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AUGUST 2020



STAYING LOCAL WITH THE LEXOWS

Cover photo by Dan Patchin

 Best Version Media

Welcome NEIGHBORS



I cannot believe that it is August. Where did the summer go? It was definitely a different type of summer, but the weather has been beautiful, and I have enjoyed every minute of it. With August comes the beginning of school. What will the school year bring? Who knows? Whatever your lives look like this fall, enjoy the change of seasons which is always gorgeous in Ohio and stay safe.

Until next month,

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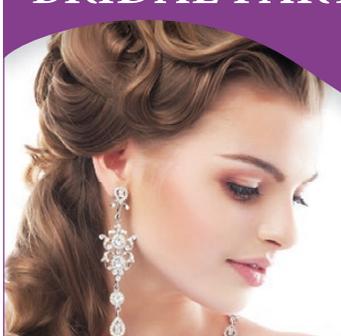
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STAYING LOCAL WITH THE LEXOWS



Lexow's backyard paradise

By Amy Sonia Richards, Content Coordinator | Photos by Dan Patchin

Deby and Paul Lexow have spent their careers in sales, and that is not surprising at all. They are both outgoing, social, creative people who love to interact with others. Sales just comes natural to them, an outreach of their personalities.

Neither Deby nor Paul grew up in large cities surrounded by people. "I was raised in a small town," reminisces Deby. "We lived on top of the hill overlooking Lewiston, New York; the Niagara River; and Lake Ontario in a house that my father, an architect, designed and built himself. It was very modern for that time." What she remembers most about growing up was always being social. "I was very social, so I was involved in everything that comes along with that. I was friends with everybody. I was homecoming queen, senior prom queen, and I gave the keynote speech at my 50th class reunion. The speech was about being non-judgmental and accepting people for who they are and being kind. That's important to me."

Paul was also born in a small town—North East, Pennsylvania, near Erie. "When I was seven years old, my parents bought an old farmhouse about

three miles outside of town. It was a beautiful spot. It was surrounded by fruit farms, and a creek flowed through our property. We were only one mile from the lake and rode our bikes there all of the time. So, basically I grew up on Lake Erie." His family's barn was a hit because it had an indoor basketball court with a wood floor. "We were known for the basketball court. Our whole neighborhood played basketball in the barn." It is no surprise that Paul played basketball all through high school in addition to holding the title of Erie County long jump champion, being able to jump over 20 feet.

Both Deby and Paul grew up Lutheran, which led them both to enroll at Valparaiso University in the northwest corner of Indiana. They were both business majors with unusual minors, Deby's in social work and Paul's in both geography and economics. It was Valparaiso that brought them together.

Deby explains, "Paul was hanging around my dorm waiting for his current girlfriend. (Paul adds that they were about to break up.) My boyfriend at the time was coming to visit, and my ride to pick him

up at O'Hare fell through. Paul offered to drive me." Paul adds, "Her boyfriend came for semester break and then he didn't come back for winter weekend, so I moved in!" That led to a marriage that is now 48 years strong. Deby explains the secret to their solid marriage. "The reason I think Paul and I have been married so long is that we are friends, but we also have made a commitment to our marriage."

They married the August after graduation. As newlyweds, they lived in Chicago. Deby worked for Moore Business Forms, which became R.R. Donnelley. She began by selling paper forms and stayed for 30 years, selling digital imaging by the end of her career. Paul started working in sales for Air-Maze's Chicago office. When he was promoted to general sales manager, he was moved to the home office in Cleveland. "We moved into our house in Chagrin Falls in January 1981, in the middle of a raging snow storm. We chose Chagrin Falls and have enjoyed living here ever since," says Paul. He now works for Stauff Corporation, a German company with U.S. headquarters in New Jersey, that makes hydraulic components.

Sales runs deep in Deby's and Paul's DNA, so although Deby retired from R.R. Donnelley, she is far from retired. She is the owner of LOCLE Box, a unique personalized Ohio-made gift box company featuring products made by local artisans. She started the business in 2014 with the help of her daughter Kimberly, who Deby refers to as a "professional entrepreneur."

The company started because of Deby's love of making people happy. "When we moved to this area, we were surprised how passionate people were

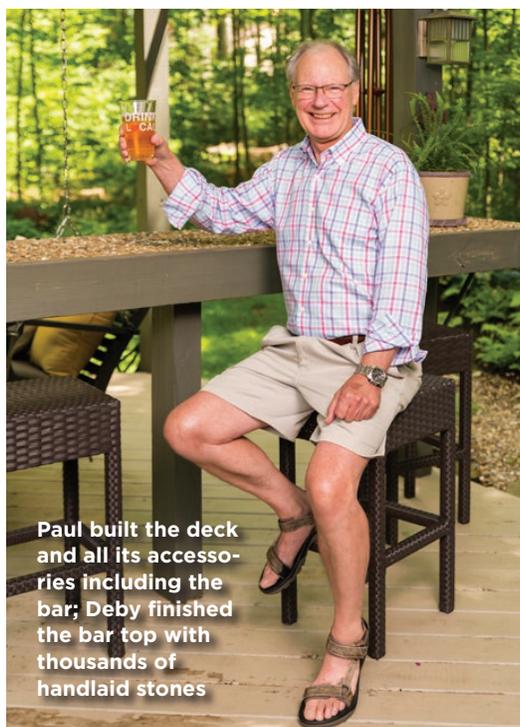
about Ohio and the Cleveland area. I put together packages made up of local items like pancake mix and maple syrup and sent them to friends and family for Christmas. They started asking me to send them items throughout the year. After leaving R.R. Donnelley, my daughter helped me through the setup process to launch," Deby explains. "The thing that sets us apart from other gift-basket companies is that we use products from small-batch artisans who live and work in Ohio, such as jellies from The Tiny Jelly Company, pancake mixes from Fowler's Milling Company, coffee from Heartwood and Tame Rabbit Roasters, honey from McCune Family Apiaries, tea from Storehouse Tea, chocolates from Buckeye Chocolate and White House Chocolates, cheese from Rothenbuhler Cheese, whiskey sticks from U Dough Girl, popcorn from the Chagrin Falls Popcorn Shop, and wood products from Wood Thingamajigs to name a few." Although most of her customers are from Ohio, she ships all over the country and has shipped to Canada and Europe.

Covid has affected LOCLE Box, as it has affected every business. In their case, business has been great, but Paul has had to pitch in to help. Since he has not been able to travel for his job as usual, he has been around to help Deby in her home office/warehouse. "I could not have done it without Paul. My assistant is part time and helps me with high volume. She hasn't been able to come into my house because of Covid, so Paul has stepped up and calls himself the warehouse specialist," Deby explains with a smile. Paul adds, "I am working my way up to warehouse manager, but I haven't been promoted yet."

Besides work, Deby and Paul have so many other



Deby Lexow, LOCLE Box owner, packs up another fabulous gift for some lucky recipient



Paul built the deck and all its accessories including the bar; Deby finished the bar top with thousands of handlaid stones



The Master Gardener beneath her spectacular weeping cherry tree

interests that allow them to use their creative sides. Deby earned a certificate as a Master Gardener through The Ohio State University. She volunteers her skills to beautify many local gardens. Paul is a very talented builder. He built their amazing deck and pergola where they spend a lot of time relaxing with their dog, Bella. When their two daughters were young, he built them a playhouse. They would all sleep out in it since it fit four sleeping bags, getting up in the morning to cook breakfast over an open fire like they were camping in the forest. Since their daughters have grown and left the nest, the playhouse has become Deby's gardening "she-shed."

Although their busy lives are extremely full, they always make time for their daughters, Kimberly (living in Atlanta) and Allison (living in Chicago). Allison and her husband have three children and a lake house in Indiana, so Deby and Paul try to spend time there with their grandchildren whenever possible. "We've been sneaking away to see them since May. We needed to see them, and they needed to see us," she explains.

You can tell by talking with Deby and Paul that they are salt-of-the-earth people who love each other, their family, and their community. "Our motto is to be kind," Deby emphasizes. That mindset shows through in everything that they do.



Top row: Paul, Allison, Deby, Kimberly and dog Emma
Front row: Allison's dog Penny, Mia, dad Ovi holding daughter Siena, and son Michael



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Matt (in the green shirt) selling his produce at the Chagrin Falls Market

HOW TO SOURCE FARM FRESH FOOD DURING THE PANDEMIC

- FEATURING MATT HERBRUCK FROM BIRDSONG FARM

By Halle Snavelly, One Ingredient Co., photographs by Halle Snavelly

Matt Herbruck from Birdsong Farm has been an organic vegetable farmer for over 20 years. He moved his farming operation from Maine to Garrettsville just over 10 years ago and has built a loyal following in the community. Like any business, Matt has experienced ebbs and flows, but this year is different.

The pandemic hit just as Matt was gearing up for the growing season. The uncertainty was terrifying at first. "I thought my business was going to fail," says Matt. He adapted quickly, and thankfully farmers markets organized new ways to connect with consumers safely. It worked out well.

"My business has doubled. I'm working harder than ever, but it has been really energizing. We're seeing consumer interest refocused on supporting local farms. I'm grateful and appreciative to the Chagrin Falls community for their continued support," says Matt.

In recent years, Matt has transitioned to using regenerative agriculture practices, which include not tilling the soil, using more compost, mulch and interplanting different crops. This increases biodiversity and reduces pest problems and hand weeding. The goal is to build healthier soil and, therefore, more nutritious food for you. Matt grows about 25 vegetable crops (some with 40-50 varieties) on six acres with the help of only three employees.

Buying food from local farmers like Matt has plenty of benefits for your health and your community, especially during the pandemic. Here's why:

Farm fresh food is harvested just before the farmer brings it to market. That freshness means higher nutrient levels, which is exactly what your immune system needs during the pandemic.

Supporting local farmers means we're building up our region's ability to supply more of the food we consume. This is good for the local economy and means we can rely on farmers to provide food when grocery stores face shortages due to high demand.

Grocery store produce changes hands several times and travels thousands of miles between harvest and your plate, picking up germs at every stop. Buying food from local farms means only you and the farmer touch your food.



Many farms offer online ordering, and other means for purchasing food with minimal or no contact with other people, reducing your risk of exposure. Farmers markets also take place outside making it easier to practice social distancing while shopping.

Matt can be found at Haymaker Market in Kent on Saturdays year-round, Chagrin Falls Market on Sundays, and Garrettsville Market on Thursdays from 4-7. In addition, consumers can subscribe to his produce through his CSA (community supported agriculture).

Za'atar spiced flank steak with blistered green beans, garlic and lentils

By Halle Snavelly

- 1 cup brown lentils
- 1 flank steak
- 1-2 TBSP za'atar
- 1 TBSP olive oil
- 1/3 cup grapeseed oil
- 1 lb. green beans, stems trimmed, patted dry of any surface moisture
- kosher salt and black pepper
- 6 garlic cloves, thinly sliced
- 2 scallions, thinly sliced
- 1 TBSP capers, drained, chopped
- 1 tsp crushed red pepper flakes
- 2 TBSP lemon juice



Cook lentils according to package directions. When they are ready, strain and transfer to a medium bowl. Preheat grill or grill pan to medium-high heat. Pat steak dry and season with za'atar, 1/2 tsp salt and 1 TBSP extra virgin olive oil. Grill steak for 2-4 minutes per side, or to desired temperature. Remove from heat and allow the steak to rest for 5 minutes, then slice into thin strips against the grain.

Heat 1/3 cup grapeseed oil in a large skillet over high heat. Add green beans and cook, covering skillet if beans are spattering, until browned underneath, about 3 minutes. Turn beans with tongs and redistribute to brown evenly (don't toss them since hot oil can easily splash out of skillet). Continue to cook, turning occasionally, until browned all over and tender, about 5 minutes. Season with salt. Add garlic, 3/4 of the scallions, capers, and red pepper flakes. Cook, tossing occasionally, just until garlic turns golden, about 1 minute. Add beans to the bowl with the lentils. Spoon caper-garlic mixture over and add the lemon; season with salt. Top with the sliced steak and more sliced scallions.

Visit @oneingredientco on Instagram or www.oneingredientco.com for more farm-to-table recipes.



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SAVING LIMBS, SAVING LIVES

UNIVERSITY HOSPITALS HARRINGTON HEART & VASCULAR INSTITUTE OFFERS LIMB SALVAGE PROGRAM TO HELP PATIENTS WALK AGAIN AND ENHANCE THEIR QUALITY OF LIFE

Submitted by University Hospitals

University Hospitals (UH) Harrington Heart & Vascular Institute offers a Limb Salvage Program, one of a select number of such centers in the United States. The program transforms the standard of care for “no option” critical limb ischemia (CLI) patients at risk of amputation. UH specialists can provide consultations for patients with blood flow blockages in the leg, advanced peripheral artery disease (PAD), foot ulcers, or gangrene.

Experts within UH Harrington Heart & Vascular Institute are national principal investigators for multiple clinical trials aimed at reducing leg amputations, giving patients unparalleled access to novel therapies to prevent lower extremity limb loss.

“We are very passionate about ‘hope’...that is our approach,” says Mehdi H. Shishehbor, DO, MPH, PhD, director of the Cardiovascular Interventional Center and co-director of the Vascular Center at UH Harrington Heart & Vascular Institute. “I have seen situations many, many times where patients are told there is no hope, there is no option, and then when we take care of them, a few years later they are walking. Honestly, there is nothing more joyful than having that kind of impact on someone’s life.”

When it comes to dealing with patients who have ulcers and gangrene, the needs are immensely vast: taking care of the wound, monitoring potential infection, adhering to proper nutrition, ensuring patients receive the appropriate follow-up appointments needed, and ultimately being able to use novel techniques to improve blood flow to the feet and legs, to name a few.

“UH created the Limb Salvage Program because saving people’s legs takes a village,” explains Dr. Shishehbor. “It’s not about one individual, one doctor, or one specialty. We created a multidisciplinary team of vascular surgeons, interventional cardiologists, podiatrists, wound care specialists, and others who work together to achieve a common goal.”

Dr. Shishehbor emphasizes that he and his team feel most successful when they have saved a limb, the wound has completely healed, and patients can walk, enjoy daily activities, and enhance their everyday quality of life.



Mehdi H. Shishehbor, DO, MPH, PhD

UH is committed to education and public health, and Dr. Shishehbor has trained more than 400 physicians across the United States in advanced techniques for limb salvage.

To schedule an appointment, call UH Harrington Heart & Vascular Institute at 216-595-7969. For more information about the UH Limb Salvage and Amputation Prevention Program, visit UHHospitals.org/limbsalvage.

UH is helping patients and the Northeast Ohio community manage their health and well-being throughout the current global pandemic. In addition to in-person appointments, we also offer telehealth services, featuring online video and phone appointments.

UH is also bringing health experts to you through a series of virtual health talks. The virtual seminars will include a presentation by physicians who are experts in their field, followed by a Q & A session. These events are free but registration is required.

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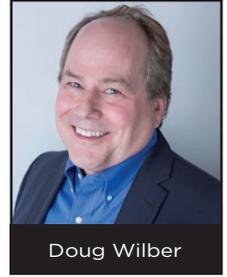
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HOW TO PLAN SAFE INTERACTIONS WITH SENIORS DURING COVID-19

by Doug Wilber, Owner of Cherished Companions



Doug Wilber

Recently, Ohio governor Mike DeWine announced that assisted living facilities and intermediate care facilities were now allowed to make arrangements for outdoor visitation. The prior restriction had been especially difficult for residents and families of these facilities. Those people with home care have had much more flexibility to see their loved ones throughout the early part of this pandemic.

We are thrilled that families can begin to do more visitation with loved ones, but it's still important to structure social interactions with seniors carefully so they remain safe. Should you take your loved one out to eat, for example? Should you plan a large family gathering? When and how can you begin socializing with elderly family members?

Here are some guidelines to keep in mind.

WHAT ARE THE CURRENT RECOMMENDATIONS FOR OHIO?

Ohio is currently in Phase 3 of reopening. This means that restaurants and shops are opening up as well as places like casinos and amusement parks. Reopening plans must include preparation for social distancing, sanitation, and other protocols to promote health and safety.

As part of this phase, families of seniors understandably have questions about how they can socialize safely and what steps they should take to protect loved ones from illness. Here are some important things to consider:

- **It is not recommended that high risk individuals be taken out.** Even though restaurants and businesses are beginning to open up, seniors should plan to stay home for a while longer.
- **While assisted living facilities can now offer outdoor visitation, nursing homes still remain closed.** That raises questions for seniors living at home. Should family members visit or wait? The key is to remember that seniors are at greater risk of serious complications related to COVID-19 and to plan your visit accordingly. Anyone visiting with a senior loved one should take precautions.
- **When visiting with family at home, follow health and safety guidelines.** These guidelines include practicing social distancing, washing hands frequently, not touching your eyes, nose, or mouth, and disinfecting surfaces regularly.

As you think about visiting with your senior family member, plan ahead to make your visit as safe and low-risk as possible. We encourage all family members to take these same safety measures when you visit with your loved one:

- Take your temperature ahead of time. If it is above 100.4°, save your visit for another day.

- If you exhibit any symptoms related to the coronavirus or have been exposed to someone with the virus, postpone your visit.
- Wash your hands frequently before, during, and after your visit.
- Dry your hands thoroughly with a clean towel.
- Cover your nose and mouth when you cough or sneeze.
- Avoid touching your face.
- Follow social distancing guidelines.
- Disinfect surfaces regularly.
- Wear a face mask, if possible.

HOW TO PLAN A SAFE, ENJOYABLE VISIT DURING COVID-19

While it's important to follow health and safety guidelines during your visit, that doesn't mean you can't make it fun! In light of social distancing guidelines, you may need to get creative in planning activities that don't include physical contact. Here are a few ideas:

- **Plan outdoor activities as much as possible.** Sit outside on the porch, take a socially-distanced walk together, or plan a picnic or barbecue. If your loved one has an outdoor hobby such as gardening or bird-watching, do that activity together. Bring some flowers to plant or take pictures of birds at the feeder.
- **Do a craft together.** If your loved one enjoys crafting, bring over some new projects to work on. Be sure to plan separate projects for each person and use separate tools to reduce the risk of sharing germs.
- **Plan a family reunion over Zoom.** While you will want to keep the number of visitors to a minimum, you can still have a fun time with your extended family over Zoom or FaceTime. Help your loved one set up a video call with siblings, children, or grandchildren.
- **Order takeout from your loved one's favorite restaurant.** It's still not wise to take seniors out to a restaurant, but you can bring the restaurant to them! Order their favorite meal or dessert to enjoy together.
- **Read a book.** If your family member enjoys reading, choose a book you can read to them. Plan a weekly (or more frequent) visit to find out what happens next!

Experts still say that until we have a vaccine for COVID-19, the best way to keep seniors safe is to keep interactions at a distance. During any visit, be sure to wear a mask (especially indoors), remain six feet apart, and avoid physical contact such as hugging or shaking hands. While these habits are extremely difficult to practice when you have been longing to see your loved ones, following them is still the best way to reduce the risk of sharing the virus.



Mike Henry

NOW IS A GREAT TIME TO SELL!

By Mike Henry, Lead REALTOR® and President, HG Agents - EXP Realty

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MEALS ON WHEELS HAS A NEW CHEF

By Christine Weiss

Chagrin Meals On Wheels has welcomed Kim Luce to their kitchen. The self-taught chef is a longtime local, having raised her family in Chagrin Falls and growing up in Chesterland. Being new to Meals on Wheels doesn't mean Luce is new to the food industry. Ever since she waited tables while in college in her 20s, Luce has enjoyed working in and around restaurants. Being a foodie drew her back to work in the Chagrin Falls Schools kitchens where she cooked in both the Intermediate School and Middle School until about five years ago.

A friend drew her attention to the MOW ad for a new chef knowing that Luce was looking for something to engage in and be passionate about. "It was the perfect job for me," Luce said. "I absolutely love it. I enjoy cooking and helping the community. It's for a good cause, and I picked it up pretty quickly."



MOW volunteers Barb Smith and Tina Barrow

Luce started cooking for MOW in late May shortly before the organization moved to kitchen space at Chagrin Valley Kitchen, a community kitchen in Knolls Industrial Park. There she makes sure she keeps up clients' favorites, but also adds her own spin. "I'm vegetarian, so I have added some portobello mushrooms and eggplant," she explained.

Right now Kim has not been able to meet those she is cooking for, but she looks forward to going out on one of the runs and reaching out when it is safer to do so. Luce feels welcome and has nothing but good things to say about MOW volunteers and executive director Kris Dubois.

"I have never had the opportunity to work for a non-profit, but I am here for the long haul. This has been really good for me - cooking is therapy," she said.



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THE WOOFSTOCK SUMMER WEEKEND SERIES

By Christine Weiss

Rescue Village has introduced the Woofstock Summer Weekend Series to bring all the fun of Woofstock on site at a smaller scale. You and your furry friend can enjoy Lure Courses, Cool Canine Contests, Dog Training, Vendors, Barn Tours, Music and Entertainment, Dog Agility Course, Concessions, a Scent Trail, and more! The events run on weekends through mid-September and space is limited to allow for proper social distancing. You can register for on-site activities at Give.rescuevillage.org/woofstock2020. Rescue Village needs your help more than ever this year. In addition to participating on site (or if you don't feel comfortable attending an in-person event), you still have the opportunity to help out and register a fundraising team at fundraise.rescuevillage.org/woofstock2020. All donations will go toward helping homeless animals.



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TELECOMMUNICATOR PROGRAM ANNOUNCED AT AUBURN CAREER CENTER

By Christine Weiss

Auburn Career Center is excited to announce a collaboration with local dispatch centers to create an onsite Telecommunicator Program. The program will be a first of its kind in Ohio and will incorporate 600 hours of training. The goal is to reduce the time and money spent for training employees and to provide consistent training. A pilot program had representatives from the Mentor Dispatch Center, the Lake County Sheriff's Office Communications Center, the Chagrin Valley Dispatch Center, and the Heights Hillcrest Communications Center. These representatives will also provide instruction and will serve on the advisory board to share their experience and ensure the course aligns to the demands faced in this profession. Lake County Commissioner John Hamercheck, Lake County Clerk of Courts Maureen G. Kelly, and Lake County Sheriff Frank Leonbruno all participated in the pilot and are supporters of this new program which they expect will prove to be a valuable resource to local communities. The full program will begin in January 2021, and financial aid and scholarships will be available. For more information, contact Auburn Career Center's Adult Director, Michelle Rodewald, at 440-357-7542 ext. 8159 or mrodewald@auburncc.org.

JAYCEES BLOOD DRIVE COVID-19 ANTIBODY TEST

By Christine Weiss

The Chagrin Valley Jaycees are working with the American Red Cross for another Blood Drive. The drive will be held on Tuesday, August 25th from 2-7pm at Auburn Township Adams Hall. In addition to giving blood, you will be able to find out if you have COVID-19 antibodies. To register to give blood immediately visit redcrossblood.org. This event and a link to register can be found on the Jaycees Facebook page.

CALENDAR OF EVENTS



Geauga Farmers Market

May 9 - October 17
Saturdays 9am - 12pm
Town Hall Parking Lot
South Russell



Chagrin Falls Market/ North Union

June 7- October 18
Sundays, 10am - 1pm
Band Stand Triangle Park
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