorpl.org) or by calling the library at (440) 255-8811 ext. 220.

## Online Spa-Tacular

Wednesday, Sept. 23, at 4 p.m.

Kids (ages eight to 12) can relax online with friends and enjoy an afternoon of pampering and relaxation tips. This program will be a live Zoom event. Registration is required. Once a child has registered, they can pick up their spa supplies from the children's department of the library's Main Branch. Of course, kids are welcome to use any of

their preferred beauty supplies, as well. Parents and siblings are also encouraged to help with the relaxation.

## Virtual Story Lab -- Gravity

Tuesday, Sept. 29, at 4 p.m.

A creative story time that encourages children to discover and explore concepts in science. This program will be a live Zoom event. Registration is required



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