

The Willoughby Times



Community News



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Mentor Monitor
Willoughby Times
Eastlake Gazette
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Volume 34 Issue 1

July 2020

12 Pages

Mayor's Report



Robert Fiala
Mayor/Safety Director

To say the summer of 2020 is exceptional would be an understatement!

Willoughby is experiencing continued effects of the COVID-19 pandemic and the social and economic backlash it has created. As we move through the next months, we will face continued unknowns. We are working under guidelines and directives as issued by the State of Ohio and the Lake County General Health District, and both authorities issue frequent updates for activities that include rules regarding social distancing and mass gatherings.

The guidelines for public pools place significant restrictions on operations, including the minimum number of swimmers and occupants on the pool decks as well as cleaning and disinfecting at two-hour intervals. This puts additional pressures on our seasonal

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Willoughby Summer Concert Series to Begin Thursday, July 9th!

Concerts will be at Wes Point Park on Thursday evenings from 7:00 – 9:00 pm. The following guidelines are in place and will be enforced for the safety of the band members and audience:

- If you are sick or experiencing symptoms that may be related to coronavirus, please do not attend.
- Wes Point Park will be fenced off and attendance counted. The maximum number of attendees is

600.

- One-way entrances, exits and walking paths are marked.
- Please sit in designated areas marked on park grounds; each area is permitted a maximum of 10 people. All attendees must be in a marked area at all times unless walking in or out of the park.
- Standing or stopping in the walkways is not permitted.
- Attendees will be responsible for

maintaining a social distance of no less than six feet.

- Hand sanitizer stations are available for use by all attendees.
- Entry will begin at 6:00 pm, concerts begin at 7:00 pm.
- Bring a lawn chair or blanket to sit on.
- No tents, shelters of any kind, or umbrellas larger than personal size will be permitted.
- No ice cream or water sales this

season.

- No restrooms.
- Masks are encouraged, but not required.

- July 9—Abbey Rodeo
- July 16—Chardon Polka Band
- July 23—Pieces of Eight
- July 30—Sumrada
- August 6—TBD
- August 13—Blue Evolution
- August 20—Stone Pony Band
- August 27—The Diamond Project

Willoughby Outdoor Market Open Every Saturday Through October

*To Market, To Market
This month of July,
The bounty from local farms
Begins NOW.....
C'mon By!*

Every Saturday morning from 8am until noon this month of July, and through the end of October, you'll find area growers in downtown Willoughby's City Hall parking lot with trucks, tables, and baskets overflowing with the freshest fruits and vegetables picked from their farms the day before market. Welcome to the flavor of REAL HOMEGROWN food!

Have you ever grown fruits and vegetables in your own backyard garden? Maybe you had a small plot in a community garden, or perhaps a generous neighbor with a garden? If so then you know the remarkable difference in flavor and freshness between the just-picked, vine-ripened tomato and the ones you've been buying at the store. Ditto that for all other garden delights such as summer squash, beans, corn, cucumbers, carrots, beets, peas, broccoli, lettuces, and so on and so forth. If the flavor difference wasn't so distinct, the quality so superior, why would anyone put in all that time and effort if it could simply be had from the store?

Have you enjoyed carrots so sweet and tender there's no need to peel them because there's no tough skin to peel? How about

lettuce in all its many colors and textures, so fresh that it keeps for more than a week? Vegetables varieties you've never tried such as bright pink eggplant, purple pac choi, or ripe green striped tomatoes? A local market is your opportunity to expand your palette of flavors to eat the rainbow of vegetables!

If you're working your way towards a more plant-based diet, you'll find a great variety of palette-pleasing produce to fill your plate. If the morning smoothie is your thing, you'll find plenty of fruits and greens to blend. If you "never liked vegetables" it's likely that you were introduced to them overcooked or boiled to a gray-green mush....BLECH!

Vegetables harvested at their peak and brought directly to market don't require a lot of preparation, long cooking times, and sauces to mask the less-than-fresh flavors of vegetables trucked in from far away. You may be pleasantly surprised to learn that you needn't peel eggplant, nor cut and discard the stems of kale, nor cook collards "down to nothin"! Fresh vegetables need only a light touch in preparation. You'll find that a quick sauté or simply roasting or grilling for a few minutes brings out the natural sweetness of fresh vegetables. It's just that easy peasy, lemony squeezey, summer breezy!

If you believe in the adage

from Hippocrates to "let food be thy medicine and medicine be thy food" then shopping for "thy medicine" at the Willoughby Outdoor Market is the place for you! And this "medicine" doesn't need any sugar to help it go down. Tasty food that's also good for you? Win-win!

Please note: there are guidelines in place for vendors and shoppers at the market to limit the spread of Covid-19.

Market administrators advise the following for shoppers:

1. If you are sick, please stay home!
2. Shoppers are strongly encouraged to wear face masks
3. Shoppers are encouraged to shop and then leave to discontinue social gatherings.
4. Shoppers are encouraged to send the minimum number of shoppers per household to the market in order to curtail crowds.
5. Shoppers are to practice the recommended 6' social distancing from one another while at the market.

Virtual Library Programs in July

The Magic of Michael Mage
During the month of July 2020, the following free programs will be offered VIRTUALLY at the Willoughby-Eastlake Public Library. All programs are via Zoom or YouTube.

You must register to receive the link! Visit the Programming Calendar at WE247.org or call your library to register.

6. Congregating in groups of more than 10 is prohibited

7. Shoppers are discouraged from touching any products, rather allowing the vendor to select and bag products customers wish to purchase.

8. Shoppers are encouraged to clean their hands frequently.

9. Discontinue use of reusable bags and materials at this time. Accept only new plastic bags from your farmers and food producers.

10. When possible, order directly from farmers and food producers for delivery or pick-up.

Look for monthly updates here in The Willoughby Times, see weekly posts on our FaceBook page <https://www.facebook.com/WilloughbyOutdoorMarket/> and we'll meet YOU at market!

The author, Maggie Fusco, is the owner and chief laborer of The Wood Road Salad Farm in Madison. She has been providing fresh produce, herbs and cut flowers at the Willoughby Outdoor Market for over a decade.

Known as a comedian stuck in a magician's shoes, national award winning magician Michael Mage incorporates comedy and endless audience participation into this family friendly show.

Tuesday, July 14, 6:30 pm

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HEAP Summer Crisis Program Starts July 1st

Beginning July 1, the Ohio Development Services Agency and Lake County Council on Aging will help income-eligible Ohioans maintain their utility service through the Home Energy Assistance Summer Crisis Program. The program helps eligible Ohioans pay an electric bill, purchase an air conditioning unit or fan, or pay for central air conditioning repairs. This year, the program will run from July 1 until September 30, 2020.

"In years past, the Council on Aging has assisted Lifeline,

Inc., Lake County's Community Action Agency, with helping seniors apply for this program at various senior centers in our area. Unfortunately, the senior centers are still closed due to COVID-19 and it is not known if they will open in time (or in what capacity) for the Council on Aging to be able to assist with the application process at the centers," states Jennifer McLaughlin, Manager of the Aging & Disability Resource Center at the Council on Aging. "We will continue to do everything possible during this time to ensure seniors have

information and resources to access the benefits they need."

The Summer Crisis Program assists low-income households with an older household member (60 years or older), or households that can provide physician documentation that cooling assistance is needed for a household member's health. Examples of conditions can include lung disease, Chronic Obstructive Pulmonary Disease, asthma, etc. This year, households that were diagnosed with COVID-19 in 2020, have a disconnect notice, have been shut

off, or are trying to establish new service on their electric bill are also eligible for assistance.

Ohioans can visit energyhelp.ohio.gov to start their application prior to their required appointment. This year appointments can be held over the phone or in person at Lifeline, Inc. To schedule an appointment call, (440) 350-9160.

Eligible households can receive up to \$500 if they are a customer of a regulated utility, or \$800 if they are a customer of unregulated utilities such as electric cooperatives and municipal utilities. The assistance is applied to their utility bill, or to purchase an air conditioning unit or fan, or pay for central air conditioning repairs. Ohioans must have a gross income at or below 175%

of the federal poverty guidelines to qualify for assistance. For a family of four the annual income must be at or below \$45,850.00.

Also new this year, Ohioans enrolled in the Percentage of Income Payment Plan Plus Program (PIPP) who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the features of the Summer Crisis Program locally and what is needed to apply, contact the Lake County Council on Aging at (440) 205-8111.

Additional information can also be found at www.energyhelp.ohio.gov or by calling (800) 282-0880.

Mayor

Continued from page 1

help at the pools, which are mostly students. Our Parks and Recreation Department surveyed 2019 season pass holders to gauge interest in opening the pools, and the results showed no clear support for opening or closing them. We also looked at several models to open the pools for three-hour time slots. Finally, we studied opening both pools and opening a single pool. In the end, we decided it would be impossible to meet the requirements for social distancing and ensure the safety of our children and their guardians. The models also indicated that opening a single pool could

result in a loss of up to \$90,000 and opening both pools would represent a little less than double this figure. This is an important consideration because as of this writing, we are approximately \$1 million behind in income tax collection from the same time last year. Income tax represents about 67% of our total operating revenue. Other revenue sources which include fees for services, fines, licenses, among others, are also down.

It is also unfortunate that due to the same social distancing and mass gathering restrictions, we postponed the July 4th fireworks until mass gathering numbers increase, like nearly every other community in Lake County.

Our baseball and softball leagues have begun play and playgrounds are open. We ask our residents to wash their hands before and after use of our play structures. We are also happy to announce other summer events will begin in July. These are

activities where social distancing and crowd management are more manageable, and attendance is easier to estimate. Our gazebo concerts will start on July 9th, and outdoor movies will begin in July. Live Well Willoughby, sponsored by the Downtown Willoughby Organization is on August 15th; Artsfest, sponsored by the Chamber of Commerce is Saturday, August 29th; and the DTW Rib Burn-Off, sponsored by the Bar and Restaurant Association will be September 26th and 27th. We are also planning a sunset concert at Osborne Park on September 2nd and working on other events for the Lakefront District.

Finally, we have been developing economic re-entry programs for both our Historic Downtown and the Lakefront District. We will be introducing these in the upcoming weeks and hope you will continue to shop and eat local.

Have a great summer.

8th ANNUAL Pasta for Puppies! a PASTA DINNER to support **Puppy Raisers for the Blind**

If you already have tickets for the original date of April 6, please call or email to confirm your attendance on the new date. We would like to get an accurate head count. Thank you!

MON., JULY 27, 2020
5-9pm

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or CALL LINDE @ 440-951-2468
or EMAIL:
LeaderDogPuppies@gmail.com



The Willoughby Times

A Lake Community News Publication

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We've seen changes in our communities in recent months. Some high school graduates have decided not to go away to college yet. Working adults have lost jobs or have been furloughed.

One thing that hasn't changed is Lakeland Community College's

commitment to help people of all ages find their way to good-paying jobs through quality education.

High school graduates can start college affordably, close to home and rest easy knowing that credits transfer.

Adult students can increase job

skills for in-demand positions in the health and manufacturing fields.

Lakeland is your community college! Serving students from all walks of life, who are at various stages of the academic journey - we have something for everyone!

Even with Lakeland's low tuition, many students need financial assistance when it comes to college:

- Students can fill out a Free Application for Federal Student Aid (FAFSA) to be eligible for federal and state aid, and scholarships (studentaid.gov/fafsa).

- High school students can get assistance through the Lake/Geauga Educational Assistance Foundation (LEAF-Ohio.org).

- Many scholarships available are specific to those living in Lake County including the cities of Willowick, Mentor, Painesville City/Township, Concord, just to name a few.

Now more than ever, we stand ready to play a part in bringing some peace of mind when it comes to your education. New applicants who register for fall 2020 semester classes will have the application fee waived. Apply at Lakelandcc.edu/apply.

Now is the time to get started on a brighter future.

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Lakeland
COMMUNITY COLLEGE

Library Programs

Continued from page 1

Virtual Escape Room

Do you have what it takes to solve the mystery?

Link available July 15

Songwriting for Families

Have you ever thought about

making up your own song? Sheela Das, Director of Creative Concepts in Music, will demonstrate some of the tools we can use to make it happen and we'll even write a song together as a group.

Tuesday, July 21, 6 pm

Pent-up Demand Drives Home Repairs and Remodels

Wow, What a year 2020 has been so far. Even in these crazy times we couldn't be more thankful to serve Willoughby residents. We are currently fielding phone calls from over 25 new customers a day for home repairs and remodels. Our customers are amazing. This has allowed us to create many new jobs and put talented tradesmen to work right here in our community of Willoughby. This has truly been a year to remember. We are doing the best we can to get back to new customers as quickly as we can but prioritize serving our current customers at the highest level. If you have an emergency

project we will do our very best to get you in. We understand that everyone wants to get their projects done right now. We are working aggressively to fill positions in our company with the highest quality tradesmen you are used to seeing from us.

To the community of Willoughby, Thank you for being a part of something so much bigger than just home repairs. Helping us fulfill our dreams of making the world a better place one home at a time. Helping our local economy by employing one talented person at a time.

To the community of Willoughby, Thank You.



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Bankruptcy 101:

Bankruptcy to Regain Your Peace of Mind

The way they train elephants to be handled and tethered in the circus is they first capture the elephant in the wild using tranquilizer guns. Then one end of a chain is attached to a huge tree that the elephant cannot pull down. The other end of the chain is attached to a cuff that is put around one hind leg. The elephant violently pulls and kicks for about a week trying to escape. He then gives up and becomes resigned to the fact he cannot escape. Then he is taken to the circus and tethered to a small stake that is put into the ground. At this point, if he tried, he could just walk away and pull the stake out of the ground with no effort at all. But he does not try. He remains enslaved not by reality but by his mind. He has succumbed to the psychological conditioning of others and thus remains enslaved throughout his life by a burden that he could shed anytime by simply acting and moving forward.

People in financial distress can be like the elephant in our oversimplified example. They become conditioned to financial

hardship and its enslavement. The misery, fear, and anxiety of being continually harassed and victimized by bill collectors, the uncertainty and panic of how to pay the bills and keep food on the table or pay the mortgage and the feeling of helplessness and despair that there is nowhere to turn is worse than enslavement. It is a living hell.

The good news is that like the elephant (if he chose to) the financially distressed individual can easily break free from the bonds of his or her financial enslavement and regain a fresh start in life. The tool by which to cut the chain is bankruptcy. People become slaves to their condition of mind all too often when it comes to freedom from debt. They are conditioned to believe that filing bankruptcy is a "negative" act which reflects in some way on their character. This could not be further from the truth. In fact, if you are in financial distress it is the most responsible act you can take. It is the symptoms of anxiety, fear, paranoia, hopelessness, distress and lack of self worth that are negative. We were not meant to live that way. Money is just

money. It comes and goes. It can be replaced. But your life, your mental and emotional health and that of your loved ones cannot be replaced.

Throughout history there are countless people who have lost everything and regained it: P.T. Barnum (Barnum and Bailey Circus), Kim Basinger (famous actress), Lenny Bruce (famous comic), Francis Ford Coppola (director of the "Godfather movies"), Walt Disney (Disney Productions), Don Johnson (Miami Vice), Mick Fleetwood (Fleetwood Mac), Zsa Zsa Gabor (famous entertainer), Marvin Gaye (famous singer), Tom Petty (rock star), Larry King (talk show host), Cyndi Lauper (rock star), Jerry Lee Lewis (famous singer), Wayne Newton (Las Vegas entertainer) Ulysses S. Grant (18th president, General of the Union Army), William McKinley (25th president) and even Abraham Lincoln (16th president, Commander in Chief of the Union Army) are just a few examples of famous people

who went broke, filed bankruptcy and regained their fortunes. Yes, Abraham Lincoln, the president most looked up to for his honesty, integrity, courage and compassion had to use bankruptcy to save his sanity and get back on his feet.

Bankruptcy is the cheapest, fastest, surest way that a person can be relieved from their debt, keep their home, stop a garnishment, attachment, repossession, utility shut off, car repossession, license suspension, or lawsuit. It is the fastest way to regain your peace of mind and get a fresh start in life.

The reason it works so well is because that is what our founding fathers intended. Many people do not know this, but bankruptcy is a right which is founded in the powers granted to Congress by the United States Constitution. Article 1, Section 8, Clause 4 of the United States Constitution authorizes Congress to enact "Uniform Laws on the subject of Bankruptcies throughout the United States." It provides that Congress shall enact bankruptcy laws to allow Americans to

exercise their bankruptcy rights. The reason is simple. You cannot help the United States economy if you are financially pinned down.

So, bankruptcy is a right created by Congress and authorized by the United States Constitution. It is the patriotic duty of every citizen to use it if needed. It helps the person. It helps the country. It helps the family. A financially distressed home can become dysfunctional due to the worry and stress. This hurts the family unit. Therefore, bankruptcy (if needed) is not only an act of responsibility to one's family, spouse and children but it is also an act of love toward them.

Do not be the elephant that is able to break free from its captivity but remains imprisoned by its own mind. Free yourself from the bondage of debt and its destruction of your life. Bankruptcy is the only law in America that instead of helping the rich get richer helps the poor and middle class get richer. Just walk away to your freedom. You have the power.

Robert J. Delchin

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cleaning. We are listed with the Better Business Bureau, therefore Quick Dry stands behind every job 100%. If you are not happy with our work, within 30 days, we will re-clean the area in question for FREE. You pay nothing! Not one cent! Additionally we move furniture, offer evening and weekend appointments and clean halls all for FREE!

Look for our money saving COUPON located within this issue, then contact Quick Dry at (440) 269-4971 for your scheduling convenience. It is our sincere desire that you find us to be the most thorough, professional carpet and upholstery cleaning company ever...GUARANTEED!

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Bankruptcy is a constitutional right, which was created to help you, the economy, and our country by enabling you to get back on your feet and to once again become a healthy, happy, contributing member to the financial economy.

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Medicare and Dental Coverage

Taking care of your teeth does not stop just because you go on Medicare. But unfortunately, Original Medicare (Parts A & B) does not cover routine dental care including the costs of exams, teeth cleaning, tooth extractions, x-rays and dentures. Original Medicare will only cover the cost of dental procedures related to covered medical procedures that are necessary to treat a non-dental condition. In short, this means that you can expect to pay 100% of the

costs for routine services if you only have Original Medicare.

There are affordable options to help you with these costs.

Look for a stand-alone dental insurance plan

Consider getting a dental-only policy to help with the cost of care. Some plans cover a percentage of your costs for cleanings, x-rays and exams while other are more comprehensive and will cover major dental services like crowns, bridges, root canals and dentures,

in addition to your routine care. It all depends on the type of coverage you select.

Choose a Medicare Advantage plan

Plan to switch to a Medicare Advantage Plan during the next Open Enrollment Period. You will find a variety of plans to choose from with a range of premiums and coverage options. Most dental plans require that you see one of their in-network dentist. If you wish to continue seeing your

current dentist, make sure the plan you select includes your dentist in their network.

If neither of these are an option, consider the following cost-cutting strategies before giving up on dental care altogether:

Ask for a discount

If your dentist recommends a particularly expensive treatment, negotiate on the cost before you get the work done. Many dentists will reduce your bill if you pay up front. Your dentist may also agree

to do the work in phases so that you can make payments as the work progresses.

Visit a dental school clinic

Another option is to check with dental colleges and dental hygiene schools in the area.

Case Western Reserve University offers a dental clinic for adults and children. Students gain valuable experience and provide services at a reduced cost, all under the supervision of licensed professionals.

For a no obligation online quote on dental insurance, visit our website at <https://mutskoinsurance.com/shop-online> or call me today at 440-255-5700. I will show you some options that will put routine dental care within reach for you and your family.

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

Need Help? Dial 211

If you or a loved one are facing challenges like job loss, loss of health insurance, foreclosure or other problems, Lifeline may be able to help. They are Lake County's designated Community Action Agency and their mission is to connect those in our community who need help with the appropriate providers.

Lifeline assists qualifying Lake County residents obtain counseling, healthcare, housing, education and training, energy assistance and much more.

Their healthcare programs help residents who are uninsured or underinsured and increase access to healthcare services including prescription medications and diabetic testing supplies. Lifeline helps residents secure safe and affordable housing, as well as the homeless in our County transition

back into stable housing. Their education and training programs include financial literacy training, asset building assistance, employment training, nutrition education, and tax clinics. And, for those struggling with the most basic of needs, Lifeline offers several utility related emergency services through the federal Home Energy Assistance Program (HEAP).

Visit lifeline.org to access their interactive database or dial 211 to speak with a representative about available programs. Representatives can be reached 24/7. This service is free and confidential.

If you or a loved one can use some help, you owe to yourself to learn more about programs which already exist in our community.

PLANNING YOUR RETIREMENT HEALTH CARE?

Get the FACTS on Medicare Health Insurance and Rx Plans.

ATTEND A CLASS IN YOUR AREA:

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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Tue., Aug. 25 • 6:30-8pm
Willowick Library
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Wed., Sept. 16 • 6-8pm
Euclid Library
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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.

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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-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.

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We perform energy audits, and so can you. You can spend an hour to conduct your own home walk-through, noticing key things about your heating and cooling systems. There are several simple steps you can take to keep cooler while reducing energy use. For example:

✓Clean or replace air conditioning and furnace filters once a month.

✓If you have a programmable

thermostat, learn how to program it. Studies show about 70 percent of people do not program their home climate. If you do not have one, consider getting one. They can save about 10 percent on your energy bills.

✓Make sure your attic, attic stairway, garage walls and basement are protected with a high R-value insulation.

✓While your unit's fan is running, check the joints in your ducts for leaks by testing for air movement with your hand.

✓Seal any holes around

plumbing and heating pipes.

✓In air conditioning season, you are fighting heat gain from the sun. So, install window coverings and keep them closed during the day to block heat from the sun's rays.

✓If your house has a crawl space, open the foundation vents in the spring, close them in the fall.

✓Prune shrubs and remove any debris that may block airflow to your air conditioner.

✓Plant a tree. Well-placed trees shade your home and make it easier for your air conditioner to

keep your home cooler.

✓Provide shade for a room air conditioner reduces its workload. Room-size units also have a filter that should be cleaned or changed once a month.

✓Apply a reflective coating to your roof. Dark-colored roofs absorb 70 to 90 percent of the sun's energy, whereas light-colored surfaces reflect most of the heat away from your home.

Then, consider giving us a call to perform our checkup to make sure the airflow distribution system serving your equipment is operating at peak efficiency. We can also answer any questions you have about your audit and suggest ways to solve any problems or

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Skin Services at Cosmetic Therapy Medi-Spa

Are you concerned about dry, dull skin? Do you want to look younger? We need to give our largest organ some self-care. I am Christine Steadman, RN and licensed Esthetician. Let me help you find your glowing, luscious skin so you can put your best face forward!

You could 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!

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. 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.

Treatments range from \$50-\$110 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 Christine at 440-478-9904 and leave a message or visit <http://www.takeawayhair.com/services/esthetician-facial-skin-care> for the price lists.

Blackbrook Audubon Continues Bird Hike

Blackbrook Audubon will refocus their binoculars at Beaty Landing and resume their monthly bird survey following the spring cancellation due to pandemic guidelines. Accompany Blackbrook Sunday, July 26 at 8:00 a.m. as members and guests meet at the larger, lower parking lot of Beaty Landing, 543 East Walnut Avenue, Painesville.

Blackbrook plans to monitor this site on the fourth Sunday of each month until March 2021. If the assembled birders number greater than 10 people, they will split into

two groups to facilitate physical distancing. Wearing masks is optional, but binoculars can not be shared.

The list of birds found is posted on eBird.org. Last July's list included Yellow-billed Cuckoo, Spotted Sandpiper and Baltimore Orioles.

The trail is rated moderate on compacted gravel and has four access points to view the Grand River. As a Lake Metropark facility, Beaty Landing occupies an oxbow of the Grand River within the Grand River - Lower Watershed Important

Bird Area (IBA). National Audubon designated this IBA for its unique mix of habitats: river, forested floodplain and open field.

As a local chapter of National Audubon Society, Blackbrook Audubon covers Ashtabula, Geauga and Lake Counties.

For more information, visit blackbrookaudubon.org or www.lakemetroparks.com/parks-trails/beaty-landing. Email blackbrookaud@aol.com. Follow Blackbrook Audubon Society on Facebook.



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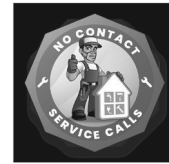
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Mentor Window Earns Yet Another Angie's List Super Service Award- 8 Years Straight!

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

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

Wheelchair Drive August 1st

Joni and Friends Wheels for the World nonprofit will be holding a wheelchair drive August 1, from 9 am to 1 pm in the parking lot of St. Noel Church, 35200 Chardon Road, Willoughby Hills.

Since this event will take place outdoors, with only a few collection volunteers, minimal contact will take place. We are collecting used wheelchairs (manual only) in any condition. Please no walkers or canes as we have an overabundance at this time. Tax deductible receipts are available.

Wheels for the World provides life-changing mobility to people impacted by disability around the world. Wheelchairs are cleaned and repaired to like-new condition in prison programs and sent to someone in need at no cost to the recipient.

Picture the person who is going to receive the wheelchair. A person with limited mobility is tragically often excluded from life in their community because they have no way of moving around. But the gift of a wheelchair literally lifts someone from the dirt to a seat of dignity and opportunity. A child may be able to go to school or an adult will be able to get around more easily, work, and not be bound to their house.

Change a life! For questions please contact Karen or Bruce Fraley at fraleyk@sbcglobal.net or 440-946-1605.

treat each and every one of our customers like family."

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

Angie's List Super Service Award 2018 winners have met strict eligibility requirements,

which include an "A" rating in overall grade, recent grade, and review grade period; the company must be in good standing with Angie's List, pass a background check and abide by Angie's List operational guidelines.

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

from price to professionalism to punctuality.

Mentor Window offers a full range of home improvements, including Energy Star Tilt-In double hung windows, slider styles, bay windows, casement windows, patio doors, fiberglass and steel entry doors, vinyl siding in over 50 colors & styles, cedar shake style siding, seamless gutter systems, gutter

covers, blown in insulation, and a complete line of backyard storage buildings.

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



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SENIORS NEED FUN IN THE SUN TOO!

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

Has being cooped up all winter given you and your loved one cabin fever? Now that the warm weather has arrived you can get out and get your sanity back.

But, what if you couldn't? What if you were dependent upon someone else to be able to get out?

Can you take a moment? And imagine how it would make you feel to be sitting indoors and looking out and seeing the beautiful inviting outdoors but you are unable to get out by yourself? Sadly, that's the case for a lot of seniors. Taylor Made Home Care can help.

We can get your senior out and enjoy all there is to do in your area. We are excited to explore the possibilities. Remember, we can be there when you can't.

- Fairport Harbor Beach—free beach wheelchairs available
- Lake Metro Parks—scenic & flat trails, pancakes in the park & the list goes on
- City Pools—offer aerobic water classes
- Keep your eye out for all the

upcoming festivals & craft fairs The things we can do together are endless.

NEED A VACATION?

This is the time of year for family vacations. Some of our loved ones are still able to travel but, some are not. Taylor Made Home Care can provide respite care, short or long term, so you can have a stress free vacation to unwind with no worries and relax.

OR JUST NEED A BREAK?

Our caregiver Lisa overheard a client saying, "Mom, I'm leaving to give you a break from me."

Mom laughed. But, there's a lot of truth in that statement. While caregiving is rewarding, it can also be overwhelming for all involved.

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

HOT TIP

Don't forget to check in with elderly family members and neighbors as the weather warms up. Make sure they are drinking plenty of water and check their homes for safety issues.

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DIVORCE 101:

Getting a Divorce Fast, Easy and Cost Effectively

This article simplistically identifies the main issues in the termination of the marital contract and explains the difference between a divorce and dissolution and why a dissolution is always the best, least stressful and most cost-effective means to terminate the marital contract. The issues in either a dissolution or divorce are the same. They are as follows: (1.) Allocation of Parental Rights and Responsibilities, if there are children. The main issues regarding the allocation of parental rights and responsibilities would include who pays child support and how much, companionship time (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 most fundamental difference between a contested divorce and a dissolution is that in a contested divorce the parties cannot agree on one or more of the issues whereas in a dissolution the parties must agree on ALL issues. Dissolutions are very cost effective. The cost of the dissolution varies based upon the number of issues in the case (listed above). The cost of a dissolution is dramatically less than a divorce (the parties cannot agree on one or more of the issues). The average cost of a divorce with children in Ohio is \$18,800 and without children \$12,500 (Lawyers.com survey). The average cost of a dissolution with children is \$3500 and without children \$2500. Most importantly, the emotional cost of a prolonged divorce is high to both parties and children.

Dissolutions are fast. A dissolution can be finalized in as little as six-weeks from the filing date and, usually, requires only one hearing. An action for divorce- if the parties cannot come to a voluntary agreement- can easily take a year or longer to finalize. There are several hearings and a trial. The information gathering process referred to as "discovery" can become a costly and stressful nightmare. Discovery is not required in a dissolution. In divorce, there is the dread of runaway attorney fees averaging

\$250- \$300 per hour. There is always the worry (which is justified) that the attorney will quit if you run out of money or the fear of receiving another several thousand-dollar bill unexpectedly. Almost everyone has heard a horror story about attorney fees.

At Biales Delchin Law, dissolution is a flat fee. Our clients don't worry about getting a huge hourly bill after the initial payment.

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

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

If the parties are unable to come to an agreement regarding all the issues, as is often the case, a divorce must be initiated. I try to resolve as many issues as possible before hand and communicate with the other party or his/her attorney to coordinate the process. It is always best to work together and focus upon resolution of the issues on which the parties agree. The purpose of the attorney is to make the process as minimally painful, and least expensive as possible. Open and honest communication is key. Unfortunately, in many cases, the parties have so much resentment toward each other that they are simply unable to cooperate. This is never in anybody's best

interest and can be very damaging to children.

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

Robert C. Biales

Annual Parade of Ponds - July 18th

Thinking about a pond? Want to expand a pond? Or just want to learn about a pond? Well don't miss this day in July.

With Covid-19 restrictions, our Parade of Ponds is a great way to get outside while still social distancing. The Parade of Ponds is a self guided tour for people to see ornamental ponds & water features. American Home & Energy Products hosts this yearly event and it all begins at their retail store in Painesville, across from the Lake County Fairgrounds.

Each year about 15 homeowners in Lake County open up their beautifully landscaped yards to share their water gardening projects. The tour is set up to give ideas for current and future projects, or just for the appreciation of water gardening. You will have a chance to see many relaxing atmospheres coordinated within homeowners' landscapes, such as custom built waterfalls & streams, schools of colorful fish, hardy native water plants, exotic tropical plants, pondless features and all the surrounding landscapes. You



Owner Chris Bedrick pictured by one of American Home display ponds

will be able to talk with most of the homeowners about their project and find out why water gardening has become America's #1 growing landscape trend.

All you have to do is stop in anytime on Saturday, July 18th and pick up a map and description handout of the various features and away you go. The event is free and runs from 9:00 A.M. until 4:00 P.M. Saturday only. We do ask that you call the week prior so we are sure to have enough maps on hand.

For more information contact:

American Home & Energy Products 440-358-5858 at 1270 Mentor Ave. Painesville Twp (across from Lake County Fairgrounds.)

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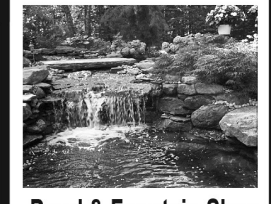
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Coronavirus (COVID-19)-Related Stress Factors and Resources

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

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

Free, confidential local resources

Crossroads Health Coronavirus Warmline: 440-754-3340

- Call this number first for help with COVID-related stress, anxiety, or uncertainty.
- Warmline hours: Monday - Friday, 8:00 a.m. - 8:00 p.m.

Crossroads Health Virtual Support Groups (VSGs)

- To access on line log onto <https://crossroadshealth.zoom.us/j/6044743547>
- You can also elect to participate by phone: 888-788-0098, meeting ID: 604-474-3547
- Virtual Support Groups are expected to last one hour.

VSGs for first-responders and behavioral health/healthcare professionals:

Mondays, 1:00 p.m. • Wednesdays, 6:00 p.m.

VSGs for clients connected to Lake County ADAMHS provider agencies:

Mondays, 11:00 a.m. • Tuesdays, 3:00 p.m. • Thursdays, 4:00 p.m.

VSGs for community members:

Tuesdays, 12:00 p.m. • Thursdays, 6:00 p.m.

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

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

Lake County Crisis Hotline: 440-953-8255

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

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



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

Air Conditioning Tune Up Special - - - Only \$69.95!

Based in Eastlake, Ohio Hoernig Heating & Air Conditioning has been a family owned and operated business for over 50 years. Working with his sons, Dennis is proud to carry a complete line of quality Rheem products including high efficiency Rheem Air Conditioning and Gas Furnace units.

Right now, Hoernig Heating and Air Conditioning is offering a Central Air Conditioning Tune-Up 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

Are You Ready to "Cut the Cable?"

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

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

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

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

4. Check bearings
5. Align pulleys & lubricate motor
6. Check Filters
7. Check condenser
8. Check drain
9. Check operation of thermostat
10. Operational check of systems.

Want to save even more??

Then have us perform a Heating Preventative Maintenance Safety Check Regular price \$95.95) at the same time and we'll service both systems for only \$98!!

The gas furnace tune-up and safety check includes:

1. Clean burners
2. Clean, light pilot
3. Check Heat Exchanger
4. Check main gas valve
5. Adjust burner & pilot
6. Adjust blower belt

7. Check & adjust furnace controls
 8. Check safety pilot operation
 9. Oil blower.
- 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 tune-up at (440) 942-8175.

Corporate Clients Include Parker Hannifin, Progressive Insurance and Wendy's International.

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CENTRAL AIR CONDITIONING TUNE-UP ONLY \$69⁹⁵

1. Check Refrigerant Charge
2. Leak test unit if necessary
3. Check & adjust fan belt
4. Check bearings
5. Align pulleys & lubricate motor
6. Check filters
7. Check condenser
8. Check drain
9. Check operation of thermostat
10. Operational check of systems



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