

CortlandNEWS

"The Good News Newspaper"

Vol. 20 No. 5

January 13, 2024

Serving the Lakeshore Communities

THANK YOU
2023
WELCOME
2024

MOSQUITO LAKE
SUNSET

New Year's Celebrations

By Heather Sensabaugh

Here in the United States, watching the ball drop at midnight is a tradition. The midnight ball drop in New York City has been ushering in our new year since 1907! People in other countries have their own traditions, and many of them

are quite interesting.

In Japan, the Buddhist temple bells ring 108 times on New Year's Eve, and the Japanese eat shrimp which is thought to increase longevity. In Greece, families go to church on New Year's Eve and then grab an onion to hang on their door (or elsewhere in their homes). Onions represent rebirth because they sprout on their own. On New Year's Day, parents wake their children by tapping them on the head with the onion!

In Latin Countries, people will walk around their blocks with empty suitcases to manifest more travel in the new year. In Ireland, people bang the outside walls of their homes with loaves of bread to keep away bad luck. In Denmark, friends and family run around town throwing old plates and glasses at their loved ones' front doors on New Year's Eve to drive away bad spirits. Whomever wakes up on New Year's Day with the most broken kitchenware on their welcome mat is destined for the best year!

In the Philippines, roundness symbolizes prosperity, and to invite prosperity into their lives, they fill their pockets with coins and pick 12 round fruits to display. They wear polka dot clothing and at midnight, children jump as high as they can. It is believed they will grow as tall as they jump in the new year. Danish children (and adults) also jump at midnight for good luck, but they jump off chairs and couches.

In Italy, people wear red underwear for good luck on New Year's Eve. In Spain, people eat a green grape for each chime of the clock at midnight for good luck in the new year. In Canada, families go ice fishing, renting heated cabins and eating their New Year's Meal on the ice!

In Scotland, at New Year's Eve parties, a guest leaves just before midnight, and then knocks on the door to re-enter (with gifts in hand, like shortbread and whiskey) in a "First Footing" ceremony. It is believed to be good luck for the party host if the person is tall and has dark hair. Here's to 2024! Happy New Year!

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Let the sky celebrate!
Let it pour some rain to
wash away the past years'
grief. Let the fireworks
speak, announcing
a new year to break,
displaying seasons of
different flavors.

NOHA ALAA EL-DIN



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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.
 Tuesday Jan 16 - 7 PM Closed MLK Day
 Monday Feb 5 - 7 PM

PARKS AND RECREATION
 Second Monday of each month
 Monday, Feb 12 - 5:30 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, Feb 12 - 7 p.m.

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

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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, unless otherwise noted.

Feb 13 - 7 p.m.

A 60 minute caucus with department heads preceding.

Meetings held via ZOOM. Visit www.bazettatwp.org

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.

Feb 12 - 6 p.m.

Area Service Clubs

Bazetta Cortland Optimist Club	Four Seasons Garden Club
Steve Rock 330-240-1634	Elaine LaRocca 330-637-0345
Cortland Bazetta Historical Society & Museum	Johnston Senior Center
Sally Lane 330-638-2330	Diana Shimko 330-924-0412
Cortland Lions Club	Warren City Federation of Women's Clubs
Bill Lowther 330-719-4545	Terri Crabbs 330-637-3845
Cortland Masonic Lodge	American Assoc of University Women
Chuck Chagnot 330-307-3405	Ruth Bradshaw 330-307-1151
Cortland Moose Lodge	League of Woman Voters
Bill Bartholomew 330-637-9957	Peggy Boyd 330-856-5398
Cortland Rotary Club	Cortland Area Cares
Patrick Leper 330-224-3008	Donna Kittle 330-637-0821
Cortland SCOPE	Friends of the Cortland Library
Diane Jordan 330-637-3010	(Cheryl Bush or Karen Murphy) .. 330-637-2717
Cortland Opal CH 181, O.E.S	Lakeview Outreach and Fellowship
Carla Kahler 330-856-2356	(LOAF) 330-720-9136
The Opera House (Event Rentals)	
Maribeth Albu 330-219-1488	

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

Our Next Issue ... February 3, 2024

Our theme will be

Love & Valentine's Day

Article Deadline by Jan 22 • Display Advertising Deadline is Jan 24

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.

Cortland News SELF SERVE Paper Box Locations

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PUBLISHER

Fox Run Publishing, L.L.C.
 Jim Woofter - Publisher/Owner
 330-565-2637 jim@cortlandnews.net

EDITOR- Thom Foley
editor@cortlandnews.net

GRAPHIC DESIGNER
 Tracy Omerzo

ADVERTISING SALES

Jim Woofter - 330-565-2637
 Thom Foley - 330-727-5688
 Ralph McCord - 330-219-4879

PHOTOGRAPHY

Drone Photo by Jim Woofter

FEATURED WRITERS

Heather Sensabaugh

LOCAL COLUMNISTS/ JOURNALISTS

Jill Freeman
 Cait Morgan
 Jennifer Slywczak
 Thomas Shortreed
 Velina Jo Taylor

CONTRIBUTORS

Peggy Boyd
 Rev. Brandon Byler
 Catena Core
 Jennifer Danella
 Michael DeToro
 Nicholas Facciolo
 Ashley Handrych
 Lawrence Herrholtz
 Lakeview Bulldog Bulletin
 Cathy Lukasko
 Dick McClain
 Ralph McCord
 Cindee Mines
 Maria O'Brien
 Sara Pecchia
 Elise Skolnick
 Erica Taylor,
 Carole Wiley
 Rev Jonathan Williams
 Mike Wilson

CONTACT INFORMATION

Please direct correspondence to:
 Cortland News
 P.O. Box 56
 Cortland, OH 44410
 (330) 565-2637
www.cortlandnews.net

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

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

Article submissions to:
editor@cortlandnews.net

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

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



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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.

Community Events

Cortland City/Bazetta Township and Lakeview School Board meetings and schedules. See pg. 2 & 15

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.

Cortland Public Library - Check out the ongoing events on page 18 <https://wtcpl.org/locations-hours/cortland-library/>

Cortland Senior Center - Open Monday thru Friday 9 a.m. to 3 p.m. at Cortland Christian Church.

Charity Benefit Pancake Breakfast, [1st Saturday] 9 a.m.-noon, Cortland Masonic Lodge, 3263 Everett-Hull Road (E. Main Street).

Church Events - See the Church News and Notes on the Faith pages.

JANUARY

- 15 **MLK Day** - Government offices, banks and many other businesses and services closed.
- 17 **Cortland Community Band Rehearsals** / Every Wednesday / See pg 4
- 18 **Lakeview Skating Party** / 5-7 PM / Grades K-5 / See pg 10
- 20 **Polar Plunge at Mosquito Lake** / benefitting the Special Olympics / See pg 5
- 20 **Free Community Lunch and Fellowship** / Cortland United Methodist Church 11:00 am to 1:00 pm / See pg 8
- 20 **Charity Fund-Raiser Pancake Breakfast** / Benefit Cub Pack 4025 Masonic Lodge / 9 - Noon / See below
- 25 **Lakeview Skating Party** / 5-7 PM / Grades 6-12 / See pg 10

Business News and Notes

By Thom Foley

The Center For Progressive Dentistry's is hiring a front desk person. Check out their want ad.

If you are looking for work or if you are a business looking to hire, the **City of Cortland** has a FREE service. Job openings are posted on their web site.

Champion Tax Services has been helping people save money on their taxes for over 50 years. They can help you also.

Lakeside Sport Shop and Drive Thru has one of the largest selection of beers & wine anywhere. Now is the time to check them out.

Cortland Lanes has the BEST birthday parties for kids. Ask anybody!

Mayflower Wollam Insurance has been serving our community for over 100 years. There is a reason people keep supporting them! Find out for yourself.

JFS Wealth Advisors is offering a free presentation on planning for your future January 25 at the Cortland Library. See their ad for details.

Did you know you can save money on your Dental bills? See the ad in this issue for **The Center for Progressive Dentistry**. Here is the link to the membership plan. www.adazzlingsmile.com/membership-plan

Totally Dog reminds you to check out their Facebook page for sales and specials!

Healthier Habits On A Budget

(Statepoint) This new year, creating healthier habits can be easy and affordable with proper planning. Whether you're resolving to improve your diet, relax your mind or give back to your community, you can use these tips from the team at Dollar General to help you meet your goals.

Food and Fitness If you are looking to improve your physical health in the new year, begin by making slight changes to your eating and fitness habits to aid long-term consistency. For example, use healthier alternatives in your favorite meals. Additionally, consider setting daily exercise goals, such as taking a morning walk or squeezing in a 30-minute strength training session during lunch. Workouts don't have to take a long time to increase your energy and stamina.

Nourishing the Mind Taking steps to care for your mental health can help decrease stress and improve your mood. Proper rest each night is fundamental. Work toward maintaining a consistent sleep schedule that includes waking up and going to bed at the same time. Next, find an outlet to express daily thoughts, such as updating a journal each night before bed. Finally, create time to practice enjoyable hobbies such

as a playing in a sports league, crafting or reading.

Community Care Getting involved in your community can be a healthy habit that benefits your and others' wellbeing. To get started, research local nonprofit organizations and choose one that connect to your values. Consider donating time, funds or products to help build strong relationships with neighbors and make a positive difference.

Through implementing these smart and affordable resolution ideas and strategies, you can help maintain a healthier lifestyle and improve your wellbeing.



Charity Breakfast to Benefit Cub Pack 4025

A fund-raiser pancake breakfast will be held on Saturday, Jan. 20th, from 9 AM - Noon at Cortland Masonic Lodge located at 3263 Everett-Hull Rd. (E. Main St.) in Cortland. The "all you can eat" breakfast will benefit Cub Pack 4025 and help to support their many activities and programs. The public is invited, and any interested parents are especially welcome to meet the leaders and to receive details about their activities.

The charity pancake breakfasts are held monthly by the Cortland Masonic Lodge, who provide all of the supplies so that 100% of the proceeds can be

donated to a local charity.

The breakfast cost \$8.00 for adults, \$6.00 for youth age 6 to 10, and FREE for any children age 5 and under. Included are pancakes, eggs, sausage, juice, and coffee, with take-outs available.



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Samantha Ensminger Joins Trumbull County Tourism Bureau As Marketing Manager

The Trumbull County Tourism Bureau is pleased to announce the appointment of Samantha Ensminger as their new Marketing Manager, effective November 2023.

Ensminger joins the Tourism Bureau with a wealth of experience in content development, marketing and event management. She previously served as the Events Coordinator for the Youngstown/Warren Regional Chamber for almost three years. During her time there, she successfully organized and managed over 100 events annually. Prior to her work at the Chamber, Ensminger held various roles in the marketing industry, specializing

in content development and marketing, scriptwriting, and event planning.

With her extensive background and strong community involvement, Ensminger brings valuable skills and expertise to the Trumbull County Tourism team. Ensminger holds a Bachelor of Arts degree in English from Youngstown State University, where she also minored in Technical & Professional Writing and Italian.

The Trumbull County Tourism Bureau is thrilled to have Samantha Ensminger on board and looks forward to her contributions further to promote the beauty and attractions of Trumbull County.

Cortland Community Band Wants YOU!

The Cortland Community Band is planning to start rehearsals back up on Wednesday, January 17th at 7pm in the middle school band room. If you've been thinking of joining, come sit in. Can't make it that day? Come the next week, we'll be there.

No membership fees, no auditions, any level of ability is welcome. If it's been years since you've played, print out a fingering chart, dust off your instrument and come on out! Everyone in the band is super nice and welcoming and are more than happy to help you get back on that bike.

As always, we have a particular need for lower pitched instruments; baritone saxophone, bassoon, tubas, etc, but ANY player of any instrument is welcome!

Please note, that if the schools are closed for any reason, there will not be rehearsal. Come join the fun!



The winner of the Cortland Mower Sales 5th annual Bag Hunger food drive was Stella Economos. She won the Toro 18" Electric start snow thrower by bringing in non-perishable food items and being entered in the drawing. Food and household items were donated by people in the community along with other local businesses and then distributed to Maplewood Rocket Fuel, The Patchwork Foundation and Lakeview School Pantry. Over 140 bags and boxes of food/household items were collected this year.

CONGRATS STELLA!



Santa came to visit all of his 4 legged friends at Centerra over the Christmas holiday. "Leo" was a good boy so Santa gave him extra treats. Customers were invited to bring their furry friends in for a free pic and some treats compliments of Centerra. No word on if Rudolph got his picture taken with the big guy.

Getting Healthier Starts With Your Feet



(StatePoint) Good foot and ankle health is critical for good overall health, so no matter what your wellness goals are for 2024, be sure to start from the ground up.

“Feet and ankle issues can be signs of overarching health problems like diabetes, arthritis and cardiovascular disease, so paying attention to them is vital for early diagnosis and treatment says Michael Coyer, DPM, FACFAS, a foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). “Additionally, many common New Year’s resolutions related to fitness and weight loss are difficult to tackle if you’re experiencing foot and heel pain, making it important to fix these issues first.”

Get a jumpstart on your 2024 health resolutions with these foot health facts from ACFAS:

“I want to lose weight”: Obesity aggravates foot problems, like heel pain and flat feet, making it hard to exercise. And, without exercise, obesity worsens, potentially increasing the progression

of serious health threats. Break the cycle by seeking evaluation and treatment for chronic, activity-limiting foot and ankle problems. Once cleared to begin exercise, don’t do too much too soon. Follow a gradual routine of low-impact exercise until your body adjusts to the stress of regular physical activity.

“I want to build strong bones”: Osteoporosis is a bone-thinning disease affecting more than 28 million Americans, and your feet can present clues that there’s a problem. Early symptoms can include increased pain with walking accompanied by redness and swelling on the top of the foot, as well as unexplained foot fractures. Don’t ignore foot pain. Visit your foot and ankle surgeon who can detect osteoporosis through a bone densitometry test. Once you have a diagnosis you can take steps to prevent stress fractures, such as wearing shoes that provide support and cushioning, and using custom orthotics.


“I want to age gracefully”: Taking good care of feet and ankles can improve balance, coordination and stability to

reduce a senior’s risk of a life-altering fall. Examine your feet regularly. At the sign of bumps, lumps or other changes, or if you’re experiencing pain, make an appointment with your foot and ankle surgeon. Maintain foot strength and mobility with simple stretching exercises. Your foot and ankle surgeon can recommend appropriate exercises and discuss options for insoles and special footwear for additional protection.

“I want to feel my best”: Having persistently cold feet is not just uncomfortable, it could be a sign of a medical condition that causes poor blood flow in the legs or feet, such as peripheral vascular disease, Raynaud’s phenomenon and heart disease. It could also be an indication of hypothyroidism,

adrenal insufficiency or an autoimmune disorder, such as lupus. If your feet are persistently cold, follow up on it with your foot and ankle surgeon to determine if there’s a greater issue to be addressed.

“I want to manage my diabetes better”: Foot care is fundamental to diabetes management. Visit your foot and ankle surgeon for guidelines on diabetic foot care to help prevent problems like ulcers, cracked heels and bone infection that can lead to serious complications, including amputation. For more information on foot care or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.





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Annual Polar Plunge Fundraiser

By Erica Taylor, Development Coordinator for Special Olympics Ohio

Our organization is hosting an upcoming Polar Plunge in your area and is looking for groups to take the plunge for the 20,000 statewide athletes! The event takes place next Saturday, January 20 at the Cortland Moose Family Center, 6400 State Route 46, Cortland. The schedule for event is:

- Pre-registration: Friday, January 19, 6:00PM to 8:00PM (Cortland Moose Lodge)

- Day of Plunge:
 - Registration: 11:00AM - 12:00PM (Mosquito Lake Swimming Beach)
 - Awards: 12:30PM (Mosquito Lake Swimming Beach)
 - Plunge: 1:00PM (Mosquito Lake Swimming Beach)
 - Plunge After Party: 2:00PM (Cortland Moose Lodge)

The link to the event website 2024 Mosquito Lake Polar Plunge - Campaign (sooh.org) has details on the 2024 Mosquito Lake Polar Plunge.

It has historically been a fun day for teams, friends, and scholastic groups to partner up and plunge in the name of inclusion! Others often use it for volunteer hours or a nice game of friendly competition across the state! Polar Plunge is our biggest fundraiser of the year, and a successful season sets us up for the new year as we

begin to organize summer games! To participate, individuals or teams set up a fundraising page and seek out donations from friends, family, and others in their communities to take the icy plunge. Groups are the reason we are able to do what we do! I am asking that you all share this with your employees, colleagues, and friends to encourage them to sign up to benefit our 20,000 special athletes around the state of Ohio!



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Life Insurance Basics

The beginning of the year is good time to look at financial circumstances and consider if changes need to be made. There are many reasons you may want to consider a life insurance policy. Life insurance is meant to replace income and/or cover expenses that are left when a person passes. Some things to consider:

- Are there family members that rely on your income for housing, food, utilities, childcare, etc.?

- Do you have outstanding debts that would need to be paid?

- Are your funeral costs covered?

There are many different types of life insurance with varying costs and terms that can be designed to meet individual needs. Typically, the younger and healthier you are when you first purchase a policy, the less you will pay for that policy. There are three main types of life insurance: Term, Whole and Universal Life.

Term life insurance is typically the least expensive option. However, these policies usually have an initial period, such as 10 or 20 years, during which the rate remains the same and after that time the rates can increase as you age. With Term Life, the benefit is generally only paid upon the death of the insured with no other benefits or cash value to the policy.

Whole and Universal life insurance are more expensive options, but the rates will typically not increase, and most policies will build up a cash value that can be accessed if the policy is surrendered prior to death. Universal life differs from whole life in that the premium payments can be flexible if the policy is funded properly. Both policies will remain in effect for life without loss of coverage if premiums are paid

timely. These policies can be tailored to individual needs through add-on options or "riders". Some examples of riders would be a benefit where premiums are paid automatically if you become terminally ill, or if there is a cash value built up with the policy, you could choose to have the premiums paid from that cash value instead of making payments.

Some parents or grandparents will purchase whole life policies for children that can be transferred to the child when they become an adult. The main benefit in doing this, is that the policy premiums are based on the child's age and health when purchased and therefore lower and more reasonable than they would be for someone older. Once transferred, the policy can be maintained throughout life without the higher premium that is incurred when a policy is purchased at an older age.

There is a lot of television advertising for "Final Expense Insurance". This is a type of whole life insurance. It is usually purchased by someone who is over 50 and is intended to be used to cover burial and other final expenses. There are different types of policies, but the approval process is usually streamlined and easier than other life insurance policies. Benefit amounts are typically smaller (\$5,000 - \$25,000) and just enough to cover final expenses. The premiums are designed for people on a fixed budget with consistent and controlled costs that are paid monthly until the time of death.

Jill Freeman is a licensed insurance agent with Wiley Insurance Services, located at 3470 Warren Meadville Rd, Cortland. She can be reached at 234-244-4014 or JFreeman.WileyInsurance@gmail.com.

Wellness Tips For A New You In The New Year

(StatePoint) If your list of New Year's resolutions is a mile long, you may be feeling overwhelmed and unsure where to start. Let these three essential wellness tips set you up for a successful year and give you the power, energy and determination you need to reach all your other goals.

Make Time For Breakfast - Many people make the mistake of skipping breakfast, particularly if they are trying to lose weight. But breakfast is an essential part of your overall health and wellbeing, giving you the fuel and energy you need to power the day until lunch. This is important to help kickstart your metabolism and regulate your hunger.

Practice Self-Care - Between work, family life and other commitments, it can seem challenging to carve out time for yourself. But a little self-care goes a long way toward helping you recharge and better manage all your responsibilities and stressors. Whether it's going for a run, taking a yoga class,

doing arts and crafts or reading a book, be sure to spend some time each week doing something that you love that makes you feel your best.

Prioritize Sleep - Prioritizing sleep will improve every aspect of your physical and mental wellness and help you achieve all your other goals. Unfortunately, streaming devices, social media and other distractions make it all too easy to stay up later than you intend. Setting an alarm in the evening can serve as a gentle reminder that it's time to put down devices and start your bedtime routine, helping you create a more consistent sleep schedule. This will also eliminate exposure to blue light late in the evening, an environmental factor that has been proven to make it harder to fall asleep.

Achieving your goals starts with feeling your best. Make that happen in the New Year by prioritizing the most essential building blocks of health and wellness, from sunrise to sundown.



Shop Smarter In The New Year With These Tips

(StatePoint) For many people, the start of a new year is an opportunity to revamp their routine and make game-changing resolutions. That's why industry experts are offering smart shopping tips that will have you saving time, money and hassle in 2024.

According to Christa Anz, director of Sensormatic Solutions North America Marketing, the global retail solutions portfolio of Johnson Controls, it all starts in January.

"Outside of the holiday season, there isn't a better time to shop than the start of a new year," says Anz. "Research shows gift cards continue to grow in popularity, so even after the gift-giving season is over, consumers are treating themselves and will be popping into stores reenergized. After the holiday rush, shoppers can rediscover the fun of browsing stores for anything they didn't receive from their wish lists."

As Anz also points out, shopping at the start of the year isn't just fun, it's also cost-effective, as retailers are likely to plan promotions to help sell excess inventory, making it a good time to stock up on essentials and other items. To shop smarter in January and all year long, Sensormatic Solutions is offering these tips based on their insider retailer predictions and data.

Make post-holiday returns strategically: Though November and December are the busiest months of the year for shopping, January has a monopoly on returns. With many shoppers still utilizing "buy online, pick up in-store" (BOPIS) options, the number of people looking to return or exchange goods may be higher than you expect. If you need to make returns or

exchange items during this period, you can streamline the process by reviewing return policies before heading to the store and arriving earlier in the day to avoid long lines or delays.

- **Make time:** Retailers will continue to implement loss prevention and security measures to combat rising organized retail crime rates. This extends to essential items, such as toothpaste, deodorant and razors. Factor extra time into shopping trips as you may need to wait for associate assistance to retrieve these items from locked display cases.

- **Enjoy peace of mind:** Preferred by many for shopping during the pandemic, options like BOPIS will continue to grow in popularity as consumers enjoy its convenience and speed. Use such options to your advantage to secure deals via apps or websites and enjoy the peace of mind that comes from knowing the items you need will be there when you arrive.

- **Interact with experiential retail:** Retailers are focused on enhancing in-store experiences in 2024, and that's great news for shoppers. You might take an in-store workshop at a tech store so you can make better use of your new device, or co-design your pair of sneakers with a brand to ensure your shoes are one-of-a-kind. Pay attention to local events and promotions at your favorite stores as brands find innovative ways to promote new products, partnerships and savings.

Whether shopping for fun or for the essentials, understanding the latest industry trends can help you make your 2024 consumer experiences more enjoyable and less stressful.



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Members of the Riverside Railroad at SCOPE enjoying New Year's Eve opening night.



Darrin and Krista Warren, of Fowler, enjoyed the Riverside Railroad night.

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SCOPE Senior Citizen Center hosted children's activities for Warren Rotary's Opening Night event.



The Valley Senior Choir sponsored by SCOPE provided gifts at their Christmas concert to choir director Kay Patrick and accompanist Carolyn Hartzell.

Prom Dress Collection

By Constance Amstutz

As you work through your New Year reset, clearing out items no longer needed, keep us in mind for your prom-like dresses, shoes, jewelry, purses, or unused makeup. GFWC Ohio Warren Junior Women's League and Champion Schools are accepting donations for the 8th Annual "Bling Prom Boutique." This prom dress event is FREE to high school

young ladies in the Tri-County area.

For items you would like to donate, please contact WJWL President Becky Bucco at (330) 720-8995 or drop off items at any Champion school.



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Pastor Brandon Byler, Calvary Bible Church



LESSONS OF HOPE

Pastor Jonathan Williams, Cortland United Methodist Church



Hope for A Good Year

I enjoy the prospect of a New Year for it offers us the idea of a fresh start. It is one of the reasons why people dive into a new eating plan, workout regiment, and disciplined schedule. However, I remember the first time I realized the turning of a new calendar year did nothing to resolve the troubles of life. We look at the New Year with big hopes and expectations, but then reality sets in and this year is more of the same as last year. We circle New Years' Day on our calendar for several reasons, and one of them is hoping that the next year will be a better year than last year.

Unfortunately, it doesn't always work out that way. Every Christmas, my family exchanges books for Christmas. This year, my daughter bought me a book that chronicles a bad decision, event, or nasty character in history for every day of the year, and New Years' Day is no exception. Entering the New Year, we don't want to consider that possibility, but it does us no good to put our heads in the sand.

2023 was a yo-yo year for me, my

family, and church family. Every year has its ups and downs, but 2023 was an exceptionally wild ride. Thankfully, there is a way to embrace to a year like that, or even a year where it is all down and difficult. God has offered us hope through Jesus. God offers hope by dealing with our sin which separated us from Him. Jesus, through His perfect life, sacrificial death on the cross, and victorious resurrection reconciles us back to God. Through faith in Him, we can have our sins forgiven and hope for eternal life.

That message is not going to fix your 401k, but it offers treasures in heaven better than any investment made on earth. The gospel is not some magic wand to wave over relationships so that they are immediately fixed, but a relationship with Jesus gives us the help we need to mend fences and move forward in forgiveness.

I pray you find this hope in Jesus this year, so no matter what happens in the world, you can say it is truly a happy new year.

Fitness centers often give discounted memberships in January because they know people have made resolutions to get in shape. They also know that many of those people will abandon their resolution within a month or two but won't cancel the membership out of shame at having failed. Whatever you think of their business model, they are right about one thing: a lot of people give up on their New year's resolutions. Why? or more importantly, how might we avoid this outcome?

First, we need to remember that we are setting a long-term goal. We may quit when we don't get fast results, but what we are trying to do will take time.

Second, the timing is arbitrary. The beginning of a new year feels like a good time to start a new thing, but any random date is just as likely to be a good starting point. We choose this time, despite it not always being ideal, and sometimes without having adequately prepared for the work ahead.

And that is the key: We choose. Just like any other change in our lives, what matters is not the date on the calendar or how long it will take to measure success. What matters is that

we make the choice. Some changes happen outside of our control, but we can always choose how or how much to embrace them.

Resolving to do something is a choice, but it might leave us feeling defeated if or when we have setbacks. So, perhaps what we should choose first is to change our terminology.

I am not making any resolutions for the coming year; but I will name my intentions. And by saying that "I intend to work toward this goal," or "I intend to live life with this slightly different perspective," I am giving myself grace to fail, falter, wander down another path, or change my mind completely without feeling guilty about abandoning my resolution. And as I give myself grace to venture forward in an imperfect, roundabout way, I probably have a better chance to make progress toward my intended goal, or to live in a way that aligns with my named intention. Guilt and shame are no longer weighing me down; I have chosen and named my intention, and if I change my mind or take my time, that is also my choice.

So, what is your intention for the new year?

Church News & Notes

Cortland United Methodist Church
 The Cortland Community Church will hold a Free Community Lunch and Fellowship. "God Provides A Meal" will be on Saturday, January 20th from 11:00 am to 1:00 pm. The menu will be Vegetable Hamburger Soup, Grilled Cheese Sandwich, Applesauce, Dessert, and Beverage. Please join us and bring your friends.

JCC Receives Grant

By Elise Skolnick

The Youngstown Area Jewish Federation received a \$100,000 grant from the Youngstown Foundation. The grant will be used for operational support for the Federation and its agencies - Jewish Family & Community Services, the Jewish Community Center, the Jewish Community Relations Council, and Senior Living by Youngstown Area Jewish Federation - as well as Akiva Academy.

The Youngstown Area Jewish Federation works to promote the welfare of the Jewish people, locally, nationally and overseas. For more information, visit jewishyoungstown.org.

Akiva Academy offers K-8 students an enriching academic experience that's based on collaborative, project-based and technology-driven learning methods to maximize students' potential. Housed within the Jewish Community Center, Akiva Academy is open to students of all faiths.

*Lord Jesus,
 I thank you that you are with me, that you are in me. Resolutions might come in one year and go out the other. Open my ears this year, so that I can hear you and enjoy you at every junction, when you tell me to turn right or left. Amen."*

- Pete Briscoe, *Experiencing Life Today*



The Church of the Nazarene were happy to hand over a box full of used glasses to Ralph McCord for the Lions Club mission. The used eyeglasses are recycled for needy individuals here in the USA and around the world. The Cortland Lions Club thanks The Cortland Church of the Nazarene for helping them in this worthy cause.



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Turn Up The Heat And Flavor For The Big Game

(StatePoint) Hosting a Big Game watch party? By following the playbook of BBQ experts, you'll have your friends and family cheering for your game day spread.

"The trick to achieving tasty BBQ is real smoke flavor. And, to get real smoke flavor, you need quality, natural hardwoods, with or without a pellet grill," says Levi Strayer of Bear Mountain BBQ, "Start grilling with pellets, and everyone will immediately taste the difference—it's a game changer."

With that philosophy in mind, Bear Mountain BBQ ambassador Jennifer Danella is sharing two BBQ winning recipes. Both incorporate the brand's premium pellets to bring unbeatable flavor to the table.



SWEET HEAT BARBEQUE WILD TURKEY BITES

- 1 boneless, skinless turkey or chicken breast, approximately 2 pounds, cut into 1-inch pieces
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1/2 teaspoon garlic salt
- 1/2 teaspoon black pepper
- 1 tablespoon loosely-packed light brown sugar
- 1 package center-cut bacon, cut in half
- Sliced green onions
- Ranch dressing
- Chef's Choice or Butcher's Blend Bear Mountain BBQ Pellets
- 1/2 cup sweet barbecue sauce
- 2 tablespoons buffalo sauce
- 1 tablespoon minced garlic

Directions:

1. Preheat grill to 400 degrees F.
2. Line a large baking sheet with parchment paper.
3. Place 1-inch turkey pieces into a medium size bowl. Sprinkle chili powder, paprika, cayenne, garlic salt, black pepper and brown sugar over top. Mix well.
4. Wrap half a slice of bacon around each turkey piece. Secure with a toothpick and place them onto the parchment paper.
5. Place the baking sheet into your preheated grill and bake for 25 minutes. Meanwhile, combine the barbecue sauce, buffalo sauce and garlic in a small bowl. Brush the turkey pieces halfway through cooking. Brush another layer of sauce five minutes before the cook time is over. Cook until the turkey pieces reach 165 degrees F.
6. Garnish with sliced green onions and serve with ranch dressing for dipping.



BEER CHEESE DIP

- 1 1/2 cups cheddar cheese grated
- 1/2 cup gruyere cheese grated
- 8 ounces cream cheese softened
- 1 tablespoon Dijon mustard
- 1/2 of a 1-ounce Hidden Valley Ranch Packet
- 2 tablespoons green onions chopped.
- 1/4 cup German lager beer
- 2 tablespoons baking soda
- 1 can biscuits
- 1 large egg, mixed with 1 tablespoon water, for brushing biscuits
- 12-inch cast iron skillet
- Bear Mountain BBQ's Chef's Choice Blend pellets

Directions:

1. Preheat pellet grill to 350 degrees F.
2. In large bowl, combine 1 cup cheddar, gruyere, cream cheese, Dijon mustard, Hidden Valley Ranch seasoning, beer and 1 tablespoon green onions. Mix evenly.
3. Cut biscuits in half. Roll each half into a ball, then slice an X across top.
4. Boil 2 cups water in medium saucepan. Once boiling, add baking soda and mix immediately.
5. Add biscuits to grill in batches and cook until puffy, approximately 1 minute. Remove and transfer to skillet, forming ring along inside edge.
6. Brush biscuits with egg wash. Sprinkle with salt.
7. Transfer dip to center of skillet. Sprinkle with remaining cheddar.
8. Smoke until biscuits are golden and dip is bubbly, 30-35 minutes.
9. Garnish with remaining green onions. Serve!

As you make your Game Day preparations, look for a new collection of Bear Mountain's grilling and smoking pellets. The five flavors -- Smoky Apple Whiskey, Maple Bourbon Pecan, Chef's Choice, Butcher's Blend and Chophouse Blend -- add unrivaled flavor to all grilling and smoking occasions.



i wish travel therapy was covered by my health insurance.

- Anonymous

Trumbull County Travel Club

By Peggy Boyd

The members of the Trumbull County Travel Club have 10 openings on their "Let's Thaw Out Day" outing to the Great Big Home & Flower Show in Cleveland. Departing at 9:30 am on Saturday, February 10 for a quick stop in Chardon. Here travelers will have a warm up breakfast at Spinners. This establishment is a throwback to the 50's & 60's complete with a jukebox in the corner.

A 2nd stop will be made at one of Chardon's hidden little treasures,

Sage's Apple Farm for some of the best maple products in Ohio. The afternoon will include plenty of time to explore over 600 booths offering specials, sweepstakes and promotions. Visit the secret garden displays and the homes inside the IX Center. Three hours will be devoted to the revamped floor design before departing for home around 5:00 pm. The cost is \$74.00 per person. The 2024 day-trips are in place for the club. Please call Peggy at 330-856-5398 for details on all trips.



Pictured enjoying dinner at the La Comedian Dinner Theater are Carol Olson, Rosemary Walker, Marie Williams, Gloria Hruby, Kathy Allen and Glenna Hodges.

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Lakeview School News

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Let's Roll - Lakeview Skate Party

By Nicholas Facciolo

The Lakeview Teachers Association is hosting a skating party for all Lakeview families at the Cortland Roller Rink. There will be open skates and competitions as well. Come out and see your friends and favorite teachers. The cost is \$10 per skater and all proceeds benefit the Lakeview Levy Committee. On January 18 Grades K-5 will skate from 5-7 PM. On January 25 grades 6-12 skate from 5-7 PM.

All proceeds benefit the Lakeview Levy Committee.



ADOPT A PET

CHRISTOPHER



- Neutered male
- 3 years old
- German Shepherd/Mix, Tan/Black coloring
- Up to date on all vaccines and microchipped
- Adoption fee: \$125
- Freddy is a big sweetheart! This boy adores people and is pretty mellow given his age. Even though he's still young, he really enjoys curling up and sleeping in his kennel for most of the day. He would do best as an "only child" (no cat or children) but may be alright living with another dog with a similar temperament. If you're interested in Freddy and already have another pup, a meet & greet would be required.

MIA



- Neutered male • 6.5 yrs old
- Domestic Longhair, Black & White
- Up to date on all vaccines and microchipped
- Adoption fee: \$40
- Christopher is one handsome feline! He can be a bit shy at first, but once he warms up once he starts to feel at home. He LOVES food and getting treats, and this may be the key to winning him over quickly! Christopher has lived with other cats and dogs, although we feel he would do best as an only pet or a household with calm/older animals and no young children in the home.

If you're interested in either of these pets, or you'd like to learn more about our current animals available for adoption, please email our Adoption Supervisor at Adoptions@awltrumbull.com or call Animal Welfare League of Trumbull County at 330-539-5300. For more information about our adoption process, visit <https://www.awlrescueme.com/adopt/>

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From the Desk of the Superintendent

By: Velina J. Taylor

January is School Board Appreciation Month. Our Governor recently reminded us that it is vital "that communities support school boards so that students receive the best education and are prepared to be the leaders of tomorrow." Our school board, five community members, are ordinary people who have an extraordinary dedication to our public schools. It is time we thanked them for their tireless efforts.

Special recognition goes to Beth Harris, who has completed her commitment to serve in the interest of our students and community. Her willingness to fill a vacant seat was much appreciated. We also look forward to welcoming our newest school board member, Taylor Pease, who was elected to the position in November 2023. He and Jennifer Nicholas, who was re-elected to her post, will take the oath of office on January 8, 2024 at the board's organizational meeting.

Too often we forget about the personal sacrifices school board members routinely make. Too often we forget about the important role school board members play in assuring local control over our public schools, control that is in the hands of people we know... people who are our neighbors.

Too often we forget that, in the tradition of a representative democracy, school board members are our

connection to influencing how our public schools are governed. Too often we are quick to criticize school board members without really knowing all the details that went into any given decision. Too often the efforts of school board members go unrecognized and unrewarded.

Your school board works closely with families, education professionals, and community members to create the educational vision we want for our students. It formulates goals, defines results, and sets the course for an adequate and equitable educational program for all students.

Your school board is accountable to the public. It is responsible for assuring the public that the money allocated to the public schools is providing a good return on the investment. Thus, the board oversees regular assessment of the district's students, staff, and programs.

Your school board also is a strong advocate for public schools and is responsible for communicating the needs of the school district to the public and the public's expectations to the district.

We hope you will make a special effort to tell each school board member his or her hard work and dedication have been noticed and are very much appreciated!

LHS Welcomes Winter Walkers

Looking for the perfect indoor place to walk in the winter? Lakeview High School is open to Winter Walkers from 3 pm - 6 pm until the end of the season. Please just walk in through the main entrance. We will have a coat rack for you in the lobby. We have 2 floors available for you to walk safely. Walk at your own pace for as long as you wish. Come join us for free fun and exercise.



The Lakeview Levy Committee held a festive fundraiser at the Cortland Opera House on December 17th. Children met their favorite holiday character over a pancake breakfast. Santa and Mrs. Claus, Elf on a Shelf, the Grinch, Cindy Lou Who, Elsa, Frosty, and Buddy the Elf were all there to ring in Christmas!

Class of 2024 Spotlight Bulldog

By Michael DeToro

This tri-weekly installment will spotlight an outstanding graduating senior at Lakeview High School. Each showcased student will be someone who represents their family, Lakeview Schools, and most importantly, our Bazetta/Cortland community with integrity, commitment, and loyalty.

This issue's Spotlight Bulldog is Emerson Hyde. Emerson is the daughter of Lisa Hyde and has attended school with the Lakeview Local School District her entire career. Her academic schedule this year includes a mixture of high school courses and college courses through Youngstown State University and Eastern Gateway Community College. She is in the top 20% of this year's graduating class.

As an athlete, Emerson has been a mainstay in the varsity tennis lineup for the last few seasons. Emerson has also participated in the National Honor Society, Senior Beta Club, and Foreign Language Club. Outside of school, Emerson has been working at Wedgewood Pizza in Howland for the last several years. Emerson is hoping to continue her education as an undergraduate student at Youngstown State.

Get to know Emerson better with a quick 60-second rapid-fire interview.

- 1.) What is something that you do exceptionally well?
 - Communicating with people. I like talking to people a lot.
- 2.) What is your favorite part of the Lakeview Local School District?
 - Definitely the people. I think everyone is really close here and we do a lot of things that a lot of the other schools don't do.
- 3.) Where is your favorite place to eat in Bazetta/Cortland? - Chipotle
- 4.) Where is your favorite place to hang out in Bazetta/Cortland? - Dunkin'
- 5.) You might catch me ...
 - Driving around with my friends.
- 6.) What are your future aspirations?
 - I want to be a forensic psychologist.



Lipkin Announces Retirement From JCC

Andrew Lipkin, Youngstown Area Jewish Federation CEO, retired effective Dec. 31, 2024. Lipkin has been with the Federation since 1985 in various roles, including Jewish Community Relations Council and Women's Division Director, Campaign Director, Assistant Federation Director and finally CEO, a position he assumed in January 2015.



The Federation has entered into negotiations with Lisa Long, currently Federation financial resource development director, to replace Lipkin. Long brings a wealth of nonprofit experience to the position. She has served as FRD Director since April 2018, and has worked in Vermont and the Mahoning Valley in a variety of nonprofit roles, including leadership positions, for more than 20 years.

"When we moved here almost 12 years ago the Jewish community embraced us with open arms and truly made this our home," Long said. "It is now my turn to return that favor. I am ecstatic and honored to have been chosen as the next leader of Jewish Youngstown. It has been a goal I've been working toward since joining the Federation in April of 2018. The foundation that our CEO's, Stanley Engel, Sam Kooperman, and Andy Lipkin, laid has set our community up for success. I am excited to take our Federation to the next level. This is not just a career for me, this is a calling. I am building a community for my children, and hopefully their children. Jewish

Youngstown is our home."

The Youngstown Area Jewish Federation is the umbrella organization for several agencies, including Senior Living by Youngstown Area Jewish Federation, the Jewish Community Center of Youngstown, the Jewish Community Relations Council, and Jewish Family & Community Services. The Federation works to promote the welfare of the Jewish people, locally, nationally and overseas. For more information, visit jewishyoungstown.org.



Trumbull County Republican Women

By Cathy Lukasko

The Trumbull County Republican Women met to plan the Republican Candidate Forum for the March 19 Primary. Republican Ohio Senatorial candidates including Bernie Moreno, Frank LaRose and Matt Dolan along with State and local candidates will also be speaking.

The Feb. 3 meeting will be held at the Chophouse beginning at 11:30 am. For Reservations, please contact Cathy at 330.719.0185 by Jan. 26.



Lori Hineman, Cathy Lukasko, Jo Anne Szczyglowski, Judi Shortreed, Carol Jochman, Katie Tingler.



The Trumbull County Republican Women held their Christmas meeting on December 7 with speaker Valerie Koker, CDC representative of 35 years. The Jan. 4th meeting was held at the Chophouse with guest speaker Pastor Jim Knapp who spoke on "God and Country, Inseparable". Pictured L-R Lynda Chos, Jo Anne Szczyglowski, Judi Shortreed, Valerie Koker, Lori Hineman.

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Congratulations to Joey Constantine for winning the 8th grade Lakeview High School Spelling Bee. He will represent LHS at the county level next. Good luck!



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Baby & Me-Tobacco Free Program Receives “Best Practice” Designation

Quit smoking while earning FREE DIAPERS! It sounds too good to be true, yet a program built on that very simple tenet exists. The BABY & ME- Tobacco Free Program was recently designated a “Best Practice” by the Association of Maternal and Child Health Programs (AMCHP). Programs with this designation have been reviewed by experts in the public health field as proven effective.

The BABY & ME- Tobacco Free Program is a smoking cessation program for pregnant women and their families. It helps pregnant women and a support partner quit smoking while pregnant and then remain quit after baby is born. Through a series of face-to-face counseling sessions, women and their families are given tools and

support needed to make a successful quit attempt and are rewarded with FREE DIAPERS in the form of a diaper voucher for their success. Research has shown that incentives, such as diapers and wipes, are a unique and positive motivator to aid in ensuring the best birth outcomes.

Pregnant women who smoke have an extra motivation to quit- the health of their unborn child.

Smoking during pregnancy can lead to low birthweight infants and premature birth. In the longer term, maternal smoking during pregnancy is associated with a range of poor outcomes in children including ADHD, and cognitive dysfunction. Children who grow up in smoke-free homes enjoy many health benefits, so it is



equally important to remain quit.

To date, over 18,000 women and their families across the United States have benefited from this program. Laurie Adams, President and Founder of the program, on learning of the designation states, “This “Best Practice” designation further confirmation that investing in healthy children begins with offering tailored support to pregnant women and their families. Many pregnant women who smoke are consumed by guilt and wish they could quit. We offer a way for these women to realize their dreams of being free from

the grip of tobacco addiction, at a time when it matters most to not only their health, but the health of their unborn children.”

For those interested in helping the next generation live tobacco-free and learning more about the BABY & ME tobacco Free Program, including finding out where to go locally to enroll, we encourage you to visit: Trumbull County Combined Health District, 194 W. Main St. Cortland. (330)675-2489 Option #3. www.babyandmetobaccofree.org This program is not income based, anyone is encouraged to enroll.

Personalized Outpatient Therapy At Ohio Living Lake Vista

By Sara Pecchia

Prioritizing health goals is a common thread for people of all ages at the start of the new year. At Ohio Living Lake Vista, mission-focused teams bring strong expertise in many areas to best serve Cortland area residents across the full continuum of care, including outpatient therapy.

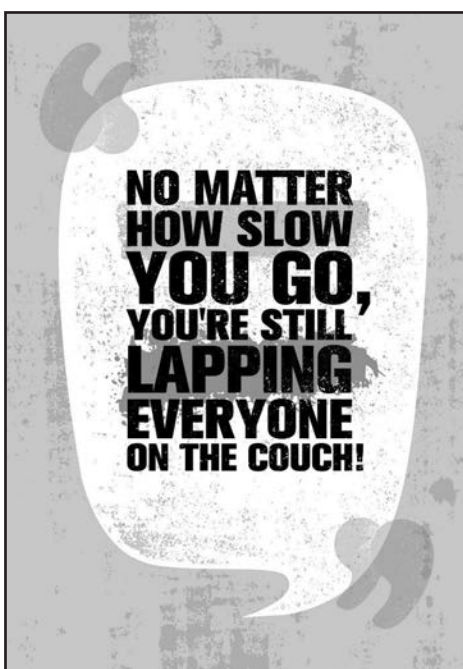
“Our team takes great pride in offering 1:1outpatient therapy sessions that are personalized in nature,” explained Christopher Pint, director of therapy at Ohio Living Lake Vista. “Unlike other local providers where patients may be grouped with five or six others for treatment, our sessions consist of just one patient and a dedicated therapist. Our patients receive an individualized experience and treatment plan to home in on key issues and ensure effective results.”



Photo credit: Ohio Living Lake Vista Facebook Page

The Ohio Living Lake Vista physical therapy team focuses on restoring balance, improving functional mobility, pain management techniques, cardiovascular rehab, addressing neuromuscular deficits, lymphedema management, maintaining skin integrity, patient and caregiver education, and reducing the risk of falling. Outpatient therapy sessions typically last one hour and start with an initial evaluation to pinpoint a patient’s deficits and then develop an action plan. “Whether it’s rehabbing after knee, hip or shoulder surgery, recovering from a stroke or other situations where therapy is necessary, our experienced and licensed team can help,” added Pint. “Therapy is conducted in private treatment rooms, and our patients have the added benefit of access to a large, open gym with weight and exercise equipment.”

A physician’s prescription is needed to initiate outpatient therapy services, and most insurances are accepted. For more information, contact Christopher at 330-638-9275.





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What Is SCOPE?

By Mike Wilson

If you are an active Trumbull County Senior over sixty S.C.O.P.E. Senior Services in Trumbull County assist seniors with various programs and services.

S.C.O.P.E. stands for 'Senior Citizens Opportunity for Personal Endeavor' and operates several Senior Citizen Community Centers located in Cortland, Howland, Hubbard, Newton Falls, Niles, and Warren.

Senior Citizen Centers offer socialization activities such as Art classes, bridge, book club, cards, choir, crocheting, knitting, Mahjongg, music, painting, Ukelele classes, quilting, sewing, UNO, and Sip & Paint classes. Educational programs on health issues, Trivia, and guest speakers on many general topics are offered. Support groups on Dementia, Grief Share, Depression, AA, are available. Even one day and up to three-day trip and tours are offered through Anderson Tours and Ridgeview Country Tours LLC.

S.C.O.P.E. has recreational and sport leagues such as billiards, bocce, chair volleyball, corn hole, golf, indoor walking, Putt-Putt and Wii bowling.

Senior Citizen Centers also features fitness and wellness classes such as Silver Sneakers FLEX, Tai Chi, arthritic exercise, balance classes, kick boxing, line dance, self-defense, square dance, kettlebell weight lifting, tap dance, yoga, water bottle fitness and Zumba sessions. For class schedules contact any Senior Center or call 330-399-8846.

S.C.O.P.E. provides many free individual support services to seniors such as saving money on the HEAP utility reduction program. Free consultations on Social Security, Medicare/Medicaid/ and prescriptions, plus information & referral services. Also our most requested free program is for those needing help with their cell phones, laptops, and computers. Call 330-399-8846 to set up an appointment.

S.C.O.P.E. makes phone calls and even visits senior's homes through its new SOS project to deliver free groceries, and offers health and loneliness support services to our area's elderly. If you want to donate to 'Feed A Senior' call 330-399-8846 or send a check to S.C.O.P.E. 375 N. Park Ave. Warren 44481 and list on the envelope or on the check Feed 'A' Senior.



Seniors at the Howland SCOPE Center participate in a cornhole tournament. SCOPE offers free services to any Trumbull County Senior.



Seniors learn Line Dancing at the Cortland SCOPE Center. Come join the fun any weekday.



Seniors learn boxing and cardio lessons at SCOPE. This is free to any Trumbull County Senior.



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Editor's note: We are thrilled to introduce a new feature. Cortland/Bazetta is the best place in the world to live. And the main reason for that is the people! The very talented Constance Amstutz has joined our staff and, among other things, is going to introduce us to our neighbors in her new column Meet Your Neighbor. We hope you enjoy it as much we do.



By Constance Amstutz




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Welcome back, dear neighbors, to the next segment of our column. If you recall from our prior issue, the goal is to highlight individuals who are our neighbors - the fantastic people who make up our community. While many describe themselves as ordinary, each person and their story is a contribution to our town's uniqueness. Take our next neighbor, for example.

Brenda Farone moved to Bazetta with her husband and three daughters in 1995. When their realtor handed them a detailed document regarding local school systems, the choice to locate here was rather simple. While their original relocation was driven by her husband, Bob, transitioning with GM, what has kept them here is far deeper than that. When asked to describe Cortland/Bazetta, Brenda chose the word "welcoming".

After growing up in Wickliffe, and eventually transitioning to this area without knowing anyone, it didn't matter. Brenda felt a sense of comfort, and the people here made her feel like this is right where she belongs. "It's like we had always been here; it was just like coming home."

From being a beautician, to a teacher, and now a realtor, Brenda's

heart for helping people has always shown up in her work. As a teacher, she always wanted students to know they are worthy and valued. Now to see those same students purchase their own homes and create families is the world coming full circle.



When Brenda isn't spending time with her daughters or grandchildren, you can find her relaxing in nature reading a good book or working the café at Grace Church in Niles. Brenda's kindhearted nature has led her to continue helping others despite her natural instincts. "I am really an introvert, but I learned how to ask questions and get other people to talk." Her drive to make a difference in the lives of others is at the foundation of who she is. "When I'm passionate about something, the Lord just uses me."

Fortunately for us as a community, the list of individuals who are similarly natured is in great length. Whether you realize it or not, your compassion and kindness for others is felt. The heart of this community echoes in the lives of those who live here, and those beyond our city borders. In the new year, continue to do something generous for your friends and neighbors. The light shines beyond measure.

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January
 By John Updike

*The days are short,
 The sun a spark,
 Hung thin between
 The dark and dark.*

*Fat snowy footsteps
 Track the floor.
 Milk bottles burst
 Outside the door.*

*The river is
 A frozen place
 Held still beneath
 The trees of lace.*

*The sky is low.
 The wind is gray.
 The radiator
 Purrs all day.*



What's "news" in the City of Cortland

Happy New Year from City Hall!

Snow Removal

Please remember that it is the property owner's responsibility to keep their sidewalk clear of snow and ice for pedestrians. Do not blow or pile snow that would obstruct the vision of motorists and do not put your snow in the street. Also, during times of snow, try not to park on the street. City snowplows need to clear the roads. Watch the eNews, city website and the community sign in front of Speedway for parking ban announcements. Thank You.

eNews

The city issues a weekly e-News (email) with events happening in our community and news items as well as agendas for City Council and Planning & Zoning Commission meetings. You can subscribe at the bottom of our website www.cityofcortland.org or by sending an email to admin@cityofcortland.org.

Communication

When the city has news advisories such as parking bans or boil alerts, we communicate in the following ways:

- Notice on the Community Sign in front of Speedway
- Notice on our website - www.cityofcortland.org
- Notify local media outlets
- E-mail to our e-news subscribers
- City of Cortland Police and Fire Department Facebook Pages

Dates to Remember

- January 16th - City Council meeting - 7 p.m.
 - February 5th - City Council meeting - 7 p.m.
- City Administration Offices will be closed Monday, January 15th for Martin Luther King Jr. Day.

Welcome to the Trumbull County Combined Health District

The Trumbull County Combined Health District opened their doors at 194 W. Main Street on Monday, December 11, 2023. On behalf of the city and its residents, the Mayor and the Special Projects coordinator planned a week's worth of treats, including "Welcome Bags" with donations, coupons, menus and more from Cortland businesses and tasty treats from Cortland businesses to give the newcomers a warm welcome and a "taste" of the community. Taxpayer funds were not used to sponsor this event.

The city is cleaning up "off-premises" signs

Off premise signs are one type of sign that is prohibited in the city. An off-premise sign is a sign directing attention to a specific business, product, service, entertainment or other activity sold, offered or conducted elsewhere than upon the lot on which the sign is located for public service and information except otherwise permitted by our code. If you had an off-premise sign that was removed, you can retrieve it at city hall.

Police Department Gets Grant Award

The Office of Criminal Justice Services (OCJS) announced today that over \$5 million in federal Edward J. Byrne Memorial Justice Assistance Grants (JAG) have been awarded to help communities prevent and control crime.

The annual grants support the crime prevention work of law enforcement, prosecutors, courts, corrections facilities, crime victim and witness initiatives, and others. In total, 153 projects were funded in 56 counties. JAG funds may be used for state and local initiatives, technical assistance, strategic planning, research and evaluation (including forensics), data collection, training, personnel, equipment, forensic laboratories, supplies, contractual support, and criminal justice information systems.

The competitive grant process solicited grant proposals from state agencies, non-profit organizations, colleges, universities, and other criminal justice-related agencies from throughout the state.

Congratulations to the Cortland Police Department, one of three entities in the county, who received \$12,672.75 which they will use for dash cameras for their cruisers!

The Willow Park Restroom Facilities are complete

The construction on the Willow Park restroom facilities is complete! It will be winterized and ready to open in the spring.

No parking within 125' of an intersection

At its meeting on Nov. 20, City Council passed the last reading of an ordinance that eliminates parking within 125' from any intersection in the city. Generally, the short side of a corner lot is 100' and the long side of the lot is approx. 140'. As a general rule of thumb, do not park any closer to the intersection than the second lot from the corner.



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By
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Seek Answers to These Five Basic Life Insurance Questions

Life insurance is an important part of a well-rounded financial plan. While it can be an emotionally difficult topic to contemplate, life insurance provides a degree of protection for loved ones in the event of a death.

Most adults who have dependents who rely on them should have life insurance coverage. The challenge is determining what amount of coverage is right for you. If you already have life insurance in place, is it sufficient to meet your family's unique needs?

Here are five questions you can ask yourself to help assess the types and levels of life insurance you should have in place to protect your loved ones.

#1 - Who do I want to protect?

Life insurance's primary purpose is to provide financial resources to those who are left behind. If you have a spouse, partner, children or others who are dependent on the income you generate, your death may leave a significant financial gap unless you have the right protections in place. Start by assessing the difference it would make, not just this year, but over the long term, if you were no longer around. If you are past your working years, you might consider whether life insurance can play a role in protecting your estate.

#2 - What expenses need to be covered by life insurance proceeds?

Start with non-discretionary expenses such as your home, debts that need to be repaid, living expenses like food costs, and childcare expenses. You may also want to consider non-discretionary expenses such as money for extracurricular activities and vacations. Beyond that, it's important that a surviving spouse or partner can continue to save to meet key goals like retirement or a child's education. Determine annual expenses and then account for how many years you want to be certain those expenses are covered. If you are at or near retirement,

you may want to determine if insurance is needed to provide liquidity for the dissolution of your estate.

#3 - What type of life insurance makes sense for me?

There are different types of life insurance. The simplest and typically least expensive form is term insurance, which provides a death benefit for a set period of years. You can also consider "permanent" forms of life insurance that provide a death benefit and can have an investment component or cash value benefit. These policies will be costlier than term insurance but may be more suitable depending on your circumstances.

#4 - Are there riders I should add to my policy?

Life insurance riders allow you to tailor your policy to meet certain needs. These can range from premium coverage if you should become disabled, protection against accidental death and dismemberment, or even coverage to pay for expenses related to long-term care needs.

#5 - Is my current coverage adequate?

If you already have life insurance in place, it's important to review coverage periodically to account for changes in your life. For starters, answer the questions listed above. A thorough review of all your protection needs can help ensure you have the most appropriate protection solutions in place.

Discussing these questions, and others you have, with a financial advisor can help you assess the most effective life insurance strategy for your circumstances.

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Pawsitivity - Resolve to Help in 2024!

Ah, the fresh start of a brand new year! So much possibility for Cortland and Bazetta in 2024! If you're anything like me, you may start each year out with some of the same resolutions. "Lose weight/get healthy" has been on my to-do list for the past 10 years.

But this year, consider adding a resolution to your list that will make the world a better place. Even the smallest positive actions can have a huge impact. There are so many ways to help and "do good," whether it be volunteering, donating items/supplies/money to a charitable organization, adopting or fostering a child or animal in need, or advocating for a cause (no, political parties don't count!).

The world could use a little more kindness. If you can't find the resources or capabilities to volunteer, donate, etc., then consider finding ways to support those who are helping make our community a better place. This may be encouraging words, buying lunch for the employees of a charitable organization, or by finding other creative and meaningful ways to make them feel seen and appreciated.

If you've been meaning to volunteer somewhere, now's the time! Call the organization or check out their website

to see if they're recruiting volunteers, what types of activities they'll ask you to do, and how much time they expect you to dedicate to volunteering.

There's something for everyone when it comes to volunteerism. If you love animals, contact some local animal shelters or rescues and see what you can do to help. If you're handy, many local organizations, including charities like Habitat for Humanity, could benefit from your hands-on expertise. If you're licensed in some specialty, think of the organizations that may benefit from your nursing, financial, accountancy, veterinary, insurance, etc. skillset and qualifications!

You don't necessarily have to sign up with an organization to volunteer and be generous - consider putting on some gloves, grabbing a trash bag and a reflective vest, and cleaning up litter in your neighborhood.

There are a million ways to help, so the next step is simply to act! I'm guessing you'll be glad you did - helping others typically helps us feel better, too! Email Hello.Pawsitivity@gmail.com with comments/questions or article ideas. I hope you enjoyed the holiday season and look forward to making 2024 a paws-itive year!



A True Test Of Marriage - Decorating For Christmas

By Cait Morgan

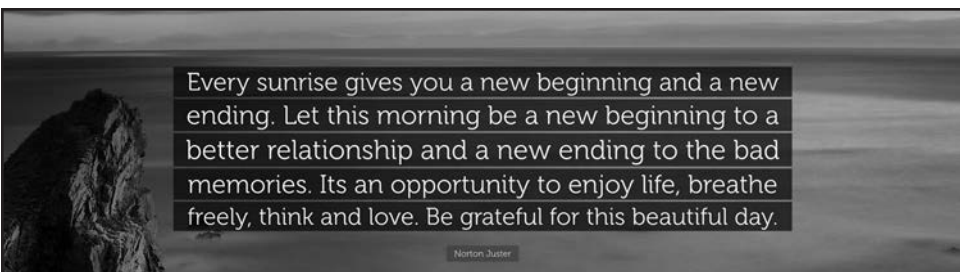
A friend of mine has always said that the true test of a marriage is how they get through decorating for Christmas. He is correct. Any couple talking about getting married needs to decorate a house, inside and out, for Christmas. No cheating by hiring someone else, either. Just two people, boxes of heaven-knows-what and a bare tree (bonus points if they go pick out the tree - either artificial or real - and drag it home) in a house where things need to be moved around to make way for the Christmas decorations.

My ex decorated everything that didn't move. Sleeping dogs, a thawing pot roast and even the trash all fell victim to his boxes of holiday décor. Even the bathroom was not spared. One year I was a few blocks from home and saw this bright glow coming from my street. I thought someone's house was on fire. But no, it was my house, freshly lit up and shimmering like a disco ball. I love Christmas lights. I do. I believe each light represents someone's soul shining through for the holidays, but I wasn't ready for centuries of souls on my house. It was a nightmare. A few nights later someone cut the main cord to the display. I was grateful. The neighbors were grateful. The souls went elsewhere to shine.

Fast forward to the first Christmas with The Curmudgeon. We decided to get a live tree. Two days and one snowstorm later, we found the one I wanted. Home we came with it tied atop his Jeep. The following weekend, it came into the house and furniture was moved around for hours while the tree was placed in every conceivable spot in the living room. It ended up back in the second place we tried. It spent the night there without a single light or ornament, but we were both still speaking to each other and alive. Good sign.

The next night I fell for the oldest husband trick in the book. He put the lights on it. I was appalled! Clumps of lights, areas with no lights, cords showing. I banished him to another room and did it myself. I'm ashamed to admit it was almost four months before I realized I had been had. He is a patient but cunning man.

Every year since, we decorate together. We don't fight and we don't snark. We laugh and have fun while we do it. When we're done, we turn out the lights, turn on the tree and snuggle up with a drink while enjoying our tree. And after Epiphany, we take it all down again together. We passed the marriage test. Life is good.





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Mother And Daughter Aprons, 1978-1980



A local woman made a donation of family aprons to the Henry Ford Museum. From now to April the 2 aprons will be displayed. They were made by Linda Mines for her sister in law Cindee and niece Megan in the late 1970's from Holly Hobbie material.

Aprons can be used to celebrate family bonds and long-standing traditions. Each year, the extended Mines family of Ohio gathered a few weeks before Christmas to bake iced sugar cookies. In the late 1970s, Linda Mines sewed Holly Hobbie-themed aprons for each Mines family cookie maker, including these.

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Warren Women's Club Plans Mardi Gras Celebration

By Peggy Boyd

Celebrate the season of Mardi Gras on Sunday, February 4 or Sunday, February 11 with a luncheon. A Louisiana menu will be served at the Warren Women's Club House located at 708 North Park Avenue, Warren. The menu will feature gumbo, chicken etouffee, shrimp jambalaya, red beans & rice with baby cakes for dessert. Homemade pralines and non-alcoholic hurricane drinks will be served with music and surprises to round out the event.

Both luncheons will begin at 1:00 pm. Tickets are \$25.00 per person. Reservations can be made by calling Sandy Mahaffey at 330-518-6927. Seating on each date will be limited to 40 people.



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Why You Shouldn't Brush Off The Dentist This Year

(StatePoint) When scheduling annual physicals, screenings, vaccinations and other preventive care, don't forget about another critical part of overall health that gets neglected all too often: dental care.

A recent study from the National Library of Medicine revealed that nearly half of American adults postponed their scheduled dental visits during the pandemic. Even prior to the public health emergency, at least one-third of U.S. adults didn't see their dentist annually.

"Now is a great time to schedule an appointment with your dentist," says Dr. Cary Sun, chief dental officer, Cigna Healthcare. "Brushing off dental care can have serious implications for your health and wellness. Even forgoing recommended teeth cleanings can lead to gingivitis, gum disease and cavities. This can also escalate into bigger problems, like the need for root canals or crowns, or even tooth loss."

Even with dental insurance, extensive treatments can amount to thousands of dollars in out-of-pocket expenses, compared to little or no out-of-pocket expense for preventive care, such as exams and cleanings. A recent study found that high out-of-pocket costs are the top reason people delay dental care – a good reason to see the dentist for an annual checkup sooner rather than later.

Studies also show that oral health has connections to overall health, including an impact on cardiovascular health. Research links gum disease to inflammation that can come before heart attacks, strokes and sudden vascular

events, according to Penn Medicine.

With all this in mind, review your dental plan for available benefits. Don't have dental insurance? Dental plans can be purchased year-round and there are many affordable options. If you have a comprehensive plan through your job, it may cover care such as exams and cleanings, and other necessary treatments like crowns, root canals, gum therapy, extractions and orthodontics (braces).

If you are between jobs or self-employed and are in need of a dental plan, online tools can help you comparison shop, and brokers can help you purchase an individual dental plan. You can also contact insurers directly to learn more about their options for individuals.

Finally, if you are afraid to see a dentist – which millions of Americans are – there are plenty of ways to address that, too. Many dentists accommodate fearful patients, offering headphones, sunglasses and other items to soothe anxieties. There are also new approaches, such as teledentistry, that allow you to see a dentist at home through imaging and communication technologies. This doesn't replace in-person care, but can help allay dental fears.

For those with dental plans through Cigna Healthcare, Cigna Dental Virtual Care is available through its partnership with dental.com, which provides a nationwide network of on-call, in-network dentists 24/7. Using this platform, Cigna Healthcare customers can get a video consultation, and licensed dentists can triage urgent situations such as pain, infection and swelling, and prescribe medications including antibiotics and non-narcotic pain relievers.

"It's a perfect time to take control of your oral health. Innovations in dental care make it easier than ever to gain peace of mind from a checkup, or to catch the little problems before they become major, painful and expensive ones," says Dr. Sun.



Cortland Library Events January 2024

HOLIDAY CLOSINGS

Martin Luther King Jr. Day Closing
All Warren-Trumbull County Public Library locations and services will be closed Monday, Jan. 15, for Martin Luther King Jr. Day. This includes the Bookmobile; and outreach services.

EVENTS

Toddler Tales

Mondays at 10 a.m.: Jan. 22, 29
Storytime for toddlers ages 19-35 months old with a parent or caregiver. Free.

Preschool Storytime

Tuesdays at 10 a.m.: Jan. 16, 23, 30
Preschool Storytime features stories, songs, and movement activities and reinforces the development of early literacy skills. For children ages 3-5 with a caregiver. Free.

Midweek Mayhem

Every Wednesday at 3 p.m.
Jan. 17, 24, 31
Teens in grades 7-12 can enjoy a weekly hangout at the Cortland Library with games, activities, and a small snack. Free.

LEGO Challenge for Teens

Thurs., Jan. 18 from 3-4 p.m.
Teens in grades 7-12 can take on a challenge to build unique creations with the library's collection of LEGO bricks. Finished projects will remain at the library. Free.

Sip & Create

Mon., Jan. 22 at 4 p.m.
Teens in grades 7-12 may enjoy a steaming cup of hot cocoa or warm tea while they paint or create using the library's art supplies. Free.

Family Storytime

Thurs., Jan. 25 at 6 p.m.
Come as a family to enjoy stories and activities for big kids, little kids, and the young at heart. For families with children ages 3-8. Free.

Creative @ Cortland

Sat., Jan. 27 between 2-3:30 p.m.
Children in grades K-4 can stop by the Cortland Library to try activities that will let them explore their creative sides. A drop-in event. Free.

Totally Tweens

Tues., Jan. 30 from 3 – 4 p.m.
Tweens can let their creative juices flow with crafts and activities at the library. For tweens in grades 5-8. Free.

Bristol Public Library Holiday Closing

The Bristol Public Library will be closed Monday, January 15th in observance of the Martin Luther King, Jr. holiday. Regular business hours will resume Tuesday, January 16th at 8:00 a.m.

Community Christmas Concert

By Carole Wiley

This year's concert was held at Lakeview High School on Tuesday, December 19th. As expected, the music was outstanding! The Cortland Community Band is now on their yearly January break. Every year their music is very special at this concert. But this year, it was truly captivating!

The beautiful sounds filled the auditorium the entire evening! It was obvious that these musicians dearly love what they do! And each and every one of them will tell you playing in the band is the most fun ever! Also, the choir was better than ever! Watching each singer individually, revealed their great passion with their performance! Each singer appeared to be singing out with full force! The end result of the efforts of the two groups was spectacular and memorable! The cookies and fellowship that followed rounded out a wonderful evening!

In case anyone has an interest in joining the band, come to one of their Wednesday evening rehearsals at the K-8 School. There are no auditions; everyone is welcomed! The same is true for the choir which only performs at the Christmas concert. If you want to sing, simply come to the rehearsals. Next Fall, there will be information on Facebook and in the Cortland News.

Donations of over \$900 were collected for the Animal Welfare League.

CORTLAND LIBRARY

578 Lakeview Dr., Cortland, OH

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Monday: 9 AM — 8 PM
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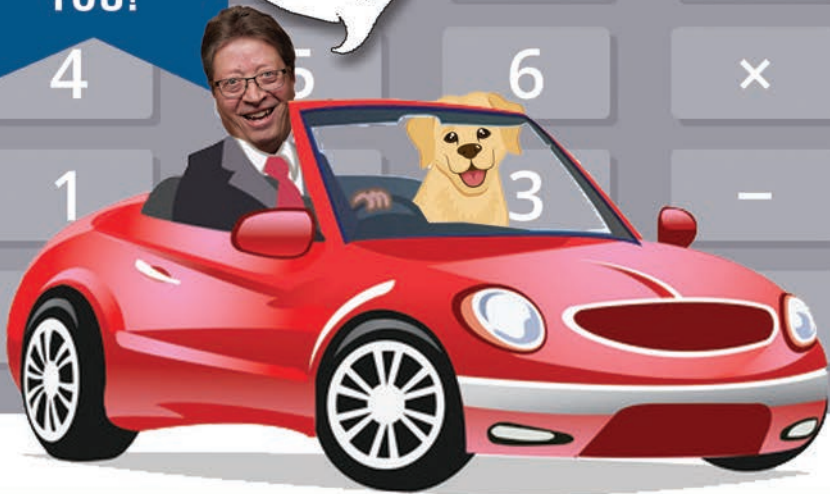
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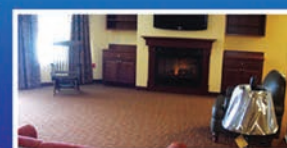
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