

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

NO PARKING DURING SNOW EMERGENCY

A Snow Emergency is defined as that time when there has been an accumulation of snow, sleet, hail, or ice on any streets or roads.

No parking is permitted on any city street during a Snow Emergency. Snow Emergency alerts are posted on City of Mentor Facebook, Twitter, as well as through the Mentor App.

Christmas tree drop off available for Mentor residents

Mentor residents may dispose of Christmas trees at one of four convenient park locations this winter. Simply remove all decorations, tinsel and plastic covering from the tree and place trees in designated areas by January 31.

Drop off Locations:

Edward R. Walsh, 7221 Bellflower Road

Garfield Park, 7967 Mentor Ave.

Krueger Park, 7556 Chillicothe Rd.

Morton Park, 9325 Rosemary Lane

HOLIDAY TRASH COLLECTION

If a holiday falls on a weekday, service will be conducted the day after your regular pick-up day. If the holiday falls on a weekend, your service will NOT be delayed.

Applicable holidays are: New Year's Day, Memorial Day, July 4th, Labor Day, Thanksgiving Day and Christmas Day.

Mentor Senior Center's Curbside Meal Program Continues

While the COVID-19 pandemic continues to affect us all, we are grateful for the many heroes among us. We are familiar with our first responders who are on the front lines each and every day, along with healthcare professionals and teachers who deserve our gratitude. But, there have also been a number of hidden heroes that have stepped up and continued to quietly provide essential services to some of our most vulnerable citizens. This includes the employees and volunteers who have worked throughout the crisis to provide curbside meals at the Mentor Senior Center.

Senior Centers across the state closed in March in order to slow the spread of the disease, but with that decision came concern over the impact it would have on the Center's low-cost hot lunch program.

For many seniors this was the one hot nutritious meal they had all day. As we all know, the senior population is the most affected by the deadly disease and were told to isolate, refrain from gathering in crowds to lessen the risk of exposure. Even trips to the grocery store were discouraged, and in March delivery options were just beginning to become available, so continuing the meal program was critical.

City Manager Kenneth J. Filiplik quickly determined that it was essential to safely continue the lunch program and plans were put in place for seniors to be able to order meals and pick them up with minimal contact curbside at the Senior Center. These meals filled the gap during the early stages of Ohio's shutdown and for the first few months, the 100 available daily meals sold out quickly.

In the beginning, Senior Center staff (with help from other agencies and staff from other area senior centers) took on the task of packaging and distributing the meals. A special thanks to the Lake

County Senior Services Levy, the Senior Center Board, Little Annie's Hope Train, the United Way Emergency Food and Shelter Program, Howard's Jewelry Center, as well as a generous Senior Center member who donated money to help subsidize the cost for seniors.

As we learned more about the virus and transmission, healthy low-risk senior volunteers stepped up to help operate the program. In all 13 senior volunteers now help Kitchen Coordinator Terry Rogers, cook Molly Sebring, and Senior Center Director Renee Ochaya, prepare, package, and safely distribute the curbside meals. Volunteers wear masks and gloves and place meals in the car trunk to avoid contact.

"The volunteers are key to the program. We couldn't do it without them. Not only are they providing an essential service to fellow seniors, their help allows the cost for meals to remain affordable," says Ochaya.

Cost for meals remains at just \$4.50. All meals are made from scratch and are designed to provide balanced nutrition.

Typical menu items include chicken piccata, breaded pork chop, pasta with meat sauce, cabbage rolls and even roast turkey.

Demand has somewhat decreased over the last several months to about 60 meals per day now that Ohio's economy has reopened and grocery and delivery services firmly established, but the program remains in place and ready to serve.

When the Senior Center does finally reopen, Ochaya anticipates that normal pre-Covid programs will be phased in, and that the curbside meal program will continue for several months to accommodate those more-vulnerable seniors who are not quite ready to return.

To date, over 12,000 thousand Curbside Meals have been ordered and distributed. We extend our

gratitude to these hidden heroes - the Senior Center staff and volunteers that continue to provide this essential service to area seniors.

The Weekly Curbside Meal menu is listed on the Senior Center's Facebook page as well as mentorseniorcenter.com. Meals may be ordered beginning the Thursday prior to the upcoming week. Lunch reservations are \$4.50 per meal and can be made online or by phone at 440-974-5725 and paid for with a credit card. Seniors are encouraged to order online if possible.

Shovel Smart

Winter is on the way and that means snow. Many of us hire a plow company to clear the snow from the driveway while others still those who do it the old-fashioned way with a shovel. While shoveling is great exercise, it can also pose serious health risks like muscle strain, back issues and heart attacks. Approach shoveling as exercise and preparing for it as you would prepare for a workout at the gym can help to avoid injury while getting the job done.

Make sure to warm up. Stretching, brisk walking or marching in place will warm up your body and your muscles making it less likely to strain and injure them.

Be sure to take breaks. Shoveling is aerobic exercise so pace yourself. Also make sure you dress for the job. Moisture wicking clothes under warm layers will make sure you stay warm without becoming overheated. Wearing gloves thick enough to prevent blisters from forming is also recommended.

The average shovelful of snow weighs approximately 20 pounds. Make sure to hold the shovel correctly to distribute the weight and if you must lift the shovel, do it with your knees bent and your

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In Rosey's Words....



Rosey Gamiere
Guest Writer

Making it joyful

I'm so proud of our Mentorites for wearing masks and social distancing!

I'd say just about everyone is complying with the suggestions for a safe future.

Our elderly and physically challenged neighbors are counting

Shovel Smart

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back straight. A safer alternative to lifting the snow is to push it and then throw it forward off the drive or sidewalk.

Watch for warning signs of a serious issue. If you experience persistent shortness of breath, chest pain, weakness or excessive sweating – stop and get help immediately.

City of Mentor Ordinances require that homeowners and businesses keep their sidewalks clear of ice and snow. This helps protect pedestrians and school children who walk to school or a bus stop. If you have elderly neighbors consider lending a helping hand to keep our sidewalks clear.

on us to be protective of their health, as well as our own.

As it has been said, we can all get through this as a team for the future of our community.

As north coasters we have been resilient in every aspect of life surviving the worst of the economy, weather, and politics! LOL!

The holiday season for all should be more about appreciating each other and enjoying time with just a few people that are close and wear the mask.

Even If its just two, or even one for the holiday, it can be very personal and heartwarming.

Make a few calls, send a few cards & wish all those you care

about a peaceful and loving time this year.

I watch out for my neighbors whether we talk or not to make sure things seem normal. Should something seem off, I want to be able to call them or protect them from danger.

One day I saw a delivery of a large package dropped off. I was so worried about the package being taken while my neighbor was at work that I spent the day watching that huge box till my neighbor came home from work and retrieved it.

Silly maybe but being that some are working, and some are elderly, it only takes a peek here and there as I'm home all day. I feel like the

neighborhood watchman! LOL!

Our first big snow was amazingly beautiful as it laced the trees and stilled the sounds of the city with a few feet of snow.

Those working at home and children on their laptops were able to relish in the blessings of nature as they may not have before this isolation took place.

See, there is always something to be grateful for, even in a pandemic.

Baking and cooking and sharing this year has been a relaxing and satisfying event for those at home.

Decorating for whatever your holiday celebrates cheers up the winter days with color, light, candles, tinsel, and evergreen scents. What a joy to see all the collectibles we have saved for special times!

We can't keep the bird feeders full enough as our little friends are fattening up for the long winter months. And they aren't the 'only' ones!

Don't get too lazy because spring will be here before you know it and these extra pounds don't come off as easy anymore folks!

Love each other and get out the tea and hot cocoa while watching a Hallmark movie.

Mesmerize yourself with a stoked fire in the fireplace till you're toasty, warm, and content.

Thinking of Mentor and all the good things that are happening in our city as we improve our way of life. We are strong and progressive while keeping our charm.

Love you all my friends & be joyful.

~ Rosey

Mentor Public Library 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. A few will be broadcast on the library's:

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

Take & Make Crafts

Teens and adults can get craft kits from Mentor Public Library's Main Branch. Each kit comes with supplies and directions to make a fun and artsy craft at home. The library will offer different crafts throughout the month. Call (440) 255-8811 ext. 247 for details.

All Booked Up with Cailey & Meg - Saturdays, Jan. 9 & 23, 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.

Lost in the Ice & Snow, the Tragedy of the Admiral and Cleveco - Monday, Jan. 11, at 6:30 p.m.

Learn about the snowstorm that doomed the tug Admiral, its consort tanker-barge Cleveco, and their crews. On Dec. 1, 1942, the vessels left Toledo with 33 men and a million gallons of crude oil that were critical to the nation's World War II efforts. Kevin Magee will describe their doomed voyage.

Practical Steps to Manage Stress - Tuesdays, Jan. 12 & 19, at 6:30 p.m.

Everyone feels stressed at

time, but sometimes stress can be overwhelming. If stress is disrupting your health and happiness, take the first step by learning practical stress management techniques from certified health and wellness coach Lydia Skiljan from Lake Health.

Leaders & Legacies of the Civil War: The Battle of Mills Springs, January 1862

Wednesday, Jan. 13, at noon

The battle of Mills Springs was fought in Wayne and Pulaski Counties, Kentucky, on January 19, 1862 (just nine days after James A. Garfield's first battle at Middle Creek on Jan. 10). The Union victory ended an early Confederate offensive in eastern Kentucky. The Mill Springs battlefield recently became one the of the newest units of the National Park Service: Mill Springs Battlefield National Monument. Speaker will be Rebecca Hayward of the James A. Garfield

National Historic Site. This program will be hosted online via Zoom. Registration is required.

Men's Book Club

Monday, Jan. 18, at 7 p.m.

This month's book is "Stress Tests" by Timothy Geithner. Copies of the book are available at the reference desk at MPL's Main Branch. Hosted online via Zoom. Registration required to attend.

A Proper Washington Welcome: History of the Inaugural Balls

Tuesday, Jan. 19, at 6:30 p.m.

How does Washington D.C. welcome its new residents to 1600 Pennsylvania Ave.? With a ball, of course! Allison Powell of James A. Garfield National Historic Site will take you on a tour of inaugural balls throughout American history. Of course, she'll highlight President Garfield's ball at the Smithsonian Institution.

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The Mentor Monitor

A Lake Community News Publication

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Laketrans Now Offers Free Transportation to Work Aiming to Help Lake County Businesses with Recruitment & Retention

Laketrans recently launched, Transit GO, a new employee transit benefit program for Lake County employers. In partnership with the Lake County Commissioners and Alliance

for Working Together, the pilot program offers enrolled Lake County employers free Local Route bus transportation for any employee or recruit to provide reliable transportation to work or

throughout the hiring process.

“It is getting harder to access a qualified workforce, especially for Lake County’s manufacturing industry,” shared Alliance for Working Together Director

Juliana Petti. “Any additional benefits employers can offer will help bring workers to Lake County.”

The new benefits program is funded by a \$75,000 grant from The Paradox Prize, an initiative to improve the mobility of Northeast Ohio’s workforce and generate sustainable solutions to eliminate the “no car, no job; no job, no car” paradox in Northeast Ohio.

“We’ve heard from employers that reliable transportation impacts their recruitment and retention efforts,” shared Dominic Mathew, the Fund’s urban and regional planner for mobility innovations. “Our vision is to test ways to reduce transportation barriers for workers and help employers access the talent they need in an effort to drive long-term change.”

When the Fund for Our Economic Future and its partners launched The Paradox Prize last year, Laketrans, the Lake County Commissioner’s Office, Workforce Development Board and Port Authority collaborated to see how transportation could play a role to help recruit and

retain employees for Lake County employers.

“Laketrans has added a significant amount of service with our two new in-county routes 8 and 9, and routes 10 and 12 that connect with downtown Cleveland,” shared Ben Capelle, CEO of Laketrans. “We hope this new program will incent employers to consider transit options for their employees and enable them to offer a more competitive benefits package to bring new talent to Lake County.”

Laketrans provides commuter express service between Cleveland, Eastlake, and Mentor for first-shift employees and offers hourly bus route service from 6 a.m. to 8 p.m. on weekdays and every two hours on Saturdays throughout Lake County.

Both Lake County employees and employers are encouraged to reach out to Laketrans if they can benefit from the program. For more information about Transit GO, please contact Julia Schick at jschick@laketrans.com or 440-350-1012 or visit www.laketrans.com.



Recruit & Retain employees with Transit GO
a free transit benefit program that offers employees free transportation to work for all Lake County employers.

Employers that enroll in Laketrans’s Transit GO program will receive free in-county fixed route bus passes for any employee or recruit, to ensure they have access to employment.

Benefits of Transit GO:

- Saves employees nearly \$100/month
- Provides reliable transportation
- Enhances benefits package for employees
- Reduces tardiness & absenteeism
- Expands your labor market for recruitment
- A benefit you can use everyday

Interested employers or employees can call 440-350-1012.



Audubon Reveals How to Grow a Healthy Forest

Blackbrook Audubon will present "Forest Management for Bird Conservation" by Rebecah Troutman, Natural Areas Biologist with The Holden Arboretum, online 7:00 p.m. Tuesday, January 19. Troutman will describe how Holden uses The Working Woods, a 67-acre living laboratory and demonstration forest, to test woodland management techniques to improve forest health.

Anyone interested in hearing the presentation must register on the event page of blackbrookaudubon.org. A link will be sent to each registrant's email address.

Upon their arrival to Ohio, Europeans cleared much of the state's forests for agriculture. Recently, these farm fields have been returning to forest, but these

modern forests differ greatly from the original old-growth forests. Forestry treatments to increase tree health and improve plant and structural diversity should provide better habitat for a broader variety of bird species.

While the program starts at 7:00 p.m., Trevor Wearstler, the host and president of Blackbrook, will allow people into the meeting about 6:30 to familiarize themselves with the software features or to chat with other attendees.

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

**HAPPY NEW YEAR
2021**

Bankruptcy 101:

Bankruptcy Made Simple

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

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

A chapter 13 is a non-liquidating bankruptcy. This means you get to keep everything, but you must pay back a percentage of your debt. It is also used for people who are in foreclosure or behind on their mortgage and in fear of foreclosure.

A chapter 13 requires a payback plan from between three to five years. The payment is monthly. The amount is determined, again, by the amount of non-exempt equity you have accumulated in your life. Exempt equity is equity that the law says your creditors cannot take. Non-exempt means they can take it. Your total equity is referred to as your bankruptcy estate. Obviously, everyone wants to do a chapter 7 because it is no pay back. However, since 2005 it has become much harder to file chapter 7. In 2005, legislation was passed which tightened up the income restrictions on people regarding the Chapter 7 bankruptcy. The intended result was that more people must file under Chapter 13 of the Bankruptcy code and pay back, at least, what the government thinks they can afford.

It is the bankruptcy attorney's job to advise you which is the best chapter to file under. It is also the attorney's job to make sure you keep your home, your car, and everything else you have accumulated throughout your life. At Biales Delchin Law we concentrate in the area of bankruptcy. Our practice is dedicated to helping people resolve their financial problems in an honorable and dignified manner. We understand how hard it is for

people to take this step. We are sensitive to the pain, despair, sense of failure and humiliation many feel for being in this situation. We are dedicated to educate our clients in a compassionate, caring and sensitive manner as to why it is an act of love to yourself and your family to file bankruptcy; that bankruptcy is a mechanism created by the United States Constitution to help people get back on their feet and start contributing, once again, to our economy and that you are not only helping yourself and your loved ones but that you are actually helping the economy and your country by filing bankruptcy in most cases (that is why it was created by the Constitution as a power granted to Congress).

Some of the greatest and most honorable people in U.S. history have had to file bankruptcy.

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

If you are in this situation you are not alone. We can help you get your sanity back. Please come in for a free completely confidential consultation. You will speak with an experienced bankruptcy attorney. Your case will be analyzed, and you will be given a detailed and compassionate evaluation of exactly what can

be done to help you. There is absolutely no obligation or pressure to hire us. You will not be asked to give us money or sign anything and no one will ever know that you came. We are legally bound to the highest level of confidentiality in these cases.

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

Robert C. Biales



Biales Delchin

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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-

free as possible, we always keep you informed of the progress of the job.

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that will help heat your home as well as update the appearance.

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doors if that's all you need to make it look fresh and new.

So when someone asks you "what do you want for the new year?" you can tell them...a NEW FIREPLACE...and we'll be right here to help make that happen. Come and visit us at our showroom at 1270 Mentor Avenue in Painesville. Or give us a call at 440-358-5858 or visit us online at American-Home.com. We look forward to meeting you and serving your needs.

MPL Adult Programs

Continued from page 2

Influenza 1918: The Deadly Pandemic Hiding Behind WWI

Wednesday, Jan. 20, at 6:30 p.m.

The 1918 influenza outbreak was one of the deadliest pandemics of the 20th century. More people died of this illness than numerous wars combined. Come learn why the mysterious illness was so deadly, where it might have originated, hear stories about its victims, and discover why doctors are still studying this pandemic today.

Big IDEA Book Club

Thursday, Jan. 21, at 6:30 p.m.

The Lake County League of Libraries has teamed with The Diversity Center of Northeast Ohio to form a book club that discuss books and issues involving Inclusion, Diversity, Equity and Access. For now, the

discussions will be hosted via Zoom. People can sign up to join the talk at www.mentorpl.org or by calling the Mentor Public Library at (440) 255-8811 ext. 247. At this meeting, the club will discuss "Disability Visibility: First Person Stories from the 21st Century," an anthology of essays from disability rights activists and people living with disabilities as they describe their lives and experiences. The discussion is open to all, and copies of the book are available at your local library.

Monday Night Book Club

Monday, Jan. 25, 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 "The Dust Bowl Girls" by Lydia Reeder. Copies are available at the Reference Desk for pickup. Book club will be hosted online via Zoom. Registration is required to attend.

Holistic Wellness & Yoga

Wednesday, Jan. 27, at 2 p.m.

This hour-long class includes a relaxing yoga session and tips on holistic therapies for a restful sleep. Darlene Kelbach is the yoga instructor. Hosted online via Zoom. Registration required to attend.

Bloody Sunday 1972

Thursday, Jan. 28, at 6:30 p.m.

On Sunday, Jan. 30, 1972, British troops opened fire on a civil rights demonstration in the city of Derry in Northern Ireland, killing 13 people. This tragic event accelerated the spiraling violence then occurring in Ireland, now referred to as "the Troubles." Dr. John Foster of the Adult Information Services Department will present a public lecture explaining the events, what led up to them and the terrible consequences that they wrought. Hosted online via Zoom. Registration required to attend.

TURNING 65 AND HAVE QUESTION ABOUT MEDICARE?

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

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It's a new year! That means it's a great time for fresh starts and setting goals like earning a college degree.

Since opening in fall of 2011, the Holden University Center at

Lakeland Community College has provided a convenient and close-to-home option for Lake County residents to further their education.

More than 1,000 students

have graduated with degrees through Holden University Center partnerships. Offerings include 23 bachelor's degree programs, 19 graduate degree, endorsements and certificate

programs and one doctoral program from 11 university partners. Current university partners include: Bowling Green State University, Cleveland State University, Franklin University, Hiram College, John Carroll University, Kent State University, Lake Erie College, Notre Dame College, The University of Akron, Ursuline College and Youngstown State University.

So, if you took a few college classes but didn't quite make it to the finish line, it's never too late to pick up where you left off. Or maybe you have a degree,

but want to go back to work on a master's program. Whatever your journey has been so far, a new year is the perfect time to explore what you need to do to move toward your goals.

The first step is to learn more at an online information session. "Holden University Nights" is held the last Wednesday of each month from 6-7 p.m. The next session is scheduled for Jan. 27. A link will be provided to registrants a few days before the online-only event. Sign up is free and available at lakelandcc.edu/ucevents.

Now is the time to commit to your goal of earning a bachelor's degree

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- Your next steps to get started towards advancing your career or starting a new career path.

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You Can't Control the World, But You Can Control Your Household

You may have just ask yourself, "What are they talking about?"

With the world in this state of uncertainty. One thing seems certain, we will be homebound for the foreseeable future.

Many of our normal activities like eating out and events have been put on hold recently, but most of us still need some control of our lives. Home improvements allow us to take back the control in our homes.

Inbound Calls have went up almost 1000% since the

Pandemic started. This has been such a blessing and we have been able to help many through this time.

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Solve Garage Parking Problems with Stops-it

If you're like most growing families, your garage has become a shed for yard equipment, workshop, home gym, toy box or a storage area for everything else. Because our garages now serve so many purposes, it has become more and more difficult to park our cars in the ideal location.

Well, a Mentor man just created a simple new product that will solve your garage parking problems forever. The product is called **Stops-it**, and it works!

Stops-It is a durable rubber curb and mat you place on your garage floor in the exact location you want to park your car, enabling you to park accurately, consistently in the same spot, every time. Once **Stops-it** is in place, you'll never have to

worry about how far to pull into your garage again because **Stops-it** literally stops your car in the same spot, every time. Never again bump into your kid's bicycle, golf clubs or garbage cans!

Why **Stops-it**?

1. It takes 10 seconds to install. Simply take **Stops-it** out of the box, set it on your garage floor, and you're finished.

2. **No tools needed to install.** No drilling holes, no hanging a tennis ball and string from the ceiling. Simply "set it and forget it."

3. **It's highly visible**, which makes parking at night a piece of cake.

4. **It's portable.** Move it anytime you want to wash the floor, move to a new or vacation home or change

cars. Doesn't matter.

5. **It's inexpensive.** You can have it delivered to your door for less than a dinner out with your family.

Maybe the best thing about **Stops-it** is that it was designed and manufactured by a local Lake County resident, who is no longer frustrated trying to park cars in his own crowded garage. **Stops-it** requires no thinking. No thinking to install it. No thinking to use it!

To learn more about **Stops-it** or watch a video on how this amazing new product works, visit www.stops-it.com or CALL 440-754-2205. **Stops-it** would make an excellent gift for spouses, parents, children or anyone who needs to park accurately, consistently in the same spot, every time.

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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Mentor Public Library Children & Teen Programs

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

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

January Reading Challenge

All Month
Kids can win a prize from Mentor Public Library for reading (or being read to). Visit the Children's Department at Mentor Public Library's Main Branch for a reading log. The challenge is for kids in sixth grade and younger.

Grab & Go Crafts

Families can pick up supplies for crafts that they can make at home from MPL's Main, Lake and

Headlands Branches. Get different crafts throughout the month. Call branches for details.

Online Family Story Time

Mondays at 10 a.m.

Enjoy pre-recorded story times at your convenience on the library's website (www.mentorpl.org), Facebook page, and YouTube channel. Each story time will have a different theme and will be filled with stories, songs, and rhymes. No registration required and perfect

for kids from birth to six years old.

Interactive Family Story Time

Room on Zoom

Tuesdays at 10 a.m.

Children of all ages and their families can spend some time together while enjoying stories and songs in our online story time room. The story time will be a live Zoom event. Registration is required. Sign up at www.mentorpl.org

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.

Zoom Scavenger Hunt

Monday, Jan. 11, at 10:30 a.m.

The library is hosting a scavenger hunt for kids of all ages. Win prizes by finding items the quickest around your house. (Prizes can be picked up from the library after the scavenger hunt.)

Virtual Vittles

Monday, Jan. 11, at 4 p.m.

Kids (ages seven to 12) can learn how to make tasty no-bake treats during the library's 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 or by calling the library at (440) 255-8811 ext. 220.

Virtual Pictionary

Wednesday, Jan. 13, at 6:30 p.m.

Test your drawing skills during an online game of Pictionary with friends. For kids, ages eight to 12. Sign up required.

Virtual Chips & Chapters

Tuesday, Jan. 19, at 4 p.m.

Kids (kindergarten through second grade) can enjoy a snack and a story with Ms. Lisa from Mentor Public Library. Ms. Lisa will read from a chapter book while the children enjoy some chips and follow along. The library even provides the treat. Families

Continued on page 10

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

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MPL Children/Teen Programs

Continued from page 9

can pick up their chips from the library after they register for the read-along.

Play-Doh Palooza

Thursday, Jan. 21, at noon

Let's make something together! Kids (ages two through six) can sign up and pick up a Play-Doh Palooza kit from the children's desk at our Main Branch. Then they can hop on Zoom and enjoy stories and building games. Registration required.

Pet Parade

Monday, Jan. 25, at 4 p.m.

Kids of all ages have an opportunity to show off their pets and chat about them during the library's Pet Parade on Zoom. Bring your cats, dogs, and dinosaurs! Registration required



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IT'S TIME FOR A HAPPY NEW SOFA THIS YEAR!

Get a Nutritional Plan for Life for the New Year 2021!

The United States Department of Agriculture launched MyPlate replacing the MyPyramid & Food Pyramid most of us were taught how to eat a balanced diet on. The design of MyPlate takes a different approach but is based on the same dietary recommendations as the previous model. Research indicated MyPyramid was too complicated. This time the idea was to keep it simple, encourage

American's to choose healthy portions & varieties of the five food groups & challenge yourself to look at your plate to see how it stacks up.

With all the food groups, the quantity needed per day is different for each person depending on several factors including age, gender & level of physical activity. MyPlate portions the groups & has key messaging for each to help remind important choices when deciding what to eat. They recommend going lean with protein, getting calcium rich foods with dairy, making half your plate fruits & vegetables, & making half your grains whole. The familiar image illustrates how the five food groups fit into a healthy diet.

Go lean when choosing protein which comes from a variety of sources including, meats (beef, ham), poultry (chicken, turkey), seafood (salmon, tuna), nuts & seeds, beans & peas (kidney beans, black eyed peas), processed soy products (tofu, veggie burgers), & eggs. Look for the low fat selections of ground beef & chicken without the skin. Nuts should be unsalted to avoid unnecessary sodium intake

as well. Switching to fat-free or low fat (1% milk) calcium rich foods is also recommended. This group contains products made from milk & calcium-enriched soy products including all fluid milk, cheese, yogurt, calcium-fortified soymilk & milk-based deserts (pudding, ice cream). Calcium-fortified cereals & beverages like orange juice may provide calcium but they do not contain many other nutrients, including protein, potassium & phosphorous that dairy products provide.

Making half your plate fruits & vegetables is a smart move because they are typically a lower calorie option that are high in fiber, vitamins & minerals, especially potassium, & may reduce risk of heart disease, obesity, diabetes & some cancers. Focus on fruit as it can be fresh, canned, frozen, dried or 100% juice, all delicious & easy additions to meals & snacks! Varying your veggies is important as there are 5 subgroups being dark green (spinach, broccoli), starchy (potato, green peas, corn), red-orange (carrots, red peppers, tomato), beans & pea (black beans, chickpeas) & other (green pepper, celery, onion, mushroom).

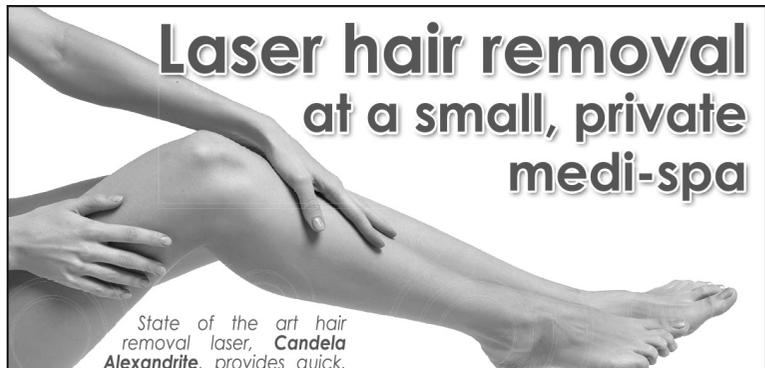
Myplate advises to make half your grains whole. Besides whole grains the other half is made of refined grains like white bread, white rice & white flour. To achieve half your grain intake as whole, look for brown or wild rice, oatmeal, & whole wheat options.

This can all be very confusing! Mandi provides a nutrition plan service that will set you up on a nutrition plan for the foods you like. A nutrition plan is a way of life, so to have food on it that you don't like, makes no sense. So she will personalize the plan for you with the specific foods you want. Of course, it can't be McDonalds 3 times a day, but she will give you other choices.

Nutrition plans for life are \$50 for a personalized plan and includes foods to swap out for variety. She will tailor them for weight lose, weight gain or staying steady. Whatever your goals are, she can accommodate! She has a BA in Human Nutrition from OSU.

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Even small leaks in your boiler or furnace can expose you to a deadly amount of carbon monoxide.

Carbon Monoxide poisoning kills 400 Americans every year and sends 20,000 to the hospital, according to the CDC. Leaking furnaces or boilers are one of the most common causes of deadly carbon monoxide poisoning—every year without fail.

Odorless, colorless, and very deadly carbon monoxide is a byproduct of burning fuel to heat your home.

Carbon monoxide poisoning relates to running your heating system. So, winter weather means it is time to get informed and take precautions to keep safe from carbon monoxide poisoning.

Household Sources of Carbon Monoxide

- Gas Furnaces
- Oil Furnaces
- Gas Boilers
- Oil Boilers
- Wood fireplaces
- Wood pellet stoves

Running a wood stove or a pellet stove is pleasant but very OPTIONAL. Heating your home in the winter with furnace or boiler is essential! That makes keeping protected from carbon monoxide poisoning necessary, too!

How Does Carbon Monoxide Poisoning Occur? - Carbon monoxide poisoning is the term used for when carbon monoxide displaces oxygen that our bodies need to function. Since our muscles, organs and our brains all require a constant supply of oxygen to function, the damage from carbon monoxide poisoning is extensive.

Carbon Monoxide Poisoning: Symptoms

Survivors of carbon monoxide poisoning compare the feeling to being sick with the flu.

- These symptoms can include:
- Headache
 - Dizziness
 - Physical weakness
 - Nausea
 - Vomiting
 - Chest pain

- Confusion
- Unconsciousness

Losing consciousness close to the source of the carbon monoxide often results in death.

Compromised Heating System = Carbon Monoxide Poisoning

Feeling anxious?

Well, although carbon monoxide poisoning is extremely dangerous, if your boiler or furnace is running properly, you are safe—100%!

Only a compromised boiler or furnace will release potent levels of carbon monoxide.

Most common heating system defects that release carbon monoxide.

- Cracks in combustion chamber
- Leaking seams
- Cracks in exhaust piping
- Incomplete combustion process

An older furnace is more likely to experience these deadly issues. Ordinary wear & tear can cause this simple but deadly damage.

What can you do?

Carbon Monoxide Detector

First things first, place carbon monoxide detectors around your house. Carbon monoxide detectors

are as essential as smoke detectors. These electronic devices emit noise when they detect a sufficient amount of carbon monoxide.

Since carbon monoxide is colorless, odorless, and tasteless, this is the ONLY way to detect the dangerous gas.

To maximize their effectiveness, place one near your heating system and place one on every floor. If your carbon monoxide detector alarms, evacuate your house.

Test your carbon monoxide detectors as regularly as you test your smoke alarms.

Limits to Carbon Monoxide Detectors

Carbon monoxide detectors are your first line of defense against the danger of carbon monoxide poisoning. They are a necessity in every home.

However, carbon monoxide detectors can ONLY detect extremely high levels of carbon monoxide. Levels that would qualify as acute exposure.

Carbon monoxide detectors fail to detect smaller, yet still potent levels of the dangerous gas. Chronic exposure to those low levels of carbon monoxide

can lead to the same dangerous, life-changing symptoms as acute exposure.

Your furnace can be leaking carbon monoxide into your home for weeks, and your carbon monoxide detectors could miss it.

The only way to 100% ensure you and your family's safety is to schedule an inspection and tune-up with an HVAC expert.

Annual Furnace Tune-up in your Area

In fact, the CDC strongly recommends having a qualified HVAC technician tune-up your furnace or boiler, stating:

"Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year."

The older your heating system,

the more essential an annual tune-up becomes. If your heating system is leaking or at risk to leak the One Hour Air technician will fix it on the spot, ensuring you and your family are NEVER exposed to carbon monoxide.

If you know someone else would benefit from this information, please share this blog and the CDC website. It could save a life.

Call us today at (440) 497-4386 to schedule an appointment for DeBord's One Hour heating system tune-up to prevent carbon monoxide poisoning.

Log on to www.Debordinc.com and www.BenjaminFranklinPlumbingNEOhio.com to Learn More and for Special Offers.

Please like, share, and follow us on Facebook.

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DIVORCE 101:

Dissolution is The Best

The issues in a divorce or dissolution are (1.) Allocation of Parental Rights and Responsibilities, if there are children. The main issues regarding the allocation of parental rights and responsibilities would include who pays child support and how much,

companionship time (formerly "visitation"), who has custody or how is shared parenting (formerly "joint custody") to be allocated, who is responsible for health care/ insurance and how will the tax exemption be divided. (2.) Spousal support. Will one party pay the other spousal support and how much and for how long. (3.) Property distribution. How

will the marital real and personal property and all other marital assets be divided. (4.) Pension and retirement division, if in existence. And, finally, (5.) Allocation of marital debt. These are the main issues in every divorce and/or dissolution.

The difference between a divorce and a dissolution is that in a divorce the parties cannot agree on one or more of the issues whereas in a dissolution the parties agree ON ALL ISSUES. Dissolutions

are very cost effective and can be finalized in as little as six weeks. The cost of the dissolution will vary on the number of issues in the case (which are listed above). The average cost is between \$1500 on the low end to \$3500 on the high end. According to a recent survey the average cost of a divorce with children in Ohio is \$18000.

The emotional price of continuous daily resentment,

depression, fear and worry can become overbearing and is unhealthy. Dissolution avoids all of this. In a dissolution the financial cost can be dramatically less than a divorce (the parties cannot completely agree) but, most importantly, the emotional cost to both parties and their children, if applicable, is much lower.

Robert C. Biales

Timely Tips if You are Turning 65

Will you turn age 65 in 2021? Congratulations on reaching this milestone birthday. You will now be eligible to enroll in Medicare if you meet its requirements. It is a good idea for you to become familiar with the 'ins and outs' of Medicare before it's time to sign up. Here are a few important points for you to keep in mind:

Know when to enroll

Your Initial Enrollment Period begins 3 months before the month you turn 65, includes the month you turn 65 and ends 3 months after the month you turn 65. Missing an enrollment deadline may mean you will have to pay a late enrollment penalty. Other rules and exceptions apply so be sure to find out when you should enroll.

1. Learn what's covered and what's not

Original Medicare does not cover 100% of your medical costs. There are co-pay, deductibles, co-insurance, and other expenses you will be responsible for. Original Medicare also does not provide coverage for overseas emergency care, routine vision, dental or hearing care. Learn about other options if you would like more comprehensive coverage.

2. Learn the differences between Original Medicare, Medicare Advantage Plans and Medicare Supplements

Medicare Advantage Plans and Medicare Supplements are two options for you to consider. One is an alternative to Original

Medicare while the other helps cover some costs not covered by Original Medicare. These plans have significant differences when it comes to costs, benefits, enrollment guidelines and how they work so it is important to understand them as you explore your Medicare coverage options.

3. Find out what prescription drug coverage will be best for you

Prescription Drug coverage is available as a stand-alone plan that works in conjunction with Original Medicare or as part of a Medicare Advantage Plan. Plans vary so how much you pay for your prescriptions will depend on the plan you select. Plus, you should make sure your medications are covered by the plan you choose.

I can help make your transition to Medicare less confusing. I cover these topics and many more in my class, Getting Started with Medicare. You can attend this class from the privacy and comfort of your home ZOOM technology on Monday, February 8, 2021. The class will take place from 6:30pm - 8:00pm through the Willoughby Eastlake Library. To register, call 440-942-7880. This event is only for educational purposes and no plan specific benefits or details will be shared.

If you have questions concerning Health Insurance including Individual, Group, Medicare Advantage Plans or Medicare Supplements, call me at 440-255-2500 or email me at Lmutsko@mutskoinsurance.com.

I look forward to helping you.

Laura Mutsko is a licensed insurance broker offering a complete line of health and life insurance products, including Individual, Group and Family Health, Annuities, Long Term Care Insurance, Medicare Advantage, 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. For more information, visit www.mutskoinsurance.com.

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Get the **FACTS** on Medicare Health Insurance and Rx Plans.

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Laura Mutsko is an independent insurance broker. She will compare rates and coverage from many of the nation's most respected insurance companies to get the plan that's right for you.



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

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for more classes in your area!

Monday, Feb. 8
6:30-8:00pm

Willoughby-Eastlake Library
ZOOM ONLY
440-942-7880 to register

Wednesday, March 24
6-7:30pm
Concord Community Center
440-639-4650 to register

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

Biales Delchin

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- check includes:
1. Clean burners
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 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:

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

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