

Mentor

SPECIAL EDITION

WINTER 2014

Community Newsletter for the Residents of Mentor

New Year... NEW YOU

Every January people all around the world make New Year's resolutions, including 45% of all Americans. And what tops the list of resolutions? To get fit and lose weight.

The City of Mentor can help you achieve your fitness goals. The Mentor Recreation Department offers a wide variety of fitness classes for all age groups, from traditional aerobics to the more exotic Tai Chi, Yoga and Barre2Pilates exercise classes. Here's a few of the fitness programs offered through the Mentor Recreation Department:

- **Cardio Kickboxing** – A fun way to get in shape, increase stamina, tone muscles and tighten your gluts. Not only is Cardio kickboxing fun, it helps burn calories fast. As an added bonus it's a great stress reliever.
- **Barre2Pilates** – Combine isometric movements and stretching using a barre. Great for raising your metabolism and sculpting muscles.
- **Zumba Gold** – Part aerobics, part Latin dance, this workout is a winner. Fun, challenging and effective. Burn calories, tone and sculpt muscle. Zumba Gold is offered through the Mentor Senior Center and tailored for active older adults. Additional Zumba classes are offered for teens and adults.
- **Stroller Babes** – Fitness For Moms – Finally a workout that you can bring the baby to and get back in shape. A total body workout that includes power walking, jogging, toning and stretching. Strollers and resistance bands enhance the workout!
- **PiYo** - A combination of Pilates and yoga, this full body and mind class helps strengthen the body while promoting mindfulness and relaxation. Class is appropriate for all fitness levels and abilities.

According to Active.com, exercising as part of a group is more effective than going it alone. Group exercise provides accountability, motivation, and most importantly camaraderie. Mentor Recreation fitness classes offer all that and more. Fitness instructors are certified and experienced to teach all fitness levels, and they want to see you succeed

For a complete list of exercise and fitness classes to help you succeed in your 2015 resolution, visit cityofmentor.com/play/takeaclass, and select "Exercise & Fitness."



inside

- 2 Keeping Mentor on the Move.
- 3 Celebrate the Holidays on Ice.
- 3 Santa's Wild Workshop in the Woods.
- 4 8th Annual Chili Open.

for your information

Christmas Tree Drop-Off Sites
After Christmas, recycle your live tree at a Mentor Park. Drop-off locations include:

Edward R. Walsh Park
7221 Bellflower Road

Eleanor B. Garfield Park
7967 Mentor Avenue

Donald E. Krueger Park
7556 Chillicothe Road

Morton Park
9325 Rosemary Lane

Yard Waste Collection

The 2014 Yard Waste Collection Program ends December 12th. Residents with service through Waste Management can still set out 25 bags or bundles of yard waste through that day. The curbside collection will resume in Spring 2015.

Holiday Closings

Mentor City Offices will be closed on Thursday December 25th and on Thursday January 1st in observance of Christmas and New Year's Day. City offices will also be closed Monday, January 19th in observance of Martin Luther King, Jr. Day.

Protect & Serve Tavern

Come to the Great Lakes Mall on Saturday December 13th, Noon – 4 PM, to visit the Protect and Serve Tavern. Mentor Police Chief Kevin Knight will be joined by local law enforcement officers serving alternative, non-alcoholic drinks to promote safe driving this holiday season.



CONNECT WITH MENTOR

Have you downloaded the FREE Mentor City App? The useful App is available to download to Apple devices from iTunes, and provides one more way Mentor residents stay informed about upcoming City events and news.

The App was developed to make it easier for residents and visitors to get the information they need, right at your fingertips. You'll find maps, a directory of Mentor restaurants and shops, school information, and a listing of City services. The easy to navigate design delivers information on the go and provides special event details, schedules and routing data.

The App also features complete contact information for Mentor City Council members and City Departments, enabling residents to communicate problems and concerns to City officials quickly and easily.

Download the free App today on iTunes or click the QR code to connect to the City of Mentor in a whole new way.



Fighting the Opiate Epidemic Together

It's an unpleasant subject, but drug overdose death rates are rising in Ohio. Last year in Lake County, 42 deaths were attributed to drug overdoses, involving both prescription drugs like pain killers, and illicit drugs like heroin. It is a topic of concern for emergency workers, health professionals, government officials and community members.

Combating drug addiction is a team effort in Mentor and Lake County. The Lake County Opiate Task Force is led by the Lake County Alcohol, Drug Addiction and Mental Health Services Board (ADAMHS) and includes organizations and individuals all working to reduce opiate use through education, collaboration and available resources. The Lake County Police Chiefs Association has created a Heroin Epidemic Committee in an effort to combat the distribution and use of the illegal drug. Currently the group is discussing the feasibility of issuing all Lake County Police Officers nasal Narcan, a drug that is used in overdose situations to block the effects of heroin, and to save lives. Judge John Trebets of the Mentor Municipal Court

conducts a drug specialty docket, certified by the Ohio Supreme Court, focusing on trying to help those with addiction through treatment and rehabilitation. Not only do those with addictions get the help they need, but it helps us as taxpayers, because the cost of rehabilitation is seven times less than the cost to simply incarcerate someone. On the other hand, drug dealers who profit from those addicted are dealt with harshly. The Mentor Fire Department has been on the front lines educating both children and adults, and actively treating overdoses on emergency calls.

It is an ongoing fight that will require all of us working together to stop drug abuse and overdose deaths. To find out what you need to know as a parent, teen, teacher or medical professional, go to www.lakeopiatetaskforce.org

The Lake County General Health District provides drug disposal bins throughout Lake County to help residents dispose of expired prescription and over-the-counter medications safely. A free drop off bin is available in the lobby of the Mentor Police Department. The Police Department is located adjacent to the Mentor Municipal Center, 8500 Civic Center Boulevard.

LAKE COUNTY
OPIATE
TASKFORCE



Keeping Mentor On The Move

Keeping the roads clear of ice and snow is a big job and the City of Mentor's Public Works Department works hard to get the job done. During a snow storm, plows concentrate on the main roads first in order to keep traffic moving, followed by side streets and cul-de-sacs. Public Works is responsible for maintaining about 500 lane miles of roadway, with 15 plows in operation for a routine snowfall, and as many as 40 trucks during a major snow event. Our drivers have an important job to do so please slow down to maintain safe travel, and always be extra cautious when driving behind, or next to a snow plow. You may see them but they may not see you.

On average, 6,000 tons of salt is used each year to keep Mentor roads clear of ice. Last year, the City used 10,000 tons.



Your News... Your Way!

Since 1988, the City of Mentor has been printing and mailing the quarterly newsletter *Special Edition* to keep residents informed about City events, meetings, construction projects and news. In this age of cell phones, social media, electronic signs, and websites, we want to know how you'd like to receive information from us. Please give us a call or send us an email to let us know if you'd like to receive *Special Edition* in an electronic format, or if you still prefer to receive the printed copy in the mail. Our goal is to provide you with the most up-to-date and accurate news about the City.

Contact the Public Information Office at 440-974-5794 or by email at pubinfo@cityofmentor.com.



Calendar of Events

December 7
Wildwood Holiday Display & Craft Show
Wildwood Cultural Center
10 AM – 4 PM
Admission \$1



December 12
Wildwood Singers Holiday Concert
Mentor Senior Center
7:30 PM
Free



January 3
Mentor Skate Day
Mentor Ice Arena
12 – 4:30 PM
Admission \$4/free skate rental

February 6
Little Princess Valentine's Dance
Dads & Daughters age 4+
Mentor Senior Center
7 – 8:30 PM
Resident: \$12/person
Call: 974-5720



Visit cityofmentor.com, or call 974-5720 for information on city events.

Celebrate the Holidays... On Ice!

Celebrate the holiday season at the Mentor Ice Arena. During the month of December, several special events will be offered to help you get into the Christmas spirit. Children of all ages will enjoy lunch and skating with Santa, the Mentor Figure Skating Club's Holiday Performance, or the annual Holiday Family Skate. So this season, come to the Mentor Ice Arena to celebrate the holidays, and create memories your family will cherish for years to come.

Skate with Santa

Saturday, December 6
1:30 – 3:30 PM
Admission: \$4/Skate Rental \$2

Holiday Figure Skating Performance

Sunday, December 14
5 – 6:30 PM
A special holiday performance featuring the Mentor Figure Skating Club, Mentor Ice Diamonds and Learn to Skate students.
Admission: Free

Holiday Family Skate

Sunday, December 21
1:30 – 3:30 PM
Skate to holiday music, enjoy cookies and visit Santa!
Admission: \$4/Skate Rental \$2

Free Ice Skating Lessons

Monday/Tuesday December 29 & 30
11:30 AM – Noon
Purchase an admission to the Noon Open Skate and get a Free skate lesson courtesy of the skating professionals at the Ice Arena.

New Year's Eve Special

Wednesday, December 31
6 – 9 PM
Celebrate the New Year with the special evening of music, skating and prizes!
Admission: \$4/Skate Rental \$2

Holiday Open Skate Schedule

December 26 – January 4
12 – 2 PM, 2:30 – 4:30 PM, 7 – 9 PM
(except January 4)

The Mentor Ice Arena is located at
8600 Munson Road. 440-974-5730



Under construction

The following projects are scheduled
over the next few months:

ROADS

- The Plaza Boulevard Extension Phase II project extends Plaza Boulevard across the NS and CSX railroad tracks to Mentor Avenue. It will connect with Tyler Boulevard via Clover Avenue. The City's portion of the project is scheduled to be completed by the end this year. Work to be done by the Railroads will begin after the City's work is completed.
- Work began in October to demolish the Mentor Harbor Bridge, and the scheduled completion date is December 15th.
- Heisley Road will be widened to four lanes between Jackson Street and Mentor Avenue. Utility relocations will continue through early spring. Construction will follow and be completed in summer of 2016.

SIDEWALKS

- The Pedestrian Safety Program continues in Zone 4A (Pinegate Subdivision). Follow up inspections took place in November. Slabs residents are responsible for that remain unrepaired, will be completed through the assessment process in spring of 2015.

TRAFFIC

- Install a traffic signal at the intersection of Steris/US Endoscopy driveway and Heisley Road. The project includes a sidewalk from Hendricks Road to the intersection. Completion by August 2015.

PARKS

- Work will continue on the tennis and basketball courts at Edward R. Walsh Park in spring 2015, with the installation of net posts, sealing and painting, and reinstallation of fencing.



Santa's Wild Workshop in the Woods

You don't have to travel to the North Pole to visit Santa's workshop, just come to Wildwood Cultural Center. Santa, Mrs. Claus, and the elves will all be on hand for this new holiday event where children can make a toy in Santa's workshop, decorate cookies with Mrs. Claus, play holiday games, and even visit with Santa and a few of his reindeer. The fun event is guaranteed to delight both children and adults. Santa's Wild Workshop in the Woods will only be open for two nights, December 12 & 13 from 7 to 9 PM. Resident cost is \$12 per child and children under age 2 are free.

Call 974-5720 to register. Don't forget your camera!



Residential Customer ECRWSS

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Mentor

SPECIAL EDITION

is produced quarterly to inform Mentor residents.

Welcome!

Are you new to Mentor?
Let us know and we'll send
you a New Resident Packet.
Call us at (440) 974-5794
or send an e-mail to
pubinfo@cityofmentor.com.

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 City of Mentor

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MENTOR CITY COUNCIL



Seated l-r: Bruce R. Landeg, Council President Ray Kirchner and Council Vice President Janet A. Dowling. Standing l-r: Matthew E. Donovan, Robert M. Shiner, John A. Krueger and Scott J. Marr.

Council meetings are held the first and third Tuesday at 7 p.m. at the Municipal Center. Meetings are open to the public and can also be viewed live over the Time Warner cable system on Channel 12 or 96.12 and on AT&T U-verse Channel 99. To reach a member of City Council, call (440) 974-5755.

meeting information

Mentor City Council*

Mentor Municipal Center, 7 PM
December 2
January 6, 20
February 3, 17

Municipal Planning Commission*

Mentor Municipal Center, 7 PM
December 11
January 8, 29
February 19

Board of Building & Zoning Appeals

Mentor Municipal Center, 7 PM
December 9
January 13
February 10

Tree Commission

Mentor Municipal Center, 3 PM
December 10
January 14
February 11

*These meetings are broadcast live on the Mentor Channel. Time Warner channel 96.12 or 12; on ATT U-verse channel 99, and online and on demand at The MentorChannel.com

Register Now for the 8th Annual Chili Open

What is perfect golf weather? 10 degrees and seven inches of snow! The City of Mentor Recreation Department is hosting the annual Lake County Chili Open on Saturday, January 24th, at Black Brook Golf Course & Practice Center. Golfers can look forward to hitting bright orange golf balls to snow covered greens on the course of 60 to 100 yard holes. After 9 chilly holes of golf, participants will warm up with chili, hot dogs and hot chocolate in the Black Brook Pro Shop. Last year's event sold out so register now! The cost is only \$18 and proceeds benefit the United Way of Lake County. Tee times start at 9 AM. To register, call the Mentor Recreation Department at 440-974-5720.



Stay Safe This Winter

By Chief Bob Searles

The Mentor Fire Department cares and wants you to enjoy a safe holiday season. This time of year, we tend to see an increase in fires and other emergencies. As you know, the best managed emergency is the one that was prevented.

Here are some winter safety tips:

- The cold weather increases your chances of getting frostbite or hypothermia. On average, 647 people die each year from hypothermia. Have an emergency kit for you home and car that includes blankets, in case you lose power or get stranded.
- Instead of real candles, consider using battery-operated flameless candles. They look and smell like real candles without the danger.
- Carbon monoxide detectors save lives, but less than one-third of American homes have one installed. The Mentor Fire Department can help install your Carbon monoxide and smoke detectors.
- Thousands of Americans are treated for head injuries due to winter sports (skiing, sledding, snowboarding, snowmobiling). Please wear safety equipment, including helmets.
- Make sure your HVAC is in tip top shape. Be sure to check your ducts and change your furnace filter to help prevent fires.



As the holidays approach, the Mentor Fire Department would like to thank each and every resident and business for their wonderful support of our safety services. The Fire Department responds to over 7,500 calls for service each year, and will always be there when you need us. Thanks to your support, we are staffed 24 hours a day, 7 days a week, with some of the best equipment in the region.

Helping Residents Stay Connected

The Mentor Channel | cityofmentor.com | facebook.com/cityofmentor | [@cityofmentor](https://twitter.com/cityofmentor) | 1620 AM