The

Volume 35 Issue 5

Mentor Monitor

Lake Community News

Mentor Monitor

Serving Your Community Since 1987!

November 2021

Willoughby Times
Eastlake Gazette

Willowick Courier =

Painesville Pride

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

Trick or treat will be held on October 31, 2021 from 6 PM to 8 PM in the City of Mentor

Halloween Safety Tips from the Mentor Police Department

- Avoid walking alone. Walk with an adult
- Wear bright, flame-resistant costumes or use reflective tape
- Use sidewalks when you can and be on the lookout for cars
- Stay in familiar neighborhoods
- Avoid wearing masks that block your vision and costumes that are tripping hazards
- Examine treats before you eat them

As always, the Mentor Police Department has extra officers on patrol Halloween night so have fun, stay safe, and have a Happy Halloween!

Shop & Dine

With over 175 eateries, taverns and independent shops – as well as most major retailers – Mentor is at the heart of the Lake County shopping & dining experience.

Whatever your taste, you'll find it right here...and we've made it easier to find! Go to visitmentor.com to download a copy of our Visitor's Guide which contains information on restaurants, shopping, events, activities and more.

Thank you for supporting our businesses!

Mentor Public Library: November Programs for Adults Most library programs are presented by the staff of the James Village Room, Main Branch

20 Pages

Most library programs are hosted in-person at one of the library's branches. A few are hosted online via Zoom. When registration is required, you can sign up by calling the library or online at www.mentorpl.org.

Color Me Calm

Thursdays, Nov. 11 and 18, at 10:30 a.m.

Village Room, Main Branch Adults can enjoy coloring with relaxing music at the library.

Murder Most Foul

Tuesday, Nov. 2, at 10 a.m. Concord Township Community Center

History buffs and true-crime fanatics will love these tales of macabre murder and mistresses presented by the staff of the James A. Garfield National Historic Site. The speaker will share the true story of two shocking murders that occurred at the turn of the last century. These heinous crimes are linked because they both involved famous American architects and their lovers. To register for this talk, call the Concord Township Community Center at 440-639-4650.

Thanksgiving Wreaths

Tuesday, Nov. 2, at 5 p.m. The HUB

Create a beautiful Thanksgiving wreath at The HUB. Registration required.

<u>It's a Mystery Book Club</u> Tuesday, Nov. 2, at 6:30 p.m. This monthly book club reads crime-related genres such as thriller, suspense, true crime and

crime-related genres such as thriller, suspense, true crime and mystery/detective. In November, they will discuss "Silent Patient" by Alex Michaelides. People can join the discussion in person or via Zoom, if they prefer.

Back to Your Roots Genealogy Group

Wednesday, Nov. 3, at 6:30 p.m. Lake Branch

Interested in your family history? Share genealogy tips, exchange information and talk shop with likeminded individuals. All experience levels are welcome, and basic computer knowledge is required. Please register to attend.

Continued on page 2

Mentor Fire

The Mentor Fire Department is hiring a fulltime firefighter/paramedic. The City of Mentor Civil Service Commission is now accepting applications for a written exam to be conducted on November 18, 2021.

"We're looking for the best. We're looking for someone who is bright but most of all has a passion for taking care of people," says Mentor Fire Chief Bob Searles.

This position offers excellent pay, with an annual salary range of \$61,651.72 to \$86,481.98, as well as full healthcare and retirement benefits.

As a large department, Mentor Fire offers candidates enhanced opportunities for professional advancement as well specialty training for their Technical Rescue, Hazardous Materials, and Water Rescue teams. Mentor firefighters also typically have access to more equipment as well as newer equipment compared to many departments in Ohio.

"Mentor is more than a great place to work. This community is incredible. They support us well,"

Department

adds Searles.

According to Bloomberg, firefighters have the highest level of job satisfaction in the country. The satisfaction gained from helping those in need is what attracts most firefighters to the job in the first place.

"When I go into a house and someone is having their worst day, there is nothing more rewarding than being there to take the emergency out of the situation, calm them down, and do what I can to help them," says Mentor Firefighter/Paramedic Kevin Butsko.

And, the sense of comradery and mutual support is what keeps them there.

"We spend a lot of time together. It's a family atmosphere here," adds Mentor Lieutenant/ Paramedic Chad Lee, "We take care of each other.

Despite the benefits of this fulfilling and challenging career, applications are on the decline and fire departments across the nation are facing a staffing crunch.

"Five years ago, it was typical

Now Hiring

to receive 150 applications for a new position in a Lake County department. Recently, one neighboring community only had 8 applications," says Mentor Lieutenant/Paramedic Brian Bittner.

Applicants must be a U.S. Citizen, or in the process of becoming a citizen, at least 20-years old at time of application and 21-years old at time of appointment. No person is eligible to receive an original appointment on or after the person's 36th birthday per City Ordinance MCO 159. Must have a valid Driver's License, must be a High School Graduate (or GED equivalent), and must be a Certified Paramedic or currently enrolled in paramedic school; must be a Certified Paramedic at time of appointment.

All interested candidates are encouraged to apply. The City of Mentor is an equal opportunity employer.

For additional information and to download an application packet, visit www.cityofmentor. com/employment-opportunities.

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Rosey's Words....



Mentor's Success

Mentor has made so many wonderful improvements to our community.

I know the older residents are not always on board with change, though I have to say that our newer and younger residents that have found us to be a great place to live are pleased with our performance.

It's always hard when we become comfortable with the way things were for us as life goes on.

How many remember the beautiful Bavarian Inn (which I wish was still there) and the once beautiful Dunn Estate across from Drug Mart? And there was the old mill at the corner of 615 and Mentor Avenue.

I'm all for restoration and preservation, but life goes on, and we have to meet the needs of our residents...and thank goodness we are able to do that. The strength is in the people.

We need to support the decisions our council makes, though we have the opportunity to state our opinions if we question some decisions being made, and council welcomes them.

They are there for the betterment and decision agreements for all of us, and if we don't agree with those decisions, they are willing to hear your case.

That is why it's important to

vote for those you believe will make proper decisions.

Personally, I feel all is well in Mentor and improving where needed.

Often times, as in any community, there are projects that have to be taken care of, and it can be costly. Sometimes there are grants to help. Having to make those decisions isn't easy, but necessary.

That's when we need to be faithful that our governing boards are jointly making the best decisions for all of us.

Look around at all the beauty in our parks, green and healthy and all the beautiful property that people maintain.

They say everything 'takes a village" and I think our village is just fine.

Write down your thoughts and send them in- all voices will be heard, I assure you.

The season is about to change & we can welcome a beautiful fall spectacular.

The air, the colors, the scents, the warm & fuzzy feeling of apple cider simmering, the hints of cinnamon, clove, and that crisp air that brings it home.

I'm grateful for the summer, which never seems to be long enough, but I don't miss all the yardwork and cleanup!

Thank goodness for Molly Maids who took care of the inside of the house!! And Jr. Landscaping who handled the heavy duty trimming, edging and grass cutting.

It's good to see the changing of seasons and we're blessed to have them as the world turns.

My oldest granddaughter just graduated high school and will be going to college. It makes me feel like I'm also entering the autumn years of my life.

Oh, a deep breath and a smile while I remember those days she fell asleep on my shoulder and all the fond memories of my five grandchildren.

It gives me peace as I see the children joyfully beginning the journey that I so enjoyed at that

Getting older is something I've never done before so also does my journey begin as I watch a new generation of my babies go on their way.

Off to my chair I go with a cup of tea and close my eyes as I remember my own two children as babies and the scent of their sweet skin against my face as we cuddle to sleep.

Feel good and rest my friends, as tomorrow will be another memorable day for you to embrace.

Love always & forever, ~ Rosey

MPL Programs

Continued from page 1

The Vietnam Wars, 1963 -1968: America's War

Thursday, Nov. 4, at 6:30 p.m. Village Room, Main Branch

After the assassinations of Ngo Dinh Diem and John F. Kennedy, the United States began a process of expanding its military presence in Vietnam. By the time of the Tet Offensive in January 1968, the conflict in Vietnam become an American war with profound consequences for both the military in country and on the home front.

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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This is the fourth talk in a series of lectures from Dr. John Foster on The Vietnam Wars. Registration required to attend.

Colorful Characters Book Club

Friday, Nov. 5, at 10 a.m. Lake Branch

This relaxing club pairs book discussion and coloring. It meets on the first Friday of each month to discuss a different book while enjoying coloring and a light refreshment. This month's book is "The Masterpiece" by Fiona Davis. The library provides coloring pages and pencils. Registration required.

Meet Us in the Garden

Saturday, Nov. 6, at 10 a.m.

Lake County Master Gardeners share their expertise in a monthly series of gardening talks. In they'll November, discuss holiday flowers. This program will be hosted online via Zoom. Registration is required. To sign up, email mgvlakecounty@gmail. com.

Monday University: Native Plants for the Home Landscape

Monday, Nov. 8, at 6:30 p.m. Village Room, Main Branch

Most common landscaping plants are non-native and provide little benefit to local wildlife. Make your home landscape a native plant oasis with advice Natalie Gertz-Young from from the Lake Soil and Water Conservation District. Also, learn about winter sowing and make a mini-native plant greenhouse to

take home. Registration required.

Thanksgiving Platter

Tuesday, Nov. 9, at 5 p.m. The HUB

Create a festive Thanksgiving platter using the Makerspace's Cricut. Registration required.

Railroaded: The Wreck of the **Schooner Plymouth**

Tuesday, Nov. 9, at 6:30 p.m. Village Room, Main Branch

Dive into the investigation of a shipwreck that was found in 1996 in Lake Erie, approximately 20 miles off of Cleveland. Speaker Kevin Magee will share the research that went into identifying the wreck of as the schooner, Plymouth, which sank on the night of June 23, 1852. Discover the fascinating story about the Plymouth's voyage (and how it involves a U.S. president) and its demise. Registration required.

Leaders & Legacies of the <u> Civil War: Lincoln & Garfield –</u> **Similarities and Differences**

Wednesday, Nov. 10, at noon Village Room, Main Branch

Abraham Lincoln and James A. Garfield both lost their parents at an early age. Both were Republicans and served as president. They knew each other and worked together, but didn't always agree. Discover the important similarities and differences between these two leaders. Registration required for this program.

Through the Eyes of the Artist: William Bouguereau

Wednesday, Nov. 10, at 6:30

Village Room, Main Branch Learn the unforgettable story of William Bouguereau. He was one of the most important and

influential artists of his time, but any reference to him was eliminated from Art History books. Presented by art historian Felicia Zavarella Stadelman. Registration required.

Medicare Basics

Thursday, Nov. 11, at 6 p.m. Lake Branch

A representative from Pelorus Financial shares details on how Medicare work. This talk is open to those who need to sign up for Medicare and those who've already had it for years. Registration required.

All Booked Up with Cailey & Meg

Saturdays, Nov. 13 and 27, at 12 p.m.

Every other 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, as well as its Facebook page and YouTube channel.

Men's Book Club

Monday, Nov. 15, at 7 p.m. James R. Garfield Room, Main Branch

This month's book is "The Second Founding: How the Civil War and Reconstruction Remade the Constitution" by Eric Foner.

Copies of the book are available at the reference desk at MPL's Main Branch.

Medicare Basics

Tuesday, Nov. 16, at 6 p.m. Village Room, Main Branch

A representative from Pelorus Financial shares details on how Medicare work. This talk is open to those who need to sign up for Medicare and those who've already had it for years. Registration required.

Senior Center Book Club

Wednesday, Nov. 17, at 1:30 p.m. Mentor Senior Center

The book club is, once again, meeting at the Mentor Senior Center! In November, the club will discuss "The Great Alone" by Kristin Hannah. Copies of the book are available to pick up at Mentor Public Library. For more information, email cailey. williams@mentorpl.org.

Wooden Napkin Rings

Wednesday, Nov. 17, at 5 p.m. The HUB

Use The HUB's laser engraver to make stunning autumnal napkin rings. Perfect for Thanksgiving! Registration required.

Gathering Moss Book Club

Wednesday, Nov. 17, at 6:30 p.m. Mentor Headlands Community Center

Join the library's new book for nature lovers! The Gathering Moss Book Club reads some of today's best nature titles. For its November meeting, the club

Continued on page 6



I am proud to have the support & endorsements of:

Jerry Cirino

Ohio State Senator

Carl Dondorfer

Concord Township Trustee

Janet A. Dowling

Mentor City Council At-Large

Ray Kirchner

Mentor City Council At-Large

Sean Blake

Mentor City Council, Ward One

Becky Lynch

Lake County Recorder

Michael Zuren

Lake County Treasurer

Lake County Republican Party

Hello!

My name is Diane Popelas, and I am running for a seat on the Mentor School Board.

Why?

We need a positive change, and the time is now! The time is now to take politics out of the school, The time is now to teach our children how to think and not what to think,

The time is now to teach our children the tools they need for life skills,

The time is now to get Back 2 Basics!

If elected, I will fight to be the voice for our children in academics and safety.

Thank you all for your support!

Please remember to vote on or before November 2, 2021





POPELAS

for METFOR SCHOOL BOARD

H& H Paper Removal and Painting, Inc.

introduce myself. My name is Hal Walker and I'm the President of H&H Paper Removal and Painting Inc. We at H&H have been in business since 1970 and we have been a father and son team for a little over 27 years. My father started this business and is a 3rd generation painter. That now makes me the 4th generation in the business with my son also working in the summers which makes him a 5th generation. We have had a great business relationship with Mike from MDM Painting. We want to congratulate Mike on his retirement. We certainly hope he has a great time fishing, vacationing, or whatever it is he would like to do. We are very excited to take over his ad space in this publication. H&H has been making decorating dreams come true one home at a time. H&H has and will travel all around Northeast Ohio, Mentor, and surrounding areas.

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any referrals to you. H&H is family owned, fully insured, and take pride and commitment in every job.

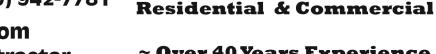
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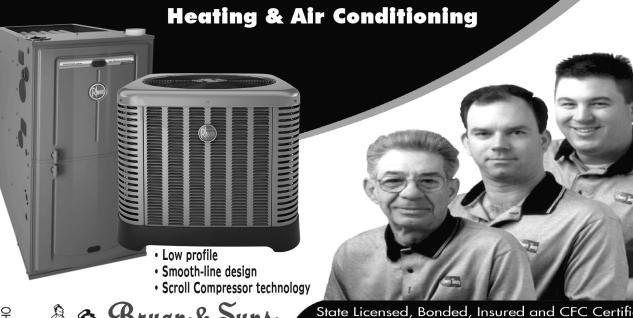
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MPL Adult Programs Continued.

will discuss "Entangled Life: How Fungi Make Our Worlds, Change Our Minds & Shape Our Futures" by Merlin Sheldrake. Copies are available at your local library. Join us at the Mentor Headlands Community Center for the discussion.

Life Hacks: Simple Meals

Thursday, Nov. 18, at 6:30 p.m. Village Room, Main Branch

Are you a novice at cooking and don't know where to begin? Teens and adults can enjoy and learn from this program where MPL's librarians will share tips to help you start making delicious recipes at home. Registration required.

Headlands Photography Club Saturday, Nov. 20, at 1 p.m. Headlands Branch

Join the library's new photography club that's open to shutterbugs of all ages. Enjoy tips, photo walks to local locations, and opportunities to show off your work. Bring your own camera, and all camera types are welcome. Registration required.

Monday Night Book Club Monday, Nov. 22, 6:30 p.m. Village Room, Main Branch

Join librarian Cailey for a discussion of bestsellers, popular reads and books of interest. This month the book club will discuss "Anxious People" by Fredrik Backman. Copies are available at the Reference Desk for pickup. Registration is required to attend.

Monsters of Ohio with Author J.C. Raphael

Tuesday, Nov. 23, at 6:30 p.m. Village Room, Main Branch

Local author J.C. Raphael will share stories of local mythical monsters, strange creatures and unexplainable Raphael is the author of "Monsters of Ohio," a comprehensive guide to Ohio folklore, urban legend and mythical cryptozoological creatures. Copies of his book will be available for sale and signing after his talk. Registration is required, due to limited space.

Holistic Wellness & Yoga

Wednesday, Nov. 24 at 2 p.m. Lake Branch

Yoga instructor Darlene Kelbach will lead an hour-long class that includes a relaxing yoga session and tips on holistic therapies. Please bring a yoga mat and wear comfortable clothing. Registration required.

Crafty Adults

Monday, Nov. 29, at 6:30 p.m. Mentor-on-the-Lake Branch

Explore and create a new craft each month. The library provides the supplies; you supply the creativity. All skill levels are welcome. Registration required. History of

Playhouse Square

Tuesday, Nov. 30, at 6:30 p.m. Village Room, Main Branch Discover the history of Cleveland's famed Playhouse Square with Michael R. Routa. Routa is a Playhouse Square volunteer Redcoat, tour guide, and author who literally wrote the book on the Playhouse Square

Center. The story of Playhouse Square begins a century ago when Cleveland was one of America's largest and most prosperous cities. Since then, the theaters fell on hard times but were rescued from demolition through visionary planning, hard work and civic pride. Learn more about the story behind the largest theater center outside of New York's Lincoln Center. Registration required.

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The Best Advantage Plan for 'Snowbirds'

Whether you are wintering in Florida or planning to get away for a couple of weeks, it's a good idea to make sure your health insurance will travel well with you. There are some important differences between Medicare Advantage PPO plans and Medicare Advantage HMO plans you need to be aware of.

It is my experience that Medicare Advantage PPO plans offer more flexibility and are a better choice for those who spend extended periods of time away from home. Like an HMO, a PPO has a network of hospitals,

physicians, specialists, and other plans are more restrictive for health care providers, however PPO networks are usually more extensive than HMOs. Your costs for care will be lowest if you receive care from providers within your network.

With a PPO, you have more flexibility. You will have the freedom to visit any specialist, lab, or pharmacy without a referral from your primary care physician. This means you can see any healthcare provider you choose if you need medical care when you are away from home.

In contrast, most HMO

specialists.

Time to make a change

If you're planning to winter in another locale, travel frequently, and have a Medicare Advantage HMO it may be time to change to a PPO. Medicare's Open Enrollment which October 15 through December 7 is a perfect time to make this switch. Any changes you make in your plan during Open Enrollment will go into effect on January 1, 2022.

Call me at 440-255-5700 or email me at Lmutsko@ mutskoinsurance.com to review your coverage and set up a time to discuss your coverage so you are sure you're covered, no matter where your travels take

Laura Mutsko is a licensed broker insurance 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 44060. Laura can be reached at 440-255-5700 or through email at Lmutsko@ mutskoinsurance.com.

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35th Annual Beary Merry Christmas Show

Thirty Fifth Annual Beary Merry Christmas Show Handcrafted Market

travelers. The HMO's networks

are often limited to a specific

geographic area except in

emergency situations. While an

Advantage HMO plan provides

all the benefits covered by

Original Medicare through a

specific network of health care

providers, you will need to use

the physicians, hospitals, labs,

and other health care providers

within your plan's network for

the most cost-effective health

care. You may also need to select

a primary care physician who

will act as your health care 'gate-

keeper', providing you with

referrals before you consult any

Wednesday, December 1 and Thursday, December 2 11 am to 9 pm

Normandy Party Center 30310 Palisades Parkway off Euclid Avenue in Wickliffe Admission \$3.00

It's holiday shopping time at the Thirty Fifth Annual Beary Merry Christmas Show Handcrafted Market on Wednesday, December 1 and Thursday, December 2 at the Normandy Party Center in Wickliffe.

This craft extravaganza showcases over fifty talented from artisans Ohio and displaying Pennsylvania, unique holiday gifts for your shopping pleasure. We will again feature a Deluxe Chinese Raffle Extravaganza to benefit Susan G. Komen for the Cure Northeast Affiliate. This will include over 50 baskets for all members of the family including a spa package from John Roberts, variety of

dinners, sports items, toys, family fun and more. Delicious lunch and dinners catered by Normandy Party Center will be available for purchase. Admission is \$3.00

We are happy to announce Asa Cox with Century 21, Asa Cox Homes is our sponsor again this year. We are collaborating with Asa and Asa's Angels, a support program for families in need in the community during the holidays. She distributes over 15,000 toys, helping more than 3,000 families. Each family is personally interviewed and provides a Wish List for their children. \$125 is generously spent on each child. During The Beary Merry Show we will collect toys for her annual Christmas Outreach Drive for Kids. Her goal is "to make all children smile on Christmas morning" and we are here to help! Bring a toy to the show and make a child happy this Christmas. Please support this "beary" worthwhile

- Chinese Raffle to benefit Susan G. Komen for the Cure, Northeast Affiliate
 - Delicious Refreshments.

Nightly Entertainment and Hourly Door Prizes

• Bring a toy to support Asa's Angels and help our local families in need this Christmas

We will feature a variety of crafts for your shopping pleasure, including Repurposed Furniture, Artwork, Christmas Jewelry, Decor, Creative Signs, Fabric Creations, Custom Embroidery, Children's Accessories, Bread Dough Creations, Candles, Gift Baskets, Pottery, Personalized Ornaments, Ceramics, Maple Syrup and Honey, Sweatshirts, Wood Items, Bath and Body Items, Hand Knit Items, Chocolates, Homemade Pastries and Teas, CLE Items, Shadow Upcycled Decor, Jellies and James, Floral Designs, Handpainted cards and more!

Mark your calendars! This is one holiday market you do not want to miss!

If you have questions, please contact Denise McPherson at (216) 481-9229 or bearymerry@ roadrunner.com.

Follow us at www.facebook. com/BearyMerryShow.

LCGHD is Offering Free Private Well Water Testing

The Lake County General Health District (LCGHD) is offering free private/residential well water samples on Tuesdays from October through the end of December. There are a limited amount of samples that will be available each Tuesday by calling (440) 350-2543. Appointments will be scheduled on a first-comefirst-served basis. A laboratory that is certified and approved for drinking water tests is used for processing the test. Water samples for home sale transactions are not eligible for this promotion.

LCGHD is encouraging homeowners to have their well water tested regularly. Private residential wells are often shallower than large volume public supply wells and more open to contamination. Unlike public supply wells, private wells are not regulated under the United States Environmental Protection Agency's Safe Drinking Water

"Many well owners do not regularly test their well water quality, and it's important that they have all the information they need to make the best decisions to protect their well water and their health," commented **LCGHD** Chris Loxterman, Environmental Health Supervisor. LCGHD recommends that private well owners test their well water each year for contaminants, such as total coliform bacteria and other contaminants that may be of concern in your area. A homeowner may test more often if a problem is suspected.

For more information, contact Chris Loxterman at (440) 350-

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with no hidden charges!

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Estate Liquidators Antiques & Collectibles Market Now Open

Estate Liquidators Antiques & Collectibles Market is now open Friday through Sunday 10-5PM. We are located at 35500 Lakeland Boulevard in Eastlake, Ohio. Feel free to call or text my cell at (440) 382-6789. PLUS...we always sneak in an extra day during the week with special events, estate sales etc. (Route. 2 freeway exit on Vine Street right off exit and a left on 361st. street. and a right on Lakeland Blvd....1/4 on left hand

We are an 8,000 sq. ft. multi-vendor shop featuring: collectibles, glassware, furniture, toys, tools, vintage and nearly new clothing, jewelry, records, books, electronics, handmade items as well as hand painted items, plus a large selection of upscale resale items...too much to mention. There is literally something for everyone and at any age. Seeing is believing... stop in and see us...you will be glad you did.

We will hold many special events for the holidays including a twigbee shop for the kids. We have a fun shop with great vendors. Also visit our 5050auctions.com site with several auctions (that you can view at the shop before you register to bid.) MOST EVERYTHING STARTS AT \$1.00

THANKSTOOUR VENDORS AND OUR CUSTOMERS. YOU APPRECIATED...THE SUPPORT IS AWESOME...SEE YOU AT THE SHOP!

Taylor Made Home Care

Taylor Made Home Care is a locally owned and operated Non-Medical home care agency located in Mentor, OH.

The past 11 years have shown a lot of growth, but our mission has never changed. Our clients and their families have been and always will be our number one priority.

The past year has brought a lot of changes for everyone. We saw the need for non-medical home care rise. Families wanted to keep their loved one's home...knowing that if they were to go to a facility, they would not be able to see them. +

Our service not only takes care of your loved one, but also helps you, the caregiver. You experience a sense of comfort knowing that your loved one is in good hands. This peace of mind allows you to take a real break so you can relax, recharge, and refocus.

Our Services

Taylor Made Home Care provides non-medical home care services to seniors, those recovering from surgery, and respite. Our staff is fully committed to providing outstanding care to meet our clients' needs 24/7.

We are custom fit for your in-home needs, there is no "one size fits all" solution. complimentary in-home assessment will help create and follow a care plan that supports our clients' needs and preferences.

Our Caregivers

All our caregivers are carefully screened, bonded, and insured so you can trust you are getting the best possible assistance. We conduct a background check on all applicants prior to hire which includes criminal, DMV driving record and sexual offender check. Our staff receives extra training including courses in HIPPA compliance, detection and prevention of elder abuse, home safety assessments, meal preparation, and Alzheimer's care, just to name a few.

If needed, Taylor Made Home Care also provides services to individuals who may reside in an assisted living facility or nursing home.

"Sometimes a little outside help can make all the difference in the world."

Give Taylor Made Home Care a call and talk about it. 440.946.6446

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Additionally, we furniture for FREE, offer weekend and evening service for FREE and clean all halls for

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

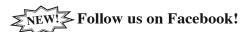




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three rooms	\$100
four rooms	\$135
chair	\$35
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*great room is considered two rooms

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Call for commercial quotes!

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Laketran Honors Veterans with Weeklong Discount on Transit Services

To honor our Lake County veterans, Laketran will be offering free rides to veterans during the week of Veterans Day from Monday, November 8 -Saturday, November 13.

Laketran customers on Local Routes and Park-n-Ride will need to inform their driver that they are a veteran when they board the bus, and their trip will be free. Dial-a-Ride customers should inform Laketran of their veteran status when scheduling their reservation.

"Each year, Laketran provides nearly 9,000 Dial-a-Ride trips to Lake County veterans to access healthcare appointments. It is the least we can do for the sacrifice that veterans have given to our country," said Laketran CEO, Ben Capelle. "We would like to continue to show our support and appreciation by offering free rides to veterans on all of our services."

For over 25 years, Laketran has operated a special Veterans Medical Transportation service, in partnership with Lake County Veterans Service Commission and Lake County Commissioners. The Veterans Medical Transportation provides free door-to-door, Dial-a-Ride transportation for Lake County veterans and their spouses to the county's VA outpatient clinic, administration office, and the Louis Stokes VA Medical Center in University Circle.

expanded Laketran program subsidizing free Dial-aRide transportation to any adult day care or medical appointment for Lake County veterans, either in Lake County or to University Circle hospitals.

For more information on Laketran's Veterans Medical Transportation program call 1-888-LAKETRAN or visit www.laketran.com.

For more information about the services offered by Lake County Veterans Service Commission, visit www.lakecountyohio. gov/veterans or to register for Veterans Medical Transportation call 440-350-2904.

Remodeling in Mentor is not Getting any Cheaper

best price on anything we buy.

One local company is hearing from customers "we're going to wait for prices to come down'

As wonderful as that sounds it's just not happening. And it's not going to happen. Several factors come into play here. With fast food paying 15 dollars an hour+ and materials being harder to locate than ever, things

Let's face it we all want the are changing. High quality tradesmen are harder to find and that problem is not getting any better.

> Monthly Upkeep Handyman has quickly become a household name in Mentor. The advice from Owner Spensir Chappell is no matter what trade you are going to need in the future. Make the decision now. With inflation on the rise customers are actually receiving a deep discount by making a decision now.

> They currently have customers booking into the middle of next year for kitchen and bathroom remodels. These customers understand that by locking in the price now they are making sure they are getting the best price with prices on the rise.

> Whether it's a simple home repair or a whole remodel, Monthly Upkeep is there to help. Call/Text Monthly Upkeep Handyman and Remodeling at 440-363-6400.





THANK YOU FOR YOUR SERVICE.



Bankruptcy 101:

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

In a chapter 7 you will be able to discharge all of your debts without

paying anything back. However, if you have any equity in anything (your home, your car, your bank account, your boat- anything) you must surrender it to the bankruptcy trustee (the person who looks out for the creditors) so that it can be sold (liquidated) to pay back the creditors to the largest extent possible. Equity is what determines which chapter of bankruptcy you can file under. Fair Market Value minus Amount Owed equals Your Equity in anything.

A chapter 13 is a non-liquidating

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We start by reviewing your project and listening to your goals and concerns and we welcome any recommendations you may have. Then together we establish a budget and work to stay within that cost.

Your materials selections are hands-on, not from pictures out of brochures and once all your selections have been made, we order any products that are not in stock.

After scheduling a start date and work begins, we stay on the project from start to finish. To make your remodeling experience as stress-

Deciding who to call to get your free as possible, we always keep you informed of the progress of the job.

Because Shoreline Window and Remodeling Company is a family owned business, you will always be dealing directly with the owner, no pushy salesman or inexperienced tradesmen. Our company is bonded and insured, and our workers are covered by 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.

bankruptcy. This means you get to keep everything, but you have to pay back a percentage of your equity. It is also used for people who are in foreclosure or behind on their mortgage and in fear of foreclosure. A chapter 13 requires a payback plan from between three to five years. The payment is monthly. The amount is determined, again, by the amount of equity you have accumulated in your life. This is referred to as your bankruptcy estate. Obviously, everyone wants to do a chapter 7 because it is no pay back. However, since 2005 it has become much harder to file chapter 7. In 2005, legislation was passed which tightened up the income restrictions on people with regard to the Chapter 7 bankruptcy. The intended result was that more people must file under Chapter 13 of the Bankruptcy code and pay back, at least, what the government thinks they can afford.

It is the bankruptcy attorney's job to advise you which is the best chapter to file under. It is also the attorney's job to make sure you keep your home, your car, and everything else you have accumulated throughout your life.

A good bankruptcy attorney will do those all of those things. He or She will also stop the creditors from harassing you, protect you from lawsuits, garnishments, put you back on your feet and give you a fresh start in life.

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rsday 4pm-10pm. Excluding holidays. Expires 11-30-21 Sunday Breakfast Buffet 10am - 1pm Tuesday ~ 2 for \$22 Open Fare Thanksgiving Buffet - Call for

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Based in Eastlake, Ohio Hoernig Furnace units. Heating & Air Conditioning has been a family owned and operated business for over 56 years. Dennis, along with his sons, proudly carry a complete line of quality Rheem products including high efficiency Rheem Air Conditioning and Gas

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

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I treat every client, as if they were a lifelong relationship.

- 8. Check safety pilot operation
- 9. Oil blower.

Even though those hot & humid days will be fading away, you still may want to take advantage 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

Are You Ready to

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,

- 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.

"Cut the Cable?"

"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.

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

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

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

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

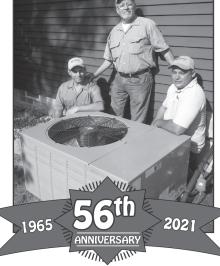
& Safety Check Only \$6995

- 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

and Air Conditioning

- 8. Check safety pilot operation





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TIMELY HVAC SYSTEM

(Refer to Our Ad for More Information!)

HVAC System Replacements and Installations. Regular maintenance and sensible repairs are the keys to longevity for your HVAC system. But ultimately, you're heating, and cooling equipment has an expiration date.

Fine Arts Association: Holiday Events & Performances

Are you looking for arts and entertainment plans for the Holiday season?

The Fine Arts Association (FAA) has several events coming up that you will not want to miss! Be a part of a community empowered by the arts through live music and theatre, shopping from local artists, and arts programming.

November - December Events:

- •Third Stream Duo or November 3, 2021
- FAA Holiday Marketplace on November 6, 2021
- Chili Con Comedy on November 13, 2021
- MEREDITH WILLSON'S MIRACLE ON 34TH STREET, THE MUSICAL: from November 26 to December 19, 2021
- A Holiday Concert: A Tribute to the music of Vince Guaraldi on December 11, 2021

FAA's Spring 2022 Semester will begin in January with arts education programming in dance, music, theatre, visual arts, and creative arts therapies. Students of all ages, experience levels, and abilities are welcome to register. With over 50 passionate faculty members in Northeast Ohio, FAA has something for everyone. Registration for the Spring 2022 Semester will open in mid-December.

For more information, please visit fineartsassociation.org or call 440-951-7500.

With the goal of continuing to provide in-person lessons, classes, and performances to everyone while minimizing the risk of COVID, FAA will once again be requiring masks for admission to their building.

All events listed above are taking place at:

The Fine Arts Association 38660 Mentor Ave. Willoughby, Ohio 44094

So eventually, there will come a time when replacement is the smart option.

If you are building a new home, you will need to install a new HVAC system from scratch. Whether you are replacing an old system or putting one in for the very first time, it takes a lot of work to install a complete HVAC system. Work that is best left to a professional.

Outdated HVAC systems are expensive headaches. They may be old, broken, and wasteful. These issues mean they require frequent repairs and do not perform efficiently. And those problems cost you even more out-of-pocket in energy bills. The following issues are signs that you're heating, and cooling system is outdated.

It is Aged Out, if your HVAC equipment is more than a decade

old, it is probably time for an upgrade. While it may still run, you're not enjoying top efficiency.

REPLACEMENTS

Repairs are Too Expensive, whether your HVAC system needs frequent repairs, or you are facing a single expensive fix, it is time to weigh the costs. Are the repairs running you more than half the price of a new system? Replacement is the better option.

If you have noticed more than one of these issues, it may be time to replace your HVAC system.

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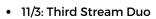
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AND INSTALLATIONS

Upcoming Events and Performances at FAA



• 11/6: FAA Holiday Marketplace

• 11/13: Chili Con Comedy

• 11/26 - 12/19: Miracle On 34th Street, The Musical

12/11: Holiday Concert:
 A Tribute to the music of Vince Guaraldi



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fineartsassociation.org



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

We coordinate all these services to provide seamless service for you and there is always someone need questions answered.

Better At Home, LLC is not a chain or a franchise. We are a locally owned and operated agency located in Willoughby, backed by the experience of a paramedical professional with over 10 years experience in both the paramedical sector and the home care industry, as well as over 20 years direct care experience. Our staff is an exceptional team of home care professionals who are bonded, insured and backed by real-world experience, education and skills.

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

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

"Better Care Begins at Home..

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



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Tech Support

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Children & Teen Programs at Mentor Public Library

Our library programs are hosted in-person at one of our branches, unless indicated otherwise. When registration is required, you can sign up by calling the library or at www.mentorpl.org.

Snappy Little Story Time

Mondays, Nov. 1 through 15, at 10 a.m. • James R. Garfield Room

Kids from birth to five years old can enjoy a story time that combines songs, rhymes, books, and flannel stories – all geared to the little listener. This story time does not include a craft. Please register beforehand.

Homework Help

Mondays at 4:30 p.m. The HUB

homework help with a certified teacher. No registration necessary. Availability on a walk-in basis.

Tiddlywinks

Tuesdays and Wednesdays, Nov. 1 through 16, at 10 a.m. James R. Garfield Room, Main Branch

Kids (from birth to three years old) will love this interactive story time filled with stories, songs, and rhymes. Please register beforehand.

Storytime Stars

Tuesdays, Nov. 1 through 16, at 10:30 a.m. Lake Branch

Kids (ages five and younger) can enjoy stories, music, rhymes

Kids of any age can get some and a craft. All kids must be accompanied by an adult. No registration necessary.

Preschool Story Time

Tuesdays, Nov. 1 through 16 at 11 a.m. James R. Garfield Room, Main Branch

Kids (ages three to six) can enjoy stories, songs, rhymes, and a craft. Adults don't need to attend this story time along with their child. Please register beforehand.

Pre-K Pop Party

Wednesdays, Nov. 1 through 17, at 11 a.m. James R. Garfield Room, Main Branch

Does your little one have energy to burn? Then they'll love the library's Pre-K Pop Party. Each week, the library throws a party full of music, movement, rhymes, a story, and lots of dancing. Open to kids ages three to five without an adult. Please register beforehand.

PJ Family Story Time

Wednesdays, Nov. 1 through 17. at 6:30 p.m. James R. Garfield Room, Main Branch

Children can wear their snuggliest pajamas while they enjoy stories, songs, rhymes, a craft, and a snack. All ages welcome. Children must be accompanied by an adult. Please register beforehand.

Musical Munchkins

Thursdays, Nov. 1 through 18, at 10:30 a.m. Lake Branch

Kids (ages five and younger) can enjoy an interactive musical story time with music, singing, stories, and exploration of simple musical concepts. All kids must be accompanied by an adult. No registration necessary.

Family Favorites Story Time

Fridays, Nov. 1 through 19, at 11 a.m. James R. Garfield Room, Main Branch

All ages will enjoy stories, music, rhymes and a craft. Children must be accompanied by an adult. Please register beforehand.

Saturday Stories

Saturdays, Nov. 13 and 27, at 10:30 a.m. James R. Garfield Continued on page 17

Christmas Open House HOSTED THE COUNTRY PEDLAR TIFFANY ROSE ANTIQUES Life's Simple Treasures Saturday, Nov. 6th 10am - 5pm and Sunday, Nov. 7th 12pm - 4pm County Fairgrounds.

10am - 5pm Join us for giveaways, refreshments and drawings for gift certificates!

You will find... Lang Calendars, Christmas Trees, Wind & Willow Dip Mixes, Swan Creek Candles,

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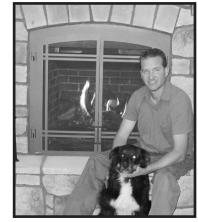
OCAL FIREPLACE DEAL MEET YOUR

If you are wondering how to avoid the high cost of heating your home this winter, then take a ride to American Home & Energy Products in Painesville Township, across the street from the Lake

You will find the owner there, Chris Bedrick, and his staff, ready and able to give you the best information about quality heating efficiency unit, install the unit and service it afterwards. We also offer our customers pellet fuel, firewood and a complete hearth shop featuring all the products having to do with a fireplace!"

Chris says that American Home is all about green energy and proves that with high efficiency Regency wood, gas and pellet products including fireplaces, inserts and stoves. They have burning displays in the store to demonstrate the incredible heat, beautiful ambiance and easy to use heating products. You can see for yourself how great the units look, as well as how much heat you can expect, by coming in and experiencing the working products.

American Home & Energy is located at 1270 Mentor Avenue



(Rt 20) in Painesville Township, across from the Lake County Fairgrounds. Store hours are Monday through Friday 9am to 5:30 pm, Saturday 9:00 am to 4:00 pm. The store is closed on Sunday.

Call 440-358-5858 or visit the website at American-Home-Online.com for more information.





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Mentor Window has earned the home improvement industry's coveted Angie's List Super Service Award several times. 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.

Audubon Highlights Bird Migration & Motus Tracking

As fall migration winds down, Blackbrook Audubon invites everyone to hear "Monitoring Evolving Bird Migration: Technologies and Remarkable Discoveries" by Dr. Andy Jones of the Cleveland Museum of Natural History. This free presentation will be 7:00 p.m. Tuesday, November 16 at Geauga Park District's The West Woods Nature Center.

Banding birds and reporting sightings on eBird continue to help in understanding bird migration, but the array of technologies available ornithologists is constantly changing. New tools both large and tiny are giving fresh insights into individual birds' migratory behaviors. Dr. Jones will go over several of these newer systems, including the current status of the Motus network. The northeast corner of Ohio has a gap on the Motus map and Blackbrook Audubon is looking into filling that void.

Participants can attend the program in person or register on the event page blackbrookaudubon.org to receive a link to view the program live online. While the program starts at 7:00 p.m., Trevor Wearstler, the host and president of Blackbrook, will open access to the meeting about 6:30 p.m. so people can familiarize themselves with the software features or chat with other attendees. Refreshments will not be served at the in-person program, which will be at 9465 Kinsman Road, Rt. 87 in Russell.

Blackbrook Audubon covers Ashtabula, Geauga and Lake Counties as the local chapter of National Audubon Society. For more information, email blackbrookaud@aol.com. Follow Blackbrook Audubon Society on Facebook for updates.

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

and we are very particular about Northeast Ohio have performed consistently well enough to earn our Super Service Award, It's a really high standard.

Angie's List Super Service Award 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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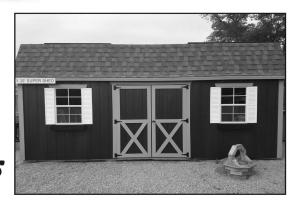
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Residential Electrical Service with Nelson Electric LLC

a light switch, outlet, replace a require licensing. Specifically, ceiling fan? We do the little jobs that no one else wants to do.

We are residential electricians. So what is the difference? General

Ever need an electrician to fix electrical work in Ohio does not or alter all forms of electrical only commercial contractors in Ohio need a license to work. Electrical contractors are licensed by the state and can install, repair,

equipment. In Ohio, you need five years of experience with a licensed electrician before you can apply for an electrical contractor license. There are a few ways that you can gain that experience. You could work as an apprenticeship for a few years, attend trade school and apply for entry-level positions, or simply climb the industry ladder in your local area. Apprenticeships teach you the basics of electrical wiring, equipment usage, and electrical theory. Residential electrician, take a course offered at several colleges in Ohio and coupled with experience can practice general electrical repairs and replacements in a home. So that is what Nelson Electric and Air LLC does. We do

repair lamps, change out light fixtures to new LED fixtures etc. We can update electrical boxes, run a 220 line for your dryer, pool or hot tub. Run wiring for security cameras, install electric heaters in your garage. We install electric car charging ports too. These are typical jobs that commercial electricians do not want to deal with.

We are covered by liability insurance, 500 to a milliondollar coverage. We will provide references upon request. We are respectful of your home and clean up our workspace before we leave.

Have you ever had outlets that after some time, do not hold the plug in? And it slowly slips out? That is the result of the mechanism that squeezes and holds the prongs

in the outlet. This is the difference between a cheap outlet and a top-ofthe-line outlet. The price difference is \$1.00 to \$1.50. We are running a special on repairing outlets \$120.00 minimum for 1 outlet and \$15.00 every outlet after that.

We have 30 years of experience. We also install Air vending machines that fill car tires. We typical install these in gas stations and car washes for free and the owner gets 35% of the revenue generated. We collect and maintain and repair these Air machines. The owner has no responsibility and no financial obligation. We think outside the box and we are open to install these machines in any business that thinks they can benefit from them.

Call Rocky at 440-477-4696 for info or estimate.



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Hello Neighbor,

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A, B, and D, but what is C all about? Medicare Advantage Plans or "Part C" are an alternative to Original Medicare and secondary insurance. These plans are all in one and combine Medicare Part A- Hospital, Part B – Medical, and

general repairs and installations in

Golden Crust

Hi Evervone!

Hope you're all doing well. We had a much-needed rest on vacation. No. we didn't see the dolphins, maybe next year.

It's hard to believe we are getting ready for Thanksgiving, then shortly afterwards is Christmas, but we will talk about that later.

It's been a very difficult year for so many, for so many reasons. There has been a lot of loss of family, friends and jobs. Event though it's hard, let's be thankful for the time we did have with all of them. Even though you may not have the same job, there are so many of them out there - try something new and different!

We are so thankful for all of you who support us...and we will have many ways to help you celebrate this special holiday. We will have our nut and poppyseed rolls and all kinds of breads & rolls. Don't forget the pies! We will also have all kinds of pastries, cookies and other goodies too.

We wish you all a blessed and peaceful Thanksgiving! If you know someone all alone – go say hi and maybe get a little treat for them & make their day. They won't only feel better, but you will

Reminder- please order by November 18th for Thanksgiving.

coverage. Medicare Parts A, B and D are bundled together in one plan "Part C" that is offered by private companies that are approved by Medicare.

Medicare Advantage Plans are available to those enrolled in Medicare Part A and B, live in the plans service area (county). There are multiple plan options. There are Health Maintenance Organizations (HMO) options that require care and services from provider and facilities in the plan's network. There are also Preferred Provider Organizations (PPO) options that allow care and services in and out of the network. When care is received out of network the costs are typically higher. There are also special needs plans and

What are Medicare Advantage Plans?
You've heard of Medicare Parts usually Part D – prescription drug dual plans if you have Medicare and Medicare.

> Medicare Advantage plans cover everything that original Medicare Most plans include the covers. Part D prescription drug benefit. Enrollees pay the Part B premium and any other applicable costs. Some Medicare Advantage plans may offer extra coverage which could include vision, dental, hearing, and an over the counter benefit to name a few.

> There are many ways you can join, switch, or drop a Medicare Advantage plan. The annual election period is October 15th through December 7th. If you have questions in regards to Medicare Advantage Plans you can reach me at 440-266-0333 x 3 or email me at jackiegreene@gbaoh.com.

MPL Children/Teen Continued from page 15

Room, Main Branch

Families can enjoy stories, rhymes, and fingerplays at the library.

Fairy Lantern

Wednesday, Nov. 3, at 5 p.m. The HUB

Kids (ages five to eight) can enjoy some magic, whimsy and glitter when they make a fairy lantern at The HUB. The library will provide all the supplies, including jars, paint, glitter, decals and fairy lights. Registration required.

Pinecone Turkey Craft

Wednesday, Nov. 10, at 5 p.m. The HUB

Kids (ages five to eight) can transform pinecones into crafty turkeys. The perfect centerpiece for the kids' table this Thanksgiving. Registration required.

Wiggle, Giggle, and Shake

Thursday, Nov. 11, at 11 a.m. James R. Garfield Room, Main Branch

Kids (ages two to six) and their caregivers can have fun clapping, marching and moving. Registration required.

DIY Neon Sign

Thursday, Nov. 11, at 6 p.m. James R. Garfield Room, Main

Teens (grades seven through 12th) can make a glowing sign for their room or as a crafty, unique gift. The library will have design suggestions but ideas are welcome. Registration required. This project involves sharp tools being used under supervision. Project uses battery-powered EL wire; no real neon used.

Additional programs and events scheduled throughout the month of November - view the complete list at at www.mentorpl.org.



Skin Services at Cosmetic Therapy Medi-Spa

Are you concerned about dry, dull skin, acne, brown spots, fine wrinkles? Do you want to look younger? We need to give our largest organ some self-care. Abby, our licensed Esthetician, can help you find your glowing, luscious skin so you can put your best face forward!

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

I offer a custom blend facial that pampers you with deep cleaning, exfoliation and scalp/head/neck and lower leg/foot massage. Or if you're short on time, I have a Fast Results Facial that gets you in and out in 30 minutes and is still personalized to your skin needs. For skin in need of serious attention I also have facial peels that use chemical or facial enhancers that break down the top layer and helps diminish

fine wrinkles, uneven tones, and improves the texture of your face. For those that have brown spots from the sun or aging, we have physician strength peels that will lift it right off the skin. For those with acne and fine wrinkles, we have the products to help. We use the Image line products. The inevitable scaly texture of dry legs is common this time of year and can be addressed with my body polish service, an exfoliation treatment coupled with relaxation massage that leaves your skin hydrated. Other services include hot rocks massage, Relaxation Massages, and Microdermabrasion.

Treatments range from \$90 to \$140 and are available at our Mentor and Chardon locations. Come see me for a complimentary consultation and schedule a facial treatment which includes aromatherapy and a relaxation massage. Call Abby at 440-413-3102.

Cosmetic laser also welcomes a new addition to the Medi Spa. Jill has thirteen years as a Registered Nurse specializing in emergency and hospice nursing, following her dreams to become a Nurse Practitioner in dermatology. Jill not only has the passion for nursing, but the love for art, which makes esthetics her ultimate perfect match in medicine. We're experts at what we do and knowing the best techniques is our top priority when it comes to your service. Certified through the American Academy of Facial Esthetics, not only are we trained the right way on injecting, but you will leave knowing you were treated in the best hands. From the moment you walk in the door, our focus is on your complete satisfaction, from safety to customer service and everything in between.

Her services include Botox, Dysport, Xeomin, fillers and the most exciting is the Lifting Threads. Lifting threads can be described as a less invasive facelift option for the face, neck, or jowls using a dissolvable suture polydioxanone. PDO threads are attached to a thin needle which is inserted below the skin surface after being numbed. The thread grabs ahold of the skin, pulling the sagging skin up, giving a more youthful, tighter appearance, while stimulating collagen. Threads will not be visible; however, you may feel them in the treatment area for the first few weeks and last 18 months. There is also the Smoothing Threads that are placed under your skin, using

a hashtag pattern, creating your body's natural healing response, stimulating collagen in the treated areas. This assists with bringing back lost blood flow, repairing, and tightening the skin.

For more info and pricing see her website. https://omorfodermabyjill.com . Or call Jill at 440-897-8517. For more information visit http://www.takeawayhair.com .







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and they progress through their

When particular molds colonize smell). As the reservoir of detect the smell of these fungal fungus grows to several billion

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

Mentor

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 Drenik (Certified CIEIndoor 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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Holden University Center of Lakeland Community College Adds New Partner, Lifelong Learning Opportunities

Holden University Center of Lakeland Community College has added Case Western Reserve University (CWRU) to its list of partner schools. CWRU's Siegal Lifelong Learning Program has joined 11 other partner colleges universities offering residents educational opportunities through Lakeland's Holden University Center.

CWRU's Siegal Lifelong Learning Program connects the academic world to the wider community through innovative and engaging programming. Adults of all ages pursue their love of learning by participating in courses and lectures provided by CWRU faculty, renowned scholars, and local subject-area

Lakeland's Holden University Center offers a community connection and a campus close to home. Students enrolled in courses or lectures offered by partnering institutions, both inperson or remotely, have access state-of-the-art facilities on the Lakeland campus. The Holden University Center provides a convenient way for area residents to pursue lifelong learning opportunities right here in Lake County.

"The addition of Case Western Reserve's Siegal Lifelong Learning Program will provide professional studies and personal enrichment learning opportunities to community learners in Lake County," said

Kristina Willey, director of the Holden University Center of Learning Program offers a vast Lakeland. "This program is a welcome complement to our bachelor and graduate degree partnership programs."

CWRU's Siegal Lifelong array of courses and lectures on topics including art, history, politics, science, religion, literature and more.

week Senior Scholars program. Siegal Lifelong Learning offers both online and in-person programming.

To learn more about upcoming courses and lectures, visit lakelandcc.edu/uc.

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and tradesmen have at least 25 years experience in home building and/ or home improvements.

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