

TAKING CARE of BUSINESS

ADVERTISING SUPPLEMENT | WEDNESDAY, JANUARY 18, 2017

INSIDE

- ▶ Martino's International Cafe
- ▶ Home Care Assistance
- ▶ Westwinds Massage Therapy
- ▶ Stewart's Appliance
- ▶ Lorain County Board of Mental Health
- ▶ Polen Implement

THE MORNING JOURNAL

Find generous portions and reasonable prices at Martino's International Café

Excellence is our standard and fun is our goal here at Martino's International Café in Vermilion. We specialize in tantalizing foods from here and around the world. We offer something for every taste from the most discriminating diner to the young tikes who already know what food is their favorites. But we do not stop there, we take exceptional pride in our service. You should not have a single want (except more) from the time you walk in until the time you leave here at Martino's. We also are known for our most generous portions, and we think you will also love our most reasonable prices.

We also have a special Senior (Petite) menu for those with a smaller appetite. We also offer Buckeye card discounts as well.

We are open seven days a week from 7 a.m. until at least 8:30 p.m. We serve breakfast all day every day.

For those who enjoy a great glass of wine or beer with their dinner, we

invite you to choose from our impressive wine and beer list with selections from around the globe. Or sit back and sip the perfect martini in our Piccadilly Pub.

We are open for breakfast, lunch and dinner seven days a week, offering casual dining with a tranquil Pub within. Enjoy one of our international omelets, Belgian waffles, or choose from our handpacked burgers, authentic gyros and pierogies or panini sandwiches. You can also sample one of our great chicken paprikash, cabbage roll, bratwurst or Lake Erie perch dinners from our world-class menu. To see our full menu and daily soups and specials go to www.MartinosInternationalCafe.com

New to Martino's is our Soup and Salad bar Monday through Thursday from 11 a.m. until 3 p.m. and Fridays from 11 a.m. to 8 p.m. Add this soup and salad bar in place of a side to your sandwich or meal for just \$1.99! Or

make it your meal for \$7.99.

Also try our Sunday Brunch Buffet every Sunday from 9 a.m. until 2 p.m. Complete with an omelet station along with a couple of delicious entrees and all of your favorite side dishes, this bountiful buffet is a must try! All of this for only \$7.99 one-time through or \$10.99 all you can eat until 10:30. After 10:30 when dinner entrees are added, it's just \$9.99 one time through and \$13.99 all you can eat. Bring your family after church. We accommodate large families or church groups in our Parisian room.

Martino's International Banquet Room:

Enjoy your next family gathering, whether it be a class reunion, club get together, birthday, anniversary or rehearsal dinner in our private banquet room. We accommodate parties of 10 to 60 with no room rental fees. Contact us for planning ideas and menu options at 440-967-3463.

Martino's International Off Premise Catering: Office, Home Or Hall

We proudly offer our high-quality home-cooked foods to your office, home, wedding reception or other special event at affordable prices. No event is too large or too small. Whether it is an office meeting, graduation party, or a special banquet, we take the fuss and worry out of the meal for you. Go to www.MartinosInternationalCafe.com or some of our catering menu ideas or call Stephanie at 440-967-3463 for complete details as well as more about our gourmet appetizers and fruit carvings.

Martino's Gift Cards

Or you can purchase Martino's Gift cards. Either buy in person or simply go to our website www.MartinosInternationalCafe.com and buy them online. We will promptly mail them out to your desired location.

Don't feel like cooking tonight?

Call ahead and make an easy drive by our convenient Pick-Up window.





Soup and Salad Bar
\$7.99
Mon-Thur 11am - 3pm
& Fri 11am - 8pm

**Call ahead
Drive Thru!**

Hot Soups!

MONDAY – Gyro w/FF **\$5.99** • Quiche 7-11am **\$4.99** • Wiener Schnitzel w/Spinach Salad **\$8.99**
• Pint Drafts **\$3**

TUESDAY – Italian Paninni w/FF **\$5.99** • Frittata 7-11am **\$4.99**
• Penne Pasta w/Italian Wedding Soup **\$8.99**
• House Wines **\$5**

WEDNESDAY – 4-Cheese Grilled Cheese w/Tomato Basil Soup **\$5.99** • Breakfast Stack 7-11am **\$4.99**
• General Tso Chicken or Sweet & Sour Chicken **\$8.99** • **\$3** Bottle Imports

THURSDAY – Chipotle Burrito w/FF **\$5.99** • Cheese Blintzes 7-11am **\$4.99**
• Beef Stroganoff w/Potato Soup **\$8.99** • \$4 Margaritas

FRIDAY – Chili Dog w/FF **\$5.99** • Chesapeake Benedict 7-11am **\$4.99**
• Lake Erie Perch Dinner w/Clam Chowder **\$12.99**

SATURDAY – Slow Cooked Prime Rib Dinner w/Seafood Bisque 4:30pm til Close 10 Oz. **-\$14.49**,
12 Oz. **-\$16.49**, King Cut **-\$19.49**

SUNDAY – Breakfast/Brunch Buffet until 2pm • 1/2 off Desserts 2pm until Close
• Dutch Fried Chicken w/Cream of Mushroom Soup **\$8.99**

Visit Our Website for a Full Menu and Daily Specials • www.MartinosInternationalCafe.com

4415 Liberty Ave., Vermilion • 440-967-3463
Open Daily 7am - 8:30pm





“We can’t imagine spending our best years anywhere but home.”

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Live Well at Home with Home Care Assistance!

- **NEW!** Home Care Assistance is the only home care agency to train caregivers in **cognitive stimulation**. We help clients prevent symptoms of cognitive decline in the comfort of their homes with expertly designed, enjoyable cognitive activities.
- Home Care Assistance is the only senior care company with a **Home Care University** to train and develop caregiver employees.
- Home Care Assistance’s unique **Balanced Care Method™** promotes healthy mind, body and spirit.



440-455-4031

HomeCareAssistanceClevelandWest.com

Westwind is your guide to well-being

At the start of every New Year, we are bombarded with promises of ways to get improved health, weight loss, organization, career enhancement, a smoother running household.... The pressure we put on ourselves to exceed expectations and try to do everything at once is overwhelming. In 2017, we invite you to let us help you focus on the most important priority – you.

Whether you seek relief from body discomfort/pain or improved relaxation and balance, our calling at Westwinds is to guide you along your path to well-being. Through design and implementation of a customized massage therapy plan that is perfect for you, we will help you achieve your ultimate wellness goals.

Drawn to a career involving hospitality and catering, Trish Brumelis, owner and LMT, spent 15 years in the world of event management. It was during that time, she realized what she really enjoyed most was the pro-

cess of getting to know her clients and helping them to achieve their goals. Combining that love with her interest in holistic health and massage, created her path to becoming a therapist so that she could coach people in another way – achieving better health and well-being.

Brumelis and her team of therapists are carefully assembled with specific areas of expertise to ensure perfect client-therapist partnerships. In a family-oriented environment, we strive to ensure your comfort, really get to know you and actively listen, so we can provide meaningful guidance and adjust your plan along the way.

Your sessions will be orchestrated with one or a combination of the following therapy options:

- Traditional Therapeutic Massage in various levels of pressure and intensity
- Ashiatsu Barefoot Massage
- Hot Stone Therapy

- Cold Stone Sinus and Migraine Therapy
- A Variety of Relaxing Spa Treatments
- Aromatherapy
- Infra-Red Sauna Sessions

Our couples massage treatments allow you to experience our services with a partner, facilitating connection and the team approach to therapy. To further enhance your experience, we offer infra-red sauna treatments to improve circulation and flush away toxins. For opportunities to share the benefits and highlight the fun-factor, we also offer Spa Parties for Bridal Groups and other special gatherings.

As you take time at the start of the New Year to look inward, we invite you to partner with Westwinds to plot a course to achieve your best health and quality of life. Please contact us by calling 440-988-1234 or visit our website, www.westwindsmassage.com for a full list of services and a virtual



tour of our facility. Whatever your aspirations, we want you to thrive, and wish you an abundance of happiness and the best of success.

Valentine's Day Special



Couple's Massage - \$129

1 Hour Couples Massage

Cheese board for 2

Champagne + Chocolate Covered

Strawberries after massage

Feb. 10 thru Feb. 18 Sunday

Appointments Available on Feb. 12th.

Call to schedule

440-988-1234



Relax. Rejuvenate. Restore.

It's time to take care of yourself. Our licensed massage therapists can help.

Many massage styles offered.

- Therapeutic
- Relaxation
- Sports
- Prenatal
- Hot Stone & Cold Stone
- Spa Services
- Ashiatsu Barefoot Massage

Special rates available for frequent visits

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213 N Leavitt Rd, Amherst, OH 44001
440-988-1234 • www.westwindsmassage.com

Stewart's TV and Appliance Celebrates 70 Years!

Since 1946 Stewart's TV and Appliance has been at the same location in Elyria. Owned and operated by members of the second generation of the Stewart family, they attribute their loyal customer base to carrying on the legacy of their Dad, Dick Stewart's belief in giving everyone who walks through their door, friendly, personal service.

With an in-house service department, Stewart's will service your products when you need it. The technicians and sales staff are experienced and ready to take care of you. With more to offer than the "big box stores," Stewart's has an amazingly wide selection of major appliances and electronics from which to choose. Make your appliance selection from major brands such as Electrolux, Frigidaire, Kitchenaid, LG, Whirlpool, Maytag, GE, Bosch, FisherPaykel, Wolf, SubZero, AGA and others. Television and audio

brands include the latest technology from LG, Samsung, Toshiba, and Sony. Stewart's also carries Kamado Joe products along with a wide selection of Weber grills and accessories for your outdoor needs. Whether you are building a new home, remodeling or replacing one item, a salesperson from Stewart's will help you from start to finish.

This wide selection and personal service keeps customers returning.

Stewart's also offers 0% financing programs and free delivery/haul away on freestanding appliance purchases over \$499.

Stop by Stewart's to see all of the options they can offer you. Whether you are replacing a washer and dryer or an unusual size wall oven or cooktop from an older home, Stewart's will help you find it! Stewart's is located at 468 Cleveland St. in Elyria. Stop in or call 440-365-7321 today.



Since 1946 Stewart's TV and Appliance has been owned and operated by members of the 2nd generation of the Stewart Family.

FREE Delivery* • FREE Haul Away • You Won't Pay More in Our Store
FREE DELIVERY ON APPLIANCE PURCHASES OVER \$499. TV INSTALLATION AND DELIVERY EXTRA.

Speed Queen.
Built Better To Last Longer



15 YEAR WARRANTY
on transmission

INDUSTRY LEADING WARRANTY

• 3-Year Parts & Labor	• 5-Year limited bearing & seal
• 5-Year limited motor	• 15-Year limited transmission
• 5-Year limited cabinet	• Lifetime wash basket & tub

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CRANK UP YOUR KITCHEN

GET ALL 4 FOR ONLY **\$3749***
MSRP \$5796



- 22.6 cu. ft. counter-depth refrigerator FPSC2277RF
- 1.8 cu. ft. over-the-range convection microwave FPBM3077RF
- 30" freestanding electric range FPEF3077QF electric FPGF3077QF gas
Additional charge for gas range
- 24" dishwasher FPID2497RF

SAVE UP TO 35% OFF REG. MSRP ON THIS SUITE!*
JANUARY 11 - 24

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468 Cleveland Street, Elyria 440-365-7321
StewartAppliance.com






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TV & APPLIANCE

Mon. & Thurs. 9-9 Tues. Wed. Fri. Sat. 9-5:30 Sun. 11-4

*Free delivery for appliance purchases \$499 and up. Television purchases excluded. See store for full details.

Free training boosts your résumé and gives you vital, life-saving skills

Do you want to boost your skills and your résumé? Do you want to become a more informed resource for your family, friends, and colleagues? You could benefit from free professional development opportunities offered through the Lorain County Board of Mental Health.

“Our local mental health network believes in the power of individuals to help each other,” says Dr. Kathleen Kern, LCBMH’s incoming director. “Our clinical staff is excellent and will help when people need mental health services. But the first person in need is often a family member, friend, co-worker, or community member.”

That’s why the Board of Mental Health offers free training throughout the year. The training prepares Lorain County residents to be confident and able to help when someone is showing signs of distress.

For example, in March and June of

this year, the Board will offer A-S-I-S-T, which stands for Applied Suicide Intervention Skills Training. The name might sound intimidating, but it is an engaging, interactive training that helps you respond confidently when someone says: “No one would miss me if I were gone,” or “Everyone would be better off without me,” or, as an aging parent or older adult who is experiencing depression might say: “I’m just a burden on everyone.”

Residents of Lorain County learn how to handle these situations and connect to local resources that are just a call or click away. Plus, by becoming certified in A-S-I-S-T, participants earn the same credential that many military officials and health workers receive. It boosts your résumé and communication skills and requires no prior knowledge.

A-S-I-S-T is just one of the free trainings offered to the Lorain County community every year, and it earns



high marks. Recent participants rated it at 9.5 out of 10 overall and gave it similar or higher scores for having practical use in their personal life and in their work life. Plus, 100% of participants said they would recommend the training to others.

To register for the March or June session of A-S-I-S-T, visit lcbmh.eventbrite.com, and bookmark that page for future opportunities.

LCBMH also offers “Mental Health First Aid” every year, along with other

trainings and events.

If you are a business owner, or part of a church group or another organization and would like to learn about training that can be offered at your location, call 440-233-2020 to inquire.

LCBMH is the local public agency that plans, funds, monitors, and evaluates a system of services for residents with mental illness in Lorain County. Learn more about our services and professional development opportunities at lcbmh.org.

Your Career, Here!



The Lorain County mental health network offers professional opportunities for people seeking careers or internships in social work, behavioral health, community advocacy, human resources, and even IT and marketing. Bilingual (English-Spanish) professionals are especially in demand.

Find your career at lcbmh.org/join-our-team

Apply by January 27! The Lorain County Board of Mental Health is currently seeking a Director of Child and Adolescent Services. Find out more at lcbmh.org/join-our-team

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