

CortlandNEWS

"The Good News Newspaper"

Vol. 15 No. 14

July 20, 2019

Serving the Lakeshore Communities



Gold Star Marker dedicated at Veterans Memorial

By Sally Lane

A beautiful Sunday afternoon at Cortland's Veterans Memorial added the perfect touch for the unveiling of a Gold Star Marker. Created as a

lasting tribute to those who gave their lives during their service to our country, participation in the national Gold Star Marker Memorial program for Cortland was the idea of members of our own Four Seasons Garden Club. Community leaders, club members, officials from the Garden Club of Ohio and Gold Star families from Trumbull County attended the marker's dedication June 30. The dedication ceremony was led by Four Seasons Garden Club member, Stephanie Canzonetta.

For 50 years Cortland's Four Seasons Garden Club has been involved in making our town beautiful with flowers, seasonal decorations and flags. In summer, flags line our streets and downtown. The club also cares for the flags along the bridge over Route 11 on King Graves Road, and plants flowers around the signs on our city's borders. When Point Park was created several years ago, the club created a beauty spot with flowers for all of us to enjoy.



Mayor Jim Woofter and Debbie Williams, president of the Four Seasons Garden Club, recently unveiled a Gold Star Marker at the Veterans Memorial at Point Park on June 30.

When that spot became the location for the Veterans Memorial, the club made sure the area was properly decorated with flags and flowers.

Today, surrounding a pool featuring a kneeling soldier, are brick pavers inscribed with names of area men and women who served, and continue to serve, in the Armed Forces. The memorial offers a permanent link honoring our local and national military history. Visitors often comment about the number of familiar names they see, and the pride and sense of peace they feel at this memorial spot. Orders for pavers are available at City Hall. One of the Gold Star families at the dedication, Jeff, Cathy and daughter Julie Lariccia, from Champion, commented that the Memorial and Marker were a beautiful way to honor their son and brother, U. S. Army Sgt. Robert Carr who died in 2007, age 22.



Continued on page 20

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LOOK INSIDE

- Advertiser Index 2
- Business 4
- Calendar 3
- Classifieds 23
- Directory 2
- Faith 8, 9
- Finance 18, 19
- Library 6
- School 5
- Business Card Ads 23

TheCortlandNews.com

ADVERTISER INDEX

- 4 Star Diner 17
- Action Physical Therapy 11
- Advanced Podiatry 7
- Attorney Bill Brooker 19
- Attorney Martin Nosich 19
- Auntie V's Pizzeria 6
- Bockelman's Landscape 13
- Buckeye Bulk 18
- Burkey Burkey & Scher 19
- Centerra 15
- Champion Estates Assisted Living 21
- Chrissy's Lake Tavern 12
- CIA Dog Training 11
- Clearview Lantern Suites 17
- Cope Farm Equipment 3
- Cortland Bank 4
- Cortland Car Show 5
- Cortland Christian Church 22
- Cortland Family Eye Care 17
- Cortland Healthcare 20
- Cortland Mower 20
- CountrySide Vet / AWL 8
- Daffron Auto Body 19
- Davenport & Rohrabough 10
- Dr Johnson 10
- Drs Najem & Lehky Orthodontics 13
- Edward Jones 6
- Enzo's Restaurant 15
- Foley's Fotos 22
- Gillette Nursing Home 16
- Girt's Music 101 17
- Greenwood Insurance Corner 3
- Guidelight Financial Group 5
- Jeannette School of Dance 16
- Jody Sova, Berkshire Hathaway 4
- MacKenzie Catering 15
- Mark Thomas Ford 14
- Mayflower-Wollam Insurance 12
- Menards 4
- Middlefield Bank 9
- Midway Garage Door 9
- Modern On Pauni Apartments 24
- Ohio Living - Lake Vista 20
- Oak Meadow 16
- Ohio Pressure Wash 22
- Opera House 7
- Petrosky Brothers 18
- Pizza Joe's 7
- Real Living Brokers Realty 8
- Shafer Winans 17
- Sparkle 10
- The New You 22
- Totally Dog 21
- Tried & True Cleaning 9
- Vlad Pediatrics 19

See Business Cards on Page 23

CORTLAND CITY

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

MEETINGS

CITY COUNCIL
 First and Third Monday of each month
 Monday, Aug. 5, 7 p.m.
 Monday, Aug. 19, 7 p.m.

PARKS AND RECREATION
 Second Monday of each month
 Monday, Aug. 12, 5 p.m.

CORTLAND CITY COUNCIL
 Read the minutes from
 Cortland City Council meetings at
www.cityofcortland.org under City
 Council Minutes.

PLANNING & ZONING
 Second Monday of each month
 Monday, Aug. 12, 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

BAZETTATWP.ORG

Admin Building 330-637-8816	FIRE - POLICE - RESCUE 911
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Trustees, Clerk, Zoning Inspector	Fire Station #11 330-637-4136
and Cemetery Sexton 330-637-8816	3000 Warren Meadville Rd
Road Department 330-637-8311	Non Emergency Calls 330-675-2730

BAZETTA TOWNSHIP TRUSTEES REGULAR MEETINGS

Regular meetings the second Tuesday of each month at 3 p.m., unless otherwise noted.

Tuesday, Aug. 13, 5 p.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, Aug. 12, 6 p.m. - Lakeview PK-8 Cafeteria

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 Donna Zuga
Cortland Beautification Association Mary Kachurik 330-637-3098	Four Seasons Garden Club Becky Bucco 330-637-9115
Cortland Lions Club Matthew Smith 724-584-0894	Friends of the Cortland Library Di Matijejevic 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 Soloman 330-637-3483	SCOPE Darlene Fry/Diane Jordan ... 330-637-3010
Cortland Masonic Lodge #529 Chuck Chagnot 330-307-3405	Cortland Opal Chapter #181, O.E.S. Carla Kahler 330-856-2356
Lakeview Outreach and Fellowship (LOAF) 330-720-9136	

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

Our Next Issue ... August 10, 2019

Our theme will be Back to School

Article Deadline by July 26 • Display Advertising Deadline is July 31
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.

Cortland News SELF SERVE Paper Box Locations

Cortland Banks	El Torero	Vasilios
Lakeside Sport Shop	Top Notch Diner	

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 Fox Run Publishing, L.L.C.
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 Sally Lane

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 Jean Bolinger
 Rev. C. R. Chapman
 Jean A. Corliss
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 Tom Shortreed
 Jennifer J. Slywczak

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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 July 20-August 10

Cortland City/Bazetta Township and Lakeview School Board meetings and schedules. See pg. 2 and 10

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.

American Red Cross Swim lessons, 330-392-2552, various dates.

Cortland Branch Library events. See pg. 6

Johnston Senior Center offers hot meals Monday through Friday at noon.

Lakeview Outdoor Adventures, geared towards elementary age students, Tuesdays through July and August. www.cityofcortland.org or 330-307-8311.

Youngstown Nighthawks Soccer League, Cortland League schedule, visit www.facebook.com/ytownnighthawks

JULY

21 W.D. Packard Concert Band and flautist Jessica Banks, 7 p.m., Packard Music Hall south lawn, Warren.

24 Wednesday in the Garden free program, "Organic Gardening," 6 p.m., Ohio State Extension, 520 W. Main St., Cortland.

24-28 52nd St. Demetrios Grecian Festival, St. Demetrios Community Center, Warren.

25 Lakeview Outdoor Adventures, "Trees," 6 p.m., Willow Park.

25 Cortland Community Band Concert, 6:30 p.m., McKinley Memorial, Niles (rain date, Aug. 8)

27 Lounging by the Lake outdoor concert, "Northern Comfort," Night of Country, 5-9 p.m., Mosquito Lake Marina, 1439 state Route 305, Cortland. Free.

27 Kidzfest at Courthouse Square, Warren, noon-4 p.m.

27 WaterFire Sharon, 2-11 p.m., downtown Sharon.

31 Cortland Community Band Concert, 7 p.m., Cortland United Methodist Church, N. High, Cortland.

31 "Coal War in the Mahoning Valley: The Origin of Greater Youngstown's Italians" presentation by authors Joe Tucciarone and Ben Lariccia, 7 p.m., Vienna Twp. Hall.

AUGUST

3 Lounging by the Lake outdoor concert, "Rudy & The Professionals," Caribbean & Oldies, 5-9 p.m., Mosquito Lake Marina, 1439 state Route 305, Cortland. Free.

3 All Saints Community Church trunk and treasure sale, 9 a.m.-4 p.m., 4530 state Route 46, Cortland.

6 Cortland Community Band, 6:30 p.m., Eastwood Field, Niles, weather permitting, (playing National Anthem only)

6 3rd Annual Quarter-less Auction, 5 p.m., Bazetta Cortland Optimist Club, 2619 Hoagland Blackstub Road, Warren. See pg. 3

7 Southington United Methodist Church chicken dinner, 3:30-6 p.m., state Routes 305 and 534. See pg. 8.

9 Cortland Community Band Kinsman Lawn Concert, 6 p.m., weather permitting.

Crafters and vendors needed for Holiday Fair

The Women of Worship at Cortland Christian Church are looking for crafters and vendors to participate in the Holiday Craft Fair on Nov. 30 from 10 a.m. to 3 p.m. It will be held in the Fellowship Hall, which is large and convenient for everyone. There will be a bake sale and a soup and sandwich lunch will be available. The Women of Worship are looking for you to participate in the Holiday Fair. This is a great weekend for holiday shopping. Please call Joyce at 330-240-6621 to save a table and get a registration form or for more information.



Quarter-less Auction to benefit Venture Crew

The 3rd Annual Quarter-less Auction, hosted by the parents of Venture Crew 4054, will be held on Tuesday, Aug. 6, with doors opening at 5 p.m. There will be door prizes, a 50/50 raffle, heads or tails game and concessions. Tickets are \$10 each, with a reserved table for \$50.

The auction will be held at the Bazetta Cortland Optimist Club, 2619 Hoagland Blackstub Road, Warren. It is a BYOB event. Proceeds from the evening will help youth of the community get into the scouting programs and allow them to do many service projects around the community.



3rd Annual Cortland Truck Show Aug. 18

The Cortland Veterans Memorial Committee has announced that its third annual Truck Show will be held on West Main Street in Cortland on Sunday, Aug. 18 from 11 a.m. to 3 p.m. Spectators are free and the truck entry fee is only \$10. All proceeds will benefit the Veterans Memorial project, during phase two, to add the observation deck which was part of the original design. Food and beverage concessions will be available from the Cortland Lions Club. The event is being held rain or shine.

The theme this year is "Trucks

Through Time." Judging and trophies will be presented to 14 classes -- starting with each of the 10 decades from the 1920-1929 models to the 2010-2019 models, and include classes for military, working trucks, xtreme offroad, and SUV.

The first 50 entries will receive a dash plaque, and there will be 50/50 drawings and door prize drawings. The main sponsors are Natalie's Dance Company and Richard's Auto Sales & Service. For more details, call Bill at 330-360-1666.

Also at the truck show, the Veterans Memorial Committee will draw the winner of its lawn mower raffle. The Cub Cadet mower is valued at \$450, and it was donated by Cortland Mower. Tickets are \$5 each. Anyone interested in the raffle can call Ernie at 321-514-8350.

Engraved pavers can still be purchased and placed at the memorial. If you would like to honor a veteran, or be recognized as a memorial contributor, please complete an order form that is available at Cortland City Hall, 400 N. High St. or the memorial website: CortlandVeteransMem.org.





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AUG 7-8 / AUG 14-15

FROM 5:30-7:30 P.M.

For more information please call
330-638-6815

Business News & Notes

By Thom Foley

Does your dog need trained? Check out **Totally Dog** for all your dog's needs. Besides training they offer a full line of high-quality dog food and one of the most experienced dog groomers in the area.

Did you see Dr. Lindsey from **Cortland Family Eye Care** on WKBN's "Health Chat" last month talking about dry eyes? He is on again this Wednesday, July 24 on the 5:30 p.m. News. This time he will be talking about UV rays and how to protect your eyes.

If your child wants to learn how to play an instrument there is no better place than **Girt's Cortland Music 101**. Right now, they have an unbelievable deal on instrument rentals - starting as low as \$5 a month! Check out their ad in this issue or go to their Cortland or Fowler store for all of the details. Girt's Cortland Music 101 is proud to

welcome two new violin instructors to its team this summer - Natalie Sayhoun and Brittany Baglia. These ladies have music degrees and are accepting new students at both of Music 101 locations. Summer is a great time to begin a new instrument. Check out all the possibilities at www.music101ohio.com.

Jody Sova tells us that houses are selling great. If you want a true professional to help you through the buying and/or selling process then you want to "Call Jody."

Did you know that **Mark Thomas Ford's** service department has actually won many awards? In fact, the entire dealership has been declared one of the top dealerships in all of America by the Ford Motor Company - a pretty rare feat - and they are right here in our community.

Don't forget **Jeannette's School of Dance** has a Princess Camp July 30 and 31. The JDC Dance Team Intro Workshop is July 23 and 24. And fall registration is Aug. 5 and Aug. 19 from 4-7 p.m. Call them for details.

Did you suffer an injury? No better place to get physical therapy than **Action Physical Therapy**. They can help you recover quickly - and they accept most insurances.

It isn't too late to make your home the showcase of the neighborhood. **Buckeye Bulk** still has plenty of landscaping supplies - they are a year 'round supplier and have some of the best prices anywhere.

JoMarie's School of Dance & Gymnastics is holding registration for its fall programs Aug. 7 and 8, and 14 and 15 from 5:30-7:30 p.m. Check out all their great dance and gymnastic programs including the unique and popular NINJA WARRIOR for ages 3 and up.

Centerra has several new lines of premium dog food at GREAT prices! Lots of variety. If you love your pet,

check it out!

I had lunch at **Auntie V's Pizzeria** the other day. LOVE THOSE PEPPERONI ROLLS!

The bands are back at **Chrissy's Lake Tavern**. Check out their Facebook page or website to see the entire list.

Do you have a drone? Do you need insurance for it? Check out the **Greenwood Insurance Corner** to get the answer.

If you are having any kind of event, the company you want catering it is **Mackenzie Catering of GardenBrook**. They do off-site, pick-up or can host your event. Nobody better.

Did you know that **Mayflower Wollam Insurance** has been servicing the area for almost 100 years? And they are owned by a family that was born and raised in Cortland. Now that is dedication.

Cortland Playroom has a few openings left in most of its classes. But they fill up fast. They tell us that enrollment is ahead of previous years, so don't wait to register. Get your child in the areas best preschool now.



TRTA awards scholarships

The Trumbull Retired Teachers Association has announced the scholarship winners for 2019. The winners seated from left are: McKenzie Davis, Elisabeth Krinos, Jenna Craigo and Jersee Hogue. The scholarship committee members standing from

left are: Donna Pate, Sue Datish, Anita Shaw and Joyce Faiver. The scholarship winners are from Niles, Hubbard, Howland and Maplewood. Scholarships are funded by member donations and fundraisers. Photo by Roselyn Gadd.

'Fun, Fun, Fun' at the Cortland Playroom

Jensen Sutton enjoys painting fireworks for the Fourth of July at Cortland Playroom's "Fun, Fun, Fun"

Summer Camp. The daytime program runs most of the summer and includes educational activities and events.



Palmer named interim dean/chief administrative officer for KSU Trumbull

Kent State University's Vice President for System Integration Nathan Ritchey recently announced that Daniel E. Palmer, Ph.D., has been



appointed as interim dean and chief administrative officer of Kent State University at Trumbull, effective July 1, 2019. He will provide overall leadership of Kent State University at Trumbull, a Regional Campus in the university's eight-campus system.

Palmer joined Kent State University's Trumbull Campus in 2001 and has served as assistant dean there since 2010. He is an associate professor in the Department of Philosophy in the College of Arts and Sciences. Palmer has a strong record of service as the chair of the Regional Campus Faculty Advisory Committee, chair of the Trumbull Campus Faculty Council, co-chair of the Trumbull Campus Retention Committee, and is active in civic groups in the Mahoning Valley and surrounding areas.

"Dan Palmer has served as an excellent assistant dean and will continue to bring his wealth of institutional knowledge, leadership experience and regional expertise to this new role," Ritchey said.

Palmer earned his Ph. D. from Purdue University and holds a master's degree from Villanova University and bachelor's degree from Bowling Green State University. His primary research interests include ethical theory, business and professional ethics, and health care ethics. His published work has appeared in journals such as Business Ethics Quarterly, Journal of Business Ethics, Ratio, British Journal of Aesthetics, and The Journal of Value Inquiry.

"I am truly honored to have been selected to serve as the interim dean of the Trumbull Campus. I believe that the campus is very well positioned to build upon our strong record of teaching, research and community service as we seek to best serve our students and our community," Palmer said. "I look forward to working with Trumbull Campus faculty and staff, as well as Dr. Ritchey and his staff, to best leverage the strengths of our campus and the regional campus system for the benefit of our students and the local community."

Palmer replaces Dr. Lance Gahn, who has served as dean of the Trumbull campus since 2015. Gahn announced his retirement effective July 1, 2019.

Lakeview Bulldog Alumni Association in action

By Larry Sherer

In the approximately six decades that Lakeview High School has existed, about 10,000 students have graduated. A group of those graduates are now working through the Lakeview Bulldog Alumni Association (LBAA) to help current Lakeview graduates and stay in touch with each other. LBAA maintains a Facebook presence at "Lakeview Bulldog Alumni Association." Originally founded by Laura Smith Sutcliffe and David Wisnieski, the group has grown greatly with many other graduates helping make the LBAA a success. For example, at the Lakeview Senior Honors Brunch in May, a \$500 scholarship was presented to 2019 graduate Meg Stein. Most of the funds of the LBAA are generated by activities at the annual Cortland Street Fair.

At this year's street fair, the alumni association had its base near the Cortland Bank to greet fair participants, to connect with Lakeview alumni, and to earn money for the 2020 scholarship. Some Lakeview items and many raffle tickets were sold. Winners include Carolyn Roberts for the 50/50, Kris Vada and Chuck Frantz the lottery ticket trees, Carrie Robinson the Ohio State wreath (donated by Terri Carbone), Scott White a Lakeview afghan (donated by Lynda Couch), Suzan Martin the gift certificate donated by Christy's Tavern, William Spence the gift certificate donated by the Cortland Dairy Queen, Lesa Cox the gift certificated donated by Vasilio's Restaurant and, Lisa Schill the gift certificate donated by Top Notch Restaurant. Thank you to our local merchants for their generous support of the alumni association!

In addition to connecting to fellow alumni, a group did tours of both Lakeview High School and Lakeview K-8 building on Saturday morning with Robert Wilson, recently retired Lakeview superintendent. This was a trip down memory lane and an introduction to Lakeview's future with the K-8 building. The LBAA still has a few cleaned bricks from the recently demolished 1929 Bazetta Twp. School that are available for a donation to the LBAA. If interested in a memorial brick, please call 330-540-0542.



Kent State Trumbull announces spring 2019 President's and Dean's lists



Kent State University at Trumbull proudly announces students who were named to either the President's or Dean's lists for their academic achievements during the spring 2019 semester.

In recognition of an extremely high level of academic excellence, a President's List is compiled each academic semester. To qualify, students must have a grade point average of 4.00 and must have completed 15 or more letter-graded credit hours (A, B, etc.) by the end of that semester.

The Dean's List features qualifying students possessing a grade point average of 3.40 or greater and must have completed 12 or more letter-graded credit hours (A, B, etc.) by the end of that semester.

Those from Cortland include:

President's List: Kiersten Jones

Dean's List: David Barbutes, Alexander Barnes, Nicole Chaney, Michelle Collins, Dawn Cook, Angela Daniels, *Nicole Derico, Ashley Deuble, Sarah Estlack, Jamie Franks, Katie Hamilton, Bethany Hayes, Sarah Hildreth, *Britni Knight, Steven Masters, Deneen Penn, Madison Plock, Miranda Reel, Joshua Sampson, Kirstin Sandford, Casey Sandford, Brock Sarko, Jenna Stirling, Taylor Stull, Kelsey Swogger, Haley Tucker

PT Dean's List: *Phillip Gleason, Sarah Hughes

* Students with an asterisk are in the Veterinary Technology program at Kent State Trumbull. However, they are considered Kent State Tuscarawas students.

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2nd Annual 5K on the Runway a success

The Youngstown Air Reserve Base Community Council (YARBCC) hosted the 2nd Annual 5K on the Runway on Saturday, July 6 at 8 a.m. at the Youngstown-Warren Regional Airport. The purpose of YARBCC is to invest in and maintain the presence of the Youngstown Air Reserve Station (YARS) through advocacy and public awareness. Proceeds benefitted the future of YARS via YARBCC and the Eastern Ohio Military Affairs Commission (EOMAC), an advocacy organization under the Youngstown/Warren Regional Chamber. EOMAC seeks to defend and support the military missions that call our corner of Ohio home, and YARBCC specifically supports those missions.

One hundred seventy-five runners competed in the event. In addition to the event's various sponsors, \$10,000 was raised to benefit the future of YARS.

Thank you to event sponsors: The

Cafaro Foundation and 7 17 Credit Union; award sponsors: Vienna Twp. trustees, ms consultants, inc., and Trumbull County Community Foundation; and t-shirt sponsors: City Machine Technologies, Inc., Gobel's Towing, Harrington, Hoppe & Mitchell, Kent State University at Trumbull, Pittsburgh Institute of Aeronautics, Platz Realty Group, Center Street Technologies, Huntington National Bank, VFW #5532, Warren Glass & Paint, Western Reserve Building Trades, Youngstown/Warren Regional Chamber and FOP #137 Trumbull County Sheriff's Office.

A special thanks to the Youngstown-Warren Regional Airport for permitting use the runway free of charge, as well as all the behind-the-scenes efforts to keep everyone safe and logistics set..

More information about YARBCC can be found on Facebook: www.facebook.com/yarbcc.



Cortland Branch Library events in August

The following programs take place at the Cortland Branch Library, 578 Lakeview Drive, Cortland. For registration call 330-638-6335. All library events are free and open to the public. No reservations are required unless noted.

#TeenMidweek

Every Wednesday at 3 p.m., through Aug. 21

Teens entering grades 7 - 12 can stop by the library every Wednesday for different activities! Free.

Lib-ratory

Friday, Aug. 16 at 1 p.m.

Early afternoon programs created with our homeschool community in mind! Themed activities are designed to promote collaboration, literacy, and critical thinking. For children ages 5 to 12. Registration is required. Free.

LEGO Club

Drop-in Saturdays between 1 - 2:30 p.m.: Aug. 24

Let your imagination run wild and

create with our collection of LEGO building bricks. All structures will remain at the library. For children ages 5 to 12.

Parachute Party

Tuesday, Aug. 6 at 11 a.m.

Enjoy 30 minutes of planned parachute games and play! For children ages 3 to 5. Registration is required by July 30. Free.

Kindergarten, Here I Come!

Wednesday, Aug. 7 at 1 p.m.

Children entering kindergarten this fall will enjoy stories, music, and a craft. An informational session for parents is offered at the same time. Registration is required. Free.

Live Music: Sounds of Summer

Wednesday, Aug. 14 from 6:30 - 7:30 p.m.

Guitarist Tyler Guerrieri will perform best-loved songs by the Beach Boys, Jimmy Buffet, and more summertime favorites! Free.

Easy ways to go boating this summer

(BPT) - Starting to plan a summer getaway? Skip the plane ride or long road trip - go boating to enjoy the fun and relaxation of vacation at your convenience. Whether you prefer an action-packed weekend of watersports with the family, a relaxing after-work cruise with your friends or a serene morning of fishing by yourself, getting out on the water is more accessible than you may think.

In fact, more than 142 million Americans go boating each year, according to the National Marine Manufacturers Association.

With Americans working longer hours and dealing with stress, unplugging to relax and recharge is more important than ever. According to Project Time Off's 2018 study, The State of American Vacation, 52 percent of Americans are not using their full vacation time.

"Vacation time doesn't mean having to travel far. You can enjoy all the benefits close to home - and more frequently - just by being on a boat," said Carl Blackwell, president of Discover Boating. "Boating is a convenient way to escape from the stress on land, soak up the sunshine and fresh air and make lasting memories with your loved ones."

Don't leave vacation time on the table this year. Whether you're interested in fishing, watersports, sailing or cruising, take advantage of convenient ways to get on the water with these insider tips:

1. Join a boat club. Find a boat club near you to access a versatile fleet of boats. You'll pay a monthly fee and be able to book your time on the water online. Most boat clubs take care of docking, cleaning and maintenance, with members responsible for fuel. Plus, most offer boat training courses as part of the membership.

2. Rent a boat. Rental options are available on most waterways and provide hourly, daily or weekly access to a variety of boat types. Rental

outfitters give tutorials on operating a boat, share safety instructions and offer suggestions on destinations. Another rental option is peer-to-peer rentals, where you can locate boats online by entering your zip code, allowing you to rent someone else's boat, which usually includes insurance and captains for hire to help you set sail.

3. Take a class. Sign up for a boating lesson to hone your powerboating, sailing or watersports skills by mastering the basics while having fun along the way. On-water training courses, watersports camps, youth boating programs and more are offered across the U.S.

4. Float your own boat. Chart your own course to boat ownership by visiting DiscoverBoating.com, where you'll find a boat finder and loan calculator tool to help determine your budget and identify the types of boats that fit your lifestyle and interests. Once you've narrowed down your search, the site connects you with manufacturers whose boats best fit your needs and wants.

Getting on the water has added health benefits. Four in five Americans say being around water relaxes them and 72 percent feel healthier after spending time on the water, according to a recent survey.

Learn how to go boating close to home by using Discover Boating's Go Boating Today tool. Enter your zip code to find nearby rentals, classes, boat clubs and more.



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3 ways to kick your plastic habit this summer

(StatePoint) Summer is the perfect time of year to take stock of the way you quench your thirst, whether in the backyard, at the beach, around the campfire or in route to your next adventure.

Unfortunately, society has become addicted to the convenience of plastic, especially when it comes to the way we hydrate. Globally, 1 million single-use plastic water bottles are purchased per minute, and on average, Americans purchase 50 billion water bottles per year, equating to about 13 bottles per month for every U.S. citizen.

Think all that plastic gets reused? Think again -- 90.5 percent of plastic has never been recycled; a figure that was International Statistic of the Year in 2018 according to the Great Britain's Royal Statistical Society.

Besides being an eyesore, plastic hurts the environment, wildlife and human health. Virtually every piece of plastic ever made still exists, as it takes between 500 to 1,000 years to degrade. Much of it has changed shape over time into microplastics -- small pieces less than five millimeters in diameter that end up in waterways, ground water and marine life and have been shown to absorb toxic chemicals linked to cancer and other diseases.

So, what can you do to help turn the tide on your own plastic consumption? This summer, consider upgrading your hydration habits in the following ways:

1. A plastic-free pour. In the pursuit of always having a source of great-tasting, healthy water at home, many families stock their fridge with single-use water bottles. That adds up to a lot of plastic! For a far more sustainable solution, use a water filter pitcher, such as the LifeStraw Home, which is the only pitcher to filter microplastics (in addition to other contaminants including bacteria, lead and mercury). Made from shatter-resistant glass, it's ideal for everyday use or even when entertaining guests on the back patio.

2. The last straw. If you're an iced tea or iced coffee lover, you know that plastic straws quite literally suck. In fact, half a million straws are used globally each day, and they're tough to recycle. Skip the straw entirely or bring your own reusable straw with you on coffee runs.

3. Hydrate safely anywhere. Whether you're trekking up a mountain or running around town doing errands, the hot summer weather will make you extra thirsty. Be prepared to hydrate on the go with a reusable water bottle that features a filter and is designed for travel. For example, the LifeStraw Go (and the LifeStraw Play for young children) filters out microplastics, bacteria, protozoa and other toxins and contaminants found in many water supplies; a good choice for when traveling domestically or internationally. Why LifeStraw? LifeStraw products are the only water filters tested to remove microplastics and, they also make a global impact -- every product purchased provides a child in need with safe drinking water for an entire year.

A few simple changes to your at-home and on-the-go hydration routine can help you reduce your plastic use and protect the environment.

Exercise is important for everyone, especially people with disabilities

(BPT) - No matter how old or out of shape you think you are, it is never too late to add more physical activity to your life. Regular and consistent exercise can:

- Help you control your weight. Along with healthy diet, exercise plays an important role in preventing obesity.

- Reduce your risk of heart diseases. Exercise strengthens the heart, improves circulation and can lower blood pressure.

- Improve your mental health and mood. During exercise, the body releases chemicals that can help you handle stress and reduce the risk of depression.

- Strengthen your bones and muscles. Weight-bearing activities can help increase and maintain muscle mass while slowing the loss of bone density that naturally comes with age.

- Reduce your risk of some cancers, including colon, breast, uterine and lung cancer.

Experts say these benefits apply regardless of ability or skill level and staying active can be even more critical for people with disabilities. Adaptive sports - activities modified for people with disabilities - provide improved physical and mental well-being, as well as increased independence, purpose and social interaction.

According to the Department of Veterans Affairs, "Recent studies indicate that disabled veterans who participate in adaptive sports report benefits such as: Less stress, reduced dependency on pain and depression medication, fewer secondary medical conditions, higher achievement in education and employment, and more independence."

Paralyzed Veterans of America, a service organization that advocates for veterans who have experienced a spinal cord injury or disease such as MS or ALS, says adaptive sports are often game changers for their members, helping them through rehabilitation and improving their quality of life.

PVA and the Department of Veterans Affairs co-present the largest annual multi-sport wheelchair event in the world, the National Veterans Wheelchair Games. This year marks the 39th anniversary of the Wheelchair Games and more than 600 athletes will

continued on page 15

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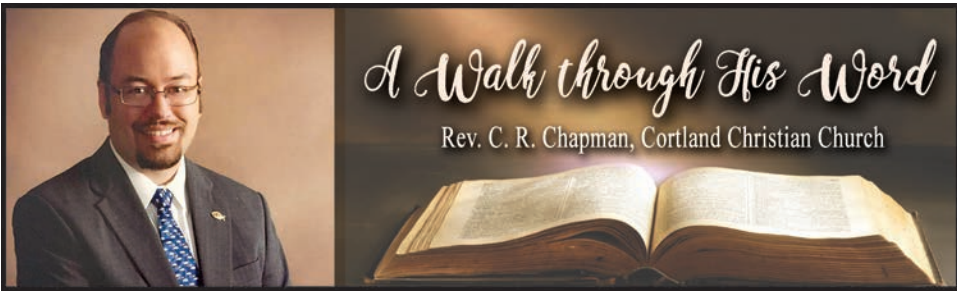
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'Ole Cortland'

Cortland, Ohio, USA. This is our town, your town... and what a town it is! In the town of Cortland good ole traditions remind us of our roots and weave us all together. From yearly rituals such as the street fair and parade to community get-togethers the town is strengthened. Across America are scattered communities where neighbors no longer speak to one another. Where life rushes by without care for the surroundings, but in Cortland things are different. Cortlandians know what it means to take in the surroundings. From helping a neighbor who is in need to enjoying the lake that graces our town. From pausing to listen to the church bells sounding in the air each day, to reflecting upon our heritage. We have a lot to be proud of in this town, and the future is still ripe.

Summer is now here, and so summer fun commences. It is important to have fun now and again. Not just for our own physical and mental wellness, but also for our spiritual well-being. Now is the time where camps spring up around the lake and even in back yards. Picnic tables are set, and golf balls are flying high. This is our time to rest. Such an important thing... rest. Rest yourselves from the busyness around you, and enjoy one another's company for in Cortland we are all family. Rest and relaxation allows us to avoid

burning out. We are able to take time to refocus our attention on the things that matter most, our God, our family, and our friends. Even God rested on the seventh day. It is when rest is neglected that we drift in our relationships with Christ, and with each other. When we go full speed and nonstop we begin to get caught up in the world, and soon things like the good ole Cortland that we love fade away into another quick paced town where no one knows their neighbor, and everyone is in a hurry to get through it.

Summer fun is an important part of who we are. So let us take time to dwell on our Lord this summer. Let us take time to know our neighbors, and let us grow our families together here in Cortland, Ohio, USA.

P.S.

I want to take a brief sentence or two and say thank you. This edition of this column marks one year since I have arrived as the pastor of the Cortland Christian Church. It has been an honor meeting so many of you. Feel free to stop me if you see me and say hello. I would love the opportunity to become acquainted with even more of you. And a special thank you to this paper for their service to our community and allowing these columns, which I hope you all enjoy and can be encouraged by.

In Christ, Pastor Casey R. Chapman

Rise Against Hunger Sept. 21

By Jean Bolinger

Please plan to assist with Rise Against Hunger on Saturday, Sept. 21 at the Lakeview High cafeteria. We need about 40-50 volunteers ages 9-90 to help pack meals to alleviate food insecurity



around the world. Email jeanbolinger@hotmail.com if you can help. Give your name and phone number. We will need \$3,400 to pay for the minimum of 10,000 meals. Checks are to be sent to LOAF, P.O. Box 494, Cortland, OH 44410. Be sure to indicate that your check is for RAH. LOAF is an ecumenical group of seven Cortland area churches. They have been in existence for over 70 years and sponsor numerous community projects like VBS, Christmas choir and band concert and Adopt a Foot. Thank you for your interest.

Please Volunteer

Something to Think About

By Rev. Donald P. Barnes, Chaplain

Busy! Busy! Busy! You know the routine. No greater compliment than telling someone they are busy: "You sure are busy! Don't know how you do it, Pastor! Busy! Busy! Busy!" Actually, I have been way too busy of late, but when I have a quiet moment, my thoughts drift off to pleasant, relaxing moments I spent with a trusted, old friend - my hammock. Sound foolish - listen up! This isn't just any hammock. It's stretched between two huge maple trees with pinions screwed deep into the wood. I set it high off the ground. You need a ladder to get into this "baby." When I had more time, I used to climb up into my special resting place, lay back, and the world seemed to melt away. Nothing like a nap while nestled in the loving arms of two huge maples. It was my get away. I miss my hammock. I need my hammock. It offers me a respite from the busy-ness of this world. My drained batteries boast a full-charge after an hour with my "wonderful friend."

Question: Is R & R important and if so why? According to an Unknown Author:



One man challenged another to an all-day wood chopping contest. The challenger worked very hard, stopping only for a brief lunch break. The other man had a leisurely lunch and took several breaks during the day. At the end of the day, the challenger was surprised and annoyed to find that the other fellow had chopped substantially more wood than he had.

"I don't get it," he said. "Every time I checked, you were taking a rest, yet you chopped more wood than I did."

"But you didn't notice," said the winning woodsman, "that I was sharpening my ax when I sat down to rest."

Let me ask you something. When was the last time you took a break and set the business of this world to the side? When was the last to you "set a spell" and took time to sharpen your axe? Something to think about.



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Vacation Bible School in Cortland

By Sally Lane

Vacation Bible School has been a traditional summer activity for many years. While many churches have their own programs each summer, one of the most successful programs in Cortland is the LOAF VBS, where several churches take turns hosting the program each year to children ages 6 to 12.

This year the Cortland United Methodist Church was the base for the community's VBS. "In fact we open our doors to all churches, not just the LOAF churches," said Bertha Syfert. "We had children from 12 local and nearby churches."

The theme this year was "Mars and Beyond," that helped children understand their place and God's influence in history and the future. About 60 children attended each day.

Pictured are the children at the program, and Pastor Dave Vensel as the "Spaceman" who served as a guide.



Southington UMC holding chicken dinner

The Southington United Methodist Church, state Routes 305 and 534, will be holding a chicken dinner, on Wednesday, Aug. 7, from 3:30 to 6 p.m. The menu includes: one fourth of a chicken, scalloped potatoes, green beans, applesauce, coleslaw, 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.

Grahn Trip ~ June 19-20, 2019

By Jean Bolinger

Since October 2001, Cortland Humanitarian Outreach Worldwide (C.H.O.W.) has partnered with Grahn School Community Center in Appalachian Kentucky. The community center is a 501(c)3 non-profit organization that offers a food pantry/emergency outreach, clothes closet/thrift store, education and literacy program, and health education. The center is self-supporting. It receives no tax funding and is run by volunteers. There is no paid staff. Twice a year, C.H.O.W. volunteers deliver food for the food pantry, craft items for the craft shop and gently worn clothing, household goods and furniture for the thrift shop. The items sold in the thrift and craft shops earn money to pay the community center's utilities, which average \$550/month and insurance which is \$2,600 per year, to keep the center open.

CHOW volunteers Bill and Becky Costas delivered donations to the Grahn School Community Center June 20, 2019.

The roof at the center has been leaking since summer, 2016. Volunteers have been having hot dogs suppers every Friday since September, 2016, to raise money for a new roof. The center typically closes during January and February to save on utility bills. Over the winter of 2018, with freezing, thawing and refreezing, extensive damage was found when they reopened in March. Ceiling tiles had fallen on the floor, hardwood floors were soaked with water, and water was running down the walls. So, the roof had to be replaced. Fortunately, insurance is covering most of the work. Now that the new roof is on

and the interior is dry, interior repairs are beginning. There is a storeroom which will be converted to a bookstore/book exchange once the renovations are completed. CHOW delivered 40 boxes of books to help stock the bookstore/book exchange.

A summer camp to promote literacy was held July 15-19. The camp was open to any child over age 3 and potty trained. The camp planners are very excited and feel blessed to have retired teachers volunteering to teach the classes that included classroom time focused on reading, as well as crafts, music, physical education and art. Children's books that are donated to C.H.O.W. are handed out to encourage reading. The children were required to be accompanied by a parent or guardian. There were also activities planned for the adults that included nutrition education provided by the

University of Kentucky Extension Service, meal planning, stretching the food dollar and crafts. This year's theme was "The ABCs of Summer."

C.H.O.W.

is planning a trip in the fall and is currently accepting furniture that is in very good, like-new condition as well as children's clothing. If you would like to donate

items, please call Bill and Becky Costas at 330-637-0219.

C.H.O.W. is supported by the Cortland area ecumenical group

Lakeview Outreach and Fellowship (L.O.A.F.). Funds are raised for C.H.O.W.'s outreach from semi-annual community Quiz Nights and from



generous donations from churches and individuals. For more information about C.H.O.W. visit the website chowohio.org or email at chowohio@gmail.com.



Summer sustainability: Simple ways to make your backyard more eco-friendly

(BPT) - The green movement is thriving, with homeowners across the country looking for ways to make their properties more eco-friendly. During the summer months, turn your attention outdoors by choosing smart landscape projects that provide ample opportunity to make spaces look great and also support Mother Nature.

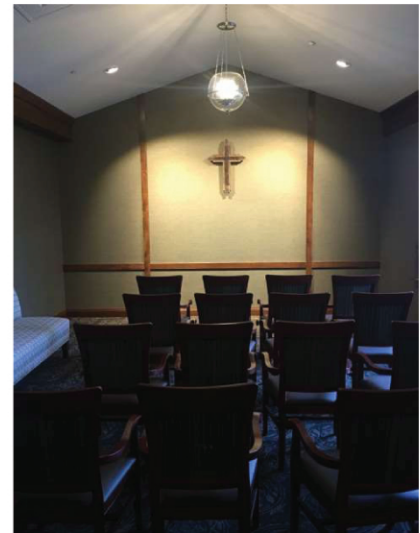
Not sure where to start? Here are some simple ways to transform your yard into an eco-friendly paradise:

Opt for native plants

When you're planning your landscape, consider perennial plants

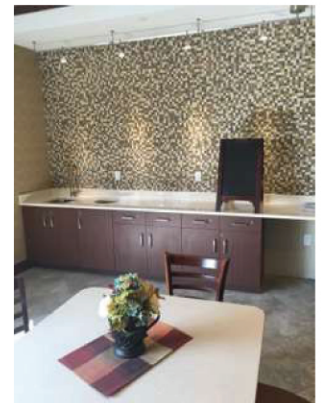
Continued on page 21

Armstrong Memory Care Assisted Living



Trumbull County's only memory care assisted living, **Windsor House at Armstrong Memory Care Assisted Living**, is Now Open. Located off Mahoning Ave. and Champion Ave., residents will enjoy the privacy of their own apartment, daily recreational and social activities, 3 fresh meals, assistance with activities of daily living, companionship of staff members and other residents, a secured outdoor courtyard and much more.

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142nd annual Chalker Norton Viets family reunion in August

The Chalker Norton Viets family reunion will be Aug. 11 at Kool Lakes Family Campground, 12990 state Route 282, Nelson Ledge Road, Garrettsville, from 10 a.m. to 5 p.m. A buffet style dinner of chicken, lemonade and water will be provided at 1 p.m. Please bring a covered dish to share. There will be a 50/50 raffle drawing and a Chinese Auction; please bring an item to donate for the auction. The money raised will keep the reunion going year after year.

The gate fee is \$3 for ages five years and older; four and under free. Included in the gate fee are fishing, catch and release only. Bring your own tackle and poles. There will be swimming, a playground, volleyball, and cornhole games.

There will a business meeting, honoring the oldest and youngest family member, and the family who came the farthest distance. At last year's Chalker Norton Viets Reunion, a family came from New Mexico and New York.

Please bring genealogy dates of births, marriages, deaths and divorces, to be added to the records. If you have pictures of past family reunions or a story to share about ancestors, we are always interested in learning about our heritage.

All descendants from the first settlers on the Viets's Norton's and the Chalker's are invited to take part in honoring ancestors with a day of fun with families. For more information, go to Chalker Norton Viets Facebook page, Southington, Ohio.



By Christine Dorma, administrative assistant

Splash Pad

Looking for a way to beat the heat of summer? The Pearl Park Splash Pad is open from 11 a.m. to 7 p.m. daily. We do not take reservations for the pavilions at our public parks.

Brush Pick Up

The scheduled dates are for the fourth Monday of each month, April through October. Remember to have your limbs out early, the city will make only one pass per street.

The next pick up will be the week of Aug. 26. Please see the list of rules and regulations on our website - cityofcortland.org

Mosquito Spraying

The schedule is set up for every other Wednesday, 7 p.m. to midnight, weather permitting. For effective

mosquito control, it must not be raining, the winds need to be between 5 to 10 miles per hour and the temperature above 50 degrees. If the proper conditions are not present, the spraying will be cancelled and a make-up date will be for the following evening.

July 24 Aug. 7 Aug. 21 Sept. 4

You can help control mosquitoes by inhibiting standing water. Drain anything that may hold water; empty garbage cans, plastic pools, flowerpots and old tires.

Dates to Remember

Aug. 5 - City Council Meeting - 7 p.m.
 Aug. 12 - Parks Board Meeting - 5 p.m.
 Aug. 12 - Planning & Zoning Commission Meeting - 7 p.m.
 Aug. 19 - City Council Meeting - 7 p.m.



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It is a small world

By Jean Bolinger

Recently my husband, Clyde, our children, and several other family members traveled to Albuquerque, N.M. where Clyde was to compete in the National Senior Games. An avid tennis player, Clyde had qualified in both singles and doubles in the 85-89 age group and was preparing to face his first singles opponent.

As we sat in the tennis center on the day of Clyde's first match we began to talk to the family sitting next to us. Our casual conversation revealed that both Clyde and the older gentleman in the other group had been born in Akron and had attended the University of Akron in the 50s. While Clyde played basketball and baseball for the Akron Zips, the gentleman, Phil Haberman (now of North Carolina by way of California) had been on the tennis team. Remembering classmates they may have had in common Clyde recalled that on one occasion in 1954 the baseball game had been cancelled because the field was wet but the tennis match also scheduled that day was to proceed. The team, however, seemed to be one player short and Clyde was asked to fill in. He and Phil thus became tennis teammates for one day.


Further talk made it clear that Clyde and Phil would be playing against each other in just a few minutes. So 65 years later these two "teammates," who over time had lived in various parts of the country, found themselves playing on opposite sides of the net at the National Senior Games in New Mexico. After a

hard fought match, Phil came out on the winning end and went on to place fourth in the age group. Clyde and his doubles partner, Art See from Canfield, won the bronze medal in doubles, just as they had done in Birmingham two years ago.

To add more "small world" drama to this story, members of our family had over the past few years been face booking with Henna, our Finnish exchange student from 1978. Henna, her husband, and their two daughters had been planning in great detail their road trip from Chicago to Santa Monica along Route 66. Albuquerque sits right on that historic road and it turned out that the day our Finnish friends had Albuquerque on their itinerary was the second day we were in town. A brief but grand reunion took place over pizza with lots of photos and memories being made.

No one could have ever predicted that we would be reconnected with people whose lives crossed ours so long ago and that these encounters would take place thousands of miles from home.

(The National Senior Games take place every other year, attracting thousands of athletes ages 50 and older in dozens of sports. The next games will be held in 2022 in Ft. Lauderdale. Information can be found on the nsga website. We have had the privilege of going to Disney World, Birmingham, Cleveland, Pittsburgh, Louisville, Tucson, Minneapolis and northern Virginia for past competitions.)


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Prep your home for summer gatherings

(Family Features) When temperatures rise, it's time for sun dresses, cranking up the grill and entertaining. Spending time with your loved ones during the warm months can make for some of the best memories of the season, which is why it's important to take simple steps to de-stress, declutter and refresh your home before your guests arrive.

Refresh Your Home

Our homes are reflections of who we are, and Renuzit Snuggle helps create a welcoming environment for friends and family. With Renuzit Snuggle, you can welcome guests into your home all summer long with fresh scents like Linen Escape, Relaxing Lavender or Enchanting Tropical. It's crucial to have an air freshener that is long lasting and easy to use, so you never have to worry about lighting candles just before your guests arrive. Welcome them in with the inviting scent of snuggly freshness, available in Plug-In Scented Oils, Gel Cone Air Fresheners and Fabric Refresher Sprays

Stock Up on Summer Supplies

One of the main causes of stress when prepping for friends and family to arrive is ensuring you have everything on-hand to make your gathering a success. Consider buying summer hosting essentials like paper plates, cups and utensils in bulk to help save time and ensure you're fully stocked for guests all summer long. Having extra snacks and supplies ready to go can also provide peace of mind when it's time for any last-minute party-prep.

Spruce Up Accessories and Decor

Update your home's look by switching out accent pillows, throws or rugs for colorful or patterned options that can excite you and your guests. Buying all new items each season can get expensive, so consider reusing your current pillow inserts and picking out some new covers in bright summer colors to revamp your home's look.

Bring the Outdoors In

Plants can add color and life into your spaces and create a warm and welcoming environment for your summer gatherings. Bring the outdoors in by adding a few succulents or an herb garden to your kitchen then consider a large, leafy houseplant for your living room. For added pops of color and detail, plant your flowers in fun, decorative pots.

For more information on scents to refresh your home, visit renuzit.com.



How to stay hydrated like a pro all summer

(NewsUSA) - Many of us spend our summer soaking up the sun. Kids are out of school, outdoor sports are plenty, and people are enjoying warm weather activities. However, spending a lot of time outside in the elements puts you at risk for dehydration-related concerns. While most people know that water is critical for your health, what you may not know is that water makes up about 55 to 65 percent of your body. Many may be surprised to know that losing only four percent of your body weight - roughly the equivalent of riding a bike for three hours in extreme heat without rehydrating - may cause you to faint.

The following simple tips from Dr. Ralph Holsworth, a board-certified family medicine physician and head of clinical and scientific research for Essentia Water, will help you stay well hydrated this summer:

- Sip with purpose; don't chug. - When you drink too much water at once, it passes through your system too quickly, failing to go to the kidneys. This can lead to dehydration despite the amount of water you may be drinking. Drinking too much water can also cause cramping, as well as bloating and stomach pains, due to loss of electrolytes. Try to take a sip of water every 15-20 minutes when you're playing sports or when it's hot outside and you should be right on track.

- Aim to drink 3 liters a day. - The age-old eight-glasses-a-day rule doesn't always suffice in the hot summer months. People should try to drink 12 glasses a day, especially if they are planning on working out, playing sports or spending excessive amounts of time in the sun. A good trick to know if you're drinking enough water is to keep your urine the color of straw (or transparent yellow).

- Bring water with you. - Spending more time out of the house often means less easy access to water. When you leave for a day at the beach, make sure you throw enough bottles of water in your beach bag to last throughout the day. Keeping a case of water in your car is another way to ensure you'll always have water on hand.

- Limit sun exposure. - Not shielding yourself properly in the sun causes you to sweat more, which can lead to quicker dehydration. Wearing cotton clothes that are breathable in the heat and a hat that covers your ears will help protect you from potentially dangerous health issues such as heat exhaustion. Whether you're an athlete, a weekend warrior or just want to take better care of yourself, staying hydrated is essential to a healthy body, especially during the hot summer months.

John Ross III, wide receiver for the Cincinnati Bengals, knows a thing or two about the importance of staying hydrated, especially during the summer heat. "I push my body to the max every day and sometimes it can get into the 90s during practice," says the recent first-round pick in this year's NFL draft. "If I'm planning to exercise outside in the heat, I always prioritize two things - sleep and staying hydrated. I always get at least eight hours of sleep and always have a bottle of water by my side."



Dear Editor:

A thank you to the nurse and three nice looking men that helped left me off the ground in front of the Cortland Lions Club on Friday, June 21, 2019 at the Cortland Street Fair. I had fallen off my handicap walker and they were nice to get me up in five minutes. The nurse made sure I wasn't embarrassed anymore by holding my pants up. Thank you all so very much.

Sincerely,
Barbara Crabbs

Have news you would like to share?

The Cortland News is always looking for news about happenings in our area. Whether it's about an event, a budding college student, club news or business news, we want to hear from you. Simply send it to us at editor@cortlandnews.com and we'll take it from there. The Cortland News... "The Good News Newspaper."

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American Red Cross and Cancer Society receive donations from Home Savings

Home Savings donated a check for \$10,000 to American Red Cross of the Mahoning Valley. The funds were used to sponsor the 2019 Acts of Courage event.

"The American Red Cross presents the Acts of Courage event to honor and recognize local individuals who have acted courageously in a time of emergency," explained Karen Conklin, executive director, American Red Cross, Lake to River Chapter. "This year's event was held on June 13 to honor 10 individuals for their heroic efforts and a respected business that captured the spirit of proactive giving.

"We are so proud to support American Red Cross in their efforts to prevent and alleviate human suffering in the face of emergencies by mobilizing the power of volunteers and generosity

of donors," said Trish Gelsomino, Home Savings. "Working together we can truly make a difference."

Home Savings also donated checks for \$15,000 and \$5,000 to the American Cancer Society. The funds will benefit the 2019 Tri-County Golf Classic and Ladies Pink Ribbon Golf Classic respectively.

"The Pink Ribbon Golf Classic and the Tri-County Golf Classic are both nonprofit events that are run by volunteers," explained Rikki Batson, community development manager, American Cancer Society. "We host these events in hopes of helping the American Cancer Society continue to save lives by helping people stay well and get well, by finding cures and by fighting back against cancer.



Karen Conklin, executive director, American Red Cross of the Mahoning Valley; and Deborah Grinstein, Esq, board chair, American Red Cross of the Mahoning Valley receive a check from Lou Joseph, senior vice president, real estate & facilities, Home Savings.



Pictured from left are: Joe Fanto, vice president, Commercial Relationship manager, Home Savings; Rikki Batson, Community Development manager, American Cancer Society; Tammy Jorgensen, senior vice president, director of Private Banking; Bonnie Filipovich, cancer survivor and 2019 honoree of the Pink Ribbon Golf Classic; Donna Mowrey, co-chairwoman of the Pink Ribbon Golf Classic and Frank Hierro, Mahoning Valley Regional president, Home Savings.



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DAR officers installed



The Mary Chesney Chapter of DAR held its June meeting at the Veterans Resource Center in Warren. During the meeting new officers were installed. From left are: Chaplain Carol Olson, Regent Janet Sweitzer, Second Vice Regent Kim Welch, Treasurer Julie Carr, Recording Secretary Carol Noga,

Registrar Diane Thomas and Historian Lori Caldwell. Missing are First Regent Diana Tripi and Corresponding Secretary Betsy Steadman. For more information about joining the organization call Registrar Diane Thomas at 330-373-0797. Meetings will resume in September.



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Hot ideas for outdoor living Create the backyard retreat of your dreams

(Family Features) Livable space may be traditionally confined to a home's interior, but the growing popularity of outdoor living design suggests that homeowners are broadening the definition to make the most of a home's total footprint.

An outdoor patio is a natural extension of the home, offering additional seating and, with the right amenities, a way to enjoy meals and entertainment al fresco. After the sunlight fades, features powered by propane – like full outdoor kitchens, patio heaters, fire pits, flame lighting and more – can keep the fun going well into the night.

What constitutes the perfect outdoor living space is as varied as homeowners' personal tastes. A simple seating arrangement with a fire pit or water feature may be ideal for one, while expansive hardscaping and a fully equipped outdoor kitchen can best meet the needs of another.

Stop dreaming and start planning with these ideas for the features that can transform your plain backyard into the envy of the neighborhood.

Lighting

There's dim mood lighting and there's darkness. Ensure adequate light for activities like meal preparation and safe travel from one area of the yard to another with well-placed lighting. Strings of twinkling lights set a festive tone, but you'll also want to consider lighting walkways and other high-activity areas. An option with a gas-powered flame creates an unforgettable effect and works anywhere from walkways to patios. An added bonus, real flame lights are totally odorless and function even during power outages for added security and safety.

Patio Heaters

If you're itching to get outside before the season has fully arrived, or if you find yourself not wanting to head indoors even after the warm sun is gone, you can extend hours of enjoyment by heating the patio. A propane patio heater is a clean, safe and reliable way to raise the temperature by up to 30 degrees, so a chill won't stop you from enjoying your backyard retreat.

Fireplaces and Fire Pits

There's something soothing about the crackle and pop of flames dancing in the night sky, no matter what time of year it is. On a chilly evening, they add the functional benefit of delivering warmth, but year-round, there's an ambiance that almost can't be beat. If you prefer to skip the messy soot or ash and fuss of burning logs, instead opt for a gas-powered setup that lends the flicker of real flames with no cleanup and no firewood to store. It may feel a little like cheating to have instant fire at the flip of a switch, but you'll quickly discover the flame and heat are very real.

Outdoor Kitchens

The ultimate entertaining experience centers around the kitchen, so when the party is outside, a kitchen must be, as well. With all the resources of a typical indoor kitchen, a fully equipped outdoor kitchen makes it possible to prepare a meal while

Continued on page 20

A sweet summer dessert

(Family Features) Fresh fruits are one of the highlights of summer. Try this tasty Fresh Pear Dumplings with Raspberry Sauce recipe, bringing pears and raspberries together for a delicious seasonal dessert.

Fresh Pear Dumplings with Raspberry Sauce

Pear Dumplings:

- 2 firm, ripe pears, cored and chopped
- 1/4 cup golden raisins
- 1/4 cup brown sugar
- 1 pie crust
- water
- 1 tablespoon milk
- 1 tablespoon sugar



Raspberry Sauce:

- 1 package (10 ounces) frozen raspberries
- 1 teaspoon cornstarch
- 3 tablespoons sugar

Heat oven to 425 F.

In medium bowl, combine pears, raisins and brown sugar. Mix well.

Lay out pie crust. Cut into quarters. Spoon pear filling on top of dough. Brush edges with water. Fold up sides to form three seams.

Place dumpling, seam-side up, on baking sheet. Brush tops of dough with milk. Sprinkle with sugar.

Bake 18 minutes, or until golden brown. Cool on rack.



In blender, blend raspberries until smooth. Pour blended raspberries into saucepan. Add cornstarch and sugar. Bring to boil, stirring often. Place in freezer 10 minutes.

Drizzle raspberry sauce on plate. Place dumpling over sauce. Top dumpling with additional raspberry sauce.



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Travel Club summer day trip announced

Trumbull County Travel Club announced its last "Let's Explore Ohio" day outing. This one-day excursion will be on Wednesday, Aug. 14. Members will visit the city of Canton, and will have breakfast with President McKinley at the McKinley Library and Museum. There will be two photo stops after the morning meal visiting the grave sites

of the famous Frankenstein family and Willy the Whale. An ice cream and lunch stop on your own will be prior to exploring the Maps Museum, with shopping at the new Duluth Trading Company rounding out the day. All fees for this trip must be paid in full by July 26. Please call the secretary at 330-856-5398 for details.



4 tips for serving and enjoying red wine this summer



(BPT) - With the summer season in full swing, entertaining heads outdoors, with leisurely BBQs and picnics forming the backdrop for gatherings of family and friends. Choosing a great wine to pair with the menu is a thoughtful touch, but white wines aren't the only options during the warmer months. Even as temperatures rise, versatile red wine deserves a place on the table, and these quick tips can enhance your understanding and enjoyment of wines all summer long.

Here are a few tips about red wine: **Take a chill. Red wine should not be served warm.**

One of the first things many people hear about wine is that white wines should be chilled, and red wines should be left at room temperature. However, the wine experts at CK Mondavi and Family explain that people typically over-chill white wines, while people usually serve red wines far too warm. Why does temperature matter? Serving wine at the right temperature allows all of the aromas and flavors to be enjoyed at their best.

Take white wines out of the refrigerator for 10-15 minutes, to bring the temperature to 49-55 degrees before serving. Red wines are at their best slightly cooler than room temperature, around 60-65 degrees. Place a bottle in the refrigerator or use a wine cooler to chill before serving, but not for too long. The bottle should not be cold, but cool to the touch. For BBQs and outdoor gatherings, nestle a bottle in an icy cooler for a few minutes before opening.

Once poured into a glass, any wine will warm up, so it's always better to start serving at a cooler temperature to begin with.

Breathe. Red wines benefit from a

little air.

Red wines typically benefit from some extended time to breathe or be exposed to air. This helps optimize its aromas and flavors. Swirling the wine a little in the glass is also a way to help release its aromas. Letting an open bottle sit for a few minutes will suffice for most wines. Pouring into a decanter not only looks fancy, but serves to further aerate wines, and will prevent pouring any sediment into a glass.

Sweeten up. Not all red wine is dry.


For a crowd-pleasing choice, choose a fruity wine. This season, CK Mondavi and Family is introducing a limited-time-offering of new Sunset Sweet Red Blend, a luscious, smooth wine that complements a wide variety of fare. "We're having fun with this new wine," says Randy Herron, head winemaker. "It's juicy and full-bodied, with flavors of strawberry and dark plum."

Go bold. Red wines pair well with strong flavors.

When pairing wine with food, choose flavors that complement each other - think lighter wines with more delicate flavors, and bolder wines with stronger, spicier foods. For this reason, many red wines pair well with sharp or smoked cheeses, red meat - including cured, salty or smoked meats - and grilled vegetables. That's why red wine can be a great choice for your summer barbecue. Pairing a sweet wine like Sunset Sweet Red Blend with a tangy and spicy barbecue sauce can be a match made in heaven. Even newcomers to wine will appreciate the mouthwatering flavors and exciting pairings you offer your guests at your barbecue or soiree. Plan your summer parties with a good red wine in mind, and you can't go wrong.



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Exercise...
continued from page 7

compete in 19 sporting events over six days in Louisville, Ky.

All participating athletes are U.S. military veterans who use wheelchairs due to spinal cord injuries, MS, ALS, certain neurological conditions, amputations or other mobility impairments. Kenneth Lee, M.D., director of the Milwaukee VA Spinal Cord Injury Center and a combat-injured Army veteran, is the medical director of the Wheelchair Games. Lee says adaptive bike riding was key to



his own difficult recovery after being injured in Iraq in 2004. It took him years to overcome the effects of an open head wound and shrapnel injuries to his legs.

Lee explains that sports tap into the natural competitive spirit and speed healing, physically and mentally. "Participating in adaptive sports gives patients a feeling of inclusion. They compete in new ways and you can see their confidence come to life," he says. "When athletes go to the Wheelchair Games, they go home different, feeling like they can work through other barriers in their everyday lives," he adds.

Adaptive sports do not alter the sports that able-bodied athletes play but simply allow modifications to fit the needs of the athletes with disabilities. This ensures adapted athletes are playing and competing on par with able-bodied athletes.

Army veteran Jennifer Steele says, "Sports really made me feel alive again!" Steele, 38, served as a sergeant on a patriot missile crew for five months at the beginning of the Iraq War. During her service, she started having difficulty running and was eventually diagnosed with multiple sclerosis and given a medical discharge. It took years for her to work through the anger and depression that followed.

She still chokes up when she recalls the first time she played wheelchair softball. "It was like getting a part of myself back that I thought I had lost forever," Steele says. This year, Steele is preparing to compete in the National Veterans Wheelchair Games for the third time.

Paralyzed Veterans of America has year-round adaptive sporting events across the country for individuals with disabilities, including people with amputation, traumatic brain injury, post-traumatic stress disorder, and neurological disorders such as MS or ALS. Learn more at pva.org/sports.

The power of physical exercise can help us all overcome hardships and challenges to improve our lives. A few small changes to your daily habits to make exercise a part of your regular routine can bring all of these benefits into your life as well.

Beef 'O' Brady's changing to Iron House Bar & Grill

Beef 'O' Brady's owner Rick Pregibon announced that the restaurant is changing formats to better suit the loyal clientele of the Cortland, Bazetta areas.

"We are thrilled to announce that we are going independent and will be now known as Iron House Bar & Grill. The name more closely reflects the iron and steel history of the Mahoning Valley. This will allow us to keep several of the classic menu items, like our wings, and all the specials that our customers love," said Pregibon. "We will also be adding several new menu items; several of them homemade!"

He emphasized that during the transition there will be a few hiccups, like shortages of certain menu items. "Dropping a franchise and converting to an independent restaurant isn't an easy task. We are blessed to have such understanding, loyal and patient customers. We appreciate their understanding as we improve for the future."

Among the changes will be all burgers will now be "build your own." There is also a new "lighter side" of the menu being added. And many items will have better pricing. "There are some other changes, but we will tackle those challenges as we transition forward," Pregibon said. A new menu will be available very soon and the popular restaurant will remain open through the changes.

"As a thank you to everyone, please enjoy \$1 off most menu items while we change for the better," he said. See their ad in this issue for details.

Tips to outsmart bugs in your home

(StatePoint) If you have bugs in your home -- as many households do and the majority worry about -- there may be good reasons for this. Insects are resilient, strategic and way smarter than you may realize.

But before dealing with insect invasions, it's helpful to understand what you're up against. These surprising bug facts can help you better understand common opponents:

- Cockroaches have the capacity to memorize and learn -- and they may just use those smarts to remember the layout and contents of your kitchen, including hiding spaces! But even without their heads, cockroaches are fairly formidable -- decapitated, they can survive for weeks.

- Once an ant knows where food is located, it'll leave a scented trail to guide others to the source. Ants help each other out in other ways, too. Certain ant species have been observed linking their bodies together to build ladders, chains, walls and even rafts that float in water.

- If your fly-swatting skills leave something to be desired, don't feel bad. Flies can detect danger from all angles and can react four times faster than humans.

Ninety-three percent of respondents said that they're concerned with having bugs inside their home in a recent survey conducted by Zevo -- a maker of bug killer sprays that are safe for use around people and pets when used as directed. Survey respondents also said they see more bugs in their homes as the weather warms. In another recent survey, more than eighty-five percent of people expressed some level of safety concern with using traditional insecticide sprays inside the home.

According to experts, you don't have to trade one worry (bugs) for another (traditional bug sprays). So how should you deal with creeping, crawling and stinging invaders? Take a fresh approach to home insect control that you can feel good about with these safe extermination tips:

- Keep common entry points like doors, windows and garages closed. Need a cross-breeze? Install screens on doors and windows.

- Seal cracks around window and door frames, which are both entry points and hiding spaces for bugs.

- Don't stack firewood or scrap wood next to your house -- bugs love these havens.

- Avoid leaving food around after meals. Make a habit of prompt clean-ups.

- For bugs you see, use a spray that doesn't contain harsh chemicals, such as Zevo Instant Action Spray. Its active ingredients are essential oils that target nerve receptors active only in insects, so you (and your pets) don't need to leave the room after spraying, as you would with traditional insecticide. Just spray on the roach, ant, fly, wasp or other pesky bug, and wipe up after use.

- For the bugs you don't see, use chemical-free traps in areas heavily trafficked by bugs. Those from Zevo, which plug into outlets around the home, use multi-spectrum light technology and a body heat attractant that mimic nature's most primal powers of attraction. Try to reduce competing light around the traps. Though they work 24/7, flying insects will find the traps especially enticing at night.

Bugs are smart, but with some new strategies, you can safely outsmart them.

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Lakeview U8 championship team



Lakeview U8 travel baseball team won its league championship by beating Struthers 17-5. The Lake had a successful run finishing their season 15 and 2. Pictured are kneeling from left: MJ Nosich, Colton Elliott, Michael Marsco, Luke Beerbower, David Costas and Dan Winkle. Second row: Blake Swinning, Matt Corp, Alex Cash, Alex Yannucci, Conor Davin and Landon Gilesie. Back row: Coach Shannon, Coach Mike, Coach Dave, Coach Brian, Coach Mick and Coach Ryan.



A gardener's work may never be done, and their choices are never ending. Choosing THE flower garden that is right for you is not a one-time deal. As gardeners change and evolve, so do their gardens. A young couple may plant a vegetable garden to help with the grocery bills, and then decide to stop growing edibles and switch to perennials when the kids leave home and there is more time to make gardening more of a hobby. Then again, large flower gardens may need to be down-sized as interests or available gardening time shrinks.

As time goes on, tastes change as when gardeners discover a particular plant or group of plants they are more interested in growing than others. There may be a new trend that catches their imagination, like changing that old mixed perennial border into a rock garden filled with new succulents and sedums. This is when the transformation begins and theme gardens start to pop up. Plants are always growing, and so are gardeners. Trust me on this.

Appreciation of certain plants and the amount of time you are willing to give to them can change as the garden also changes and evolves. Remove those now less desirable plants that are crowding out newer favorites. You do not have to keep every plant in your garden forever and ever. Share those old favorites with gardener friends or donate them to a plant sale, or compost them.

If making a formal garden more casual is what you want, widen or curve

the borders. When a plant dies in a formal setting, replace it with something different. As high-maintenance specimen plants die, replace with easy care informal plants. Give those sheared hedges and shrubs a more natural look. Stop shearing and prune selectively to shape. If going to a more formal look, use bricks, manufactured stone or timbers to edge in a straight line.

Use more formal garden accents for focal points like brass sundials or formal statuary. Re-do informal gravel or wood chip garden paths with brick or stone. Choose just one or two colors for annual flower accents instead of multi-colors. Remember, neatness counts for more in a formal garden than in a cottage garden. Be sure you want the extra maintenance.

Like plants, garden art can be moved around the garden for a simple change. Birdbaths, sundials and portable statues can be rotated around the garden to keep your garden's look fresh and constantly changing. Some garden accents need a little TLC to survive outdoors, though. Terra-cotta pots, wood benches and bird-baths need to be indoors for winter protection. A garage or shed will do. One good thing, garden accents can go with you if you move.

So if changing up your garden is in your future, write down the changes to be made. Set a deadline and stick to it!

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

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Children learn that exercise can be fun as they develop their skills at Jo Marie's School of Dance & Gymnastics Ninja Warrior Room.



Music 101 receives award at Street Fair Parade

Girls Music 101 won second place in the recent Cortland Street Fair Parade with its Mardi Gras-themed float.



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Memorable family moments

Educational activities ideal for making memories together

(Family Features) Educational activities and plans that allow kids to flex their brain muscles in fun and creative ways can be ideal ways to spend family time that makes lasting memories.

While children typically gain invaluable knowledge and experience in the classroom, purposeful activities done outside of that setting can help encourage kids to keep learning and make family moments more enjoyable for everyone involved.

From planning trips that celebrate animals and the great outdoors to rainy day activities at home that inspire creative expression, these ideas can produce some family moments worth remembering.

1. Go on a scavenger hunt. From native species of plants, animals and insects to neighborhood landmarks, there are plenty of interesting things that can be found right in your own backyard. Organize a scavenger hunt and work together in teams of family members to search for each item on the list, then do more research on the things you found once you return home. For a real challenge, expand your hunt to the city limits of your hometown and make a day trip of the adventure.

2. Hang out with wildlife. Learn about different species of animals, how to help protect them and the importance of eco-friendly everyday practices by visiting a destination like an Association of Zoos and Aquariums (AZA)-accredited zoo or aquarium. You can explore the challenges facing endangered species, discover how community programs are spurring positive change for conservation and learn more at aza.org. After learning about animals that need help, you can visit zebrapen.com/aza for fun kid's games, coloring pages and other activities that encourage creativity. Many animal sanctuaries and wildlife recovery centers also have endangered species and offer educational information about them.

3. Visit a national park. Many park ranger programs provide opportunities to interact with the animals that live in the area, as well as information about any endangered animals and how you can help with conservation efforts. While in the park, you can also enjoy a nature hike, have a picnic lunch and view the different species of plants in the region.

4. Enjoy an arts and crafts day. Spending time doing an art project is a hands-on way to help introduce kids to new ideas and ways of learning. Engage the entire family by creating crafts with different subjects of interest. This can help create conversations and opportunities to further explore what your children are interested in.

5. Organize a game day. A play day can be just as fun as it is educational. Choose from a variety of games that can allow players to get extra creative. Options like Pictionary or charades tap into different types of creative skills, which can keep everyone engaged while they're learning to express themselves effectively in new ways.

Capture Moments That Matter

Make your family's learning adventures more memorable by

encouraging kids to capture their experiences on paper. The practice of communicating on paper can help lock in memories, plus it's a clever way for kids to practice practical skills in an engaging and productive way.

Adjust these ideas as needed to match the ability level of each child so the whole family can participate.

1. Write about experiences in a journal or diary. For older kids, encourage them to use words to describe their adventures. Ask younger kids to draw a scene or image that captured their attention or excited them the most.

2. Design a diorama about your family's adventures to display in your home to show extended family and friends. Make it a conversation piece by asking kids to think about an endangered species and depict its living environment. Available in standard, glitter, neon, metallic and pastel colors,

tools like Zebra Doodler'z allow little designers to explore the nearly endless possibilities for color coding, sketching, journaling and embellishing.

3. Take photos to share with friends and family both online and in-person.

Get creative with your photo-taking by encouraging kids to think about the story they'll tell through the images. It might be a series of selfies tackling exciting new activities or documenting a sibling's first experience at the petting zoo. Another way to capture photographic memories is a photo treasure hunt, where kids have a list of items to search for and photograph during each outing.

4. Create a family calendar to plan your summer activities together. Anticipating upcoming adventures is part of the fun. Let kids help you keep track of what's coming up and build excitement with a personalized calendar.

Make it a work of art by asking kids to draw icons or small images that depict upcoming activities with an option like Zebra's Sarasa Fineliner Pens, which are available in 12 vibrant colors.

5. Share experiences on social media. Let friends and family in on the fun by sharing your photos, drawings, dioramas and other creations online. Seeing the positive interaction and praise-filled comments from loved ones can help reinforce the value of creative expression to impressionable young minds.

6. Create scrapbooks to help remember family moments. Keep the pace of life from fading those precious memories by assembling scrapbooks to commemorate family adventures. Make the scrapbook a family affair with everyone contributing their own creations.

Find more ideas for capturing and sharing experiences at zebrapen.com.



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Time-saving laundry tips

(Family Features) Between sorting, washing, pouring, transferring, drying and folding, laundry can often feel like a daunting chore.

While you can't skip laundry completely, you can stop those baskets from overflowing with these time-saving tips from the laundry experts at Whirlpool.

Sort clothes ahead of time. One way to make laundry more manageable is to sort as you go. Instead of tossing dirty clothes into a hamper, distribute items into separate bins. While the exact division depends on your wardrobe, you'll want to separate dark and light

laundry or switching loads.

Take advantage of technology. New smart home technology is making laundry faster and easier, such as Whirlpool's Smart Front Load Laundry Pair with the Load & Go™ dispenser. This innovative feature allows you to skip a step in your laundry routine by eliminating the need to measure out and add detergent every time you start a load for up to 40 loads**.

Whether you are on the run or across the room, you can control your washer and dryer using an app on your smartphone or a compatible voice-enabled device for hands-free



colors, as well as clothing that needs special care.

Pretreat stains. Once a stained garment makes its way through the dryer, chances are the stain is set for life. Protect your clothes by pretreating stains as soon as possible to help keep even the toughest stains from setting in. If you're unsure of how to treat a particular stain, such as spaghetti sauce or grass, Whirlpool offers a Stain Guide within its laundry app that provides helpful, step-by-step instructions*.

Keep your space organized. Just like it's hard to cook in a messy kitchen or work at a cluttered desk, you're less likely to be productive in a sloppy laundry room. Clean and organize your laundry area periodically so you have easy access to the supplies you need and a clean surface for folding fresh

assistance. You can track how much time is left on your load while cooking dinner, assign washing settings while enjoying family movie night or begin a cycle when running errands. Touch-screen technology also guides you to the correct washer or dryer presets, or you can pre-program cycles of your own to tackle specific care settings for items like baby clothing or bulky comforters.

Finish with ease. For some, it's not the washing that makes laundry a drag, it's the folding. Hitting the tumble button to shake out wrinkles is one solution, but there are alternatives. Use your dryer's end-of-cycle buzzer as an easy way to keep track of when a load needs your attention or make folding a fun game with your family.

Find more time-saving laundry tip information at whirlpool.com.



What you should know about managing aging parents' finances

Making financial decisions takes time, attention and energy at any age. In the case of elderly adults, it can become increasingly difficult to manage daily finances, particularly if their health is declining or they're experiencing a cognitive issue. If you're providing support to aging parents - or plan to in the future - here is some advice on how to handle the situation and prepare for what's to come.

Don't wait to start talking about finances. While it may be uncomfortable to ask your parents to discuss their finances with you, it's essential that you are familiar with their intentions for care and what plans they have in place. The first time you broach the subject, emphasize that you are looking for only a high-level overview so that you can have more peace-of-mind that your parents will be well cared for. This initial conversation can then help set the groundwork for future discussions.

Create a contact list. If your parents experience a sudden change in a health that affects their ability to manage their own affairs, it's important to have a game plan for what happens next. If you anticipate stepping in to pay bills, make insurance claims and handle other financial tasks, start by asking your parents for a list of contact information for the professionals they work with and where their accounts are held. Keep in mind that you may need to be an authorized user or power of attorney to be allowed access to certain accounts. Consult a lawyer to talk through what permission may be necessary for you to step in if the need arises.

Build a support network. Talk with siblings or other trusted family members about what a possible care plan could look like for your parents. While this conversation can be tough to initiate, know that it's often easier to bring everyone together while your parents are still healthy and in good mental capacity. Discuss who can realistically provide support - and in what way and at what cost. Proactively deciding who can drive your parents to doctor appointments, manage financial affairs, care for their home, and handle other tasks can help avoid a strain on

your time and energy down the road.


Anticipate future lifestyle changes and challenges. Even if they aren't yet needed, explore the options and costs of various assisted living and memory care services. And, check your parents' insurance policies to see if and how services might be covered. You may also want to decide whether their home or yours could be modified to provide additional space or comforts, such as wheelchair access. Knowing what choices exist and how your parents feel about each one can help you make future decisions with more confidence.

Know your rights at work. The Federal Family and Medical Leave Act of 1993 (FMLA) allows covered employees up to 12 weeks of unpaid leave to provide care for a family member with a serious health condition.² Consult your Human Resources (HR) department to learn what your company's policies are for supporting employees who are caring for a parent and how to initiate a claim if you need to. Many employers have access to resources and support groups to help you manage your responsibilities at home and at work.

Maintain momentum on your own financial goals. It's understandable to want to provide your parents with as much support as you can. It's prudent to look at your finances to see how much support you could provide (if it's needed) without jeopardizing your own retirement and future health care needs. It's hard to imagine - let alone talk about - what caring for an ill or aging parent may look like. For additional support in having family conversations, evaluating financial options and creating a plan for your parents, contact your financial advisor and lawyer. These experts work day-in and day-out with families in similar situations and can help you take the steps necessary to feel more confident about your own plan.

² - United States Department of Labor, Wage and Hour Division, Family and Medical Leave Act <http://www.dol.gov/whd/fmla/>

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A guide to affordable home improvement

(BPT) - The holy grail of home improvement is a project that makes a big difference to the appearance or value of the home without breaking the bank. The key is to focus on low-cost, quality items that will give the most bang for your buck. Here are five to consider:

New bathroom countertop

Bathroom remodels still provide some of the best return on investment for home improvement projects, but can also be some of the most expensive. If you can't afford a full bathroom overhaul, opt for one high-impact update. Replace that outdated laminate vanity countertop with a stone version to bring an immediate touch of class to the bathroom. This update can be completed quickly and, for homeowners with a little plumbing knowledge, could even be a DIY project.

Refinish kitchen cabinets

According to Home Advisor, replacing kitchen cabinets in a typical 10-by-10 kitchen costs an average \$4,000-\$13,000. For homeowners not able to make that type of investment, refinishing existing cabinets can provide a dramatic upgrade at a fraction of the cost. Homeowners can start by removing all cabinet doors and hardware, keeping all hardware together in a bag in case it's needed later. Cabinets with a glossy finish should be sanded, either with blocks or a chemical product, then either stained (consider an espresso finish for a modern look) or painted. Adding new, brushed metal fixtures completes the look.

Affordable roof update

For the biggest ROI on an improvement, look outside. Remodeling Magazine's 2019 Cost vs. Value Report revealed nine of the top 10 high-return remodeling projects were exterior replacement projects. Replacing a roof can sound overwhelming, but with some smart shopping can provide a major curb appeal boost on a budget.

A common misconception is that expensive products equal better products. While that can certainly be true, there are lots of examples where the most expensive option is not the best choice for every consumer. This is certainly true in large home improvement projects, where the costs can run high and the consequences for purchasing subpar materials can be serious. But, homeowners can save money while protecting their investments by finding the low-cost leader in the product category: a product that provides the best quality for the price point.

"In many product segments there is a low-cost leader - a product or brand comparable in quality to more expensive brands, but offered at a lower cost to provide the best value per dollar," says Rick Taylor, a longtime roofing contractor now working as a trainer for TAMKO Building Products, manufacturer of the low-cost leader Heritage shingle. "Home improvement isn't the place to cut corners, but, if you buy smart, you can save money even on big exterior projects."

New door and porch decor

A new entryway can add major curb appeal to any home, but can also come with a big price tag, especially if the front porch area is aesthetically weak and would require construction to build it out. To achieve a similar result at a fraction of the cost, replace the front door with a new, energy-efficient option with a strong design element. You may even consider painting it a bold color. Next, add a ready-made pergola around the entryway, or large concrete or sandstone pillars on either side of the door, available at most garden stores. Adding large, decorative plants to the top of the pillars, or around the doorway, can help define a dramatic entryway without ever pulling out a hammer.

Paint

Adding a fresh coat of paint is one of the most affordable ways to update many portions of the home. While time-consuming, the transformative properties of paint on a staircase, exterior shutters, interior walls or even a floor are legendary. Paint is another great opportunity to utilize the consumer trick of looking for the low-cost leader in the product category. Stay away from the cheapest paint as it may chip or require many coats to cover, and in the end, cost you even more money to fix. But, also avoid the highest-end paints, as you may be paying more for the brand name than the actual product. Look for the best quality option at the most affordable price point.



By Jennifer J. Slywczak

No surprises: Why you should check your tax bracket

Many taxpayers learned some tough lessons upon completing their 2018 tax returns regarding the changes brought forth by the Tax Cuts and Jobs Act (TCJA). If you were one of them, or even if you weren't, now's a good time to check your bracket to avoid any unpleasant surprises next April.

Under the TCJA, the top income tax rate is now 37% (down from 39.6%) for taxpayers with taxable income over

for this bracket was reduced slightly to 32% - but the threshold for the bracket is now only \$157,500 for both singles and heads of households.

So, a lot more of these filers found themselves in this bracket and many more could so again in 2019. Fortunately for joint filers, their threshold for this bracket has increased from \$233,350 for 2017 to \$315,000 for 2018. The thresholds for these brackets have increased slightly for 2019, due to inflation adjustments. If you expect this year's income to be near the threshold for a higher bracket, consider strategies for reducing your taxable income and staying out of the next bracket. For example, you could take steps to accelerate deductible expenses.

But carefully consider the changes the TCJA has made to deductions. For example, you might no longer benefit from itemizing because of the nearly doubled standard deduction and the reduction or elimination of certain itemized deductions. For 2019, the standard deduction is \$12,200 for singles and married individuals filing separately, \$18,350 for heads of households and \$24,400 for joint filers.

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\$500,000 for 2018 (single and head-of-household filers) or \$600,000 for 2018 (married couples filing jointly). These thresholds are higher than they were for the top rate in 2017 (\$418,400, \$444,550 and \$470,700, respectively), so the top rate probably wasn't too much of a concern for many upper-income filers.

But some singles and heads of households in the middle and upper brackets were likely pushed into a higher tax bracket much more quickly for the 2018 tax year. For example, for 2017 the threshold for the 33% tax bracket was \$191,650 for singles and \$212,500 for heads of households. For 2018, the rate



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Hot ideas...

continued from page 13

enjoying the ambiance of the outdoors. A basic kitchen may include a preparation surface and grill. A propane powered grill is a popular choice because it heats up fast, so you spend less time preparing food and more time enjoying it. Just like an indoor gas range, propane grills give you instant on-off convenience and precision temperature control for perfectly done meals.

More elaborate kitchen designs incorporate features like an outdoor rotisserie, refrigerator, sink, ice trough and weather-proof cabinetry for storage. Don't forget comfort and convenience by adding fans, lighting

and a sound system. Home chefs may even delight in planting a garden adjacent to the kitchen, where they can pluck ingredients and herbs for a garden-fresh culinary masterpiece.

Pool and Spa Heaters

A cold dip may be refreshing for a moment, but most homeowners enjoy the ability to control the water temperature in their hot tubs and pools. A gas-powered heater can keep water at the desired temperature more efficiently and effectively compared with electric heaters.

Learn more about better outdoor living at Propane.com/Outdoor-Living.



Gold Star Marker

...continued from front page

When the Veterans Memorial at Point Park began to take shape last year, members of the garden club started to think about the Gold Star Marker program and approached Mayor Jim Woofter with their idea.

"The city owns the parks, so they wanted to make sure they could add this to the park," said Woofter. Even before Woofter became mayor, Point Park was one of his favorite places in town, and several years ago he visualized it as a focal highlight for Cortland. He was responsible for locating and funding the clock and creating the city logo picturing that area. "I loved the idea of the Gold Star Marker and decided to make a large donation so that this project would not get hung up with fundraising and taking a long time to happen," he said. In the meantime, he directed the club to the Parks Board, who approved the project. From there, it was presented to City Council, which also supported the project.

When the Veterans Memorial was dedicated in May, the Gold Star Marker was already being prepared. Debbie Williams, president of Cortland's Four Season Garden Club, Mary Lou Smith, the Gold Star chairperson and president of the Carden Clubs of Ohio, and Jo'C Walker, of that organization, spoke at the dedication, and expressed pride in partnering with the Four Seasons Garden Club and National Garden

Clubs, Inc. in this meaningful tribute to our fallen military members and their families.

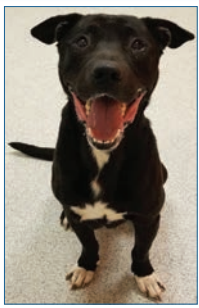
Ms. Walker gave a brief history of the Gold Star Marker program. "The words 'Gold Star' is taken from the custom of hanging a banner, known as a Service Flag, in the windows of homes and businesses during a conflict. This custom started in World War I. The flag had a star for each family member in the military. Living servicemen were represented by a blue star, and those who lost their lives were represented by a gold star." Blue Star Memorial Markers started after World War II by the National Garden Clubs. They are dedicated to honoring those who had served or were serving in the Armed Forces. These markers can be seen across our country.

In 2014, Patti Smith from Illinois, a proud mother of two U. S. Marines serving in Iraq, started the Gold Star Families, a not-for-profit organization, to provide support to those who have lost a loved one in service to our country. "In 2015, the Gold Star Families Memorial Marker program was approved as an adjunct program to the National Garden Clubs Blue Star Memorial Markers program," added Walker. There were 30 Gold Star Memorial Markers across the country. Now there are 31, counting our marker.



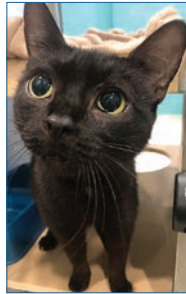
AWL Adopt A Pet

ANIMAL WELFARE LEAGUE



Midas is one happy boy that is all smile! He is a volunteer and staff favorite because he is just so laid back and easy going. Midas is a 6-year old lab mix that was brought to Animal Welfare League in October 2018 after he was found as a stray. He enjoys hanging out with people and does well with other dogs. Midas does get a little too excited around cats, so he would do best in a dog only family. He recently graduated from our CCP training program, so he is smart, too! If you are interested in meeting Midas, stop by AWL. His adoption fee is \$200 and includes his neuter, vaccinations, heartworm testing, microchip with registration and more!

Martha is a gentle girl that loves attention and cuddles with her people. She came to Animal Welfare League in March 2019 after her owner could no longer care for her. Martha was living with several other cats and gets along just fine with her feline companions. She is a 9-year old Domestic Shorthair with an adorable face that will melt your heart. Martha loves playing with wand toys and getting treats. Her favorite hobby is people watching, but she really wants to get into birdwatching. Her adoption fee is \$15 and includes her spay, vaccinations, FeLV/FIV testing, microchip with registration and more. Stop by AWL to meet sweet Martha.



Shelter hours are Tuesday and Thursday from noon to 6:30 p.m. and Wednesday, Friday and Saturday from noon to 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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Summer sustainability... *continued from page 9*

that are native to your area. These come back year after year with minimal effort from you because they thrive in your climate and are naturally resistant to local pests. Keep in mind plants that support local wildlife as well. For example, some plants produce berries that will attract various birds and others will produce flowers that are particularly attractive to bees.



Water wisely

Water is important to maintaining a healthy lawn and landscape, but how and when you water can make a big difference in supporting water conservation. Limit water evaporation and help get water deeply to roots by watering your lawn in the morning or early evening (before 10 a.m. and after 6 p.m.). For flowers and other plants, consider installing a rain barrel system so you can use reclaimed water rather than pulling from the community water supply.

Rent rather than buy

Before you go out and buy all the tools and equipment you need for backyard projects, research what you can rent. Not only does this save you money, but it also limits energy consumption, pollution and waste associated with manufacturing, storing and maintaining new equipment. You can easily find a rental company near you on RentalHQ.com that provides a variety of equipment such as aerators, augers, jackhammers, pressure washers, chainsaws and more.

Use salvaged materials

Instead of visiting the local home improvement store or lumber yard to get materials for your backyard projects, consider if reclaimed materials are an option. For example, if you're building a patio, recycled bricks or pavers will do the job just as well as new, they cost less and they impart unique character that you just can't get from new materials. Look online to find suppliers of salvaged building materials in your area.

Reduce chemical use

Chemicals and fertilizers are often used to green lawns, but these can run off and pollute the local water supply. You can reduce or eliminate these unhealthy lawn care habits by looking for natural alternatives at stores and seeking out other proactive activities to support a healthy lawn. For example, instead of using chemical dethatchers, rent a dethatching machine and aerator to improve your lawn's health naturally.

Mulch strategically

Adding mulch around landscaping not only looks great, but it's also eco-friendly. Spread 1 to 2 inches of mulch around shrubs, trees, flowers and other landscape features to improve the outdoor aesthetics, plus you'll help the soil retain moisture and regulate its temperature, all while limiting weed growth. You can purchase various kinds of mulch or rent a chipper to make your own mulch from wood in your yard.

These six eco-friendly ideas for backyard improvement will help you green your spaces while saving money - and all are Mother Nature approved. To rent the equipment you need to get your outdoor projects completed in an eco-friendly manner, visit RentalHQ.com.

Antonine Sisters Adult Day Care receives donation from Home Savings



Pictured from left: Sr. Jinane Farah, executive director, Antonine Sisters Adult Day Care and Jude Nohra, executive vice president, Corporate Governance, General Counsel & Secretary.

Home Savings recently donated a check for \$5,000 to Antonine Sisters Adult Day Care. The funds will be used towards the purchase of a 12-passenger minibus to transport clients.

"The Sisters and staff of the Adult Day Care work together to provide the care that many of our elderly and their families need," explained Sr. Jinane Farah, executive director, Antonine Sisters Adult Day Care. "The donation from Home Savings allows us to continue doing the wonderful work that we do."

"We are so proud to support the Antonine Sisters Adult Day Care and their work providing compassionate care for the elderly and their families," said Trish Gelsomino, Home Savings.

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PROGRESSIVE APPROACH TO HOME

Do's and don'ts for a successful summer road trip

(BPT) - Summer brings to mind the image of a convertible with the top down and an open road. Summer is a time for pumping up the music and hitting the road.

As drivers gear up to head out, Hankook Tire outlined do's and don'ts for a smooth road trip.

Don't: Leave the roof rack on

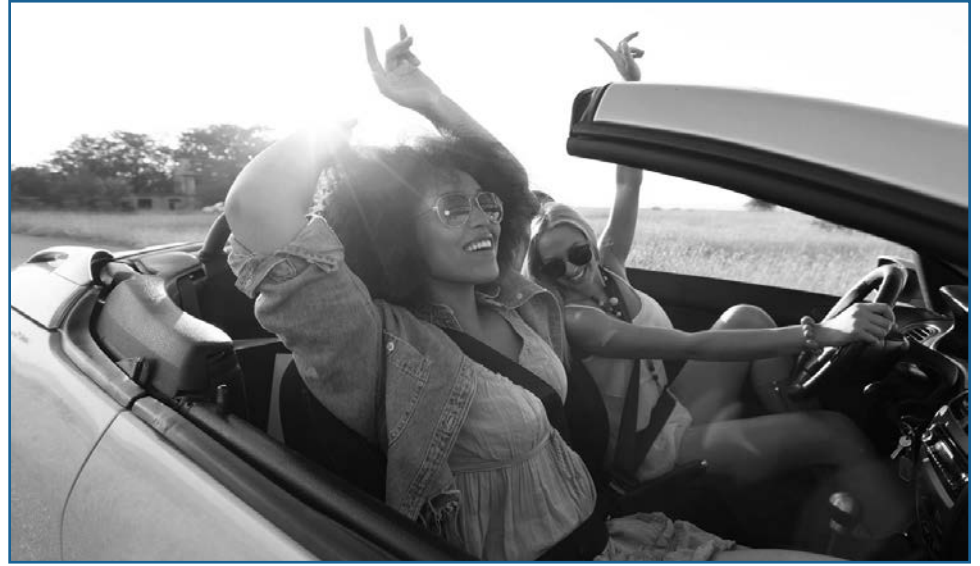
Popular summer destinations often call for some extra equipment, be it mountain bikes, surfboards or kayaks. Many vehicles require a roof rack to transport these items ... and, according to the latest Hankook Gauge Index Survey, 40 percent of drivers have one. Of that, 52 percent of drivers leave the rack on at all times, as opposed to only keeping the roof rack on when transporting the item it carries. However, it's better for fuel efficiency to remove the rack unless there's a use for it, so save some money at the pump by only having the roof rack on your car when you need it.

Do: Pick a peppy playlist

The survey revealed that more than half (55 percent) of drivers will get behind the wheel for longer than 50 miles if they're heading to a music festival or concert. That goes to show that people are driven to travel for experiences and that for many, live music is a key ingredient for a fun summer. Music can also help keep the attitude in the car upbeat, no matter what hour of the trip it is. For the ultimate summer road trip, drivers should curate a variety of playlists ahead of time for every mood and be sure to switch through them before sliding the car into drive - or hand it off to the passenger and let them play DJ.

Don't: Let the gas light turn on

Hankook found nearly half of drivers (49 percent) noted that filling up the gas tank is their number one checklist item before any long road trip. They're keen to save money at the same



time. In fact, the Gauge revealed that most Americans (80 percent) will drive up to 10 miles out of their way to save money on a tank of gas ... and one in 10 (11 percent) will drive over 21 miles, which can get pretty risky when that fuel light comes on. While every vehicle varies on how far it has left after the light goes on, it is wise to avoid it altogether and plan your rest stops accordingly.

Speaking of rest stops, gas station convenience stores are called that for a reason - they do make for easy pit stops along the highway - but not everyone opts for convenience when deciding where to pull over. The price of gas is the number one influencing factor for drivers determining where to stop for gas on a long road trip (41 percent). The convenience factor comes in second as 36 percent say the most convenient location is the biggest determining

factor on where they will fill up.

Do: Check your tires

Hankook found that two-thirds of Americans consider checking their tires - either the pressure or the tread depth - as one of the most important to-dos before heading out on any long trip. Consider checking the tread depth a few days in advance, to allow for ample time to swing by the local tire shop for any necessary repairs, rotations or replacements.

For those who do need to switch out the tires, it's important to consider the destination and driving habits before making the purchase. It can also be helpful to keep an eye on any rebates, promotions or sales to capitalize on the best deal. After all, a little extra pocket money could mean a few more ice cream cones at the beach, or an extra soda during that summer road trip pit stop!

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2019 Ranger XLT Crew 4x4 #129265 EVERYONE PAYS \$345 PER MO* 36 MOS \$2,000 TOTAL DUE AT SIGNING INCLUDES: 1ST PAYMENT, TAXES, TITLE, PLATE & FEES. RESIDENCY RESTRICTIONS MAY APPLY.	2019 Ford Edge SEL AWD Havi, Co Pilot, Commerce Cold Weather #129285 EVERYONE PAYS TRADE ASSISTANCE \$377 PER MO* 36 MOS \$356 PER MO* 36 MOS \$2,000 TOTAL DUE AT SIGNING INCLUDES: 1ST PAYMENT, TAXES, TITLE, PLATE & FEES. RESIDENCY RESTRICTIONS MAY APPLY.	2019 Ford Mustang #29322 EVERYONE PAYS \$289 PER MO* 36 MOS \$2,000 TOTAL DUE AT SIGNING INCLUDES: 1ST PAYMENT, TAXES, TITLE, PLATE & FEES. RESIDENCY RESTRICTIONS MAY APPLY.	2019 Fiesta SE Automatic #129032 SALE PRICE REBATE \$17,582 OR \$215 /78 MO. @ 4.27% PLUS TAX W/ TAX, TITLE & FEES DUE @ DELIVERY PLUS TAX TITLE & FEES DUE @ DELIVERY	2019 Ford EcoSport #129438 SALE PRICE MTF DISCOUNT REBATES \$21,090 \$369 \$3,900 \$16,821 OR \$249 /78 MO. @ 4.27% PLUS TAX W/ TAX, TITLE & FEES DUE @ DELIVERY PLUS TAX TITLE & FEES DUE @ DELIVERY			
2019 Ford Escape Fwd #129234 MSRP MTF DISCOUNT REBATES \$25,200 \$3,500 \$4,425 \$20,050 OR \$295 /78 MO. @ 4.27% PLUS TAX W/ TAX, TITLE & FEES DUE @ DELIVERY PLUS TAX TITLE & FEES DUE @ DELIVERY	2018 Fusion SE 202A Leather, Moon Tech Pkg #28113 MSRP MTF DISCOUNT PKG DISCOUNT DEALER CASH \$29,655 \$2,000 \$1,250 \$2,500 \$23,905 OR \$349 /78 MO. @ 4.27% PLUS TAX W/ TAX, TITLE & FEES DUE @ DELIVERY PLUS TAX TITLE & FEES DUE @ DELIVERY	2018 Taurus SEL FWD #28539 MSRP MTF DISCOUNT REBATES \$36,905 \$2,500 \$5,500 \$28,905 OR \$425 /78 MO. @ 4.27% PLUS TAX W/ TAX, TITLE & FEES DUE @ DELIVERY PLUS TAX TITLE & FEES DUE @ DELIVERY	2019 F450 Crew 4x4 Lariat Diesel DRW #129456 HARD TO FIND	2019 Transit Connect Cargo Van #129281 MSRP MTF DISCOUNT REBATES SUMMER SALES EVENT \$25,395 \$1,800 \$3,500 \$250 \$20,645 UP FIT REBATE \$20,145 BUSINESS OWNER PRICE *PLUS TAX TITLE & FEES DUE @ DELIVERY			
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 PLUS TAX W/ TAX, TITLE & FEES DUE @ DELIVERY

2014 Mazda CX5 Touring #8126
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2015 Ford Focus #7817
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 PLUS TAX TITLE & FEES DUE @ DELIVERY

2019 Ford Transit XLT #129012
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 MSRP MTF DISCOUNT REBATE FMCC CASH UP FITTER
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2019 F350 Chassis Cab WB 145 640A
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\$38,440 FINAL PRICE
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2019 F250 4x4 R/C #129395
 MSRP MTF DISCOUNT REBATE FMCC CASH
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\$34,127 UP FIT REBATE
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