



Vol. 14 No. 8

March 17, 2018

Serving the Lakeshore Communities



HAPPY ST. PATRICK'S DAY

Six must-know spring break tips

(BPT) - Have you been watching the snow pile up outside? Are the gray, cold days wearing you down and making you count the minutes until

blue skies and sunshine are the norm? You're not alone. As much fun as you can have sledding, building snowmen or donning a fashionable scarf, most people at this time of the year start dreaming of sun-filled beaches, flip-flops and shorts.

No wonder spring break is so popular.

Whether you want to bring your family along, get away with a few friends or explore some new, tropical destination, packing up and taking off on an unforgettable spring break vacation is easier and more affordable than you may think. From finding deals to getting there, here is your six-step guide to a perfect spring break.

1. Get everyone involved. Unless you're planning a surprise vacation for someone, you want to be sure everyone who is going weighs in and has a say. This is especially important if you're going on a family trip. Giving your kids the chance to participate in planning and decision-making can help them feel more invested in the trip. For example, while the adults might choose the destination

and accommodations, let the kids pick a couple activities to book in advance. This will lead to a better experience for everyone.

2. Book early. We've all heard the mantra "earlier is better" and generally, that's true for booking airfare. According to a recent report from Expedia and the Airlines Reporting Corporation, for travel originating in the U.S., you should aim to buy tickets at least 30 days in advance. In other words: You should probably book your spring vacation now.

3. Avoid peak travel times. If you have flexibility in terms of your travel dates, make sure you compare prices for different departure windows. Often spring break travel can have an impact on prices, and leaving a week or two earlier or later can save you money. The same applies for travel during and around the Easter holiday (April 1). Use a site like Expedia.com, which will compare rates from all airlines and often provide suggestions for alternate travel dates that yield lower fares.

4. Bundle to save. Always buy your plane ticket and hotel room together. Why? Because 1) it's convenient and saves you time and 2) you can save some serious money when you do so. For instance, those who use the popular travel website Expedia to book their vacations save an average of \$600 when they bundle their flights and hotel rooms together. Oftentimes, when going to popular resort destinations like Los Cabos or Riviera Maya, the savings are even better, so don't leave that money on the table.

5. Fly on the right day. As many savvy travelers know, it takes a multi-pronged approach to find the best deals. Along with booking early and bundling, when you travel plays a big role in the price you pay. According to the same report from Expedia and ARC, booking on a Sunday often yielded the lowest average ticket prices for both economy and

See **Spring Break** on page 5

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www.thecortlandnews.com

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Cortland City

www.cityofcortland.org

Mayor	330-637-4003	Police/Fire	
City Hall	330-637-3916	Emergency	911
Fax	330-637-4778	Dispatch	330-675-2730
Clerk of Council	330-638-0142	Police - Business	330-638-1000
Service Director	330-637-4637	Fire - Business	330-637-2891

Meetings

City Council - first and third Monday of each month
 Monday, March 19, 7 p.m.
 Monday, April 2, 7 p.m.

Cortland City Council meeting minutes
 Read the minutes from Cortland City Council meetings at <http://www.cityofcortland.org/> under City Council Minutes.

Parks and Recreation - second Monday of each month
 Monday, April 9, 5 p.m.

Planning & Zoning - second Monday of each month
 Monday, April 9, 7 p.m.

Meetings and agenda of Council and Planning meetings area available at www.cityofcortland.org

All meetings are held at City Hall and are open to the public

Cortland City Council Meetings are now on TV

Cortland City Council Meetings are now posted on YouTube. The videos are usually posted no later than the next day after the meeting and can be accessed via a link on the city website or by visiting www.youtube.com and searching "City of Cortland, Ohio"

Bazetta Township

www.bazettatwp.org

Admin Building	330-637-8816	Fire - Police - Rescue	911
3372 State Route 5	fax: 330-637-4588	Fire Station #11 -	330-637-4136
Trustees, Clerk, Zoning Inspector and Cemetery Sexton	330-637-8816	3000 Warren Meadville Rd.	
Road Department	330-637-8311	Non Emergency calls	330-675-2730
Police Department	330-638-5503		

Bazetta Township Trustees Regular Meetings

Regular meetings the second and fourth Monday of each month at 7 p.m., unless otherwise noted.

Tuesday, March 27, 9 a.m. - A 60 minute caucus with department heads preceding.
 Tuesday, April 10, 7p.m. - A 60 minute caucus with department heads preceding.

Meetings are held at the Township Administration Building unless noted

Lakeview Board of Education Meetings

Regular meetings the second Monday of each month at 6 p.m. in the Lakeview High School Media Center, unless otherwise noted.

Monday, April 9, 6 p.m. - Lakeview High School Media Center

Area Service Clubs

Cortland-Bazetta Historical Society and Museum Sally Lane 330-638-2330	Bazetta-Cortland Optimist Club Charlie Harper 330-847-0114
The Opera House Kathy Fleischer 330-219-4884	Cortland Rotary Club Lori Harris 330-847-6217
Cortland Beautification Association Mary Kachurik 330-637-3098	Four Seasons Garden Club Becky Bucco 330-637-9115
Cortland Lions Club Mike Hummell 330-372-7951	Friends of the Cortland Library Di Matiejevic 330-637-2717
Moose Lodge #1012 330-637-9957	League of Women Voters of Trumbull County Terri Crabbs 330-637-3845
Warren-Trumbull Branch of AAUW Jennifer Solomon 330-637-3483	SCOPE Darlene Fry / Diane Jordan 330-637-3010
Cortland Masonic Lodge #529 330-638-3110	

Please contact the Cortland News if you would like your organization listed here.

Our Next Issue...April 7, 2018

Our theme will be Home & Garden

Article Deadline by March 23 • Display Advertising Deadline is March 28
 Email articles to editor@cortlandnews.net

The mission of the Cortland News is to focus on the positive aspects and events of our community. Our goal is to inspire pride and bring the residents of our community closer to one another by providing accurate, timely and useful information. We hold ourselves to high standards of journalism and strive to be a source of trust for our readers.

Based on the policy of the Cortland News to print positive news about our community, we reserve the right to reject contributed material considered inappropriate. We reserve the right to edit information accepted for publication for accuracy, style, length, spelling, grammar, and clarity.

The Cortland News wishes to present a fair and accurate news report. If you have a concern about anything published, please call our office at 330-565-2637 and leave a message for our Manager or Editor.

Death notices and obituaries will be printed in the Cortland News at the request of the family. Arrangement should be made to have information for death notices and obituaries sent directly to the Cortland News from the funeral home. Space restraints may require some editing. Publication dates for the Cortland News may prohibit an obituary from appearing prior to a funeral or memorial service.

While every effort has been made to ensure the accuracy of the information in this newspaper, the Cortland News cannot be held responsible for any errors or omissions

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 Lakeside Sport Shop

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 Vasilios

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 Jim Woofter
 Publisher/Owner
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info@cortlandnews.net

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 Sally Lane

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Rev. Donald P. Barnes
 Terri Barnovsky
 Jean Bolinger
 Jean A. Corliss
 Kathleen Ferris
 Thom Foley
 Kayley Frost
 Louise List
 Gerri Moll
 Tom Shortreed
 Jennifer J. Slywczak

Contributors This Issue

Patrolman Nicholas Gregory
 Attorney Matt Blair
 Detective John P. Weston

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Please direct correspondence to:
 Cortland News
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 Cortland, OH 44410
 (330) 565-2637

www.cortlandnews.net

We do not keep regular office hours but if you leave us a message, we will return your call as soon as possible.

The Cortland News will no longer be accepting any facsimile "fax" documents. Please direct all communications to the following email addresses.

Article submissions to:
editor@cortlandnews.net

Display and classified advertising and photographs to:
sales@cortlandnews.net

The Cortland News is published every three weeks free of charge and mailed via USPS to over 5000 area residents and businesses in Cortland and parts of Bazetta Township.

SCAN TO VISIT CORTLAND NEWS



Community Events

Event calendar March 17 to April 7

- Cortland City/Bazetta Township and Lakeview School Board meetings and schedules.** See pg. 2 and 5
- Lakeview Local School activities and sports schedules** visit www.lakeviewlocal.org.
- American Red Cross blood donations**, various dates. www.redcrossblood.org or 1-800-733-2767.
- 18th Annual Antique Motorcycle Exhibit** presents "The Motor," National Packard Museum, Warren, through May 20.
- Cortland Branch Library events**, See pg. 22
- Johnston Senior Center offers hot meals** Monday through Friday at noon.
- OhioCAN Blessing Bags** project for homeless population, items dropped off at city hall.
- Teapot collection on display**, Sutliff Museum, second floor of Warren-Trumbull County Public Library, 444 Mahoning Ave., Warren, through April.
- "Being a Victorian: Hygiene History of the 19th Century"** exhibit, Sutliff Museum, second floor of Warren-Trumbull County Public Library, 444 Mahoning Ave., Warren, through August. See pg. 22
- Youngstown Nighthawks Soccer League, Cortland League** schedule, visit www.facebook.com/ytownnighthawks

MARCH

- 17 United Methodist Men of the Cortland UMC corned beef/roast beef dinner**, 4:30-6:30 p.m., church fellowship hall, 155 North High St. See pg. 19
- 17 St. Stephen Parish Luck of the Irish Dinner and Reverse Raffle**, Ciminero's Banquet Center, Niles. Doors open at 5:30 p.m. Tickets 330-652-4396.
- 17 Trumbull County Republican Party monthly breakfast gathering**, Buckeye Club, 366 N. Park, Warren, 9 a.m. See pg. 10
- 17 "Stampeding to Freedom: Escaping Slavery in the Ohio Borderlands" lecture**, 2 p.m., Sutliff Museum, second floor of Warren-Trumbull County Public Library, 444 Mahoning Ave., Warren. See pg. 22
- 18 Gauga County Historical Society annual pancake breakfast**, 9 a.m.-2 p.m., Lennah Bond Activities Center, 14653 East Park St., Burton. See pg. 9
- 22 "Gambling 101, What's the Problem?" presentation**, 6:30-8 p.m., Bazetta Twp. Hall. See pg. 11
- 22 "One Night in Memphis," presented by the Warren Civic Music**, Packard Music Hall, Warren, 7 p.m. See pg. 10
- 24 Lakeview High School Band Boosters Craft & Vendor Show**, 10 a.m.-3:30 p.m., 300 Hillman Road, Cortland. See pg. 17
- 24 Trumbull County Women's History Celebration**, 11 a.m., National Packard Museum, Mahoning Avenue, Warren. See pg. 6
- 24 Edward C. Taylor Memorial March for Meals Walk for Trumbull Mobile Meals**, Eastwood Mall, registration at volunteer booth in front of Auntie Anne's Pretzels from 7:30-8:30 a.m.; walk 8-9 a.m. Information www.trumbullmobilemeals.org.
- 25 Gauga County Historical Society annual pancake breakfast**, 9 a.m.-2 p.m., Lennah Bond Activities Center, 14653 East Park St., Burton. See pg. 9
- 26 Black bears in Ohio presentation**, Johnston Senior Center, 5922 Warren Road, Cortland, 11 a.m. See pg. 7
- 28 MetroParks Levy Meeting**, 6 p.m., Kent State Trumbull Technology Building, Room 117. See pg. 21

APRIL

- 4 Southington United Methodist Church chicken dinner**, 3:30-6 p.m. state Routes 305 and 534. See pg. 6
- 6,7 St. Robert Parish Rummage Sale**, April 6 from 9 a.m.-5 p.m. and April 7, 9 a.m.-noon, St. Robert Parish Hall, state Route 46, Cortland. See pg. 11

Medicaid issues free seminar

Judge James A. Fredericka, Trumbull County Probate Court judge, will host a free public seminar about Medicaid issues affecting the elderly on Friday, April 13 from 10 a.m. to noon. Magistrates John T. Shorts, Christopher J. Schiavone, Jeffrey R. Davis and Emily C. Weston

are the featured speakers. The seminar will be held at Kent State University Trumbull in Room #117-T of the Technology Building. For further information or to register, contact Debbie Sabat at the Trumbull County Probate Court, 330-675-2521.

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FLOODING

Many conditions can cause flooding including spring thaws, heavy rainfall, clogged storm drains. Generally, home insurance does not include any coverage for flooding. Flood insurance is a separate policy and is managed by FEMA. You can purchase flood coverage for your house structure and your contents. If you are a renter, you can just purchase content coverage.

The good news is because most of Cortland is in a low risk zone, our premiums are much lower. We can purchase \$100,000 flood coverage for about \$300.00 annually. Greenwood Insurance Agency has the expertise to answer your questions and give you a flood quote in just minutes. Advice you can trust at the Greenwood Insurance Agency 330-637-7095.



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Business News and Notes

By Thom Foley

Cortland Playroom Preschool is filling up fast for their 2018-2019 school year registration. There is a reason they are among the best in the state. They are also taking registration for their summer programs.

Girt's Cortland Music 101 is registering for lessons. They have rentals, repairs and school band books and supplies. They are offering a summer program for lessons. Call them for all the details.

Beef'O'Brady's is having the best St. Patrick's Day party anywhere. I hope to see you there!

Campbell Carpet just put new carpeting in my master bedroom and it looks great! They have done all of the carpeted rooms in my house except one. If I ever get the office cleaned up they will do that one also.

Jody Sova tells us that now is a great time to buy a home. Interest rates are affordable and the market is steady. CALL JODY to get help buying or selling your home.

Noble-Reynolds Insurance is a licensed ERIE agent. For your home, auto, business or life insurance call them. Been serving our community for over 50 years.

Centerra has everything you need for your lawn this summer. The 4 step fertilizers and weed-n-feed they have is the best on the market. They also have all kinds of seed sets and the largest supply of pet and wildlife food anywhere around.

Cortland Lanes is now starting the Saturday COSMIC BOWLING at 5 p.m. Get there early and save some money. If you haven't gone COSMIC BOWLING yet, you need to bring the whole family and try it.

Furniture Décor & More is open on Sundays from 11 - 3. Stop in to see all the new furniture and décor they have. It seems to change every day. You can also check them out on their webpage and Facebook.

Action Physical Therapy can get you back to health quickly. No need to travel anywhere when we have one of the best right here in town.

The **Law Offices of Atty. Martin Nosich** can help you with everything from wills to personal injury cases. They handle oil and gas rights, family law, DUI and criminal cases.

Did you know that **Lakeside Sport Shop** has a large selection of Ohio beers and wines? They also have everything you need for your fishing trip on the lake. One of our "secret gems."

Did you know that **Mayflower Wollam Insurance** moved back downtown on Main Street? Locally owned and serving our community since 1920! Now that is dedication.

Workers' Comp: Conflict vs. Convenience

By Matt Blair, Attorney at Law

Are you spending too much money on your workers' comp premiums?

When managing your workers' comp premiums in Ohio an employer must consider Conflict vs. Convenience.

Every employer wants to lower their workers' comp premium and wants the injured worker to return to work, "That is the bottom line."

Most employers don't realize the function of the MCO (Managed Care Organization) and TPA (Third-Party Administrator)

In Ohio all companies both private and public, must select an MCO. The only exception to this rule is self-insured companies. All MCO fees are included in the employer's workers' comp premium. The MCO provides medical management services for Ohio employers' work-related injuries. For example, the MCO should not be concerned with: "Do we allow this claim?" or "Do we want to contest it?" The MCO should be coordinating and authorizing medical care for the injured worker, providing medical reviews and medical bill reviews for accuracy. MCOs provide nurse utilization services and nurse case management services. MCOs are medical professionals and their processes are clinically focused. MCOs help employers avoid the costliest workplace injury claims - lost time claims.

A TPA advises employers of the administrative and financial aspects of the Ohio Bureau of Workers' Compensation. Unlike the MCO, TPA services are optional and do include a fee for services, which is billed directly to an employer. TPAs administer and sponsor groups for group ratings to lower an employer's workers comp premium. They sponsor safety initiatives, offer support to HR staffs and provide the investigation of claims. When necessary the TPA attends Industrial Commission hearings. Basically, a TPA works to manage and lower the employers' workers comp premium.

TPA and MCO Conflict vs. Convenience

Many employers choose an MCO and TPA based on the misconception of convenience when making their decision. This means the employer selects the TPA and MCO from the same organization based on convenience. However, the inherent conflict of interest lies in the fact that a TPA is supposed to manage and lower an employers' premium. Understanding that an MCO's compensation is based on a percentage of the employers' workers comp premium underscores this conflict. In other words, if the TPA is not successful in lowering the employer's workers comp premiums, then the TPA's associated MCO is compensated more. So, when choosing your TPA and MCO, an employer

should be aware of this imminent conflict.

In my opinion an employer should strongly consider choosing an independent TPA as well as an independent MCO. Many employers select an MCO from their associated TPA for convenience and are convinced that the mandated BWC "Firewall" between the MCO and TPA provides them objectivity. However, that bell rings hollow because the fox is in the hen house. I have discovered in this fast-paced world of making worker's comp decisions the companies that have a separate MCO and a separate TPA are the organizations that best control workers comp costs. Workers Comp can be very confusing and expensive. Having an independent TPA with an independent MCO will provide you more accountability and save you thousands of dollars.

Factors an employer should consider when selecting an MCO

- An employer should consider selecting an independent MCO from their TPA. This will eliminate any conflict and provide the client with accountability.

- Will your MCO provide you with an opt out clause if you are not satisfied with their service and performance?

- Companies save financially from MCOs that own a physician's provider network by enabling it to take advantage of discounts below the BWC's fee schedule. Lower medical costs equate to lower workers' compensation premiums.


- An MCO should maintain impartiality by having a utilization review department that is separate from the case management department. This will enable the MCO to make an objective decision when responding to treatment requests by doctors to determine their appropriateness of treatment.

- The MCO should be thorough and have a comprehensive medical bill auditing department to determine what claims are appropriate to pay.

- Optimally, a company should have one point of contact at its MCO. Having multiple contacts is a major problem. One point of contact means the MCO can learn the employer's preferences, and most importantly its return-to-work philosophy.

- Asking the MCO for customized reporting is most important and necessary to manage workers comp claims.

Finally, 2018 is an MCO open enrollment year. If you currently have the same company representing you on both sides, you will have an opportunity to select an independent MCO. This selection is free. My firm has been practicing law for over 30 years. I have always advised an employer to have an independent MCO from their TPA. I hope you find this information helpful in your selection process.



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Saturday, March 24 7:00am - 3pm

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What's "news" in the City of Cortland

By Terri Barnovsky, administrative assistant

Spring is almost here and the city has several programs to help you with your spring cleaning.

Curbside Brush Chipping

Curbside Brush Chipping for city residents will resume in April. The full policy and 2018 schedule are listed below:

CITY OF CORTLAND

CURBSIDE BRUSH PICKUP POLICY - 2018

The city of Cortland Service Department will conduct branch and limb pick up service along city streets starting in April and continuing through October. Pick-up for the entire city is the week of the fourth Monday of each month. There will be one pick-up per month per household. The service day may vary during the collection week due to weather and work load. As noted below, branches should be placed at the curb no later than the Sunday prior to collection week to ensure removal. **One pass will be made on each street.**

RULES AND REGULATIONS

- Branches and limbs need to be placed at the curb **no later than the Sunday** before the scheduled collection week. One pass will be made on each street.
- Only branches and limbs will be picked up (trimmed/pruned and root-free).
- Branches and limbs must be no longer than 6 feet in length and can be up to 6 inches in diameter.
- The city will pick up a single brush pile no larger than 6' x 8' per household.
- Do not combine piles with your neighbors.
- Branches and limbs must be stacked in a straight pile with cut ends facing the street.
- No firewood, large logs or complete trees will be picked up.

If you have any questions, please call the Administration Building at 330-637-3011.

2018 Brush Chipping Schedule

- Week of April 23
- Week of May 28
- Week of June 25
- Week of July 23
- Week of Aug. 27
- Week of Sept. 24
- Week of Oct. 22

Spring Clean-Up

Spring Clean-Up has been scheduled for April 26 and April 27. This service is provided for residential customers of Republic Services within the city of Cortland. Items will be picked up with your regular trash.

Scrap Tire Program

The city of Cortland has received a grant from the Geauga Trumbull Solid Waste Management District and will provide a scrap tire collection program this year. Please note that the district will not be providing a collection date at its facility.

The city will accept tires at the City Service Garage, 184 Willow Drive on weekdays from April 10 to May 5 during the hours of 8 a.m. to 3 p.m. There will be a limit of eight passenger tires per vehicle on or off the rim. Truck or tractor tires will not be accepted. Please drop in the designated location.

If you have any questions, please call the Administration Building at 330-637-3011.

Dates to Remember

- March 19 - City Council - 7 p.m.
- April 2 - City Council - 7 p.m.
- April 9 - Parks Board - 5 p.m.
- April 9 - Planning & Zoning Commission - 7 p.m.
- March 30 - City offices will be closed.

Spring Break from page 1

premium travel. Furthermore, depending on the itinerary, travelers departing on Friday may score a lower price.

6. **Pack only the essentials.** The beautiful thing about a beach vacation is the ability to pack light. Buy your sunscreen once you get to your destination, and opt for flip-flops and lightweight clothing that will all fit in a carry-on bag. Not only will this make life easier when you go to and from the airport, but you'll save on checked baggage fees as well.

An unforgettable spring break vacation for you and your family is more affordable than you think. So stop dreaming and start planning! Sunshine and sand are just a few clicks away!



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Annual percentage yield (APY) for 18 month certificate of deposit is 2.25%, and requires a minimum deposit of \$500.00 from funds not currently on deposit with The Middlefield Banking Company. Promotional rate limited to a maximum deposit of \$250,000.00 per tax identification number and must be opened at a branch location in person. Early withdrawal penalty may apply. APY is effective as of 03/12/2018. Fees may reduce the earnings on the account. Individual Retirement Accounts are not eligible. This is a limited time offer and subject to change without notice. See bank for complete details.

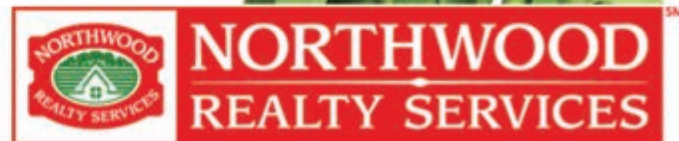


It's almost Springtime and Houses are starting to POP UP!

Let Jody help you Pick One!



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www.jodysova.com
thehousegirl@hotmail.com



FOR THE BEST WAY HOME, GO NORTHWOODSM

TC Women's History Celebration set

The Trumbull County Women's History Celebration will be held on March 24 at 11 a.m. at the National Packard Museum, Mahoning Avenue in Warren. The program will include a performance by Linda Witkowski portraying Ida Saxton McKinley, the wife of William McKinley, the Niles-born 25th President of the United States. Witkowski is affiliated with the Women in History of Lakewood. Doors open at 11 a.m. and a luncheon will be served by Saratoga Restaurant at noon. Tickets are \$30 and be purchased by calling call E. Carol Maxwell at 330-360-0901.



Committee members planning the event are front row from left: Stephanie Furano, Teresa Salcone, Chairwoman Esther Gartland and Madonna Chism-Pinkard. In the back row are Julie Vugrinovich, Sandy Mahaffey, Peggy Boyd, Sue Smith, Donna Beatty and Renee Maiorca. Missing are E. Carol Maxwell, Martha Ellers and Edwina Wolcott.

Southington UMC holding chicken dinner

The Southington United Methodist Church, state Routes 305 and 534, will be holding a chicken dinner, on Wednesday, April 4 from 3:30 to 6 p.m. The menu includes: one fourth of a chicken, scalloped potatoes, green beans, applesauce, cole slaw, homemade desserts and beverage. Price is adults \$9, children (ages 4-10)/chicken tenders dinner, \$4.50, and children 3 and under, free. Carry outs available. Call 330-898-2156.



By Detective John P. Weston, Cortland Police Department

As spring and summer are fast approaching, the sights and sounds that go with the seasons will be with us soon. Two wheel transportation will be appearing on the roadways with motorcycles and bicycles sharing the road with four wheel motorists.

There are some common misconceptions about bicycles on the roadways by both motorists and bicycle riders themselves. Some questions and answers below from the Ohio Bar Association site at www.ohioabar.org.

Q: I often see people riding bicycles on the road. Is that really legal?

A: Yes. Ohio's Traffic Code defines bicycles as "vehicles," which may be lawfully operated on virtually all Ohio roads except freeways or certain limited access roadways.

Q: What rules apply to operating a bicycle on the road?

A: Ohio law requires cyclists to follow the "rules of the road" when riding a bicycle on a roadway. Cyclists must ride with traffic, obey basic traffic laws, stop at stop signs and red lights, and follow all traffic control devices. When following the rules of the road, a cyclist has exactly the same "right of way" as any car, truck or bus driver.

Q: Do any special rules apply to cyclists on the road?

A: The key "bike law" in Ohio states that a bicycle must be operated "as near to the right side of the roadway as practicable..." The law further states that a cyclist does not have to ride along the right side of the lane when it is "unreasonable or unsafe to do so," such as when it is necessary to avoid:

- fixed objects or parked cars;
- surface hazards; or
- moving vehicles; and
- if the lane is "...too narrow for

the bicycle and an overtaking vehicle to travel safely side by side within the lane." Cyclists are also permitted to ride "two abreast" in the same lane. Ohio law does not require cyclists to move out of the way of faster traffic.

Q: Are there any equipment requirements for bicycles being operated on the roadway?

A: Yes. Cyclists must use a white light in the front and both a red reflector and a red light in the rear between sunset and sunrise or whenever the weather makes lights necessary.

Q: Can my child ride a bicycle in the street?

A: Yes. Ohio law does not include an age limit or age requirement for riding bicycles on a roadway. However, riders of all ages must follow the rules of the road. Parents should evaluate their children's riding abilities and educate them about the rules of the road. Make sure your child can ride safely and predictably.

Q: Must cyclists use bike lanes?

A: Surprisingly, no. "Bikelanes" are typically created by local governments and are not governed specifically by state law. State law mandates only that cities may not force cyclists to use sidewalks or "sidepaths."

Two final points of information.

A new statewide law requires drivers give bicyclists at least 3 feet of clearance while passing. Drivers can cross a double yellow line to safely pass a bicyclist, as long as the other lane is clear of oncoming traffic.

A new law now permits bicyclists to proceed through an intersection after stopping and yielding the right-of-way if not detected by the signaling device.

Stay Safe!

Authorship of this column alternates between the Cortland and Bazetta Police Departments.



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Local help is available for at-risk youth

With so much in the news about teen suicides and school violence, the Trumbull County Mental Health and Recovery Board (TCMHRB) wants to remind residents to ask questions that help identify at-risk individuals and get them the help that they need.

Rather than putting thoughts in your child's head, these questions can provide assurance that somebody cares and will give your child the chance to talk about problems: are you feeling sad or depressed? Are you thinking about hurting or killing yourself? Have you ever thought about hurting or killing yourself or someone else?

"We all need to do everything we can to intervene with our young people. Depression, suicidal feelings and violent or disordered thinking are all treatable mental health issues,"

April Caraway, executive director of TCMHRB said. "Teenagers need to have his or her illness recognized, diagnosed and appropriately treated.

"Crisis counselors are available and free help is just a phone call away. To get help, call 211 day or night," Caraway said. Youth can also reach Ohio's Crisis Text Line by texting 4HOPE to 741741.

Teens who attempt suicide or are violent toward others may exhibit these warning signs: family history of suicide attempts, exposure to violence; impulsivity, aggressive or disruptive behavior, access to firearms, bullying, feelings of hopelessness or helplessness, acute loss or rejection.

For more information about the TCMHRB, visit the website at www.trumbullmhrb.org or call 330-675-2765.

10 tips to stay safe during spring break

(NewsUSA) - It's that time of year again when thousands of college students and young adults will flock to the far reaches of the world for spring break. Wherever your travels take you, it's best to adopt the Boy Scout's motto, "Be Prepared."

The following tips will help you get started.

1. Arrive safely. Traffic death rates are three times higher at night than during the day. This means an all-night drive to Florida or any other sunny locale is not a good idea. If you can't avoid night driving, have someone stay up to talk you.

2. Secure your hotel room. Make sure your door is locked and important belongings like passports and wallets are in the safe. For added security, consider bringing along a portable door stop alarm like that from SABRE, a manufacturer of security products for both law enforcement and the general public. The door stop alarm can alert you if someone tries to break in.

3. Ensure you know the name of your hotel. Memorize the hotel's address, and take a card to give cab drivers (especially if you don't know the language).

4. Protect your personal information. Don't tell new acquaintances your hotel name or room number. You never know who has innocent (or not-so-innocent) intentions.

5. Employ the buddy system. Nev-

er leave a party with a stranger, but if you do, consider carrying a pepper gel key ring with you. SABRE offers one for less than \$15. It's good for four years, has a 12-foot range and up to 25 bursts.

6. Practice safe drinking. Always have one friend who plans on minimal drinking to look out for everyone and watch cups and glasses as well. Only accept drinks you've watched get made or poured in front of you.

7. Ask for help. If you need help, call yourself. Don't rely on bystanders to call for you.

8. Drink water and wear sunscreen. Too much time in the sun can leave you dehydrated and at risk for sunburn or sun poisoning. Take a water bottle and sunscreen when you go out.

9. Open the lines of communication between students and parents. Providing an itinerary for family members is especially important when traveling overseas. In addition, know where the U.S. embassy or American consulate is in the country where you're headed, and check in often.

10. Travel with your personal protection. Small pepper sprays can be checked through major airlines, and personal alarms can be carried on flights with you. If you're out and about exploring, remember that pepper spray is legal to carry in all 50 states.

For more information, visit www.sabrered.com.

World Of Wildlife 2018 Bicycle Tour benefits Western Reserve Greenway

WOW 2018- World Of Wildlife Bicycle Tour - will take place on Saturday, June 9. The 14th year for this event, it includes 20-, 40- and 69-mile routes. Except for the first and last miles on public roads, WOW 2018 uses the Western Reserve Greenway, an asphalt-paved, dedicated bike trail. The out-and-back ride is a "rain or shine" ride. Event registration will take place at Kent State University Trumbull in Champion from 7:30-10 a.m. The deadline for advanced registration is May 22, including t-shirt orders. Day-of registrations are welcome.

The Greenway passes through large sections of premier wetlands, home to much wildlife and many species of rare and endangered plant life. Riders might see a groundhog, deer, river otter, beaver or, for those especially observant, a great blue heron, a bald eagle or a trumpeter swan, this year's mascot. Participants will also pass

through the Mosquito Lake Wildlife Area.

Food and beverages will be provided at rest stops along the route and at the conclusion of the ride. Western Reserve Greenway Bike Patrol volunteers will assist riders along the route. Ride proceeds will benefit the Trumbull County portion of the Western Reserve Greenway Phase Four, the section to be completed between Warren and Niles. Ride organizers are conducting a raffle to raise additional funds, with prizes donated by Bike Nashbar, one of the event sponsors, and other area merchants and organizations.

Tickets will be available at registration or online. Prizes will be drawn the day of the ride, but winners need not be present. For more information, a registration brochure, and directions, visit <http://trumbullmetroparks.org/parks-and-trails/wow-bicycle-ride> or phone 330-647-3666.

Black bear program at Johnston Senior Center

Join Amy Reeher, Trumbull SWCD District administrator, at Johnston Senior Center on Monday, March 26 at 11 a.m. for a fun, fact-filled program on black bears in Ohio. Learn more about these majestic mammals making their way back into our state. The presentation will focus on the history of black bears in Ohio with an overview of habitat,

diet and behavior. No live animals are part of the program, however, participants will get a chance to touch a black bear pelt. This program is free and informational handouts will be available. If you would like a lunch afterwards or have any questions, call the center at 330-924-0412 by March 22. The Johnston Senior Center is located at 5922 Warren Road, Cortland.



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Obituary

Mary L. McFarland 1955-2018

Mary L. McFarland, 62, of Vienna, passed away peacefully on Sunday, March 4, 2018 at 5:27 a.m. with her family at her side at her friend's home in Fowler under the comforting care of hospice.

Mary was born on May 27, 1955 in Warren, the daughter of Harold and Lois Schier Devlin and was a lifelong area resident.

A 1973 graduate of Warren Western Reserve High School, Mary was currently employed with the city of Cortland as the assistant finance director for the last 16 years. She enjoyed doing crafts and traveling with her grandchildren on various Disney World Cruises over the years.

Mary was a member of Fowler Community Church.

She will always be remembered by her mother Lois (Schier) Devlin of Cortland; two sons Christopher "Chris" (Shannon) McFarland of Madison, Ala., and Anthony "Tony" (Mary) McFarland of Wesley Chapel, Fla. and six grandchildren AJ, Alexis, Cian, Shaylenn, Brynlinn and Irelynn McFarland. Mary is also survived by four siblings.

Mary is preceded in death by her father, Harold.

The family received friends on Saturday, March 10 at the Fowler Community Church, with a memorial service afterwards with Pastor Joel Dickson as celebrant. The family suggests that memorial contributions take the form of donations in Mary's name to Fowler Community Church, 4665 state Route 305, Fowler, Ohio 44418.

Arrangements were handled by the Sinchak & Kaszowski Funeral Home. Family and friends may visit www.sinchakkaszowski.com to share condolences to the McFarland family.



Gobbler Gathering

Saturday, April 7, 2018 - 8:00 am to 2:00 pm



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Optimist Club donates \$500 to Veteran's Memorial



Pictured are Charles Harper, past club president and past lieutenant governor; Bill Saylor, memorial committee; Dave Kelm, club secretary; and Bob Woofter, memorial committee.

The Bazetta-Cortland Optimist Club has contributed \$500 to the Cortland Veteran's Memorial project. Bob Woofter of the memorial committee, highlighted that the Optimist Club donation brings

the fund raising to nearly \$85,000 in paver orders, donations and pledges, thanks to many individuals, businesses, veteran's groups and service clubs in the Cortland and Warren areas.

Woofter announced that anyone wanting to order an engraved paver to honor a veteran or to be recognized as a contributor, needs to place their order by May 15, to be included in the initial build planned for this summer. Order forms are available on the project website, CortlandVeteransMem.org or by calling 330-974-4355.

A special observance of Armed Forces Day will be held at Point Park in Cortland on Saturday, May 19 at 3 p.m. As part of the program, the bronze Soldier's Cross, which is a major feature in the new memorial, will be unveiled.

Bill Saylor, also of the committee, asked everyone to mark their calendars for Sunday, May 20, when the memorial committee will hold a Jeep and UTV show at the Trumbull County Antique Tractor Fairgrounds located at 1653 Ridge Road, Vienna from 1 to 5 p.m. For more details, contact Saylor at 330-360-1666.

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Don't walk on the grass! Or, in this instance, be careful of the soil! Some of us tromp on our garden's soil while doing maintenance, cutting flowers or planting new plants. Stepping around indiscriminately in the garden compresses the soil everywhere you step.

In late winter and early spring soil in the garden may be cold, wet and vulnerable. It is easily pressed down to an airless, compacted state and slow to bounce back. Soil without air is basically dead and roots can also die. One of the attributes of healthy soil is open channels for air and water to move through the soil. This is true year round.

If the urge to get out in the garden proves too strong to ignore, a layer of mulch 4 to 5 inches deep, a sheet of plywood or even a blanket of twigs is enough to pad the soil against the gardener's boots. Future plans for the garden can incorporate paths or the use of stepping stones to step on when trying to reach deeper sections of the garden.

Think about this. If you have a hard time digging a hole in compacted soil, think how hard it is for plant roots to spread through that soil. Just saying.

Good soil is the basis for a great garden, and soil testing is all too often ignored in the excitement of planting a new bed. Soil pH affects a plant's ability to take in nutrients from the soil. Soil pH is measured on a scale from 1-14, with 7 being neutral. Measurement above 7 is alkaline or sweet and anything under 7 is considered acidic. If you want to do your own soil test, follow the test kit's directions carefully. There are also pH soil probes available, put in soil and read meter. Or you can get a test kit from the OSU Extension and have your soil sample sent to a testing lab. They will make recommendations based on

what will be planted. A test kit from the Extension costs \$14. When preparing a new bed, take the sample after all the soil amendments have been added.

If a pH adjustment is necessary, apply lime to raise the pH and sulfur to lower it. If your soil was tested by a lab, the report will include what amendment is needed and its specific amount. Work the recommended number of pounds per 100 square feet into the top few inches of soil with a cultivator or hoe and water in well. Lime and sulfur are slow moving agents in the soil. A minimum of three to six months wait before retesting is advised to avoid overcorrecting the original diagnosis.

What to do about acid loving plants or shrubs planted close to non-acid loving ones? Not a big problem, both lime and sulfur move vertically in the soil, not horizontally. Sulfur can be worked into the soil around the base of a shrub and the plants around it won't feel a thing.

Since my subject seems to be soil this month, well-draining soil is a necessity for perennials. More perennials are lost in wet winter soil than because of cold winter temperatures. If there is an area in your garden that is constantly soggy or does not drain within 12 hours after a rain, there may be a drainage problem. I have used the percolation test often to check on drainage. Dig a 12 inch diameter hole the depth needed for the shrub or tree. Fill with water and let drain. Fill again, this water should drain in less than 1 hour. If it does not, drainage needs improvement. Avoid planting in low areas and think about creating slightly raised planting areas to increase the gravitational pull of the water through the soil.

Happy Gardening!
Kathleen Ferris is a Trumbull County Ohio State Extension Master Gardener and a Cortland resident.

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Geauga Co. Historical Society serves up annual pancake breakfasts

The Geauga County Historical Society will host its annual pancake breakfasts on March 18 and 25, and April 8, serving from 9 a.m. to 2 p.m. Choose one or more Sundays to visit Century Village Museum in Burton. There will not be a pancake breakfast on Easter Sunday, April 1.

The breakfasts feature all-you-can-eat pancakes served with pure maple syrup produced from the Society's own sugarbush and sugarhouse using traditional collection and production methods, plus scrambled eggs, sausage, apple sauce, and a beverage. Cost is \$8 for adults, \$5 for children ages 5 to 12 years old, and free to children 4 and under.

The breakfasts will be served in the Lennah Bond Activities Center on the grounds of Century Village Museum, southeast corner of Burton Square. GPS, 14653 East Park St.,

Burton, Ohio 44021. For more information or group reservations, call 440-834-1492.

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Local volunteer acknowledged as King Bros. Humanitarian of the Year

Twin-State Auto Racing Club recently honored local volunteer Karen Wrightsman of Cortland as its first honoree to receive the King Bros. Humanitarian Award at its 2017 awards banquet.

Four years ago Wrightsman created the first annual Dirt Track Heroes Race Car Show and Benefit where dirt track race car teams could display their race cars, while raising money to help sick children. To date, Dirt Track Heroes Race Car Show and Benefit has raised nearly \$10,000 to benefit children receiving medical treatment at Akron Children's Hospital Mahoning Valley.



Pictured are Ed Miller, Twin-State Auto Racing Club vice president, Karen Wrightsman, benefit creator and Josh Christopher, Twin-State Auto Racing Club president.

Wrightman said "I'm truly humbled to receive this award. Twin-State is a racing family who believes in giving back to the community. This event gives our club that opportunity. Local race teams and fans get together, have some fun and raise money for a great cause. It's a lot of work to coordinate the cars during the racing season, secure sponsors and seek donations to support the basket raffle, but truly a labor of love." Wrightsman said that last year there were 36 race cars on display with record breaking attendance and he expects it to be even more successful in 2018.

The 5th Annual Dirt Track Heroes Race Car Show and Benefit will be held Thursday, June 14 from 6-8 p.m. at Quaker Steak & Lube of Cortland/Warren. In addition to race cars on display, there will be activities for children, along with basket and 50/50 raffles and live entertainment. All monies raised will continue to benefit Akron Children's Hospital Mahoning Valley.

Anyone interested in sponsorship or donating to the benefit should contact Karen Wrightsman at 330-883-2982.

Spring into the Johnston Senior Center

The Johnston Senior Center offers a variety of activities for local seniors in Trumbull County. Some of the weekly activities include Mondays, chair yoga from 10-11a.m.; Tuesdays, crafts at 12:30 p.m.; Tuesdays, chair massages from 12:30-3:30 p.m.; Wednesdays, senior exercise 1-2 p.m.; Thursday, bingo! from 12:30-2 p.m.; and Fridays, senior Pilates from 1-2 p.m. The center offers multigenerational

activities on "Toddler Days" on Tuesdays and Fridays, when seniors get to play and socialize with children. It also offers a daily coffee bar, puzzles, daily newspaper, computers and more. Lunch is available Monday-Friday from the TCOEA for a \$2 donation; call to reserve. The center is located at 5922 Warren Road, Cortland. For more information call Tricia at 330-924-0412.

'One Night in Memphis' coming to Packard Music Hall

"One Night in Memphis" is coming soon to rock and roll your night away. The show is presented by the Warren Civic Music and will be live at the Packard Music Hall in Warren on Thursday, March 22 at 7 p.m. Doors open at 6 p.m.

On Dec. 4, 1956, rock and roll legends Elvis Presley, Carl Perkins, Jerry Lee Lewis and Johnny Cash got together for a jam session in Memphis. Now you

can relive that magical night of rock and roll royalty with John Mueller's number one nationally acclaimed tribute concert. This outstanding concert features the hit songs "Folsom Prison Blues," "Ring of Fire," "Great Balls of Fire," "Blue Suede Shoes," "Shake, Rattle and Roll," "Don't Be Cruel," and many, many more. Tickets are available at the Packard Music Hall or by calling the box office 330-841-2931.

Republican Club to hold monthly gathering

The Trumbull County Republican Party will hold its monthly breakfast gathering at the Buckeye Club, 366 N. Park, Warren, at 9 a.m. on March 17. The building is located at the corner of North Park Avenue and Scott Street, just north of Courthouse Square. Parking in

rear of building. There will be a full-course buffet breakfast. Cost is \$12 and includes tax and tip. Guest speaker will be Ohio Supreme Court Justice, Mary DeGenaro. Call Marleah at 330-240-1826 for questions or for more information.

Dept. of Insurance provides tips for Ohioans impacted by severe weather

Ohio Department of Insurance Director Jillian Froment is providing insurance information to help Ohioans impacted by the recent severe weather with the recovery process.

"People who have experienced damage should contact their insurance agent or company right away to potentially initiate the claim filing process," Froment said. "Insurance experts at the Ohio Department of Insurance are also available to answer any insurance questions."

Damage caused by rain, hail, lightning, wind and tornado are generally covered by a standard homeowners insurance policy, renters insurance policy and an auto insurance policy's "comprehensive" or "other than collision" coverage.

Flood insurance is not included in a typical homeowners or renters insurance policy. It's made available by the federal National Flood Insurance Program and purchased through an insurance agent. There is a 30-day waiting period for coverage to start.

If you suffered storm damage:

- Immediately call your insurance agent or company.
- Take reasonable steps to prevent additional damage if permitted by public safety authorities.
- Closely inspect property and cars for damage. Note and photograph any damage.

• If required to seek temporary housing, check your policy for "loss of use" coverage.

• Be sure everything is considered in your claim. Back up claims with written estimates.

During the recovery process:

• Obtain a list of reputable contractors from your insurance carrier, the Better Business Bureau or a specialized consumer organization.

• Contact multiple contractors and obtain more than one estimate.

• Do not allow a contractor to inspect your property when you are not home.

• If you give a contractor permission to inspect your property, personally watch them conduct the inspection. Obtain, in writing, the terms and conditions of the project.

• Avoid signing a contract until the document is reviewed fully.

• Pay the contractor by check or credit card, rather than in cash, and do not pay in full until all work has been finished.

Consumers with insurance questions can contact the Ohio Department of Insurance at 1-800-686-1526 and visit www.insurance.ohio.gov, which includes a severe weather recovery toolkit, for information

An easy, excellent Easter

(Family Features) Amazing food is the centerpiece of most holiday gatherings. This Easter, impress guests with your culinary talent by making simple dishes simply amazing. With a little special attention, even the most basic foods can evolve into dishes worth sharing with loved ones.

Most chefs agree that spices and seasonings are essential elements of your kitchen arsenal. This Easter, give your spread a boost with spices and herbs of the highest quality, such as those from Spice Islands, which crafts and packages spices and herbs from around the world to deliver the most authentic and intense flavor possible.

Spiced Honey and Black Pepper-Glazed Ham

Prep time: 10 minutes

Total time: 30 minutes

Servings: 12

- 8-10 pounds cooked shank-end ham
- water (optional)
- 1 tablespoon Spice Islands Cracked Black Pepper
- 1 tablespoon Spice Islands Ground Mustard
- 1 tablespoon Spice Islands Garlic Powder
- 1/2 cup honey
- 1 1/2 teaspoons Spice Islands Ground Saigon Cinnamon
- 1/2 teaspoon Spice Islands Ground Cloves

Heat oven to 325 F.

With sharp knife, score ham at 1-inch intervals; place in baking dish. If ham appears dry, moisten surface with water. In small bowl, combine black pepper, mustard and garlic powder. Rub pepper mixture over surface of ham. Roast according to package directions.

Combine honey, cinnamon and cloves. Drizzle over ham during last 30 minutes of roasting. Remove ham from oven and let rest 20 minutes before slicing.



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Free problem gambling presentation

"Gambling 101, What's the Problem?" will be presented on Thursday, March 22 from 6:30 to 8 p.m. at the Bazetta Twp. Hall. Presenting the programs will be Lynn Burkey, LPC, LICPC, International Certified Gambling Counselor/Consultant.

Topics include "Learn what is the Problem," "How to Gamble Safely," "Recognizing Signs of Trouble," "Helpful Strategies" and "Getting Help."

The free presentation is open to gamblers, non-gamblers, families, clergy, professionals, law enforcement and interested individuals. It is sponsored by Meridian Health Care and Cortland United Methodist Church. Refreshments will be provided.

St. Robert to hold rummage sale in April

St. Robert Parish Rummage Sale will be held on Friday, April 6 from 9 a.m. to 5 p.m. and Saturday, April 7 from 9 a.m. to noon at St. Robert Parish Hall, state Route 46, north of Cortland. Clothes, shoes, dishes, toys, books and so much more! Lunch is available. Saturday is \$1 a-bag-day.

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Storm Service Solutions donates \$2,500 to Veteran's Memorial project



Keith and Amanda Chandler, owners and managers of Storm Service Solutions in Cortland, present a \$2,500 donation to the Cortland Veteran's Memorial project.

The owners and managers of Storm Service Solutions in Cortland recently presented a \$2,500 donation to the Cortland Veteran's Memorial Project. On hand to accept the donation were Ian McAleer and Dick McClain, members of the memorial project committee. McAleer expressed their appreciation for the support from Storm Service Solutions, as they join the growing list of major donors

who will be permanently recognized on one of the design features of the memorial.

Keith Chandler, a Marine Corps veteran, indicated that his company is very active in Cortland and the surrounding areas, and they strongly endorse the need for a veteran's memorial to honor the sacrifices of the men and women who have served our country in the armed forces.

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Top bowlers at Cortland Lanes



Warren Carr, 80, bowled his second perfect game at Cortland Lanes on Feb 28. Warren, pictured left, has been a regular bowler there for many years. Eric McClelland, pictured right, bowled an 800 set on Feb. 5 (297, 226, 277). Cortland Lanes has been at the same location for over 60 years. Congratulations to Warren and Eric.

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Former Cortland resident finalist in teacher of the year

South Carolina State Superintendent of Education Molly Spearman surprised Mayewood Middle School (Sumter, S.C.) teacher, Zachariah Lowe, at his school with news that he has been selected as one of five finalists for the South Carolina Teacher of the Year award. Lowe is a 2010 alumnus of Lakeview High School in Cortland.

"Zachariah is an exceptional educator whose driving force is the belief that his students' success will transcend into the success of our state and nation," said Spearman. "The leadership Zachariah exhibits in his classroom and in the Sumter community is what we strive to instill in every South Carolina graduate."

Zachariah Lowe is a 6th- 8th grade social studies teacher at Mayewood Middle School in Sumter School District. Zachariah became a teacher to "make a positive influence in the lives of the next generation of world leaders." He has worked tirelessly to ensure that his students become critical thinkers - leading to several of them participating in C-SPAN'S ClassCam Competition, where students choose a current issue in the community, take steps to research information, interview experts, and craft a workable solution. His students have been recognized at both local and national levels for awards such as the NASC/Ruth Hollander Award for outstanding contributions to participation in democracy and a recycling grant from the South Carolina Dept. of Health and Environment Control. Lowe himself has been awarded several accolades for his work inside and outside the classroom. He attended the C-Span Summer Educator Conference and the Ford's Theatre Summer Teachers' program in Washington, D.C. In addition, he has authored a chapter for a National Council for the Social Studies (NCSS) publication and has served as a presenter and co-presenter, at numerous national, regional, and local workshops and conferences.

"Zachariah is the epitome of a frontline educator. He believes our students deserve the very best and helps



them develop into the vision behind the Profile of the South Carolina Graduate through collaboration, diligence and action," said Dr. Debbie Hamm, interim superintendent of Sumter School District. "I truly admire his initiative to grow in new directions by focusing on positive change and connecting with others who choose to dream, achieve and collaborate. The Sumter School District family congratulates Zachariah on achieving this outstanding honor, and we wish him nothing but the very best in his journey toward being named the best in the state."

As one of five finalists, Zachariah will receive \$10,000 and go on to the next stage of competition, which involves an in-person interview with a team of expert judges. The South Carolina Teacher of the Year Gala will be held May 2 in Columbia where the overall winner will be crowned. The winner receives a total of \$25,000 and is provided with a brand new BMW to use while serving for one year as a roving ambassador providing mentoring, attending speaking engagements, working with teacher cadets and teaching fellows, leading the State Teacher Forum, and serving as the state spokesperson for over 48,000 educators.

Greenwood Chevrolet and local United Ways name Cortland man winner

John Urchek, a Cortland resident and retiree of Delphi Packard Electric, was the lucky winner of \$15,000 in cash courtesy of the 8th annual Greenwood Chevrolet Cruze or Cash Giveaway. The giveaway rewarded a donor who gave to either the United Way of Trumbull County or to the United Way of Youngstown and the Mahoning Valley campaign in 2017.

Urchek picked the box with the key that started the new car at the giveaway event at Greenwood Chevrolet's showroom in Austintown.

He began donating decades ago through a workplace campaign at Delphi and has continued to contribute to United Way in his retirement. He chose to take the \$15,000 check, but took only \$14,000 home with him giving

\$1,000 back to the United Way.

"The United Way is a very good foundation to give to," he said. "They're people that are very concerned and help those of all ages in sickness or in health. I was the one that got the car, or the check, but I want everyone to continue giving. I want them all to have a wonderful year, which will be much easier if you donate."

Greenwood Chevrolet generously donated the 2017 Chevrolet Cruze or cash to the United Way of Trumbull County and the United Way of Youngstown and the Mahoning Valley to incentivize donors to give. Donors were eligible with a minimum donation of \$260. Ten finalists, five from Trumbull County and five from Mahoning County, were selected.

New humane agent sworn in



Robin L. Stowe was sworn in as a humane agent of Animal Welfare League of Trumbull County on Feb. 21 at the Trumbull County Probate Court. Administering her oath of office was Judge James A. Fredericka, Probate Judge. Pictured are Robin Stowe, Probate Court bailiff Drew Verbosky and Judge James A. Fredericka.



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Tips to keep allergy sufferers from dreading spring

(BPT) - From flowers poking through the ground to ditching heavy winter parkas, it's easy to look forward to spring. Unless, of course, you have allergies. Then, the path to warmer weather and additional daylight could be marked with watery eyes, sneezing and a runny nose. Makes it hard to be excited, right?

It doesn't have to.

While spring carries its own concerns for allergy sufferers everywhere, there is relief. Now is the perfect time to set plans in place to help ease your allergy symptoms before they begin.

"People think they're doing everything they can to battle spring allergies," says allergist Bradley Chipps, MD, president of the American College of Allergy, Asthma and Immunology (ACAAI). "But many still find themselves under siege from pollen and other allergens that appear once the weather starts to warm up. What they don't realize is that by following a few simple rules they can make life a lot more pleasant, and their allergies more bearable."

As you start your spring allergy planning, keep these five tips from ACAAI in mind. Use them and your spring will be filled with flowers and breezes, not coughing and sneezes.

1. It may not only be allergies. In some cases the symptoms you are experiencing may not be caused by allergies alone but by another complication such as asthma. Research shows two-thirds of people with asthma also suffer from allergies, making symptoms worse during the spring season. If your symptoms include a persistent cough or feeling winded quickly, asthma could be the cause of your trouble. If this sounds familiar, consult your allergist. Your allergist can help identify the source of your asthma and help treat your allergies to manage

your symptoms.

2. Take a deep dive for spring cleaning. Spring cleaning is a must for many people, but if you suffer from allergies, it's even more important. Clearing dust and cobwebs can ease your sneezing, but for better results, roll up your sleeves and give your home a deep scrub. A thorough cleaning can eliminate allergens such as dust mites and mold, and clear the air.

3. Start your relief early on. Don't wait for your eyes to begin watering before taking your allergy medicine. Start your medications at least two weeks before the season begins, and they will already be in your system when you really need it.

4. Clean your air effectively. When looking for support to clean the air in your home, don't choose an ionic air filter. These filters require more airflow to operate properly than most homes are able to provide. Instead choose a HEPA room air cleaner rated with a Clean Air Delivery Rate. If you have central air, change your filters every three months and use filters with a MERV rating of 11 or 12 to keep your air as clean as possible.

5. Resist the urge to breathe in fresh air. After months cooped up indoors, you want a fresh breeze, but before you open your windows, beware. Opening windows allows pollen and other debris into your home where they can settle in your carpet or upholstery. As hard as it can be, you're better off keeping your windows closed during peak allergy season. Use your air conditioning to regulate your home's temperature instead.

For people with allergies, spring's annual arrival feels like a mixed blessing. By using the tips above, you can ensure that you have everything you need to make spring great. And you'll do so with less of the coughing and sneezing that can go with it.



This year's April 2 deadline for property owners to challenge the county's assessment of their property values is looming and the process can be more complex than many expect. Patrick J. Heery, a real estate attorney with Columbus-based Bluestone Law Group, provides an overview of why and how property values and taxes may be appealed.

Ohio's System for Challenging Property Values and Taxes

Ohio has a system by which county auditors must reappraise every parcel of land and building located in their county on a repeating six-year cycle. Those values, multiplied by local tax rates, result in the amount that property owners pay in real estate taxes. Avenues are available to both residential and commercial property owners to challenge the value of their properties. If successful, owners can reap the benefit of slashing their tax bills, often for very significant amounts.

How property values are determined

Each auditor in Ohio's 88 counties works on a six-year cycle to determine property values and keep them up to date. Year 1, referred to as the reappraisal year, is when the county auditor views the properties and conducts a full reassessment of their values. In many smaller counties, the auditor's appraisal staff will drive around looking for changes made since the last assessment. Today, in most larger counties, auditors depend more on aerial photography or drones to photograph properties and then use sophisticated computer programs to measure and document recent physical changes made to the properties. Once the auditor determines the reappraisal value, it generally stays in effect for Years 2 and 3 of the tax cycle unless the property is sold, a casualty occurs to the property or an improvement is added.

Year 4, referred to as the update year, is when county auditors make adjustments to property values based upon data gathered from sales that occurred in Years 2 and 3, with analysis provided by knowledgeable market participants like real estate brokers and investors, and economic reports. Values generally remain the same for Years 5 and 6, again, unless the property is sold, a casualty occurs or an improvement is made.

Tax Year 2017 was the reappraisal year for 28 counties statewide. In 2018, 19 counties are going through the reappraisal process and Tax Year 2020 will see 11 counties undergo reappraisals. This staggered cycle was established for administrative efficiency.

Challenging property values

Normally, owners can challenge a county auditor's valuation just one time in each three-year cycle (a triennium). Property values are challenged via a "Complaint Against Valuation" that is filed with the local Board of Revision (BOR). The same complaint form, which asks 14 questions about the property, is used statewide. It can be downloaded from nearly all county auditor websites as well as from the Ohio Department of Taxation's website. It is important to fill out the form carefully because incorrect information can result in the dismissal of a case.

In Ohio, property owners pay taxes for periods of time that have already passed - so you may hear that owners are paying taxes one year in arrears. We always look back in time when it comes to paying real estate taxes and discussing property values. Right now, property values for 2017 are the focus of attention. So, property owners who file a complaint before the April 2, 2018 deadline, are contesting the value of their property as it was on Jan. 1, 2017.

Common reasons for challenging property values include declining market values for similar properties, declining

rents coupled with increased expenses and vacancies, a property that has become functionally or economically obsolete, and damage or destruction, whether caused by fire, flood, ground movement, mold or wind. In addition, people who recently purchased a property in an arms-length transaction (when both buyer and seller act independently) for less than the county auditor's value, often have a strong basis for filing a tax appeal.

A good rule of thumb: If you feel there is no way your property can sell for as much as the auditor's value, consider calling an attorney to get help filing a complaint.

The complaint process

Once the complaint is received, the BOR will take two actions. First, if the owner is seeking a decrease in property value of more than \$50,000, the BOR will notify the local school district. School districts generally receive between 65 percent to 70 percent of property taxes collected, meaning that they are the government entity most affected. If the school district decides to become involved with the owner's case, its counsel is allowed to cross-examine the owner's witnesses and to present its own evidence of the property's value.

The second action taken by the BOR will be to schedule a hearing. Usually hearings occur during the summer and fall months and last about 15 to 30 minutes. The county auditor, county treasurer and the president of the Board of County Commissioners (or members of their staffs) sit on the panel. The BOR typically issues its decisions within 2 to 4 weeks after the hearing. If an owner is unhappy with the BOR's decision, an appeal can be filed with the Ohio Board of Tax Appeals or the local County Common Pleas Court.


Legal guidance

Attorneys can come in handy during a property tax appeal in several ways, often saving their clients money in the long run.

In these cases, property owners carry the heavy burden of proving that the auditor's value was wrong; in contrast, the county does not need to prove that the auditor's value was correct. This means that owners need to submit reliable, meaningful evidence to establish the property's true market value as of Jan. 1 of the tax year at issue. In cases where high amounts of tax dollars are involved, the local school district will always be represented by skilled counsel who will aggressively work to get cases dismissed on jurisdictional grounds, often before property owner even has an opportunity to talk about the merits of his or her case; thereafter, the school district's attorneys will challenge and critique the appraisal evidence submitted by owners.

An attorney who is knowledgeable about this area of the law and who has experience appearing before boards of revision can be critical to winning your case. Attorneys can help owners in assembling the necessary evidence, whether by identifying the correct purchase transaction documents to present to the BOR panel or hiring a skilled appraiser and then reviewing the appraisal report to make sure that its value conclusion is well-supported and reasonable. And, most importantly, these lawyers will have the skillset and knowledge of changes to the tax code and case law that will allow them to rebut any legal arguments made by the other side.

This "Law You Can Use" column was provided by the Ohio State Bar Association. Articles appearing in this column are intended to provide broad, general information about the law. This article is not intended to be legal advice. Before applying this information to a specific legal problem, readers are urged to seek advice from a licensed attorney.

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Something to think about

Rev. Donald P. Barnes

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

I Corinthians 13: 4-7

We live in an age of moral relativism. A day where anything goes - I'm OK, you're OK - every man and woman for him or herself - pull yourself up by your own bootstraps - keep your nose in your own business, etc., etc., etc. In the current climate, ideals can appear cliché and out of sync with the real world. According to Jerone Bruner: "In time, and as one comes to benefit from experience, one learns that things will turn out neither as well as one hoped nor as badly as one feared." I disagree with Bruner. My "experience" teaches me that if we are attentive, we will occasionally catch glimpses of the ideal. For instance, love, in its idealic form might be rare, but it is real. We know it when we see it. We long to experience and offer such a rare gift. Love unfeigned is an ideal worth striving for. Fact of the matter is, apart from ideals we have nothing to strive for.

In his letter to the church at Corinth, Paul lifts up an important ideal. What does it mean "to love?" What does love look like in its idealic form? He writes a church that has been fragmented by dissension and strife. After offering a long list of advice, the Apostle says: "let me show you a more excellent way" and launches onto his treatise "on love." There are some things worth striving for. I believe one person can make a difference. Let's try an experiment. I hope you're with me. Allow love to reign in your life this day. In the mundane and the ordinary - in challenges and difficulties, allow love to be your guiding light. It will make a difference in your day and in your world. According to C.S. Lewis: "Do not waste your time bothering whether you 'love' your neighbor act as if you did. As soon as we do this, we find one of the great secrets. When you are behaving as if you loved someone, you will presently come to love him. If you injure someone you dislike, you will find yourself disliking him more. If you do him a good turn, you will find yourself disliking him less." Consider the following, Author Unknown:

What is love?

- It is silence--when your words would hurt.
- It is patience--when your neighbor's curt.
- It is deafness--when a scandal flows.
- It is thoughtfulness--for other's woes.
- It is promptness--when stern duty calls.
- It is courage--when misfortune falls.

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Kierra is an 8-year-old gray domestic shorthair. She came here back in August from a humane case. She's the only one who hasn't been adopted! She loves to greet you at the window when you go by. She is super friendly, but can be a bit shy. Just give her time to warm up and she's as sweet as can be. She lived with multiple cats before, and does now also, so we're sure she would love to have a friend. Her adoption fee is \$20.17 and includes her spay, vaccinations, FeLV/FIV testing, a microchip with registration and more.

Crissy is a 5-year-old Collie mix.



She came to us from the dog pound. We then found out she was pregnant. Her puppies have been adopted and she deserves a home, too. She can be shy around strangers, but her personality will shine once she gets to know you. She is currently in our CCP program. This is a nine-week basic obedience program held at Trumbull Correctional Institute. Crissy will also be housebroken, and crate trained. She can be pre-adopted so when she graduates on April 10, she can go home. Her adoption fee is \$200 and includes her spay, vaccinations, heartworm testing, microchip with registration and more.

Shelter hours are Tuesday through Saturday from noon to 6 p.m. Adoptions close at 5:30 p.m. The shelter is closed on Sundays and Mondays. AWL shelter is located at 812 Youngstown Kingsville Road SE in Vienna, across the street from Avalon at Squaw Creek. For more information call, 330-539-5300 or visit www.awlrescueme.com.

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Maplewood Jr. High School girls win basketball championship



The 2017-18 Jr. High Girl's Maplewood Rockets finished a successful 14-3 season by winning the 2018 Grand Valley Middle School Basketball Tournament against South Range on Tuesday Feb. 13. Pictured

are Hannah Thomas, Emily Butler, Kaitlyn Kirch, Hannah Gaylog, Head Coach Stephanie Pykare, Baylie Starcher, Sadey Morris, Hannah Faatz, Abbey Nay, Marissa Ventura, Ella Mae Parthemer.

Badger student earns Girl Scout Gold Award

Cassie Forsha recently completed her Girl Scout Gold Award Project after many hours spent in the library of Joseph Badger School. She wanted to make it easy for students to locate Accelerated Reader testing books. Accelerated Reader (AR) is a software program that monitors the practice of reading in students K-12. Students are required to achieve a certain amount of points each grading period on AR books. Students read the book, then take a simple multiple-choice quiz that assesses their reading comprehension.

Cassie is a 10th-grade student at Badger who loves reading. She started her project in the Elementary area of the library by entering each book and its author into a database. She then visited the AR website to verify which books were testing books and recorded their point value and book level. There were over 11,000 books in the Elementary library. Months later, she transferred her data into label format and printed over 6,700 labels, the amount of AR testing books in the Elementary. She asked students and members of her Girl Scout troop to help place these labels in the back cover of the books. They also placed a blue and white AR label on the spine of each testing book. The sticker makes the book easily identifiable as an AR book.

After finishing the Elementary, she moved on to the combined Middle/High School library. Fortunately for



her she was able to obtain a database that contained the over 13,000 book titles and author names. She did, however, still verify which books were AR testing books. As in the Elementary, she transferred the information into label format, then printed and added them into the corresponding book with an AR sticker on the spine. The Middle/High School library contained over 7,000 AR testing books

Cassie began this huge project in May of 2017 and finished in January of 2018. The entire project took over 720 hours to complete. Thankfully, with the help of many students placing labels in books, Cassie was able to complete this project, committing 284 hours of her own time. Cassie will receive her Gold Award at a ceremony in June. She is a Senior level Girl Scout in Troop 80009.

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American Winds College of Aeronautics to host open house for northern Ohio high schools students

American Winds College of Aeronautics, the only school in Ohio solely devoted to aviation, will host an open house for high school students interested in pursuing a career as a pilot. The event takes place Saturday, March 24, from 10 a.m. to 2 p.m. at AirSpace Place, located at Akron-Fulton Int'l. Airport, 1600 Triplett Blvd. in Akron.

Prospective students are invited to meet one-on-one with flight instructors, tour the facility, inspect the fleet of aircraft and learn about financing options for American Winds' Associate Degree programs. In January 2017, American Winds received approval from the State of Ohio Board of Career Colleges and Schools to confer an Associate Degree of Applied Science in three aviation programs: Aeronautics (Professional Pilot Program), Aeronautical Instruction (Instructor Pilot Program) and Aviation Administration & Management (AAM Program).

"The demand for commercial pilots has reached a critical level in the U.S.," said Denise Hobart, president and chief pilot for American Winds. "Our comprehensive training program encompasses basic and advanced career flight training courses, internship courses and professional programs, as well as career employment assistance after graduation. We also offer 12 FAA-approved flight certification courses for anyone who does not want to enroll in the College."

Interested students should R.S.V.P. by Thursday, March 22, 2018 by calling 330-733-2500 or e-mailing admissions@teachmetofly.com. Founded in 2001, American Winds has been honored by the Council of Smaller Enterprises in Cleveland and the Greater Akron Area Chamber of Commerce. In 2006, the school made aviation history when a hearing-impaired flight student successfully completed his Instrument Pilot Training.

Tuesdays at the Lake

Join us in the Clubhouse each Tuesday in March!

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ExploreAg science camp accepting applications

High school freshman and sophomores in the 2018/2019 school year who are considering careers in science, technology or engineering are invited to apply for the integrated science camp ExploreAg. Rewarding careers are available in the food, fuel and fiber sector. The one-of-a-kind ExploreAg Camp will expose students to the many career opportunities that are in high demand.

Fifty students will be chosen through a competitive process to spend one week on a college campus for an introduction to agriculture and hands-on learning experiences. Internationally known teachers, scientists and researchers will expose students to food science, precision agriculture, animal science, natural resources, management skills, technology and agricultural business. Along with classroom experience, the students will participate in field experiences that highlight cutting-edge research and will interact with industry partners to learn about possible careers in related fields. Students also will participate in leadership development activities and be offered guidance in planning for college.

Students may choose between camps at The Ohio State University in Columbus June 10-15 or OSU-Agricultural Technical Institute in

Wooster June 17-22. The application deadline is April 6, and students who are selected will be notified by April 23.

Students will be required to submit a video application, provide contact information for three adults willing to recommend the student and submit a resume.

The camps are free, but a \$50 deposit must be provided by students accepted to the camp. The deposit is refunded upon completion of the camp.

ExploreAg is a signature project of the Ohio Farm Bureau Foundation's Fisher Fund, named after former Ohio Farm Bureau Executive Vice President Jack Fisher. The foundation has committed \$125,000 to the first two years of ExploreAg.

For more information or to submit an application, visit ExploreAg.org.

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Lakeview High School

Band Boosters spring craft and vendor show

The Lakeview High School Band Boosters will hold its first spring craft and vendor show on Saturday, March 24 at Lakeview High School, 300 Hillman Road, Cortland. The craft show hours are 10 a.m. to 3:30 p.m. A variety of crafters and vendors will be on hand. Concessions will be available along with a Chinese auction. All proceeds will go to the new band uniform fund.

For more information email lakeviewhsband@gmail.com.

Cortland High School class of 1961 breakfasts

The Cortland High School class of 1961 meets every second Tuesday of the month at the Perkins Restaurant on Elm Road in Warren at 9 a.m. The class has been meeting on a regularly since their 50th class reunion. This was the last class to graduate from the old high school building on Pearl Street, formerly the elementary building. There were 83 classmates that graduated in 1961. For more information please contact Mike or Pat Piros at 330-637-6606. Reservations are requested in order to secure enough space.



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Capitalizing on employee stock options

An increasingly valuable form of compensation for many individuals who work for privately-held or public companies is the opportunity to own company stock. This is often made available through an employee ownership plan. If your employer provides you with this benefit, it's important for you to understand how the employee stock options (ESO) work, and the most effective ways to take advantage of them.

The opportunity to own shares in the firm you work for can, at times, be extremely valuable. In other circumstances, the actual financial benefit may turn out to be limited. Much depends on the level of success the company enjoys. One of the most appealing aspects of stock options is that it gives you a greater stake in the potential success of the company.

Prices and dates to know

Before you make any decisions about how to take advantage of stock options, you need to understand the price you will pay for shares of company stock and the timing of those purchases. This is key to determining the ultimate benefit the ESO plan may have to offer. Here are some of the critical terms to understand:

- **Strike price** (also known as grant price or exercise price) - this is the price you will pay to purchase shares of stock utilizing the option. The price and number of shares available to you is specified at the time the company grants the option.

- **Market price** - the current value of a share of stock. This is important to know at the time you intend to exercise your option to buy company shares.

- **Vesting date** - after receiving the option, you may have to wait for a specified time period before you can exercise it. When the vesting date passes, you may choose to purchase the stock at the strike price.

- **Expiration date** - once the option is fully vested, you may choose to purchase the stock at any time before the expiration date.

Timing matters

The real benefit of holding stock options is the discount you receive on purchasing company stock. This happens when your company's market share price has risen significantly above the strike price specified in your option. You can derive a meaningful financial benefit as soon as you purchase shares - a concept often referred to as the option being "in the money."

If the market value of the stock stays below the strike price by the time you reach the expiration date, you may want to let the option expire. In this instance, you could consider purchasing company shares on the open market at the market price.

Once the vesting date is reached, you can purchase shares in several ways. You can pay cash for the actual shares or you can swap shares of the stock that you already own to cover the purchase cost at the strike price.

If you purchase shares, they become part of your portfolio and your overall financial strategy. As you exercise your stock options, it's important to make sure you do so with your overall risk tolerance in mind. Holding too much of a single stock in your portfolio increases your exposure to risk, and is a possibility if you accumulate significant shares of company stock over time. Review your options with a financial professional who can help you capitalize on the benefits of having an ownership stake in your employer's firm while maintaining a well-diversified portfolio.

Column provided by Shortreed & Associates, Financial planning services and investments offered through Ameriprise Financial Services, Inc. Member FINRA & SIPC.



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Travel Club goes west

The Trumbull County Travel Club invites members and nonmembers to join the adventure to Oklahoma City and Branson with a stop in St. Louis and Casey, Ill. from April 16-22. The motor coach will depart from Howland and journey to Oklahoma City offering travelers a unique look at a city with a blend of western American history within a sleek contemporary city appearance.

On April 19, 1995, the Alfred P. Murrah Federal Building was bombed and a stop will be made at the memorial that features 168 chairs, one for each life lost that day. Free time at

the National Stockyards for shopping and time to visit the Cowboy & Western Heritage Museum are on the agenda before departing for Branson, Mo. In Branson the trip will highlight the Titanic, Music Fest Showcase and Clay Cooper's Country Express. On the journey home, travelers visit the Old Court House and the Gateway Arch in St. Louis. The final day of travel stops in Casey, Ill. to walk through some of the world's largest objects built by man. Eleven meals are included in this diverse adventure. Please call 330-856-5398 for further details.



By Jennifer J. Slywczak

When an elderly parent might qualify as your dependent

It's not uncommon for adult children to help support their aging parents. If you're in this position, you might qualify for an adult-dependent exemption to deduct up to \$4,050 for each person claimed on your 2017 return.

Basic qualifications

For you to qualify for the adult-dependent exemption, in most cases your parent must have less gross income for the tax year than the exemption amount. (Exceptions may apply if your parent is permanently and totally disabled.) Social Security is generally excluded, but payments from dividends, interest and retirement plans are included.

In addition, you must have contributed more than 50 percent of your parent's financial support. If you shared caregiving duties with one or more siblings and your combined support exceeded 50 percent, the exemption can be claimed even though no one individually provided more than 50 percent. However, only one of you can claim the exemption in this situation.

Important factors

Although Social Security payments

can usually be excluded from the adult dependent's income, they can still affect your ability to qualify. Why? If your parent is using Social Security money to pay for medicine or other expenses, you may find that you aren't meeting the 50 percent test.

Also, if your parent lives with you, the amount of support you claim under the 50 percent test can include the fair market rental value of part of your residence. If the parent lives elsewhere – in his or her own residence or in an assisted-living facility or nursing home – any amount of financial support you contribute to that housing expense counts toward the 50 percent test.

Easing the burden

An adult-dependent exemption is just one tax break that you may be able to employ on your 2017 tax return to ease the burden of caring for an elderly parent. Contact us for more information on qualifying for this break or others.

Jennifer J. Slywczak, CPA, is the owner of Integrated Accounting and Tax Solutions LLC, located at 3378 state Route 5, Cortland. You can reach her at 330-638-2727 or by email at jennifer@jenjslycpa.com To sign up for monthly newsletters you can visit her website at www.jenjslycpa.com.

Are hidden leaks damaging your home, boosting water bills and harming the environment?

(BPT) - Home water leaks waste 1 trillion gallons of water per year, and 10 percent of American homes have leaks that waste 90 gallons of water a day, according to the EPA.

Fixing easily detectable leaks like dripping faucets and malfunctioning toilets can reduce water bills and water waste. But what do you do about the leaks you can't see?

Hidden leaks can be dangerous. Leaking pipes within walls can cause mold. Dripping faucets behind appliances can be a fire hazard. Leaking irrigation can cause significant lawn damage. And that's just the tip of the iceberg.

In a national study of more than 300 homes, intelligent-water industry leader Phyn found that 17 percent of homes have some type of leak. Of those leaks, half were from a broken toilet flapper. This type of common leak wastes 800 to 1,100 gallons of water each day!

Uncovering hidden links is important for your budget, your safety and to protect your property investment. Here are some ways to easily detect hidden leaks so you don't have to worry:

Proactive inspections: Look where hidden leaks commonly occur before you see signs of a problem. Early detection could prevent costly damage. Even new homes need this approach, since human error during construction could lead to hidden leaks later.

Inspect systems: First check your irrigation system by walking around the yard, looking for signs of leaks, like puddles of water or depressions in the ground near sprinkler heads or lines. Also, inspect around your water heater for moisture. Remember

to watch the water meter, too. An unexpected spike in a water bill could indicate a problem.

Technology: New advancements help detect leaks using intelligent-water technology, such as the Phyn Plus smart water assistant + shutoff. Installed right after the meter on the main water line, this device analyzes your home's water use by measuring tiny changes in pressure at 240 times per second. This allows the device to shut off the water automatically, so the owners can rest assured that they won't come home to surprise water damage from a burst pipe.

Keep age in mind: Older homes have older pipes and systems that may be more prone to leaks, so it's important to keep close attention on your home as it ages. That being said, new homes aren't immune to water leaks. You may have heard stories of new homeowners hanging a picture on their wall, only to find a puddle on the floor the next day right below where the nail had punctured a pipe. Pipes and soldering can fail at any time, whether your home is brand new or 100 years old.

Use the pros: When in doubt, hire a professional to get expert insight and workmanship. For example, the Uponor Pro Squad is a group of authorized, intelligent-water specialists, dedicated to installing and servicing the Phyn Plus. Pro Squad members have been trained and certified to provide an expert installation experience, ensuring the quality and workability of the Phyn Plus device.

It's important to detect hidden water leaks in your home. Learn more about water leaks and smart home technology at www.phyn.com.

United Methodist Men to host dinner March 17

The United Methodist Men of the Cortland United Methodist Church will sponsor a corned beef/roast beef dinner on Saturday, March 17 in the church fellowship hall, 155 North High St. The dinner will be

served from 4:30 to 6:30 p.m. The cost is \$10 per person. Take outs are available. The menu consists of corned beef/roast beef and cabbage, potatoes, green beans, dessert and beverage.



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Pictured are committee members Pam Vines; Julie Vugrinovich; Pam DeVicchio, owner of The Italian Marketplace; WJWL President Jonnah Hetzel; Dodie Baritell; Jan Elliott; Esther Gartland and Mary Swift.

Committee members for GFWC Ohio Warren Junior Women's League's "Murder Mystery Dinner - Vegas Hit Parade" met at The Italian Marketplace on state Route 422 in Niles, with Pam DeVicchio and put the finishing touches on the Italian dinner for the event. Proceeds will benefit the Camelot Center - Therapeutic Horseback Riding Program, Fairhaven Foundation, Summer Enrichment Program for Handicapped Children of

Trumbull County, and Trumbull County Children's Services. Join them for an evening of fun and mystery solving. The event will be performed by Florian Productions, on April 21 from 6 to 10 p.m. at the Blessed Sacrament Church Regan Hall on Reeves Road in Warren. Tickets are \$50 per person and can be purchased by contacting Stephanie Canzonetta, scanzonetta@yahoo.com or Julie Vugrinovich, realtorjulie1@aol.com by April 13.

How to be 'money smart' in a digital world

(BPT) - Modern digital technology has replaced landlines, television antennas, VCRs, CDs and many other things that were once part of our daily lives - and the next thing to go may well be cash.

A few years ago, the idea that we would no longer use cash would have seemed outlandish, but it's happening

right before our eyes. A 2016 Gallup poll found only 24 percent of Americans made all or most of their purchases with cash, compared to 36 percent five years ago. Plus, according to a recent U.S. Bank Cash Behavior Survey, more consumers say they prefer the use of digital apps to make payments versus cash.

Digital payments, specifically person-to-person (P2P) payment technologies, have made it fast, safe and convenient to send and receive money from a mobile device. Where once people exchanged cash, they are increasingly sending money to one another via P2P technology services like Zelle(R), which connects the nation's leading financial institutions to enable consumers to send fast payments to friends, family and people they trust.

If you haven't already joined the 100K consumers, on average a day, who are signing up to use P2P payments, the experts at Early Warning Services, the network operator of Zelle(R) - offer three ways to be "Money Smart" in a Digital World:

- **Speed** - When rent is due, or someone's birthday is coming up, time and money are critical! Don't send money that will take days to get to someone or could get lost/stolen at the post office. With Zelle you can safely send money, typically within minutes when both parties are already registered.

- **Simplicity** - Using Zelle makes it easy to send money to friends and family with a bank account in the U.S. - whether you're using your banking app on your phone or the online banking portal on your laptop, you can pay friends back or request money from family wherever you are and without ever looking for an ATM.

- **Safety** - Make sure you only send money to people you know and trust, and make sure you type in their phone number or email address accurately when you send funds. By only sending money to people you're already familiar with, you help to mitigate your chances of falling victim to scams.

Are the days of wrinkly dollar bills and trips to the ATM over? Maybe, maybe not - but as more people switch to mobile payments, the convenience, security and ease will revolutionize the way people exchange money.

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Meeting to discuss potential MetroParks levy

The Trumbull County MetroParks Board has reached a point where a tax levy may be needed to serve the needs of Trumbull County's citizens. To assist in this effort, the Trumbull County MetroParks Board would like to invite interested citizens to participate in a meeting to gauge the public's interest, their support level and initially identify those attendees who would like to volunteer for any of the committees we feel are needed to further pursue a possible park tax levy in an upcoming future election. The meeting will be held at Kent State Trumbull in the Technology building in room 117 on Wednesday, March 28 at 6 p.m.

The meeting will discuss the history and current state of the park district, how we are currently funded, our recent year's budget levels, park board members, volunteer and potential donations. We are also asking that any interested citizens planning to attend or those interested but who cannot attend for any reason to email Zachary Svette at svettez@aol.com or call him at 330-307-0708.

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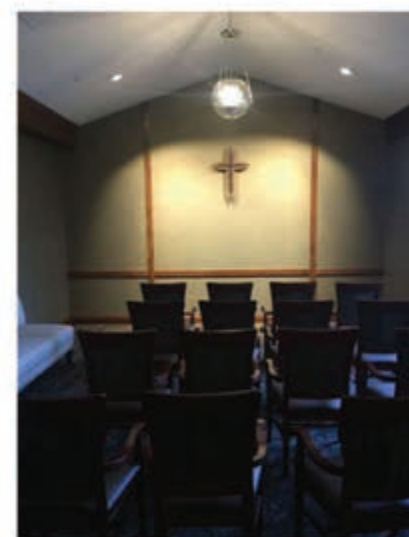


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Small ways you can change your routine for a better you

(StatePoint) Sometimes the smallest changes to your daily habits can have the biggest impact on your wellness. With that in mind, here are a few easy ways you can change your routine for a better you.

Sit Less

Does your job require you to sit still most of the day? Even if you work out regularly, an otherwise sedentary lifestyle can be bad for your health. Be sure to get up throughout the day in order to stretch and walk around. It only takes a minute to reap the benefits, so don't skip these breaks. Consider installing an app on your phone to remind you at periodic intervals when it's time to move, and if possible, alter your workstation to make it easier to assist in this effort. Standing desks, treadmill desks and even biking desks can keep you active throughout the day.

Rethink Brushing

Good oral health includes taking great care of your gums -- and research shows that harmful bacteria and plaque that lurk below the gum line can have a big impact.

"A healthy mouth needs healthy gums, and even diligent brushing may not remove all harmful plaque," said Sarah Thiel, RDH. "Toothpaste that goes below the gum line to destroy plaque bacteria in the mouth is a great addition to your brushing routine. Because if you're not taking care of your gums, you're not taking care of you."

Consider switching to a toothpaste

specifically developed to improve gum health, like Crest Gum Detoxify, which uses Activated Foam Technology to seek out harmful bacteria in hard to reach places in order to neutralize it, even below the gum line. More information can be found at Crest.com.

Spice it Up

If you rely on fat and sugar for the bulk of flavor in your cooking, consider improving your seasoning routines for more nutritional meals. Reduce your reliance on these ingredients without getting bored by adding healthier boosts of flavor to dishes. Chop fresh herbs onto your pasta or salad, add spices to your stew, include garlic, ginger and even hot peppers in your stir-fry.

Drink More Water

What are you drinking during the day? If the answer is juice and soda, consider replacing at least some of that with water. Water doesn't have to be flavorless. Infuse your water bottle or pitcher with your favorite fruits, vegetables and herbs. From cucumber and strawberry slices to watermelon and mint, you can have fun while hydrating, without resorting to high calorie beverages that offer little or no nutritional value.

Focusing on sweeping lifestyle changes can leave anyone feeling overwhelmed. For lasting and meaningful impacts on your health and wellness, find small tweaks that you can make to your daily routine.



Cortland Branch Library events in March

The following programs take place at the Cortland Branch Library, 578 Lakeview Dr., Cortland. All library events are free and open to the public. No reservations are required unless noted.

Preschool Storytime

Mondays at 6 p.m.,

Tuesdays at 11 a.m.,

Preschool Storytime features stories and a craft related to a weekly theme and reinforces the development of early literacy skills. Early literacy is what children know about reading and writing before they can actually read and write, and mastering these skills now helps children grow up to be good readers! For children ages 3 to 5. Free.

Time for Tots

Every Wednesday at 11 a.m.

A developmentally appropriate storytime program for children ages 2 to 3 ½ with a parent or caregiver. Registration is required by calling 330-638-6335. Free.

FOR TEENS

#TeenMidweek

Wednesdays at 3:30 p.m.: March 21, 28

Join us on Wednesday after school for different activities each

week! For grades 7-12.

Culinary Curiosity

Thursday, March 22 at 3:30 p.m.

Ever wanted to know how to properly cook or make small dishes for your own? Come taste and create at the library! For grades 7-12. Registration is required; call 330-638-6335.

FOR ADULTS

Spring Wildflowers of the Mahoning Valley

Thursday, March 22 at 10 a.m.

Naturalist Bob Coggeshall will show photos he took in Mill Creek Park and the surrounding area of wildflowers. This presentation is in partnership with Master Gardeners' Alumni. No registration necessary. Free admission.

The Music of the Islands

Tuesday, March 20 at 6:30 p.m.

Enjoy an evening of Hawaiian and Tropical themed music with guitarist Ed Gorse. In addition to both classical and steel string guitars, he also plays solo mandolin and ukulele. No registration necessary. Free admission.

Underground Railroad lecture at the Sutliff Museum

The first annual "Nurturing Pathways to Freedom" lecture series of the Sutliff Museum, will kick off on Saturday, March 17, with a presentation titled, "Stampeding to Freedom: Escaping Slavery in the Ohio Borderlands" by Déanda Johnson, Midwest Regional coordinator for the National Park Service Network to Freedom Program in Omaha, Neb.

The presentation will look at the Underground Railroad along the Ohio River through the lens of "slave stampedes." The term "slave stampedes" was used in the 19th century press to describe a large number of enslaved people escaping in a group or several escapes from a specific location in a particular

space of time. Before the Civil War, the majority of these escapes occurred from border states like Kentucky. These "stampedes" captured the public imagination and further helped to construct the Ohio River as an important site of Underground Railroad activity. This presentation will examine these escapes and how they better help us to understand slavery and freedom.

This is the first of three free programs in the series and will be presented in the Thomas Meeting Room on the second floor of the Warren-Trumbull County Public Library. Doors open at 1:30 p.m. and the lectures will begin at 2 p.m. For further information visit www.sutliffmuseum.org, call 330-395-6575, or on Facebook or Twitter.

Victorian hygiene exhibit now open at the Sutliff Museum

The Sutliff Museum is pleased to announce its newest exhibit: "Being a Victorian: Hygiene History of the 19th Century" is now open to the public through August 2018. This temporary exhibit explores the hygiene habits of men and women living in the late 1800s. Part of the exhibit touches on the ways people kept themselves clean including shaving. The remaining showcases the personal accessories that men and women used on a daily basis including gloves and hats.

The exhibit features items from the Sutliff Museum and Trumbull County Historical Society collections.

The Sutliff Museum, operated by The Warren Library Association, is located on the second floor of the Warren-Trumbull County Public Library at 444 Mahoning Ave. in Warren. Admission is free and hours of operation are from 3-6 p.m. Wednesday and Thursday and 1-4 p.m. Friday and Saturday. Tours may be arranged at other times by calling the museum.

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