

Thursday, October 16, 2025



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# Hearing Health — My Passion, Your Well-Being



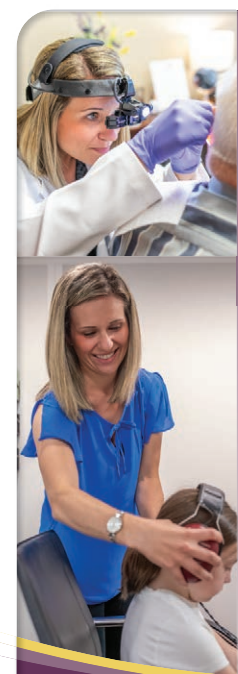
Hearing loss is more common than you might think. Nearly 15% of American adults experience it — yet many go without hearing testing or treatment. As both an audiologist and someone with hearing loss, I know firsthand how it can impact communication, relationships, confidence, and even cognitive health.

Here's the good news: Better hearing changes lives. Hearing aids have been shown to reduce the risk of falls, depression, and early onset dementia in some patients with hearing loss. I've seen patients reconnect with loved ones, regain independence, and even boost their brain health

simply by addressing their hearing. That's why I do what I do — helping people hear their best isn't just my job, it's my mission. It's my calling to help people live better by hearing their best, and I'm honored to serve.

If you've been missing out on conversations or turning up the volume a little too often, don't wait. Your hearing health is worth it.

*Dr. Amanda Barbur owns Amanda's Family Hearing in Painesville.*



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# Choosing Insurance: Where to Begin

When you are the boss, you are expected to have all the answers. But are you prepared to make the right decision when it comes to choosing life and health insurance for you and your employees? There is a dizzying array of insurance products on the market today, and you will need to figure out which ones will work best for you.

Unfortunately, there is no one-size-fits-all insurance plan. You can spend hours doing research on your own or you can call us at Mutsko Insurance Services. As a woman-owned agency, we understand your needs and will provide you with:

**Unbiased Advice:** We can show you your health and life insurance options. We also have a good idea of which insurance companies have the best record when it comes to pleasing their customers.

**Help with questions:** As your



representative, we will be your local experts when you have questions. You won't have to call an 800 number where you are likely to reach a different customer service representative every time you call.

**Help with claims:** Our staff will be available whenever you have questions or need help filing a claim or an appeal.

**Call Mutsko Insurance Services at 440-255-5700 or email me at [Lmutsko@mutskoinsurance.com](mailto:Lmutsko@mutskoinsurance.com) for help finding the health or life insurance coverage that fits your needs and budget.**

## *Mutsko Insurance Services, LLC*

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We do not offer every plan available in your area. Currently, we represent 7 organizations which offer 84 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Assistance Program (SHIP), to get information on all of your options.

# Healthy Feet, Healthy Life



Proper footwear and regular podiatric care are vital components of women's overall health and well-being. Ill-fitting or unsupportive shoes—whether high heels, flats, or sandals—can contribute to chronic foot pain, bunions, hammertoes, and postural imbalances over

time. Routine evaluation by a podiatrist allows for early detection and management of these issues, helping to maintain mobility, comfort, and quality of life. As Dr. Jennifer Zienkowski-Zubel, DPM, notes, "Healthy feet provide the foundation for long-term balance, confidence, and an active lifestyle."

**NOMS** PODIATRY

**Jennifer Zienkowski-Zubel,**  
DPM, FACFAS



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**Women**  
in Business

*Klemenc Construction Co. proudly supports and salutes the women, our daughters, and grand daughters that are "trailblazers, innovators, explorers and disrupters who encourage, motivate and push us to reach new heights -- in business and in life."*

*Susanne Klemenc, President  
Klemenc Construction Co., Inc.*

# Erie + Vine and Tony's Burger Shop



Erie + Vine and Tony's Burger Shop have quickly become neighborhood staples in downtown Willoughby. Built on friendship and fueled by community, Erie + Vine is a late-night cocktail bar with a retro Y2K aesthetic — where espresso martinis meet cold brew on tap and nights stretch past last call.

Partnered with Tony's Burger Shop as their food concept, a fresh twist on the classic burger joint serving crave-worthy smash burgers and comfort food favorites, the two concepts share one mission: to bring people together over good food, great drinks, and even better vibes.



## Upcoming Events:

- October 18th** - live music
- October 23rd** - hocus pocus movie night
- October 25th** - jersey shore halloween party
- October 26th** - doggy halloween brunch  
giving back to local shelters
- October 30th** - bourbon + cigar pairing

## Food Specials:

**Tuesday-Thursday 4p-7p**  
Half off single patties

**Saturdays and Sundays 10a-2:30p**  
Brunch



@erieandvine

**Hours:**  
Tuesday - Thursday 12p-11p  
Friday 12p-2a  
Saturday 10a-2a  
Sunday 10a-9p



**erie  
+vine**

## BEST VERSION OF YOU

by Pamela D. Kurt

**DREAM. BELIEVE. ACHIEVE. DBA: YOU!**

As I was speaking at summits, doing interviews, and writing; I felt the need and saw the vision. We are stronger through unity and you are most powerful, fulfilled and purposeful when you are your authentic self.

My longing to help women inspired a signature program, Best Version of You. This platform provides the means for women to be the best they can be. The Best Version of YOU leads to your authentic self and reveals your true purpose(s).

Then you can truly Dream. Believe. Achieve. DBA: YOU! or "Do Business As YOU!"

I want women (you) to be empowered, to take it to the next level, to be unstoppable.

Women who know me, personally or professionally tell me, "I see the good you're doing. You are uniting and empowering us. You are creating community."

### OPPORTUNITY

This community is about collaboration NOT competition, and that's empowering. Ladies are offering the best version of

themselves to the community and finding it supporting and satisfying. Others are becoming affiliate coaches and contributing to an international global community.

My immediate goal is to strengthen the movement in Northeast Ohio. Would you like to help?

### COMMUNITY - IS THIS FOR YOU?

The membership platform will have free resources, discounts for merchandise and workshops, and the community of the Best Version of You.

*Ask yourself these questions:*

1. Are you a lady who puts yourself last on your "to-do list?"
2. Do you dread Sunday night, knowing you have to go back to work on Monday?
3. Do you believe there must be more, but you're not sure how to realize it?
4. Do you want to recharge, but nothing works?

### EVERYONE HAS A STORY

Some of us have gone through some pretty tough times and survived but maybe not healed. Or have healed and still need support. Or just are unsure of life.

Believe it or not, a lot of our stories are similar, but every story has its uniqueness. YOU! Collaboration allows you to share. Sharing your story not only helps you, it touches others and changes lives.

Invest in yourself, become the Best Version of You, and you truly help others. We all need to see strong women in our life. Consider joining the community, sign up for a discovery call, buy a book, attend a summit, or worship. You know you are worth it. Take the first step.

What are you waiting for?

I look forward to working with you! Don't forget...you are amazing and the person you can help is out there waiting for you.



**Best Version of You** uses a holistic approach incorporating:  
Your Spirit + Your Life + Your Business/Home to Find Your Unique Strengths Create Your Ideal Working or Home Environment Implement & Utilize Your Key Character Traits ...to find the Best Version of You! Is it time for your break through?  
Schedule Your Discovery Call!  
**Go to [bestversionyou.com](http://bestversionyou.com)**



**Hi, I'm Coach Pam.** You know you are more than what's holding you back.

Whether you are looking to pivot to a new career, level up at your current career, or

find what you feel is missing, I want to help you on your journey to be the Best Version of YOU!

I am an attorney. My passion of supporting my clients going through life's hard transitions guided me to my purpose. I started Best Version of You, LLC to be a life coach for professional women and that evolved into a desire to help all women.

*I co-authored the Everyday Women and Unstoppable Women series, six (6) books that have reached international and Amazon best-seller status.*

*My new book, "Becoming an Unstoppable Mompreneur" is now available.*



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SCAN ME



## Billy's - A Cappelli Martini Bar

Your neighborhood "Cheers", Billy's- A Cappelli Martini Bar is a third generation family run business here in Lake County.

Kelsey O'Brien Sirvinskas grew up watching her mother, Linda Cappelli, put on the top events for over four decades. Linda owned Cappelli Party Center in Lake County -- the second Cappelli woman to run a business in the Wickliffe building. Kelsey's grandparents, Ralph and Vera Cappelli owned a nightclub in the same building straight through the prohibition.

Learning Linda's every move and soaking up all of the knowledge she could in a lifetime of hard work and dedication to customer service. Kelsey decided to re-open Billy's- A Cappelli Martini Bar.

With over 50 martinis on our menu, over 20 craft beers on tap, full wine list, retro cocktails, and full food menu - we have tried to create a hot spot Lake



County could enjoy for decades to come. With the best staff in the land, we are able to offer you a cozy cocktail by one of our fireplaces or a night out in our newly opened lounge.

We welcome you to come join us at any time. Thank you for getting to know us and please stop by and say hello.



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Mary Ann 'Bertha' opened Bertha's Gallery in 2003, and soon after became an auctioneer hosting in-house & online auctions! Working alongside her daughter, AnnaMarie, to bring you a stressfree way to sell and an enjoyable night out at an auction.

Auctions are a great way to downsize and consolidate. We have been serving the Northeast Ohio region for over 20 years. Work with us for a thorough and easy process when selling your items!

To set up an appointment, you can either email, call, or stop by in person!

For sale information, visit us at [berthasauctions.com](http://berthasauctions.com), [liveauctioneers.com](http://liveauctioneers.com), and [estatesales.net](http://estatesales.net)



**Next  
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In-House**

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# The Power of Purpose: Building a Wellness Brand with Heart

By Karen Hadden | Founder, The Helicopter Daughter & Badass Tea Co.

There was a time when I measured my life by how much I could manage—how many people I could care for, how many fires I could put out, how strong I could stay. But after years of caregiving, the heartbreak of loss, and open-heart valve surgery it became clear that real strength isn't about holding on—it's about letting yourself breathe, rest, and surrender.

In the quiet that followed, life was rebuilt around small, sacred acts of care. A cup of tea, a slow morning, a few deep breaths that served as reminders of presence. What started as survival became something deeper: purpose.

Today, that purpose has grown into **The Helicopter Daughter Tea & Wellness Studio and Badass Tea Co.**, where I help women reconnect with themselves through the same principles that helped me heal — *ritual, nourishment, stillness, and strength*. Through work as a certified self-care coach and wellness advocate, hundreds of women have rediscovered themselves after seasons of burnout, caregiving, and change.

Programs like Tea for Wellness and Slow Morning Reset were born from the belief that healing, in whatever way it's needed, doesn't require perfection. It simply asks for presence. Everyone, but especially women, deserves a life that supports the nervous system, honors transitions, and celebrates strength—not exhaustion.

My company, **Badass Tea Co.**, was born from the belief that tea can do more than comfort—it can restore connection to ourselves. Each blend is crafted with purpose, aligning flavor with feeling and ritual with renewal. Whether calming the nervous system, supporting focus, or grounding the mind after a long day, these teas are designed to meet women exactly where they are—in the midst of stress, recovery, reinvention, and everything in between.

Every cup becomes an act of strength. Whether it's a morning moment before the world begins or an evening ritual that signals rest, Badass Tea Co. stands for resilience, clarity, and the truth that healing often begins with something as simple—and as powerful—as what's in your hands.

Self Care & Wellness is more than a catchy slogan; it's the heartbeat of my work. Every blend, every program, every story shared is a love letter to the women learning, as I once learned, that self-care isn't selfish—it's sacred.

**“Strength isn't about how much we can carry—it's about how willing we are to pause, to heal, and to begin again”**



**Karen Hadden — Heart Surgery Survivor, Certified Coach, and Founder of Badass Tea Co. & The Helicopter Daughter**

#### Connect:

- 📍 Mentor, Ohio
- 🌿 Instagram: @TheHelicopterDaughter
- 🌿 Online: [www.thehelicopterdaughter.com](http://www.thehelicopterdaughter.com)

**Badass Tea Co. | Find Strength in Every Cup.**



#### Signature Programs I Offer:

- **Tea & Wellness Consultations**
- **Slow Morning Reset Program**
- **Workshops & Events**
- **Personalized Self-Care Coaching**

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“Selling my home with Liz Buys Houses was a **game-changer!** Their expertise and support throughout the process were **unparalleled.** I couldn't have asked for a smoother sell. KUDOS to this **amazing** team! ”

-Michael Beck

The logo for Liz Buys Houses features a stylized orange house icon above the text "Liz Buys" in a large, bold, blue font, with "HOUSES" in a smaller, orange, all-caps font below it.



**CALL (844) 949-4581**

# For Women in our Business, it's Never Just Business

Women in business wear a lot of hats — entrepreneur, executive, team leader — while also being mom, mediator, and their family's emotional backbone. Behind every polished headshot and LinkedIn profile, there's a woman juggling real life, and sometimes that includes the quiet unraveling of a marriage or a behind-the-scenes custody battle.

## *That's where we come in.*

At Colombo Law, we shoulder the legal burden for women during life's difficult transitions, so they can keep doing their jobs, whether that's running a business, building a brand, managing a team, or holding it all together at home.

When real life hits turbulence, women in business still have to show up, lead, and perform. As women in business ourselves, we know what's at stake: our client's time with their



children, their reputation, financial stability and independence, everything they've worked for, and most importantly, their mental health.

Our clients don't need pity. They need clarity, strategy, and discretion. They need someone who gets it. We understand that even when the decision is right, there's guilt. There's fear, even for those who have long carried the weight alone, and even if the breakdown started long before the paperwork was prepared, there's grief for the future that will never be.

But there's also resilience, and at Colombo Law, we empower our clients to make decisions out of strength, not survival.

If you're facing a family law issue and feel like the ground is shifting beneath you, let us help, so you can stay focused on what you do best. You're building something, and we're here to help you protect it.

## These Careers Have High Pay and Lots of Freedom



(StatePoint) Are you looking for flexibility and independence in your career, without sacrificing your earning potential? If so, then these three career fields are worth looking into:

### **Real Estate**

As a real estate agent, you have a lot of flexibility in terms of the number of hours you work a week, how much support you receive from a team or firm, and even what customers you service, be they

residential or commercial and buyers, renters or sellers. While the job can be demanding in busy periods, and typically requires weekend and evening work, it's a great field for anyone who enjoys

meeting with people face-to-face, setting their own hours and being active.

### **Financial Planning**

Financial planning offers work-life balance, a high salary and the flexibility to chart your own career path. As a financial planner, you can be your own boss if you want to, or work for a firm large or small. If you're entrepreneurial-minded, take note — 38% of financial planners are self-employed,

business owners or equity partners of a company.

Whether you specialize in a particular area of financial advising or not, the best way to significantly expand your opportunities is by earning CERTIFIED FINANCIAL PLANNER® certification. The median total compensation for financial planners in 2024 was \$185,000, and CFP® professionals, high in demand among employers and clients, earn 13% more than their peers.

Financial planning careers offer dynamic, human-focused work environments, work-life balance, impressive compensation and the chance to holistically improve people's lives. Women should pay particular attention to the CFP® professional path: New CFP Board research finds that women prioritize passion and energy in their work, along with financial security and job security, while women college students are particularly looking to make a meaningful contribution and women career changers are

especially motivated by better work-life balance. Financial planning is a career path that can deliver on all these fronts.

To learn more about becoming a financial planner and getting CFP® certification, visit CFP.net.

### **Event Planning**

Event planners help people and organizations bring the most important days of their life to fruition. From weddings and milestone birthdays to launch parties and conferences, event planning can take many forms. As an event planner, you could be self-employed, work for a firm or even be the in-house planner at a venue. A great job for multi-taskers who are as equally attentive to the big picture as the little details, this is a lively, creative career path that offers good pay and ever-changing projects and priorities.

Seeking a career that pays well and is flexible and fulfilling? Fortunately, there are dynamic work environments that can also be lucrative.

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*Support*.

*Celina T. Colombo, Esq.*

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