Will	ought	y Tin	nes Lake	Community News
		r Community Since 1987!	N H	Willoughby Times Eastlake Gazette Willowick Courier
Volume 34 Issue 3	September 2020		10 .	Painesville Pride
Mayor's Report	Willoughby Out To Market, To Market, This month of September: It continues through the end Of October, remember? The start of school, followed by Labor Day weekend, seems to signal an end to summer for many of us. Vacations and days spent at the pool are over. Now, as we look ahead to the activities of fall, remember to shop at the Willoughby Outdoor Market this	Coor Market Co Garlic is planted in late October here in NE Ohio, much like you would plant a daffodil or tulip bulb. Each clove planted forms roots from that time until the ground freezes hard in winter and then bides its time until the first warm days of spring signal the beginning of the growing season. At that time these fall-planted garlic cloves send up green, leafy stalks to make food for the developing bulbs underground.	ntinues Every Se lazy, hazy, crazy days of summer and welcome the transition to the cool, clear, crisp days of fall, you can enjoy the best of both seasons at your table by making a stop at market each Saturday through the end of October. Many of the fall crops can be stored for several months allowing you to stock up now to enjoy local produce at least until you ring in 2020. When you purchase these items ask your grower the best way to store them	 Shoppers are to practice the recommended 6' social distancing from one another while at the market. Congregating in groups of more than 10 is prohibited Shoppers are discouraged from touching any products, rather allowing the vendor to select and bag products customers wish to purchase.

Sometime in mid-late July the

mature bulbs are pulled out of the

ground and allowed to slowly dry

and cure on the stalks for about a

month. Properly cured garlic can

be stored in a cool dark spot (not

in the refrigerator) very well over

the winter and into the following

Like every other locally grown

crop, yes, there is a difference,

a BIG difference, from the

commercially produced garlic you

may be used to. And what is that

big difference? If you answered

flavor give yourself a pat on the

back, and thank you for reading

these articles. Juicy is not a word

normally associated with garlic,

but in this case it's appropriate;

As you bid a farewell to the

local garlic is that fresh!

spring.

for later use.

Covid-19.

home!

Please note: there are guidelines

in place for vendors and shoppers

at the market to limit the spread of

Market administrators advise

If you are sick, please stay

All individuals in Ohio 10

years or older must wear facial

coverings in public at all times

when outdoors but unable

to maintain a six-foot social

distance from people who are not

1. Shoppers are encouraged

2. Shoppers are encouraged

to send the minimum number of

shoppers per household to the

to shop and then leave to

discontinue social gatherings.

household members.

the following for shoppers:

Shoppers are encouraged 6. to clean their hands frequently.

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

8. 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 at The Wood Road Salad Farm in Madison. She has been bringing fresh produce, herbs, and cut flowers to The Willoughby Outdoor Market for over a decade.

WE Public Library: Upcoming Virtual Library Programs for Families and hands on activities based During the month of September 2020, the following free programs 3 different American Girls. We will be offered VIRTUALLY at will meet once a week for eight

the Willoughby-Eastlake Public Library. Registration is required. For a complete schedule of events or to register for one of our upcoming programs, visit www. we247.org.

All programs are via Zoom or YouTube. You must register to receive the link! Visit the Events Calendar at www.we247.org or

Take a trip back in time during the American Girl Book Club! We will be having discussions weeks starting on Wednesdays, starting August 26th from 5-6 through Zoom! All 3 books will be bundled for check out, and a hands on activity packet will be provided that will be worked on throughout our meetings.

Wednesday, September 2, September 9, September 16, September 23, September 30, 5 pm Zoom Lego Club

Join us on Zoom to discuss the amazing Lego creations you have been working on! The Wednesday before the program, Miss Sarah will send you a video about what the theme is and an example of something she has been working on, as well as the Zoom link for the next day. At 2pm on Saturday, you'll be able to join a Zoom call and show off your amazing creation! Be sure to have a name for the creation and a little story that explains it!

Saturday, September 5, 2 pm **Doo-Wop of the 1950's**

Are you interested in the early Rock-n-Roll group harmony sound? Are you familiar with the Chords, Crests and Dion and the Belmonts? Join us as we take a historical tour of Doo-Wop music. We will trace the 'sound' from its beginnings in Africa, to the African-American slave songs. We'll see how rhythm and blues and gospel music influenced the later groups, and how these genres merged with the sound of the street. You will see and hear the groups performing both through videos and recordings. Tuesday, September 8, 7 pm

Homeschool Travelers

Take a trip around the world without leaving your house! Each month features a different location, complete with facts & fun activities!

Wednesday, Sept. 9, 2 pm

Between the Lines: Author David Giffels

Continued on page 8

is the resiliency of our residents, businesses and other institutions, including your city government. I am call your library to register. reminded of the United States Marines motto of "Improvise, American Girl Book Club Adapt, Overcome," which we have done remarkably well.

Continued on page 2 Permit #621

Robert

Fiala

Mayor/Safety Director

Last year at this time, we

were reporting about the

success of our great summer

events as we prepared for

the fall. Unfortunately, the

summer of 2020 is quite a

different story. A pandemic effectively shut down much

of our local economy and two

downtown road construction

projects impacted restaurants,

bars, merchants and service providers. The continuing

impact of COVID-19 is lasting

into the fall, and uncertainty

is still a part of our everyday

lives. While, as of this writing,

the crisis is well-managed,

many of us are still hoping to

What has impressed me

most over the past months

return to normalcy soon.

Mentor, Ohio Ы∀Ы U.S. Postage Presort Std

Willoughby Outdoor Market this month, where you can still enjoy the taste of summer even as the early produce of fall begins to appear.

The crops of summer such as corn, tomatoes, beans, melons, peppers, zucchini, and eggplant continue to be available at market during the month of September even as the first fall crops of winter squash, potatoes and root vegetables arrive on the scene. The cooler weather also brings back many leafy greens that don't fare as well during the long, hot days of summer. September is also when the year's garlic crop arrives at market. At the grocery store we see garlic available all year long, but garlic is only harvested once a year, and now is your chance to get it at market at peak flavor.

Five Willoughby South Graduates Receive Christie Montrella Scholarship

Five Willoughby South High School graduates received the Christie Montrella scholarship. The scholarship was established by the Montrella family in 1990 honoring the memory of their daughter. Christie was a sophomore at Willoughby South in 1988 at the time of her passing. Her passing touched the entire The Montrella community. family, in collaboration with the Willoughby Police Department and Willoughby South High School faculty, select recipients from a pool of applicants. Traditionally, a single awardee is selected to receive the grant, however the committee recognized the potential of the

applicants and concluded that 5 merited earning the scholarship.

The following are scholarship recipients:

Ashley Pecjak, \$1,000 – Ashley intends on enrolling at Lakeland Community College making her the first member of her family to attend college. At the age of 17, Ashely launched her own baking business, influencing her desire to pursue a business and entrepreneur degree. She regularly volunteered her time at the Willoughby library book buddies program, Lake West Hospital, Edison School carnival and the Willoughby Safety Town.

our departments to provide the

same level of service with reduced

School activities included Key Club, National Honor Society, student government and prom coordinator. Ashley was able to maintain a 4.04 G.P.A. while dividing her time among many responsibilities. Daneen Baller, business teacher at South, highly recommended Ashley for the scholarship because of Ashley's drive and strong work ethic.

Catherine Carroll, \$1,000 – Catherine narrowed her college search to Kent State University or Bowling Green State University where she would like to pursue a degree in businessor special education. While a student at Willoughby

South, Catherine participated as a Varsity cheerleader and obtained a cumulative G.P.A. of 3.80. Jennifer Schendel, English teacher at South described Catherine as a committed individual with a strong ability to motivate others around her. Catherine volunteered her time as a junior counselor for Willoughby Parks and Recreation. She has aspirations to enter a field targeting special needs individuals.

Emily Mann, \$500 - Emily participated as a varsity soccer, basketball and track athlete. She was also a member of the National Honors Society and obtained a 3.68 G.P.A. as a student. Emily's soccer coach, Nicole Grys stated that Emily's drive in athletics equals her drive toward academics. Additionally, Ms. Grys identified Emily's outstanding character and exceptional leadership qualities. She regularly volunteered for Willoughby Junior Women's Club and Willoughby boosters. Emily intends on enrolling at the University of Toledo with a major in business. Through her education, Emily hopes to enter a career focused on assisting children with disabilities.

Jenna Pigza, \$500 – Jenna plans on attending Ohio State University and majoring in nutrition. She obtained a 4.21 G.P.A. and participated in drama club, key club, student council, prom committee and cheer at South High. Physics teacher Greta Hagan observed that



Jenna displayed a high level of discipline not common among her peers. She also cited Jenna's high personal expectations which will assist Jenna in her future success. Jenna hopes to assist others in achieving their personal health goals.

Macie Wells, \$500 - Macie obtained a cumulative G.P.A. of 4.43 at South. She plans on attending Miami University topursue a major in political science. Macie was a varsity soccer player, participated in Key Club and was a member of National Honors Society. Beth Visnick, Spanish teacher at South stated that Macie embodies the saying "If you can't change your situation, change your attitude," and observed Macie on several occasions face and overcome adversity. Macie also volunteered with Kiwanis, the Edison food pantry and as an algebra tutor. She ultimately would like to become an attorney, representing less fortunate individuals.

Congratulations to each recipient and good luck in your future endeavors. The Montrella family is proud to have such worthy individuals utilize the scholarship to further their education.

Mayor

Continued from page 1

Our neighbors and their families responded to virtual learning and the loss of many summer activities and events, our businesses developed creative ways to serve their customers, and our city departments used resourcefulness and ingenuity to maintain city services.

As mentioned before, we originally furloughed all parttime employees, a budgettrimming effort and suspended all capital purchases and hiring. This put immense pressure on



emails to lakecommnews@aol.com.

Deadlines are the 10th of each month.

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resources. This is true for all departments, including Police and Fire, but especially true with our Service and Parks and Recreation Departments. While summer programming was curtailed and all seasonal workers were not available, the baseball leagues continued as did maintenance at our parks and cemeteries. Judean Banker and her team developed creative ways to engage our seniors during the senior center closure, and Service Director Lee Bock, Rich Palmisano and their supervisors maintained our city assets with a greatly reduce staff. What is especially impressive was the assistance other departments offered to Judean, Lee and Rich

many agree 2020 is a "Lost Year", we are already looking towards an exciting 2021. We are looking forward to the restart of our usual activities and we are planning for new events for our Lakefront District and Downtown. Also, our directors and I are developing a priority list for 2021 that will identify our top goals in each department.

In short, we are using this past year as a Great Pandemic Reset to evaluate how to serve our constituents better. As this priority list is developed and refined, I will be reporting these to you. As we enter the fall season, please remember to visit the city website and Facebook page for the most current information on citysponsored events, meetings and updates.



MIKE for Lake County Treasurer



INVESTED IN LOCAL COMMUNITY

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

QUALIFIED & EXPERIENCED TO BE TREASURER

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

ORCHESTRATED COMMUNITY EVENTS

- Taste of Eastlake 2016, 2017, 2018, 2019
- Best Christmas Ever 2017, 2018, 2019
- Fundraisers
- Veterans
- Amy's Adoptables
- Eastlake Police K9
- Eastlake Women's Club Hurricane Relief
- Fight Against Addiction
- Hosted Four Kids Grab and Go Lunch Fundraisers
- Willowick Pet Food Pantry
- Operation S.T.A.T.
- 100 Youth That Care
- Retro Outdoor Movie Night
- Job Fairs 2017, 2018, 2019, 2020
- Volunteer Fair & Kids Fair
- Christmas in July
- Trick or Treat Street Vine Street in June
- Nature Day 2016, 2017, 2018, 2019
- Meet the Presidents Good Shepard Church

GOALS

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

ELECT MIKF TREASURE



PAID FOR BY THE COMMITTEE TO ELECT MICHAEL ZUREN



Veterans to Benefit Operation S.T.A.T

July 8th 5-7pm



HIGH

OUTH





SCH







Peace of Mind Now Through Bankruptcy

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

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

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

Bankruptcy 101: has established Biales Delchin Law as a highly competent, seasoned professional bankruptcy firm. A reputation that directly benefits our clients.

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

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

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

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

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

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

depending upon where the client resides.

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

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

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

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





Biales Delchin 7215 Center Street (Rt. 615) Mentor, Ohio 44060 (440) 266-1700 • Toll Free: (800) 303-2826 Attorneys and Counselors at Law Fax: (440) 266-0006 We are debt relief attorneys. **BANKRUPTCY** A Fresh Start In Life! STOP CREDITOR HARASSMENT • STOP FORECLOSURE STOP LAWSUITS • STOP GARNISHMENT Only \$300 to Start Easy-on-your-wallet payment plans. hkruptcy is a constitutional right vas created to help you, the econ d our country by enabling you to ack on your feet and to once aga me a healthy, happy, contributin ember to the financial economy. Over 20 years of experience! Helping people solve their financial problems. We offer a FREE, NO-PRESSURE initial consultation! On Call 24 Hours! (440) 266-1700 or Toll Free: (800) 303-2826 www.lakecountybankruptcyattorney.com CALL NOW & REGAIN YOUR PEACE OF MIND AND START LIVING AGAIN!

Your Checklist if You Need a COVID Test

You would be hard pressed to find anyone today who is not aware of the need for COVID-19 testing. However, questions quickly arise once a person decides they need to get a COVID-19 test. *Where should test? What wi Medicare cover to be hospitalize* Here are som

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

Here are some of the basics

about COVID 19 testing: Where to begin?

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



Fast speed. Affordable price.

Get **AT&T Fixed Wireless Internet.** Surf, stream & download with the speed you need at the price you want.

Individuals eligible to participate in the government's Lifeline program may qualify to receive a discount on the monthly price of Fixed Wireless Internet service from AT&T.

Call 866.694.1361 or visit att.com/fixedwireless to check availability!

Fixed Wireless Internet is a high-speed Internet access service providing download speeds of at least 10 Mbps and 1 Mbps upload. Available in select rural areas in the U.S. only. For more information, go to att.com/broadbandinfo. "Lifeline is a government assistance program, the service is nontransferable, only eligible consumers may enroll in the program, and the program is limited to one discount per household consisting of either wireline or wireless

service. **'\$49.99 Fixed Wireless Internet Offer:** Pricing for residential customers only when combined with another qualifying AT&T service (residential DIRECTV or postpaid AT&T wireless plan with a minimum monthly data allowance of **fib**(B). Must maining multifying concerned by the applies of the appli

George Phillips

For State Representative

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

Is the test covered by Medicare?

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

Will hospitalization be covered?

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

What if I get a surprise bill? You can help avoid unwelcome surprise bills by taking a few minutes to contact Medicare,



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

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

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

If you would like to learn more about your Life and Health insurance options including Medicare Advantage plans, Medicare Supplements, Prescription Part D plans, please contact me at 440-255-5700 or email <u>Lmutsko@</u> <u>mutskoinsurance.com.</u>

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.

PLANNING YOUR RETIREMENT HEALTH CARE? Get the FACTS on **Medicare Health** Wed., Sept. 16 · 6-8:00pm **Insurance and Rx Plans. Euclid Library** To Register Call: ATTEND A CLASS IN YOUR AREA: 216-261-5300 x5100 Laura Mutsko is an independent insurance broker. She will compare rates and coverage from many of the Tue., Sept. 22 • 6-8:00pm nation's most respected insurance companies to get the plan that's Kenston Comm. Ed. right for you To Register Call: 440-543-2552 Tue., Oct. 6 • 6-7:30pm **Concord Comm. Cntr.** To Register Call: 440-639-4650 **Wutsko Insurance Services**, LLC 440-255-5700 www.mutskoinsurance.com for more classes in your area!

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

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

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

Hospice of the Western Reserve Virtual Volunteer Training Sept. 9th

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

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

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

Virtual Volunteer Training starting September 9th at 9 am.

About Hospice of the Western Reserve

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

For more information, visit hospicewr.org or call 800.707.8922.

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,

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

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

punctuality.

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

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

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



New Laketran Routes to Connect Tyler Blvd., Mentor Headlands, Mentor-on-the-Lake & Painesville The agency held multiple public including bike racks, stop cords, a Laketran plays a significant

new route service in over twenty years on Monday, September 14.

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

"Requests for fixed route transit service to Tyler Boulevard, Mentor-on-the Lake, and Mentor

Pastor Mike Currier

LOOKING FOR HOPE & ENCOURAGEMENT

DURING THIS TIME?

Join us on Sunday Mornings at 10:00 am

In-person outdoor worship/ Live streaming (Facebook)

BODY OF CHRIST COMMUNITY

38057 Erie Road - Willoughby, Ohio

Laketran is launching its first Headlands have been going on for 20 years from both employers and residents," explained Laketran CEO Ben Capelle.

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

(440)749-1985

meetings to gather input from residents and businesses on the needs of the community to design the routes.

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

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

Route 9 service will operate with a smaller Dial-a-Ride style bus equipped with amenities of a traditional fixed route bus

destination sign and fare box.

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

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

Mentor City Ward-4 Councilperson, John Krueger, has petitioned for service expansion in Mentor for a number of years, "We're excited to finally have service to our Headlands area and through our vital manufacturing corridor.

role in our local economy by providing direct access to highpaying, skilled positions in our City. This new route will enhance connectivity throughout Mentor and surrounding communities."

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

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

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

Routes 8 and 9 Starting September 14, 2020 NEW ROUTES. EW DESTINATIONS. Mentor Tyler Headlands Boulevard Downtown Mentor-on-the-Lake Painesville Ride Free until $4/4 \pm 1$ September 30th Come Ride with Us!

To Repair or Replace Your Homes Furnace or Air Conditioning, **Question?** That is the conditioners or heat pumps will investment when the repair of an quote to replace your HVAC

One tough part of owning a home is the costs of repairing or replacing any HVAC equipment. Especially in an emergency situation, when your air conditioner isn't cooling the house or in the winter when your furnace isn't heating. It is never an easy decision on whether to make the

investment of a new unit or repair your existing one. Before making that decision, there are some considerations you can make to determine what is best for you and

HOW will last around 15 - 20 years. Air

last around 10 - 12 years. As units age, they will typically require more maintenance and may need costly repairs.

WHAT WOULD MY UNIT COST TO REPAIR? If the cost of repair exceeds the cost of replacing, refer to the "50 percent rule", or a general rule of thumb that encourages pursuing a new

Library Programs Continued from page 1

Barnstorming Ohio author David Giffels has written six books of nonfiction, including the critically acclaimed memoir, Furnishing Eternity: A Father, a Son, a Coffin, and a Measure of Life, published by Scribner in 2018. The book has been hailed by the New York Times Book Review as "tender, witty and ... painstakingly and subtly wrought," and by Kirkus Reviews as "a heartfelt memoir about the connection between a father and son." It was a Book of the Month pick by Amazon and Powell's and a New York Times Book Review "Editors' Choice." His previous books include The Hard Way on Purpose: Essays and Dispatches From the Rust Belt (Scribner 2014), a New York Times Book Review "Editors' Choice" and nominee for the PEN/Diamonstein-Spielvogel Award for the Art of the Essay, and the memoir All the Way Home (William Morrow/HarperCollins 2008), winner of the Ohioana Book Award.

Wednesday, Sept. 9, 6:30 pm Voting 101: Everything You Need to Know to Vote in Ohio

The 2020 general election is just around the corner. Presenter Erin Hoefle will inform Lake County voters about necessary documents for voting, registration, vote-bymail and more.

Thursday, Sept. 10, 7:30 pm **Toddler Storytime**

Help your toddler develop literacy and social skills through age-appropriate stories, songs and other activities! Ages 2-3.

Monday, September 14, September 21, 28, 10 am

Elementary Storytime

Each storytime program is full of entertaining, age-appropriate stories and activities that encourage literacy development and help your child prepare to be a skilled reader. Siblings welcome! Ages 5-8.

Monday, September 14, September 21, September 28, at 6:30 pm Sam's Science Spotlight

your family. OLD IS YOUR SYSTEM? On average, a furnace

Join Miss Sam as she

demonstrates a fun science

experiment that you can do at

home! A new, pre-recorded video

September 22, September 29, 10

Each storytime program is full

of entertaining, age-appropriate

encourage literacy development

and help your child prepare to be a

Wednesday, September 16, September 23, September 30, 10

Between the Lines: Author

Join us for an evening with

graphic novelist Derf Backderf,

whose new book Kent State: Four

Dead in Ohio commemorates

the 50th anniversary or the May

4, 1970 shootings at Kent State

University. Derf is also the author

of the graphic novels My Friend

Dahmer, which was recently made

into a major motion picture and

Trashed, which is inspired by the

author's own experiences as a

Wednesday, Sept. 16, 6:30 pm

Each storytime program is full

Preschool Storytime

stories and activities

skilled reader. Ages 0-23.

Derf Backderf

garbageman.

September

15

that

will be available every week.

Tuesday,

Baby Storytime

am

am

of entertaining, age-appropriate stories and activities that encourage literacy development and help your child prepare to be

a skilled reader. Ages 3-6. September Thursday, 17, September 24, at 10 am

Homeschool Thursday

September's Homeschool Thursday will have fun with karate with Avon Lake ATA! Learn the basics for what beginners would learn along with games. There will be some self-defense situations covered by the instructors with the children/parents or children/ partners. Children ages 6-12 will enjoy a variety of fun educational virtual programs! Space is limited.

Thursday, September 17, 2 pm Between the Lines: Author **Christina Baker Kline**

Join us as Christina Baker Kline visits to talk about her new novel The Exiles!

A #1 New York Times bestselling author of eight novels, including The Exiles, Orphan Train, and A Piece of the World, Christina is published in 40 countries. Her novels have received the New England Prize for Fiction, the Maine Literary Award, and a Barnes & Noble Discover Award, among other Continued on page 13

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Starting System, Check and Adjust Brakes

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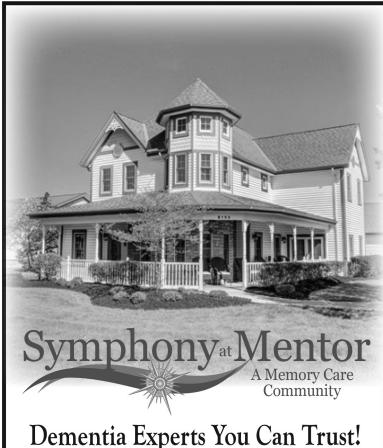
If you are stuck between a rock and a hard place, have a professional evaluate your system and your home's needs. It can help ease the decision of repairing or replacing. For a complimentary system, contact the professionals at DeBord's One Hour. The of **Benjamin** professionals Franklin Plumbing can also help with ALL your plumbing and septic needs as well.

We maintain an A+ rating with the Better Business Bureau and are a very proud partner of the Children's Miracle Network. We are licensed, bonded, and fully insured. Your comfort and safety are truly our top priority!

Log on to WWW. Debordinc.com and WWW. BenjaminFranklinPlumbing NEOhio.com to learn more and for special offers. Call us today at (440) 497-4386 to schedule an appointment.

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

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DIVORCE 101:

DISSOLUTION: EXPEDIENT. ECONOMICAL. **UNCOMPLICATED**

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

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

dissolution.

The emotional price of continuous daily resentment, depression, fear and worry can become overbearing and destructive to one's health. Dissolution avoids all of this. That being said; It is very difficult to get two people who are usually not the best of friends to begin with to agree on all issues. All issues must be agreed to for a successful dissolution to occur. This requires compromise. The cardinal rule is that nobody walks away happy. Each party usually feels wronged in some way by the other. Each party usually feels that they could have obtained a better result if they would have just held out longer or been more aggressive. The truth is the law is pretty settled on how property and children are resolved. In most cases, you will not get a better result by engaging in prolonged litigation.

If the parties are unable to come to an agreement regarding all the issues, as is often the case, a divorce must be initiated. I try to resolve as many issues as possible before hand and communicate with the other party or his/her attorney to coordinate the process. It is always best to work together and focus upon resolution of the issues on which the parties agree. The purpose of the attorney is to make the process as minimally painful, and least expensive as possible. Yes, you heard right our job is to make your life easier and less stressful by making the process as simple and affordable as possible. From

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

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

> Bottom line. If both parties can be open and honest throughout the process a dissolution is the best way to go. Like in everything, communication is key. Unfortunately, in many cases, the parties have so much resentment toward each other that they are simply unable to cooperate. This is never in anybody's best interest and can be very damaging to children.

> There are certainly ways to minimize the pain and cost of

a divorce, but it will never be as efficient and emotionally healthy as two parties coming to a voluntary agreement with dissolution. I believe that a dissolution really should be possible in most cases if two factors are present (1.) the parties are mature, sensitive and intelligent and (2.) the matter is approached with a cost versus benefit business analysis, an open mind and sound professional guidance. I know this is easier said than done. But- if accomplished- the financial and emotional rewards (including healing time) reaped are enormous for the parties and children and will simplify and bring to a peaceful conclusion a situation that, otherwise, has the potential of turning into an ugly thing in times that are already about as ugly and uncertain as we have ever seen.

Robert C. Biales



This Fall Get the Most Thorough Carpet Cleaning Ever...Guaranteed!

For really clean carpets & upholstery this fall, leave the dirty work to your local professionals at Quick Dry!

We offer an affordable 4-step, cleaning process that enables your carpet to dry in about 45 minutes PLUS every job comes with our 30-day ironclad guarantee! After an enzymatic pre-treatment to heavily soiled areas, we do an industrial vacuuming. By using state-ofthe-art equipment containing a non-residue solution, we remove stubborn dirt and stains; then a nylon lifter is used to groom the beautifully cleaned carpeting.

Offering economical disinfectants, deodorizers, and protectors; we also specialize in upholstery, Oriental and area rug cleaning throughout residential and commercial Lake County; plus we are listed with the Better Business Bureau. Unlike most companies, 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!

Weekend and evening service available at no additional charge. Look for the money saving COUPON within this issue, then contact Quick Dry at (440) 269-4971 or visit us at www.quickdryohio.com for all your professional carpeting and upholstery cleaning needs!

Online Info Sessions Help Adults Start or Finish College Lakeland Community Session" webinar is slated for "When you haven't seen the semester, so we'd like anyone important to adult learners include

College wants to assure adults considering college—whether as a new start or a return to finish a degree-that resources are available to become a student this fall. "Adult Learner Info

An

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

inside of a classroom or taken a test in years, it can be a bit intimidating to think about going back to college," said Leslie Mohr, recruitment coordinator. "Lakeland has hundreds of adult students who take classes each

Now is the time to start or finish your college degree.

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thinking about going back to school to know that they wouldn't be alone."

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

• Why should I return to school?

• How long will it take for me to earn a degree or certificate?

• How can I afford college and can I get financial aid?

• How can I start? Other topics discussed that are learner-departments.

Bathroom Remodels are the #1 Way to Increase Home Value! We get bathroom remodels that the value of your home.

are expensive. However, we are doing 5-10 bathroom remodels in Willoughby every month. Here's why:

When it comes to increasing the value of your home, the bathroom should be an area of interest for you. The average cost of remodeling your bathroom in 2020 is right around \$10,000, with low-end remodels coming in at around \$2,500 and high-end estimates reaching up to \$25,000.

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

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

Let's Talk Countertops:

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

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

child care, online classes, credit

for prior learning/experience and

resources to balance work, home

and study. Participants will also

learn about bachelor's or master's

degrees available through 4-year

university partners at Lakeland's

To register for the free info

For more information visit

lakelandcc.edu/web/about/adult-

or

call

session, email recruitment@

Holden University Center.

lakelandcc.edu

440.525.7900.

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

LED Mirrors bring a bathroom up to the 21st century and are of huge perceived value. This will also make applying makeup a breeze. These are a little more expensive to install because they require power.

Shower Seats are a way to increase comfort in the shower. A larger shower is required to install a shower seat.

We would love to help talk you through your options.

Give us a call/text at (440) 363-6400.



LCCOA Offers Senior Farmer's Market Nutrition Program Coupons

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

The SFMNP is funded by the United States Department of Agriculture (USDA), Ohio Department of Aging (ODA) and the Western Reserve Area Agency on Aging (WRAAA) and provides limited income seniors with coupons that can be exchanged for eligible foods at area farmers' markets. The purpose of this program is to improve the nutritional health of seniors with limited income and to increase business for local farmers throughout Ohio. To be eligible for this program in Lake County, you must be a Lake County resident, age 60 or older with an income (from all sources) of less than \$23,107 for a household of one and \$31,284

for a household of two.

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

Phone Application Only-Due to Covid-19, applications will only be received over the phone between the hours of 10:00am to 3:00pm beginning August 11th. Applications will be reviewed and eligible seniors will receive ten \$5 coupons

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(\$50 value) by mail. The Lake County Council on Aging office is closed to visitors, so no walkins will be accepted.

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

Because the Best Care is Home Care ®

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

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

Change Happens... How did life fly by so fast? From a carefree life of a child... Our Caregivers are experienced.

To becoming a parent...

Now a Caregiver for Mom, Dad or your spouse...

You realize your everyday routine is about to change. Now what? How do you balance work, family and now being responsible for a loved one.

That's where Taylor Made Home Care Caregivers can help make life easier for you. We can be there for your family so they can continue to live in the comforts of their home. We provide respite care, help with everyday routines, or other activities that just may need an extra hand.

Our Caregivers are experienced, compassionate, and reliable, with special ongoing training to help in all aspects of everyday living. They will be there to provide comfort and security to both you and your family. You are never alone, we are here to help take some of the stress away.

Our services offer you the reassurance of knowing that you can juggle all that life has to offer and your loved one is safe and happy.

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



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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.

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 closed indoor а

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.



Household Hazardous Waste Collection October 3, 2020

For Lake County residents only, no businesses Lake County Fairgrounds, enter only from Mentor Ave. entrance 1301 Mentor Ave., Painesville Twp. 44077

Saturday, October 3, 2020 9:00 a.m. - 3:00 p.m. Rain or shine

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

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

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

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

Sponsored by the Lake County Board of Commissioners, Lake County Solid Waste District, and the Lake County Department of Utilities. For more information about the HHW Collection:

LakeCountyOhio.gov/Utilities – See Special Collections Information Call the Solid Waste District at 440-350-2644 or Utilities at 440-350-2645

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.

Library Programs Continued from page 8

prizes, and have been chosen by hundreds of communities, universities and schools as "One Book, One Read" selections. Her essays, articles, and reviews have appeared in publications such as the New York Times and the NYT Book Review, The Boston Globe, The San Francisco Chronicle, LitHub, Psychology Today, and Salon.

Thursday, Sept. 17, 6:30 pm **Family Storytime**

Each storytime program is full of entertaining, age-appropriate stories and activities that encourage literacy development and help your child prepare to be a skilled reader. Ages 0-6.

September Thursday, 17, September 24, 6:30 pm

Khin's Craft Corner

Follow along with Miss Khin as she gets creative with materials you have around the house! A new pre-recorded video will be available every Friday.

Friday, Sept. 18, Sept. 25, 10 am

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 (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

Get Pain Relief Now!

Has your search for pain relief through conventional medicine left you in pain? You are not alone, many people have chronic pain but MRI and other test come up negative and therapy has little effect on eliminating the pain. This could be because you have muscular imbalances and adhesions in the bodies' tissues causing posteral imbalances and decreased blood flow to the tissue. These imbalances can cause pain in one area, while the problem is located elsewhere in the body. Modern medicine treats the area of pain, not always the area that causes the pain.

I am an Exercise Physiologist and a Licensed Massage therapist. The massage discipline I use in my practice is Structural Integration. Structural Integration deals with human suffering that is based on postural imbalances. Structural Integration is one of the most powerful therapies in the field. This hallmark approach is a culmination of styles, Cranial-Sacral, Myofacial release and Rolfing. The body has several layers. As we get older, injured, or you have repetitive movement on a body part, the layers become bound to one another causing

Services Offerech

Path Relief

• Strength Training

• Therapeutic Massage for

Nutritional Counseling

fascia imbalances and decreased blood flow to the tissue that create these patterns of inefficient movement, this ultimately cause pain. By separating the fascial layers around the muscles and joints the body becomes free moving and balanced, and blood flow is restored to normal resulting in the alleviation of pain and increase in movement.

My job as a Structural Integrationist is to recognize these aberrant patterns and adhesions and release the tension and restore balance. This will alleviate the painful conditions and establish a higher level of performance for the client. The outcome of this art is a body that is more We have 3 locations, Painesville, Mentor and Chardon. flexible, longer and ultimately freer from the constraints of gravity and pain.

I have had great success with planter fascia/foot pain, neck/ shoulder, low back, sciatic pain and herniated disc. For appointment call Rocky Nelson 440 477 4696. Visit www.rockhousefitness.com and www.takeawyhair.com for more information and see our rooms. Or find us on FaceBook "Rock House" or "Cosmetic Laser Inc"

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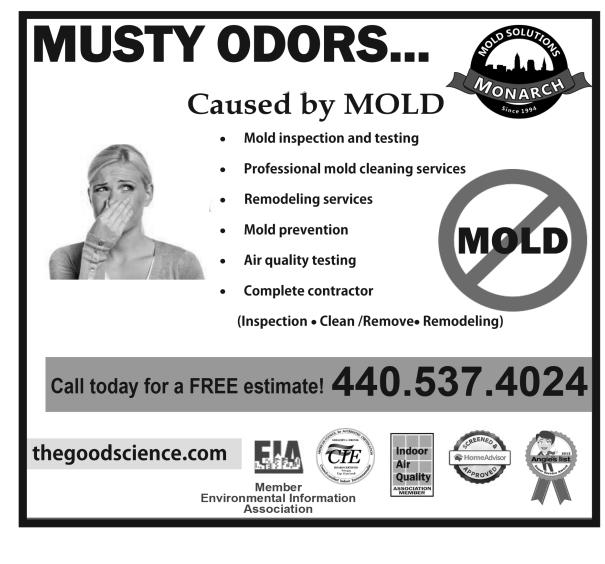
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Exercise Physiologist • CALL (440) 477-4696 for more information



Blackbrook Audubon Co-Sponsors Chagrin River Bird Quest

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

in one 24-hour period from 4 p.m. Friday, September 11 to 4 p.m. Saturday, September 12. Audubon Society of Greater Cleveland and Blackbrook Audubon Society are co-sponsoring this birding event which includes parts of Lake, Geauga, Cuyahoga and Portage

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

Drive-thru team check-in will be 4:00 - 6:00 p.m. September 11 at the Deer Run Shelter of The West Woods, 9465 Kinsman Road in

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

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

For more information, visit https://clevelandaudubon.org and click the Chagrin River Bird clevelandaudubon.org.

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

Laketran Pilots Next Day Dial-a-Ride Service

On August 3, Laketran began a pilot program offering Next Day Dial-a-Ride reservations to customers who use the agency's door-to-door transportation service.

Dial-a-Ride is an assisted transportation service primarily used by seniors and people with disabilities who cannot access the agency's Local Route service. Laketran provides the service throughout Lake County and to limited Cuyahoga County medical facilities.

Reservations for Dial-a-Ride that can be made by phone or online, are normally required 2-12 days prior to a trip, but with the new pilot program customers can call for a ride for the next day. "Since passing our sales tax levy last fall, we have continued to look for ways to improve Diala-Ride service for seniors and people with disabilities and this is a service improvement we've heard requested from customers for quite some time," said Laketran CEO Ben Capelle.

"We realize that plans can change last minute and that sometimes it's difficult to plan your transportation needs two or more days in advance," continued Capelle. "We still encourage customers to continue booking trips 2-12 business days in advance, but if something comes up do not hesitate to call for a ride or schedule it on Request-a-Ride."

Dial-a-Ride Next Dav reservations are available on

a first come, first served basis during the three-month pilot program.

Laketran continues to take many precautions to make Diala-Ride safe during the pandemic including sanitizing buses daily, requiring masks, and limiting number of passengers on board to properly social distance.

A fare collection suspension is in effect until September 30 due to Covid, but Laketran has removed fare boxes from all Diala-Ride buses and requires fare payment at time of scheduling a reservation.

"There are many benefits of a prepaid service, but most important now is that it avoids the need to interact with a driver and the fare box," explained Capelle. "Offering a contactless fare collection process reduces the risk of spreading any germs on high touch surfaces onboard."



Cabinet Hardware Has Relocated

Have hardware issues? Need advice?

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

Let's set up a video chat with Zoom or Facetime, or you can send us an email to discuss any hardware issues or if you need advice on what to buy. We feature many of the top brands and we are so confident in our products and service that we will beat any competitors price.

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Give us a call at (216) 261-0506 to discuss your needs or place an order. Browse styles and manufacturers at www. cabinethdw.com





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

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

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

Free, confidential local resources

Crossroads Health Virtual Support Groups (VSGs)

Open to all:

Tuesdays, 12:00 p.m.

For clients of Lake County ADAMHS provider agencies:

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

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

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

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

Lake County Crisis Hotline: 440-953-8255

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

Crossroads Health Coronavirus Warmline: 440-754-3340

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

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.



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

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

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

1. Clean burners

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

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

1. Check refrigerant charge

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!!

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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, transfer and data printer installation and much more.

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

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

(440)461-3900, (216) 789-7936 or jeff@mobilecsllc.com so I can personally help you find a solution for your household or business technology challenges.

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