

CortlandNEWS

"The Good News Newspaper"

Vol. 17 No. 3

November 28, 2020

Serving the Lakeshore Communities



Holidays 2020 style

By Sally Lane

Preparing for the holidays in

2020 is a challenge in so many ways and on so many levels. It seems that everything most of us love about the season has been turned upside down. When we picture the holidays in our minds, we tend to remember the good times: taking our children to visit Santa for the first time, decorating the tree, the excitement and thrills of the season's music, concerts and programs, special food, making snowmen, finding or receiving just the right gift – good memories that live on to create an ideal "Holiday Happiness Scale" – kind of a personal Hallmark movie. There are other memories of course: the year the kids all had chicken pox, the first year without a loved friend or relative, a year of money troubles. One wonders on which end of our personal Holiday Happiness Scale the year 2020 will fall.

Many of our personal preparations for the 2020 holiday season fall into the

"virtual" realm. Instead of crowds rushing, pushing, and shoving into real stores on Black Friday, online shopping has become useful, if not preferred. If ever there was a word nearest the top of the list. Meetings are virtual – real, but not in person. Hugs are virtual – kind of like "air kisses" – again, the meaning may be real, but without that special physical closeness. There is virtual shopping, virtual doctor's appointments... I wish there were virtual calories – real, but not fattening! However, the idea of virtual commuting, learning and working IS something that will change our world forever. Little did we realize that 2019 would be probably the last year of getting up early that day after Thanksgiving to stand in line waiting for the shopping to begin.

Holidays, especially Thanksgiving and Christmas, make us think about family history. Did you know that at any one time in history, there are members of seven generations alive? The Greatest Generations (my parents) were born between 1910 and 1924. The Silent Generation is 1925 to 1945, Baby Boomers, 1946 to 1964. Generation X 1965 to 1979; Millennials (Generation Y) 1980 to 1994; Generation Z 1995 to 2012 and Generation Alpha 2013 to 2025. Of course, there are differences in research, but this one is consistent with most research.

Our Thanksgiving dinner features some food from even earlier generations: We have Aunt Bessie's (born 1892) salad, corn pudding from my grandmother born 1895, my mom's (born 1922) Harvard beets from the 1940s and my mother-

Continued on page 5

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Service Director 330-637-4637	

MEETINGS

CITY COUNCIL First and Third Monday of each month Monday, Dec. 7, 7 p.m. Monday, Dec. 21, 7 p.m.	PARKS AND RECREATION Second Monday of each month Monday, Dec. 14, 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, Dec. 14, 7 p.m. Meetings and agenda of Council and Planning meetings area available at www.cityofcortland.org

CORTLAND CITY COUNCIL MEETINGS ARE NOW ON ZOOM

A link to each meeting will be posted on the city website www.cityofcortland.org

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BAZETTA TOWNSHIP TRUSTEES REGULAR MEETINGS

Regular meetings the second Tuesday of each month,
unless otherwise noted.

Tuesday, Dec. 8, 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.

Monday, Dec. 14, 6 p.m.

Area Service Clubs

Bazetta-Cortland Optimist Club Charlie Harper 330-847-0114	Four Seasons Garden Club Becky Bucco 330-637-9115
Cortland-Bazetta Historical Society and Museum Sally Lane 330-638-2330	Friends of the Cortland Library Di Matiejevic 330-637-2717
Cortland Lions Club Frank Danso 330-637-3621	Lakeview Outreach and Fellowship (LOAF) 330-720-9136
Cortland Masonic Lodge #529 Chuck Chagnot 330-307-3405	League of Women Voters of Trumbull County Terri Crabbs 330-637-3845
Cortland Opal Chapter #181, O.E.S. Carla Kahler 330-856-2356	Moose Lodge #1012 330-637-9957
Cortland Rotary Club Dr. Lance Grahn 234-244-4282 lancegrahn@yahoo.com	The Opera House Maribeth Albu 330-219-1488
	SCOPE Darlene Fry/Diane Jordan ... 330-637-3010
	Warren-Trumbull Branch of AAUW Jennifer Soloman 330-637-3483

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

Our Next Issue December 19, 2020

Our theme will be Happy Holidays

Article Deadline by Dec. 4 • Display Advertising Deadline is Dec. 9

Email articles to editor@cortlandnews.net

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

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

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

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

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

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

EDITOR
 Jean Corliss
editor@cortlandnews.net

GRAPHIC DESIGNER
 Tracy Omerzo

PHOTOGRAPHERS
 Jim Woofter
 Sally Lane

ADVERTISING SALES
 Jim Woofter - 330-565-2637
 Thom Foley - 330-727-5688

FEATURED JOURNALIST
 Sally Lane

LOCAL COLUMNISTS / JOURNALISTS

Rev. Donald P. Barnes
 Rev. C. R. Chapman
 Jean A. Corliss
 Christine Dorma
 Kathleen Ferris
 Thom Foley
 Evelyn Shealey
 Tom Shortreed
 Jennifer J. Slywczak

CONTRIBUTORS
 Jill Freeman
 Teresa Merrick, R.N., PHN
 Catena Shortreed

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.

SCAN TO VISIT CORTLAND NEWS



Community Events

Event Calendar November 28 – December 19

Cortland City/Bazetta Township and Lakeview School Board meetings and schedules. See pg. 2 and 5

Lakeview Local School activities and sports schedules visit www.lakeviewlocal.org.

Nonperishable food donations to benefit Second Harvest Food Bank, Nov. 30-Dec. 11, Guidelight Financial Group, 3378 state Route 5, Cortland. See pg. 13

“Bag Hunger” promotion sponsored by Cortland Mower, through Dec. 12, 118 Walnut St., Cortland. See pg. 9

Trumbull Art Gallery’s “Trees At the Gallery” Holiday Marketplace, through Jan. 9, 2021, 158 North Park Ave., Warren, Thursdays noon-6 p.m., Fridays noon-4 p.m., Saturdays 11 a.m.-3 p.m. See pg. 13

American Red Cross blood donations, various dates. www.redcrossblood.org or 1-800-733-2767.

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

DECEMBER

4,5 Cortland Salvation Army Red Kettle Campaign in conjunction with LOAF. Walmart, Cortland. See pg. 8

5 Charity Pancake Breakfast to benefit Jobs Daughters #49 of Warren, 9 a.m.-noon, Cortland Masonic Lodge, 3263 Everett-Hull Road (E. Main Street). See pg. 5

12-13 Story Time with Mrs. Claus, Saturday, noon-6 p.m.; Sunday, 1:30-6:30 p.m.; Upton House, 380 Mahoning Ave. NW, Warren. \$6, call 330-360-0901 to reserve a specific time for child/children’s visit to Mrs. Claus. Paid reservations by Dec. 5.



Business News & Notes

By Thom Foley

There is no better way to “buy local” than to find a Realtor who is also your neighbor! **Jody Sova** will help you find a HOME, not just a house. And isn’t that what you REALLY WANT? Call Jody!

The Jolly Store has temporarily closed its retail store here in Cortland due to the pandemic. They are open online at jollystorecrafts.com and are available for pick up at the retail location if needed. They are still honoring the 15% coupon from the last issue of The Cortland News for pick up/web orders or phone orders.

Cortland Mower & Sales is helping to BAG HUNGER. They are working with the Lakeview School Pantry, The Patchwork Foundation and the Maplewood Rockets Fuel Program by collecting tote bags of non-perishable food items and toiletries. Pick up a bag at the store, fill it and return it. Each bag will give you an opportunity to win a NEW CUB CADET SNOW THROWER! Last year they won the Cub Cadet National Award for Community Service with this project. So they are taking the entire \$2,500 and putting it all back into the project! Now that shows their commitment to our community.

Auntie V’s has her Famous Delicious Christmas Cookies back!! But you must order ahead. They are only here for a short time so enjoy them while can. Better get there before I do – I might eat them all!

Centerra has Step 4 for your lawn. It’s not too late to put it on. They also have pelletized lime and so much more for your yard. I just bought a big bag of bird seed to feed our feathered friends – hope you do the same.

Tired of being cooped up in the house? Try COSMIC BOWLING at **Cortland Lanes!** It is the safest place in town to have family fun or for safe night. And if you have never gone Cosmic Bowling you are in for a treat. Family fun or a great date night. They constantly sanitize everything – even the bowling balls!

Have you been to Cortland’s newest business... **Cortland Nutrition?** Nutritious, delicious energy drinks. Serving Cortland and Bazetta healthy smoothies and energizing teas.

Did you get your Medicare supplement renewed yet? Better call Barry Piper at **Greenwood Insurance** before Dec. 7.

Quilters Fancy has a full line of colorful elastic pre-cut for masks along with all the materials you need to make them.

Elite K9 Training & Doggy Daycare offers doggy daycare as well as dog training. They have years of experience, so go to the best!

Speaking of dogs, in the same building is **Totally Dog**, the complete store for all you dog’s needs. They offer premium foods, products and professional advice.

Did you know that **Lakeside Sports Shop** has a large selection of Ohio wines and beers? And you can either drive right thru or come on in and shop around.

I heard that **Santa Claus** is doing VIRTUAL VISITS this season because of the pandemic. Make sure your kids and grandkids get to safely visit with Santa this year. See his ad in this issue and ask him about the FREE Elf reports!

Do you have the **Cortland Auto Spa** wash app for your phone? I do! Works great. Buy gift cards or washes for friends & family – so much more! Check it out.

Campbell Carpet & Flooring can make your home look beautiful for the holidays. They have carpet and vinyl flooring with great service and great prices!

Girls Cortland Music 101 has its annual guitar sale going on. Check out their big savings! Hurry it’s for a very limited time only.

Kudos to Cortland program


By Sally Lane

The city of Cortland is proud of its community members. Every day we see people in our town supporting and caring for each other. We donate food to pantries, we support our schools and churches, we participate in fundraisers, clothing drives, and we beautify our town. Those are just some of the bigger ways that we show our hometown love, but there are hundreds of other ways that make our hometown more like a family. Maybe you shovel someone else’s driveway, mow their grass, shelter a lost pet until its owner is found. Maybe you clean up a mess that wasn’t your own, just to make a park or other area look neater. There are countless ways we help each other without a second thought.

Recently City of Cortland Council president Kevin Piros introduced a community recognition program called “Kudos to Cortland” to enable and encourage city employees (fire, police,

service, administrative and elected officials) to “randomly recognize individuals for acts that promote community pride, kindness and consideration. The program will help give residents a reason to be proud of Cortland and promote good news,” said Piros. Those selected will be presented with a small token of appreciation as they are noticed for their good deeds in the community.

Tokens of appreciation may be in the form of a complimentary cup of coffee, soda, a donut, ice cream, or other small items of gratitude. Those business already taking part are McDonalds, Burger King, Just Pizzelles, Cortland Nutrition, Circle K and others. Businesses are invited to donate items “to assist the city in fostering community pride and positivity as we recognize those ‘good deed doers’ among us,” added Piros.





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It is not important to shop local this year... IT IS CRUCIAL!

By Thom Foley

Every year I write at least one article about why it is so important to shop local. This year is so very, very different. It is not just important to shop local. IT IS CRUCIAL!

We are blessed to have so many fine locally owned businesses here in Bazetta and Cortland. Over 200 of them! And every one of them is struggling this year like no year in their history. Yes, we are all struggling in our own way this year. When locally owned businesses struggle, we struggle, too. Not only do we lose the services they provide, but we lose their important support of community programs.

Locally owned businesses provide thousands of jobs for members of our community. They sponsor little league teams, soccer, basketball, etc. They take ads in our sports programs, yearbooks, church bulletins, etc. You will rarely see the "Big Box" stores take an ad in any of those publications or organizations. They support our many wonderful civic organizations, the Street Fair and so on. And boy, do they really support those events and organizations!

And now it is our turn to support them. We are all going to be buying Christmas and holiday gifts this year. If we decide to spend just 25 percent of our gift giving budget on locally owned businesses, we could very well help save those businesses.

And you don't have to spend more money or buy something you don't really need or want. That is the best part!!

Think outside the "Gift Box" this year. Buy something for someone that they would normally buy for themselves. Most of us have had to tighten up our money belts a little - or a lot - this year. So why not have the true spirit of Christmas and help each other.

So, you want some good local gift-giving ideas? Think about these different ideas. Gift certificates from any local business are great. Almost every business sells them.

Almost everybody needs a haircut. How about gift certificate from your local American hair salon or barber? Gym or health club membership? It's appropriate for anyone thinking about some health improvement. Who wouldn't appreciate getting their car detailed or washed? Maybe oil changes or repair service. Know anyone who wants their driveway sealed, or lawn mowed for the summer, or driveway plowed this winter or games at the local golf course? We have many locally owned and run restaurants -- all offering gift certificates. Take out is "IN" this year.

Thinking about a heartfelt gift for mom? Mom would LOVE the services of a local cleaning lady for a day. My computer could use a tune-up, and I KNOW I can find some young guy who is struggling to get his repair business up and running. We have GREAT local insurance agents in town - why not pay someone's insurance for a month or two? Buy your insurance locally rather than online from some mega corporation and get the advantage of great advice.

Know anyone that needs furniture? We have a couple places locally that could use a little more business. Do you shop at locally owned grocery stores, apple orchards or farm markets? Great gift ideas. How about some local wine from a local wine shop or winery? We have four new car dealers in town - how far do you have to travel to buy a new car?

Look through The Cortland News and you'll see some good local contractors. Give your family a gift and fix up the house or add an addition. Support the small local doctors' offices rather than the big out of town places. You will get a better deal on glasses and dental work at local docs than you will at those national chains.

So do what Santa does and give your loved ones something they REALLY WANT, and you just might help save your favorite store.



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Honoring Veterans at the Memorial

By Sally Lane

A picture-perfect autumn day was the backdrop for a local Veterans Day service at Cortland's beautiful Veterans Memorial. Hosted by the Vietnam Veterans of America Chapter 1115 of Trumbull County, the service was led by Bill Gore, secretary; and Ron Currey, president of Chapter 1115.

"We honor and thank all those who served and those who continue to serve

today," Curry said. This Veterans Day event was one of the few in the county because of the coronavirus concerns. About 100 people attended this special service. Kristi Briggs, daughter of Vietnam Veteran Chapter 1115 member Alan Briggs sang "Amazing Grace" to an appreciative audience, and VFW trumpeter Gary Watson closed the event by playing Taps.



VFW trumpeter Gary Watson played Taps at the closing of the event.



What's "news" in the City of Cortland

By Christine Dorma, Administrative Assistant

Kudos to Cortland

The city of Cortland is proud of its community members, which is why we are implementing a spontaneous recognition program to show our gratitude. "Kudos to Cortland" will enable and encourage city employees (fire, police, service, administrative and elected officials) to randomly recognize individuals for acts that promote community pride, kindness and consideration. Those selected will be presented with a small token of our appreciation as they are seen performing good deeds in the community. These tokens of our appreciation may be in the form of a complimentary cup of coffee or soda, donut, ice cream or other small items of gratitude.

The purpose of "Kudos to Cortland" is to:

- Create a positive community

environment that gives residents a reason to be proud of our community.

- Promote local businesses as contributors and supporters of our community pride. Reinforce good behavior that will hopefully inspire and move others to action. Promote positivity and good news at a time when so many negative news stories and events infiltrate our daily lives.

Dates to Remember

Dec. 7 - City Council - 7 p.m.

Dec. 14 - Parks Board - 5:30 p.m.

Dec. 14 - Planning & Zoning - 7 p.m.

eNews

The city issues a weekly email with information and calendar events occurring in our community. Sign up on our website www.cityofcortland.org or send an email to admin@cityofcortland.org.

Stay healthy during this holiday season!



Charity pancake breakfast Dec. 5

The public is invited to enjoy a Saturday family breakfast, from 9 a.m. to noon, on Dec. 5 at the Cortland Masonic Lodge, 3263 Everett-Hull Road (E. Main Street), to benefit Jobs Daughters #49 of Warren.

The "all you can eat" Charity Breakfast is held on the first Saturday each month at the Cortland Masonic Lodge, and the proceeds are donated to a local charity.

The breakfast cost is \$7 for adults, and \$6 for youth age 6 to 10, and free for children age 5 and under. You may elect to have a "take out" breakfast or you can use the limited indoor seating. The breakfast includes pancakes, eggs, sausage, juice and coffee.



Cortland Playroom exceeds state requirements

The Cortland Playroom is continuing to exceed the state requirements for safety during the pandemic, which allows them to remain open. They are continuously cleaning, sanitizing, taking temperatures and emphasizing handwashing to make sure the child stay safe. They also continually teach these precautions to your children. "We will continue to have classes for our enrolled children. As long as we have no cases of COVID-19 in our center we will remain open. If we ever have a case or if we are required to close by the Health Department, we will notify you through Facebook or each teacher will notify you," said Administrator Susette Zickefoose.

Holiday spirits to sip on

Toast the season with festive twists on favorite drinks

(Family Features) Despite a holiday season that's practically guaranteed to feel different than any other, one constant will remain for many: enjoying the tastes of favorite foods and beverages while cozied up at home. Enhance the holiday spirit and complement the meal at your table with adult beverages that call for seasonal flavors to add to the festive vibe.

Whether you prefer your drinks with a fruity twist and plenty of mix-ins or would rather opt for a simpler combination, the options are vast. Many traditional holiday drinks require a small handful of ingredients that blend, mix or shake together to create a wintry flavor that's worth the wait.

Regardless of personal preferences, one ingredient you can rely on when creating an at-home concoction is a mixer like those from Zevia, which are naturally sweetened with stevia and include no artificial ingredients, colors or preservatives. These non-alcoholic, zero-sugar, zero-calorie mixers for cocktails (or mocktails) are available in three different flavors: Lemon Lime with Bitters, Tonic and Ginger Beer to provide a simple yet delicious complement to the ingredients of your choosing.

For a fruit-flavored solution, this Cranberry Smash Moscow Mule offers a sweet spin on the classic cocktail. Break out your favorite copper mug and let the cranberries and cinnamon sticks add festive flair to your fusion of vodka and ginger beer.

Alternately, if the sour notes of a margarita better fit your style, go for a holiday twist with this Winter White Margarita by blending in coconut milk and garnishing with cranberries and

Continued on page 11

Holidays 2020 style...continued from front

in-law's stuffing from about 1920. We have added Derby pie other favorites over the years. When I was a child, the oldest family members at our holiday table were born in 1876! Just sayin' - that's a lot of history in one spot. Our present holiday get-togethers have shrunk to three generations, but those who have passed live in our memories as we share their stories and food.

Yes, 2020 will feature huge changes in how we celebrate. While there are so many events that will NOT occur this year - the Madrigal Feast at the high school, the Community Band and Choir Christmas Concert at the high school and at the Mall, holiday craft shows at the churches, Santa at the Opera House, to name a few, there ARE always good

things happening in our town. Please read our article "Kudos to Cortland" on page 3.

With more "home time" happening, there is an uptick in the number of homes setting up outdoor displays. That will be a plus for all of us who like to see the lights of the season. Our Four Seasons Garden Club is decorating the downtown - be sure to check it out! Thanks to all the citizens and businesses who donated money to for the decorations. We are blessed with upbeat, positive citizens who go to great lengths to make our hometown special and support those who need some help in these challenging times.

Happy holidays!



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Meet Tonka! This eager guy is full of confidence and knows he will make his new family happy! Tonka is an experienced cuddler with almost 10 years of experience. He was originally adopted from the AWL in 2012, but found himself surrendered to the Trumbull County Dog Pound in October. We believe Tonka has been an only pet throughout his life and has gotten used to being the center of attention. He would do best in a home with older kids and no other pets. Tonka enjoys baths and lounging around after a nice walk. For more information on Tonka, contact our Adoption Team at (330)539-5300.



Meet Prime! Prime was delivered to the Animal Welfare League on "Prime Day" after being discovered in an empty box by an observant Amazon driver. Prime



is a young cat around 1-year of age with lots of playful energy and curiosity. He is currently residing in one of our cat showcases and is always happy to greet visitors. Prime just goes with the flow, which makes him a great addition to almost any home where he can get plenty of attention and treats!

Come meet Tonka and Prime at the Animal Welfare League on Tuesdays and Thursdays from noon to 7 p.m. and Saturdays from noon to 6 p.m. For more information, please visit the AWL website at awlrescueme.com. The shelter is located at 812 Youngstown Kingsville Road SE in Vienna, across the street from Avalon at Squaw Creek.

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What is a Mental Health Court?

By Judge Elinore Marsh Stormer
Summit County Court of Common Pleas Probate Division

In the 1950s, Ohio began a process required by state law to close many of its psychiatric hospitals. For most people with a mental illness, deinstitutionalization has been successful. New medicines and extensive community outreach allow even the seriously mentally ill to live rich and fulfilling lives.

However, one feature of untreated mental illness is the strong belief that the person is not sick and does not need medication. But research shows that a person with an untreated mental illness has an increased chance of involvement with the justice system or engagement in illegal drug/alcohol abuse. As a result, in almost every jail or prison, a disproportionate number of inmates have a mental illness or disability. Generally, mental health courts (or dockets) seek to stem the flow of the mentally ill to incarceration and instead, mandate treatment to allow defendants to get better and lessen the risk of future arrest.

The Role of a Mental Health Court

The criminal justice system has recognized that for the untreated mentally ill offender, incarceration alone does not reduce crime and promote public safety. Traditional jail settings are not usually adequately equipped to handle the needs of the mentally ill. To address the problem, courts have established special "dockets" which are schedules within a court designed specifically for mentally ill offenders, people with addiction and drug-related offenses, human trafficking victims and others. Each specialty docket must meet specific requirements and is evaluated and certified by the Ohio Supreme Court.

The mental health specialty docket's first goal is to get an offender on or back on medication. The mental health court judge typically offers the offender a chance to voluntarily comply with a psychiatrist's orders. If the offender refuses medicine or other doctor-recommended treatment, then he or she is hospitalized to ensure medical compliance. Because one judge oversees the process, the offender is likely to get appropriate treatment much more quickly than if in jail or prison.

Moving from incarceration to a treatment-based setting frees up needed and expensive jail beds and lets a person progress towards a healthy re-entry to the community. Mental health courts also connect offenders to treatment much faster than traditional paths through the justice system. While forced treatment has its naysayers, mental health courts have been proven to reduce continued criminal activity.

How a Mental Health Specialty Docket Works

Specialized dockets place qualified individuals in a court-monitored program in lieu of incarceration. Judges refer defendants to a specialized docket if they believe that the defendant meets the requirements and would be a good candidate for the program. Defendants

may have to go through an evaluation to determine if they would benefit from participation in mental health court. This could include a psychiatric evaluation and a look at criminal history.

Once an offender has been medically stabilized, that person comes back to court with a lawyer. The offender pleads guilty to the charges and officially enters the mental health court program, typically a treatment-based probation. This type of probation is intensive and more restrictive than regular probation. Offenders work with case managers to address their issues with a goal toward preventing recidivism - the commission of new crimes.

The first requirement is always compliance with treatment. The case manager and the court work together to ensure that the person stays on their doctor-prescribed medication.

A case manager also helps defendants take responsibility for and control over his or her life and for managing their mental illness. This may require treatment for alcohol or drug addiction, in which case offenders must prove ongoing sobriety. It could also include assistance like help finding reliable housing and employment when appropriate.

Mental health docket participants must appear regularly in court to discuss their progress. The judge takes an active role in encouraging the participants and their role is crucial to success. Those in the program may receive rewards for accomplishing goals or sanctions - such as community service, house arrest or jail - for failing to meet program requirements. For example, a sanction can be imposed if the offender stops taking their prescribed medicine or uses illegal drugs.

In order to successfully complete the program, the offender must meet the goals of stabilization at every level: medication compliance, housing, employment and sobriety.

At the end of the program, which is typically around two years, the successful "graduate" should have learned the skills necessary to remain a healthy, law-abiding member of the community.

Ohio Mental Health Dockets

Ohio has been recognized nationally for its leadership in establishing mental health courts and currently has about 244 specialty courts around the state. Akron is a teaching site for a federal program that helps other courts begin a specialty program for the mentally ill.

You can see a map of specialized dockets around the state on the Ohio Supreme Court's website and learn more about the standards that these courts must meet.

About the Author

Judge Elinore Marsh Stormer has been a judge since 1991 and now serves as the Summit County Probate Judge. She began her judicial career in the Akron Municipal Court where she

Continued on page 7

Maplewood Varsity Cross Country at State



Girls Varsity placed 7th at the OHSAA state meet

Haley Agardi, Mabel Crouch, Elise Butler, Emily Butler, Kylee Sheely, Marissa Ventura, Abbey Nay, Baylie Starcher, Riana Rathburn, Emma Omerzo, Abigail Dority, Ella Nevinski, Caleigh Richards.



Boys Varsity placed 16th at the OHSAA state meet

Austin Dority, Caleb Richards, Bryson Himes, Thomas Dahmen, Matthew Freel, Chase Dunbar, Ryan Dancison, John Crouch, Alex Donaldson, Brady Wear, Jimmy Starcher, Cole Stewart.

Maplewood freshman wins state cross country title



Caleigh Richards won the Division III state cross country race. She is pictured here with her loving and supportive family.

Congrats Rockets



Mike Richards, Maplewood CC Coach and proud father of Caleb and Caleigh, who both ran amazing races at State.

Mental Health Court ...continued from page 6

created the first municipal drug court and first mental health specialty court in Ohio. In 2004, she was elected to the Court of Common Pleas, where she began the county's first re-entry court and served as administrative judge for several years. In her current position, Judge Stormer created the New Day Court - a first-of-its-kind program that provides a path to recovery for the severely mentally ill who are not in the criminal system.

Articles appearing in this column are intended to provide broad, general information about the law. This article is not intended to be legal advice. Before applying this information to a specific legal problem, readers are urged to seek advice from a licensed attorney.

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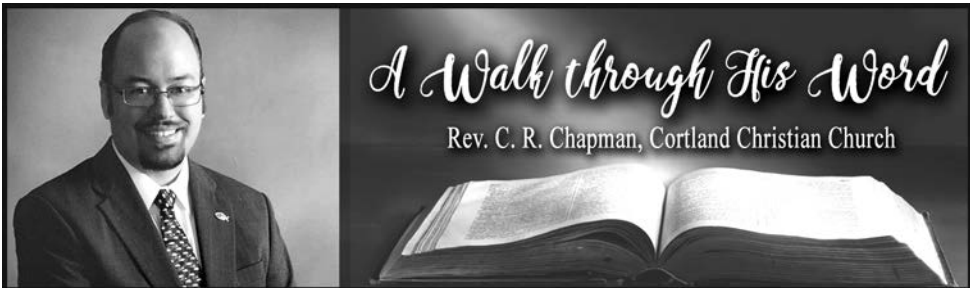
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Have a Blessed Thanksgiving!

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'The Pine Tree'

This past weekend the trees came out at the church and in my house. Each decorated and topped. Every year people spend countless hours detailing pine trees to transform them into beautiful Christmas trees for the Christmas Season. Why do we entertain such a strange tradition? Who in their right mind thought of shoving a huge evergreen through a small doorway and to prop it up in the corner of a room, squeezing it between the floor and the ceiling?

The decorating of a pine tree has been done for thousands of years. Many claim that this Christmas tradition was not original to Christianity and that it was the pagans who first brought the Christmas tree into their homes. This simply is not true. No one actually knows the true origin of the Christmas tree, but what is true is that both Christians and pagans used the Christmas tree around the same time for their own purposes. No one can claim that the beloved tradition we celebrate today was created by their group of people. For the purposes of this article, let us focus on the Christian use of the tree.

The pine tree... more appropriate of the Christian, the evergreen tree. A representation of life eternal. A reminder of the Tree of Life found in the Holy Bible. To us a Child is born; a Savior has come. He has brought everlasting life to all who believe in

Him. For this the Christian Tradition begins. Pope John Paul, in 2004, called this evergreen tree a symbol for Christ. He said that the ancient custom of the Christmas tree exalts the value of life as in winter what is evergreen becomes a sign of undying life.

The Old Testament book of Hosea gives a unique view of a pine tree. Hosea 14:8b says, "[God is] like a flourishing pine tree; your fruit comes from me." (HCSB). What a good picture for us of the pine tree. In my mind I picture each glittering bulb, every twinkling light as heavenly fruit from God for us realized and represented in this Christmas tree. Trent Butler wrote the Homan Christian Commentary notes for the book of Hosea. In his commentary he said, "God's description of himself surprises us. He is a pine tree in whom Israel's fruitfulness is found. The pine tree symbolized divinity, kingship, and fertility in Israel's world. God set Himself up as the only true reality behind such symbolism. The Christmas tree is a great reminder of God in our lives... in our homes. As you put your tree up this year, I would like to encourage you as you string the lights and hang the bulbs to think of all the blessings of God in your life. Name one off for every bulb you hang.

Happy Thanksgiving & Merry Christmas.



Come to me, all you who are weary and heavy-laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light." ~ Matthew 11:28-30



Feeling sad today. Down, depressed, weary – call it what you will, I call it sad. Can't put my finger on the source of my problem. Guess I haven't really attempted to figure it out. It's just there. A deep sense of sadness that pervades every minute of my day. Some folks think pastors are immune to such thoughts, but that's not the case. Pastors are people too and I write to inform you this pastor's feeling sad.

I tell folks that we are a product of our thoughts. Life is a journey and our thoughts accompany us along life's path, in fact, our thoughts serve as resident tour guide. We awake wondering where they'll take us. I remember as a babe in Christ, God gave

me some new things to consider – to think about. Changed my outlook, my perspective, my attitude. Actually, God gave me this thought just this morning: "Why don't you share how you've been feeling? It might help." You know, it does help. Just to put it out there, to share, to let everyone know. Telling you how I feel is therapeutic. I'm feeling better already. Thanks for listening – for caring. The following are thoughts penned by an unknown author. I pray they will help you as you travel along life's way.

*God has not promised skies always blue,
Flower-strewn pathways
all our life through;*

*God has not promised sun without rain,
Joy without sorrow, peace without pain.
But God has promised strength for the day,
Rest for the labor, light for the way;
Grace for the trials, help from above,
Unfailing sympathy, undying love.*



'A Special Thank You'

By Rev. C.R. Chapman, LOAF President

On behalf of the Lakeview Outreach And Fellowship (LOAF), our member churches would like to extend our hand of thanks to the American Legion for their generous donation in kicking off the Cortland Salvation Army Red Kettle Campaign. Each year the Cortland Salvation Army raises money from the Red Kettle Campaign to aid those in our community who have found themselves needing a hand up. We will be at Walmart on Dec. 4 and 5. Feel free to stop by and say hello, or you can donate at one of the LOAF member churches.

Rev. David Bonnar named Bishop of the Diocese of Youngstown

Pope Francis has named Reverend David J. Bonnar of the Diocese of Pittsburgh as the sixth Bishop of Youngstown. This appointment was publicized in Washington, D.C. on Nov. 17 by Archbishop Christophe Pierre nuncio to the United States. Fr. Bonnar succeeds Bishop George Murry, S.J., who died June 5 from acute leukemia. The Diocese of Youngstown is made up of nearly 200,000 Catholics in six northeast Ohio counties.

Bishop-elect Bonnar was born in Pittsburgh and ordained to the priesthood on July 23, 1988. He is presently pastor of St. Aidan Parish, Wexford, Pa. For 12 years Bishop-elect Bonnar was chaplain of the Pittsburgh Steelers and is currently editor of "The Priest" magazine, which is a national publication for priests published by Our Sunday Visitor. Bishop-elect Bonnar's episcopal ordination will take place on Tuesday, Jan. 12, 2021 at the Cathedral of St. Columba at 2 p.m.



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Bishop-elect David J. Bonnar

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Presented by Jill Freeman,
Ann M Wiley Insurance Services



What are all these Medicare insurance advertisements about?

Medicare's Annual Enrollment Period runs each year from Oct. 15 through Dec. 7. If you have a Medicare Advantage Plan (Part C) or a Prescription Drug Plan (Part D) this is the time to review your options and make changes if needed. These advertisements are simply solicitations for your business. This time of year, we are overwhelmed with TV ads and mail. Mailings are often designed to look like "official" notices from Medicare, but they are advertisements. Be aware, if you call the 1-800 number, you will be directed to a sales agent looking to sell you a new plan. These agents should be licensed to sell insurance products, but they are probably not local and may not understand the market in your area. Additionally, in the state of Ohio, insurance agents are NOT allowed to call you regarding Medicare insurance plans without your prior consent, even though this happens.

You want someone who understands the Medicare insurance choices for your area. Medicare

Advantage Plans and Prescription Drug plans differ from county to county, state to state. Can someone who calls you from another state or answers a call to a 1-800 number understand the provider network and plans available in Ohio? Do they help compare plans or just try and sell you the one for the company they represent?

When it comes to Medicare Insurance, one size does not fit all. For example, in Ashtabula, Trumbull and Mahoning counties we have more than 60 different Medicare Advantage (Part C) Plans that include prescription drug coverage and 30 different stand-alone Prescription Drug (Part D) plans in addition to several different Medicare Supplement Plans. It may be helpful to call a local agent who lives and works in your area that can help you compare your options and choose a plan that works well for your individual situation.

Ann M Wiley Insurance Services is located at 3470 Warren Meadville Road, Cortland and can be reached at 234-244-4014.



Ohio State Bar Association honors area attorneys for longtime service

The Ohio State Bar Association (OSBA) recognized three area attorneys for 50 and 65 years of service to the community and the legal profession.

For 50 years in practice:

Thomas E. Schubert of Warren earned his law degree from the University of Akron School of Law in 1970. He completed graduate studies at Case Western Reserve University School of Law in 1971. He is a former Trumbull County Common Pleas Court judge, elected to the bench of the family court division in 1992. He currently works at Schubert Law Firm and Schubert Title Agency in Warren. In addition to his legal career, Schubert is a former chairman of the Mahoning Valley Board of Developmental Disabilities.

Gilbert L. Rieger of Warren earned his law degree from the University of Toledo College of Law. He centers his legal practice on all matters relating to real estate including titles, foreclosures and evictions. He is an attorney with Rieger, Carpenter & Daughtery and the president of Valley Title & Escrow Agency, which has offices in Dublin, Delaware, Middlefield, Warren and Youngstown. Rieger has taught real estate law for 25 years at the Kent State University Trumbull Campus and is the author of "The Language of Real Estate in Ohio," which was published by the Real Estate Education Co. in 1978. Outside of his legal practice, Rieger served as a past president of the Warren YMCA Board and as past president of the board of education

Continued on page 16

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Four Seasons Garden Club cleans up Willow Park



As one of its several community service projects, members of the Four Seasons Garden Club held a fall clean-up day on Saturday, Nov. 7 at Willow Park in Cortland. For their community service, they were presented “Kudos for Cortland” coupons as one of the first

groups or individuals to be recognized under this new program initiated on Nov. 2 by Kevin Piros, president of Cortland City Council.

Pictured from left are Cheryl Zurawick, Stephanie Canzonetta, Shirley Wittenauer, Jan Elliott, Jeanine Brantingham, Anita Shaw and Elaine Larocca.



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Holiday spirits

...continued from page 5

rosemary sprigs. By rimming your glasses with granulated stevia, you can add a sweet touch to each gulp.

To find more holiday cocktail ideas, visit Zevia.com/recipes/cocktails.

Cranberry Smash Moscow Mule

Servings: 1

- 1 cup cranberries, plus additional for garnish (optional), divided
- 3/4-1 cup water, divided
- 2 ounces vodka
- 1-2 ounces fresh squeezed lime juice
- 4 ounces Zevia Ginger Beer Mixer
- ice
- rosemary, for garnish (optional)
- lime slices, for garnish (optional)
- cinnamon sticks, for garnish (optional)

In saucepan, boil cranberries in 1/2 cup water until they burst. Use fork to smash cranberries. Boil 3-4 minutes. Keep mixture moist by adding water 1/4 cup at a time. Let mixture cool to room temperature.

In copper mug, combine vodka, lime juice, ginger beer and smashed cranberries over ice.

Garnish with additional cranberries, rosemary, lime slices and cinnamon sticks, if desired.

Winter White Margarita

Servings: 6

- 12 ounces coconut milk
- 12 ounces silver tequila
- 1 tablespoon orange extract
- 2 1/2 cups ice
- 1 1/2 cans Zevia Lemon Lime with Bitters
- granulated stevia, for garnish (optional)
- cranberries, for garnish (optional)
- rosemary sprigs, for garnish (optional)

In blender, blend coconut milk, tequila, orange extract, ice and bitters until smooth. Rim six glasses with granulated stevia. Divide mixture among glasses and garnish each with cranberries and rosemary, if desired.



Photo courtesy of Getty Images

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Tax Solutions

By Jennifer J. Slywczak

Catching up on catch-up contributions

When it comes to retirement planning, many people tend to focus on two things: opening a retirement savings account and then eventually drawing funds from it. However, there are other important aspects to truly doing everything you can to grow your nest egg.

One of them is celebrating your 50th birthday. This is because those age 50 or older on December 31 of any given year can start making "catch-up" contributions to their employer-sponsored retirement plans that year (assuming the plan allows them). These are additional contributions to certain accounts beyond the regular annual limits.

Maybe you haven't yet saved as much for retirement as you'd like to. Or perhaps you'd just like to make the most of tax-advantaged savings opportunities. Whatever the case may be, now is a good time to get caught up on the 2020 catch-up contribution amounts because you might be able to increase your contributions for the year.

401(k)s and SIMPLEs

Under 401(k) limits for 2020, if you're age 50 or older, you can contribute an extra \$6,500 after you've reached the \$19,500 maximum limit for all employees. That's a total of \$26,000.

If your employer offers a Savings Incentive Match Plan for Employees (SIMPLE) instead, your regular contribution maxes out at \$13,500 in 2020. If you're 50 or older, you're allowed to contribute an additional \$3,000 – or \$16,500 in total for the year.

But be sure to check with your employer because, while most 401(k) plans and SIMPLEs offer catch-up

contributions, not all do.

Self-employed plans

If you're self-employed, retirement plans such as an individual 401(k) – or solo 401(k) – also allow catch-up contributions. A solo 401(k) is a plan for those with no other employees. You can defer 100% of your self-employment income or compensation, up to the regular 2020 aggregate deferral limit of \$19,500, plus a \$6,500 catch-up contribution in 2020. But that's just the employee salary deferral portion of the contribution.

You can also make an "employer" contribution of up to 20% of self-employment income or 25% of compensation. The total combined employee-employer contribution is limited to \$57,000, plus the \$6,500 catch-up contribution.

IRAs, too

Catch-up contributions to non-Roth accounts not only can enlarge your retirement nest egg, but also can reduce your 2020 tax liability, generally if made by Dec. 31, 2020.

Keep in mind that catch-up contributions are available for IRAs, too. The deadline for 2020 IRA contributions isn't until April 15, 2021, but deductible contributions may be limited or unavailable based on your income and whether you (or your spouse) is covered by a retirement plan at work. Please contact us for more information.

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

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New exhibit opens in Thomas Family Endowment Art Gallery

The work of artists Christina Humble and Ross Mazzupappa will be shown now through Dec. 22 at the Thomases Family Endowment Art Gallery in the Jewish Community Center of Youngstown, 505 Gypsy Lane, Youngstown. The exhibit -- "What Was Lost?" -- will also be available virtually at jccyoungstown.org.

The exhibit features two individual bodies of work by the artist couple. The show collectively explores themes of nostalgia, fantasy, and objectivity. Mazzupappa's print and photo works are inspired by the industrial environment and history of labor in the once robust Rust Belt region of the US. Humble's digitally manipulated photographs and glass sculptures evoke themes of reverie and derealization.

Ross Mazzupappa is a multidisciplinary artist who incorporates printmaking, photography, and digital imaging. His work explores themes of labor, industry, place, memory, and history of the Rust Belt. He attended Youngstown State University where he received a BFA in studio art printmaking/painting. He went on to receive an MA in printmaking with a sculpture minor and an MFA in printmaking with a photography

minor from the University of Iowa. Also being deeply interested in technical research Ross has developed several processes including a photomechanical etching technique, affordable roller/prayer making, and various designs for specialized equipment. His artwork shows in national and international galleries, exhibitions, and portfolios. His work is also featured in private and public collections. Mazzupappa is presently an assistant teaching professor of printmaking and photography at Bowling Green State University.

Christina Humble is an interdisciplinary artist working in painting, photography, glass casting, and monoprint. Her work often features clusters of oversaturated imagery and explores themes of identity, fantasy, and reverie. She received her MFA in studio art from the American University in Washington, D.C. and has a BFA in painting/printmaking from Youngstown State University. Her artwork has been shown in national and international galleries and exhibitions from Cleveland, Ohio to Vilnius, Lithuania, and Berlin, Germany. Humble is currently an instructor of painting, printmaking, and foundations at Adrian College in Michigan.



Dealing with surprise medical bills

Since early 2020, millions of Americans have been infected by the coronavirus, often resulting in the need for significant medical care. Stories have emerged of people who were hit with surprise medical bills for the treatment they received. It's a reminder that we all need to be ready for potential out-of-pocket medical expenses, whether it is to cover treatment for the virus or another ailment.

The realities of today's medical coverage

The emergence of COVID-19 has made it clear that medical events can occur out of the blue. Now more than ever, it's important to make sure you have the right health insurance in place to help you manage the potential financial consequences of a health crisis.

Most people have coverage either through their employer, through an individual policy or as part of a government program such as Medicaid or Medicare. Regardless of how you are insured, it is increasingly common today to face co-pays or deductibles when you need care. Therefore, your financial commitment doesn't end with the premiums for which you may be responsible. Depending on the policy you carry, you could easily face out-of-pocket expenses costing several thousand dollars.

One way to manage these costs is to pay close attention to whether providers you work with are "in-network," or "out-of-network." Typically, your personal financial liability is limited with in-network providers, but your insurance coverage may be lacking if you use out-of-network services.

In emergency situations, you may not have much control over who provides your care. These circumstances can often result in particularly large bills that may surprise those who thought their health insurance would cover them.

Insurance isn't enough - plan for that

Health insurance may mitigate much of the cost risk, but it doesn't eliminate it. Simply stated, sudden or unexpected medical bills fall under the heading of "emergency expenses," like a surprise home or car repair. You should have money saved in an emergency fund to help cover these expenses.

Conventional wisdom recommends that you set aside the equivalent of three-to-six months of household income in an emergency fund. These are dollars that should be readily accessible, held in vehicles such as a bank savings account or money market funds. Given today's economic uncertainties, an even larger emergency fund, equal to nine months or more of income, may be appropriate.

Most important, you want to avoid depleting accounts that are set up to help meet long-term goals, such as retirement or college education costs. Cash in place provides the necessary cushion against surprise medical bills while protecting savings devoted to other goals.

Other steps to consider

If you find yourself in a pinch trying to pay bills, there are other steps to consider:

- Talk to your medical provider to try to make arrangements to either alter the charge or set up a payment plan that you can realistically stick to.
- If you need more guidance, consult with a credit counselor who may be able to help you structure a solution to deal with your financial challenges.

Planning ahead is your best defense against the impact of surprise medical expenses. Also be sure you understand what is and isn't covered under your current health insurance policy. Your financial advisor can work with you to make sure you are properly prepared.

Column provided by Guidelight Financial Group offered through Ameriprise Financial Services, Inc. Member FINRA & SIPC.



TAG unveils its 'Trees At the Gallery' Holiday Marketplace

The Trumbull Art Gallery is holding its "Trees At the Gallery" Holiday Marketplace event at the gallery in downtown Warren now through Jan. 9, 2021.

The event will feature a curated walk-through marketplace with over 30 tree displays showcasing unique gift items handcrafted by local artists including art, jewelry, seasonal and holiday décor and more. Additional items will be on display and available for purchase in the TAG Gift Shop.

Local artists were asked to design holiday tree displays made from materials such as artificial greenery, wood, metal, wire, ceramic, etc. or provide table-top displays - all used to showcase their handcrafted items for sale. However, due to COVID restrictions, no live artisan demonstrations will take place

this year. Social distancing precautions will be followed and masks are required throughout the event. Admission is free.

Also included in the event, is a holiday tree raffle featuring a fully-decorated tree filled with handcrafted items donated by each participating artist. The raffle drawing will take place Saturday, Dec. 19.

The Trumbull Art Gallery is located at 158 North Park Ave. on Courthouse Square in downtown Warren and is currently open for the holiday season Thursdays noon-6 p.m., Fridays noon-4 p.m. and Saturdays 11 a.m. to 3 p.m. through January 9, 2021.

To find out more about this holiday event visit TAG's website at www.TrumbullArtGallery.com or check the gallery's Facebook page.

Cortland Food Drive benefiting Second Harvest Food Bank

By Catena Shortreed
Guidelight Financial Group, Ameriprise Financial

Guidelight Financial Group, located at 3378 state Route 5 in Cortland, is accepting nonperishable food donations to benefit Second Harvest Food Bank from Monday, Nov. 30 until Friday, Dec. 11. The collection boxes will be available by the building entrance on the following drop off dates and times:

- Monday, Nov. 30, 9 a.m.-4:30 p.m.
- Tuesday, Dec. 1, 9 a.m.-4:30 p.m.
- Wednesday, Dec. 2, 12:30 p.m.-4:30 p.m.
- Thursday, Dec. 3, 9 a.m.-4:30 p.m.
- Friday, Dec. 4, 10 a.m.-4:30 p.m.
- Monday, Dec. 7, 9 a.m.-4:30 p.m.
- Tuesday, Dec. 8, 9 a.m.-4:30 p.m.
- Wednesday, Dec. 9, 9 a.m.-4:30 p.m.
- Thursday, Dec. 10, 9 a.m.-4:30 p.m.
- Friday, Dec. 11, 9 a.m.-2 p.m.

The Food Bank's needs list include cereal, peanut butter, canned vegetables, canned fruit, tuna fish, dry pasta, canned soup, and macaroni and cheese.

Each year in November, Guidelight Financial Group organizes an annual volunteer event at Second Harvest Food Bank. The organization arranges for two groups from the practice to come in for a day and help sort and package goods to be donated. This year, the COVID-19 pandemic has unfortunately caused the food bank to close to outside volunteers. The food drive is an alternative way of giving back and serving those in need in the Valley this year.

Guidelight Financial Group continues to strive to serve our community, especially in this time of immense need. Thank you for your generosity and willingness to help. We sincerely hope that by this time next year, we will be able to lend a hand and volunteer in-person with you! Thank you!

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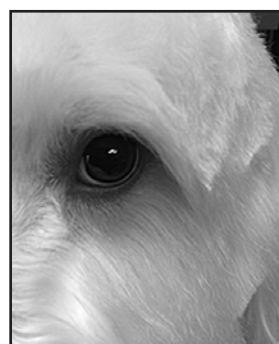


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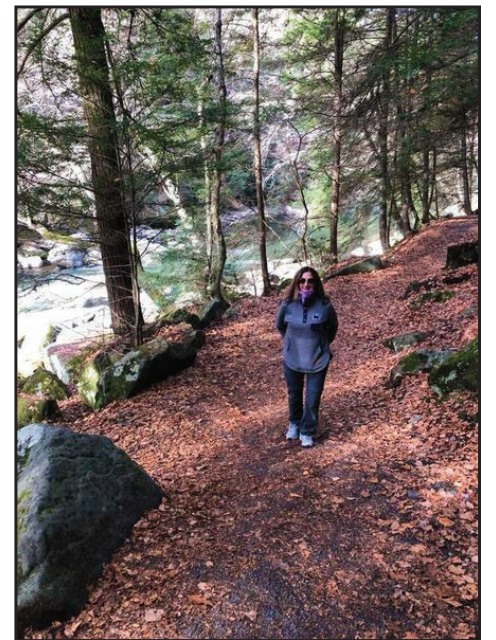
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Junior League virtual walk for a cause

On Nov. 14, the GFWC Ohio Warren Junior Women's League Health and Wellness Committee hosted a virtual walk for St. Jude Children's Research Hospital and the Warren St. Vincent dePaul Society's Soup Kitchen.

Members and guests made a \$5 donation to St. Jude along with non-perishables for the soup kitchen. The committee agreed that the responsible approach would be to conduct a virtual walk for the safety of all participants. The walk also allowed the club to support the GFWC Ohio President, Marjean Sizemore's theme of "Feed our Future" while walking off stress during this difficult time.



Kelly Kelly walking in Mill Creek Park.



Regent pins awarded

At the November meeting of the NSDAR Mary Chesney Chapter, Warren, Past Regent Janet Schweitzer, left, and Regent Diana Tripi, right, presented each other with Regent pins.

5 tips for creating a low-maintenance home

(Family Features) Because most people are spending more time at home than usual, ensuring your living spaces are clean and uncluttered can make being home more comfortable and enjoyable. However, not everyone has the time, or desire, to devote to constant maintenance.

A shift toward less work around the house just takes some prep work and smart tools.

Organize and declutter. Working your way around stacks of things you don't use frequently, or need at all, can make it difficult to keep your home tidy. Cut back on the clutter by sorting items into categories such as things you use often, those you rarely use and things you don't need any longer. Donate what you don't need then work on organizing the rest. Invest in drawers, shelves and storage bins to ensure everything has a place, and only leave out the items you use frequently.

Automate your cleaning. You can simplify your chores by putting technology to work for you. One example is an all-in-one robotic vacuum cleaner and floor mop that keep floors clean so you don't have to think about it, such as the Deebot T5 from Ecovacs. Its patented OZMO Mopping System allows it to vacuum and mop simultaneously, removing up to 99% of bacteria without any harsh chemicals. It smartly maps your home with laser

technology, and the automatic carpet detection feature avoids carpet when mopping to keep it from getting wet. You can even schedule cleanings from your phone.

Manage paper. It can be easy to allow mail, magazines and other paper to pile up. To help manage the influx, create an "inbox" in a convenient location and put mail and paperwork there all week. Designate one day each week to sort, take action, shred and dispose of mail and other paper you've collected.

Create a labeling system. The hassle of finding and remembering where you put extra linens, wading through a cluttered spice rack or locating the hammer can be unnecessary stressors. Consider investing in a label maker to help make it easier to keep organized and find the things you're looking for when you need them.

Use time wisely. Devoting a small amount of time to daily maintenance is key. If a task takes just a few minutes to do - like scheduling your robot vacuum to clean or putting dishes in the dishwasher - do it as needed. Then, every day, spend 10-15 minutes tidying up and putting things away so they don't pile up and lead to more time-consuming chores.

A low-maintenance home can free your time for more living. Find more ideas for less maintenance at ecovacs.com.

What all puppy owners should know about feeding their puppies

(BPT) - New puppy owners have plenty of questions when it comes to their new pet - about training their puppy, puppy-proofing their home and what behaviors are considered "normal" for a growing dog. Perhaps the most important question, which is commonly misunderstood, is how to feed your puppy to make sure he or she grows up to be a healthy and happy adult dog.

In fact, a recent survey by Purina found that many dog owners were unsure about how to correctly feed their growing pup. For example, the majority of puppy owners did not realize that breed size determines how long a dog is considered a puppy, and ultimately, how long their dog needs to be fed puppy food.

"Puppies have specific nutritional requirements to help support their rapid growth and development," said veterinarian at Purina Dr. Callie Harris, DVM. "Similar to babies, puppies' bodies are fast-growing, but unlike babies, puppies pack all their growth into one to two years."

Here's a guide to common questions about feeding your pup.

Why should you feed your growing dog only puppy food?

Puppies' growing bodies need 25% more protein, 40% more fat and 140% more calcium than adult dogs. In addition, smaller kibble pieces are easier for a young dog with a smaller mouth to eat, especially smaller breeds.

Dr. Harris explains that high-quality puppy food is balanced with essential nutrients like:

* Protein to help support growing muscles

* Minerals like calcium and phosphorous to support growing bones and teeth

* Antioxidants to help support your puppy's developing immune system

* DHA, an omega-3 fatty acid, to help support brain and vision development

Until what age is your puppy still considered a puppy?

Your dog's breed size determines how long they're considered a puppy. If you didn't know this, you're not alone. In the survey, 47% of small breed dog owners didn't realize their dog needs to be fed puppy food for up to a year, and a whopping 92% of large breed dog owners didn't realize their dog is actually considered a puppy for up to two years and needs to be fed puppy food for that period of time.

If you're unclear exactly how long to feed puppy food, it's best to speak to your veterinarian to ensure you're meeting your puppy's specific nutritional requirements.

How much food do they need?

The amount of food your puppy needs depends on how much they'll weigh at maturity - not their current weight. For example, a Labrador retriever will weigh more at maturity than a Russell terrier, so the larger breed size dog will require more food as a puppy.

To avoid overfeeding, offer your pup three equal-sized meals each day, based on their daily caloric requirement recommendations split into three. Additionally, it's important to establish a feeding routine at the same times each day to help keep a puppy's digestive system regular, which can also make house training easier.

For a comprehensive feeding chart to help determine how much to feed your puppy, along with lots of other information about caring for puppies,

Continued on page 16

Junior Women's League 2020 Champagne Luncheon cancelled

Every year GFWC Ohio Warren Junior Women's League members look forward to kicking off the holiday season with the community at its annual Champagne Luncheon. The afternoon is filled with exciting fashion, food and fellowship to raise funds for the rehabilitation services provided by the Northeastern Ohio Children's Rehabilitation Center.

Unfortunately, due to the COVID-19 pandemic, it is with a very heavy heart that the Junior League must cancel the Champagne Luncheon that had

been scheduled for Nov. 20. The cancellation will create a sufficient loss of support dollars to the rehabilitation services the Northeast Ohio Children's Rehabilitation Center provides for the children in the community.

Warren Junior Women's League is asking the community to join them in showing their caring support by making a donation through the Junior League, in absence of the luncheon. Please contact Tammy Metzger at 330-507-6908 or Molly Halliday at 330-980-6641 for more information.



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of the Mathews Local School District. He is a past chairman of the board of the United Way of Trumbull County. Presently, Rieger serves as a member of the Trumbull County Metropolitan Housing Authority, to which he was appointed by the Trumbull County Common Pleas Court judge in 2004.

For 65 years in practice:

William N. Letson of Warren graduated with honors from Harvard Law School in 1955. His career took him across the country, from working in New York City on Wall Street to working in a partnership with his brother, Tom, in Warren. He also worked in Washington D.C. as general counsel of the U.S. Department of Commerce, by appointment of the President, and served as vice president and general counsel of Westinghouse Electric Co. He then worked in private practice in Washington as a partner in a Chicago-based law firm, before moving back to his family partnership in Warren. In 2013, he moved to Denver, Colo. and retired from active practice in 2016. In addition to his legal work, Letson was the founder and first president of Trumbull County 100, and has been involved with a variety of charitable and civic organizations.



What all puppy owners should know

...continued from page 15

visit Purina.com/Puppy. Review the feeding instructions on the back of your puppy's food bag and consult your veterinarian for questions regarding your specific puppy's diet.

What's the best way to transition to adult dog food?

If you're wondering why you can't stick with puppy food for adult dogs, one reason is that puppy food is much higher in calories to help support your puppy's growth, development and high energy levels. Continuing to feed puppy food past the point of maturity could result in weight gain, which can lead to other health problems, so transitioning to a balanced adult food once your puppy has grown into adulthood is important. When your dog becomes an adult, a gradual transition from puppy food to adult food helps avoid an upset stomach. Over 7-10 days, gradually introduce more and more of the new food mixed in with the old.

Adult dogs may only need two meals per day, depending on their breed, size and activity level. Follow the feeding instructions on the food package to know how much food to feed your dog each day and split that into two meals. To ensure your dog is eating the right amount, it's best to monitor their body condition or consult with your veterinarian.

Following these guidelines will help you keep your young dog happy, healthy and growing strong. Visit Purina.com/puppy for more tips and to explore all of the wet, dry and treat options Purina has for your puppy.

Improve your mental health with better sleep

(Family Features) For some, the holidays may be the happiest season of all, but for others the hectic pace and endless to-do lists can take a real toll on their mental health. This year, the impact is heightened by a global health pandemic.

According to a survey from Mattress Firm, more than 60 million Americans say COVID-19 has worsened their quality of their sleep, and those losing sleep are often seeing their mental well-being and healthy habits worsen. Nearly half of respondents said COVID-19 has increased their worries and prevented them from falling or staying asleep at night, with 41% reported their poor sleep has a negative impact on their daily lives.

"It's no surprise that when our minds are full or our hearts are heavy, our mental health tends to suffer," said Dr. Sujay Kansagra, a sleep health expert for Mattress Firm. "What many people don't realize is that mental health struggles also affect sleep, and adequate rest is a key component of maintaining and improving your mental health."

If stress and worry are preventing you from getting a good night of sleep, try these ideas from Kansagra to help improve your mental state and ease your body into rest.

Think positively. Every night before going to bed, list three good things from your day. They don't have to be amazing things, just three positive aspects of your day. For example, acknowledge you had a good virtual catch-up with a colleague or enjoyed a new recipe or workout class. Listing your positive experiences at night can help you maintain a positive frame of mind as you unwind for the day.

Create a to-do list. This technique is for those who mentally work through their list of pending responsibilities before bed. In a fast-paced world, sometimes lying in bed is the first time you have to actually think about what's on your list. By creating a list of tasks (or even writing down your worries), you can prevent yourself from thinking about them excessively before bed and throughout the night.

Try progressive relaxation. This

involves taking slow, deep breaths and slowly tensing the muscles in your body for a few seconds then relaxing them. Start at your feet and work your way up the body. This technique can help you relax and decompress after a long day.

Give yourself a break. Especially if you're working from home or tackling a lot of seasonal tasks, it's easy to keep yourself busy up until the minute you fall into bed. However, your mind may still be whirling from all that activity. Build in a few minutes before bed each night to let your mind rest, whether it's spending a few minutes with a good book, practicing meditation or sipping on a cup of sleepy-time tea.

Appeal to your senses. Being mindful of how your senses react to various stimuli can play a role in your ability to drift off to sleep. Some people need silence; others benefit from ambient sound. Certain scents can be soothing and make good choices for essential oil diffusers, such as lavender oil. Also be conscious of the touches that affect your sleep, like the support from your mattress, the softness of your sheets or the temperature of the room.

Whether it's your family, your health or general stress that's keeping you up, find time in your day to give yourself some grace. Your mental health is extremely important and should not be overlooked, so if you're feeling a little worn down, ensure you're getting the quality sleep you need to tackle the day and week ahead.

Find more tips for better sleep at MattressFirm.com.

What's Keeping You Awake?

If you're like many Americans, outside influences and worries may affect your sleep. Pinpointing what's keeping you awake, such as these common sleep disruptors reported in a Mattress Firm survey, can help you address your concerns so you can rest more easily.

1. Money or Paying Bills (49%)
3. State of Country and the Economy (39%)
4. My Kids and Their Health or Education (32%)
5. Missing Social Interaction (31%)

How a weighted blanket can improve your life

(BPT) - Quality sleep is essential to good health, but daily life - the stresses of work and family, too much screen time, caffeine or alcohol - disrupts our body's natural sleep cycle. One tool to promote better sleep is a weighted blanket, but the benefits go beyond sleep. Here are five benefits weighted blankets provide.

1. Helps you fall asleep faster - Most of us know what it's like to toss and turn at night just waiting to fall asleep. According to the National Sleep Foundation, it should take 10-20 minutes to fall asleep. If it takes you more time than that there are steps you can take like adding a weighted blanket to your bedtime routine.

2. Helps you stay asleep longer - The CDC says adults should get between seven and nine hours of sleep each night. If you're in need of more restful slumber, a product like a Tranquility weighted blanket and its calming pressure can help you sleep more soundly with fewer bouts of restlessness so you wake feeling more rested.

3. Enhances relaxation - Weighted blankets offer Deep Touch Pressure (DTP), a sensory experience similar to a soothing hug, which works to relax the nervous system and in turn creates a feeling of calm so you can rest more comfortably. A weighted blanket isn't just for bedtime - it can be used to create a more relaxing experience when you're winding down on the couch or even on a Zoom call.

"Research shows that weighted blankets can help with better relaxation and sleep, two things that are critical to overall health," says wellness expert Jamie Hess of NYCfitfam. "It's important to take care of yourself, both mentally and physically and I've found adding a Tranquility weighted blanket to my daily routine helps me reclaim my calm."

4. Provides comfort - Many Americans experience stress and anxiety with daily life, and since the onset of COVID-19, more Americans than ever are experiencing these emotions. If

Continued on page 17

Happy Thanksgiving

We thank you for the opportunity to work together and for making us feel at home in our community.

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MAKING SENSE OF INVESTING

FROM the Garden

By Kathleen Ferris, Master Gardener

Fall is for planting. Bulbs, perennials, trees and shrubs love being planted in the fall. A fall planting means plants don't have to think about flowering or fruiting, just settling in and developing strong roots, giving them a head start next spring.

Bulbs are definitely one crop you should be planting for colorful blooms next spring. Selections at local garden centers have a wide variety and offerings online have gotten better over the years. Hyacinths (*Hyacinthus* spp.) and tulips (*Tulipa* spp.) put on a good show, but they tend to decline every year. Their peak bloom is the first two years after planting. I treat my tulips as annuals and pull and replant yearly. A better plan is to replant or replace a portion of your tulips and hyacinths every year so you always have a strong bloom from some. The longest living bulbs in our area are daffodils. If deer are a problem for you, you may already have moved primarily to daffodils. Deer love tulips and will nip off the flower buds before you even know the buds are there!

If you have been saddened by this turn of events, the easiest remedy is to plant bulbs animals generally will not eat. These include; hyacinths, alliums, fritillaries, grape hyacinths, dogtooth violets, winter aconite, snowdrop, Spanish bluebells and Siberian squill. I still periodically try planting tulips. I don't like to admit defeat.

If it is a tree or shrubs you are considering planting, think about the next generation of people who might enjoy that tree you plant. Surprisingly, the lifespan of the average street or landscape tree is not really that long. Trees are not immortal, though they do have a lifespan that surpasses ours, and we should consider that when choosing and planting trees and shrubs.

Plant large trees far from the house, at least 30 feet to give it room to grow. And remember those overhead utility lines. Don't plant trees underneath, and consider underground utilities and septic systems. And, choose native trees and shrubs that grow well in this area or non-natives that will not struggle with our clay soils and our temperatures.

Weighted blanket ...continued from page 16

someone you know is going through a rough patch, giving the soothing comfort of a weighted blanket can be a thoughtful and personal way to show you care.

5. Makes a thoughtful gift for giving - A weighted blanket can be a great gift for anyone in your life, especially during the holidays where people may not be gathering like they typically do. While many online weighted blanket models run upwards of \$200, Tranquility weighted blankets offer the same benefits for less, making it an accessible gift option for everyone on your list.

If you have been on the fence about trying a weighted blanket, you might want to consider this soothing, sleep-inducing comfort.

Keep newly planted trees and shrubs well hydrated going into winter to protect them from the drying west winds.

Fall is also a great time for planting those luscious spring blooming peonies. In fact, fall planted peonies do better the first year than spring planted ones. They don't have to produce flowers or suffer through heat and humidity after being transplanted. I'll see, I planted both this year.



Getting back to bulbs. I have read where some gardeners claim success in keeping bulb eating pests away by using some form of trickery. One easy trick is to lay boards or large sections of cardboard over freshly planted bulb beds and removing them after the ground freezes. Bulbs can be treated with repellants like hot pepper wax spray before planting. The spray can be used again in the spring when the plants pop up. The sprays are available from garden supply stores and online. Blood meal spread over the planted bed can keep squirrels away for a few weeks or until diluted by rain.

A solution of castor oil and dish soap is supposed to be an effective repellent for moles and voles. Mix 2 tablespoons of castor oil, 2 tablespoons dish soap with 1 gallon water in a sprinkling can and soak the area. You can do this ahead of planting, say two weeks early, to get rid of any tunneling pests. Apply again in early spring.

Cages are another way to protect those tulip bulbs. Using large plastic flower pots with the bottoms removed and replaced with screening and planted in the ground is an easy way to use the cage concept. Or wire bulb cages can be purchased and if you are crafty, there are detailed build-your-own bulb cage plans available online.

Even if you love tulips as much as I do, they present a special challenge. If the squirrels don't get them, there's always those dang deer.

Happy gardening!

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



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Severe winter weather: 5 ways to protect yourself

Ohio Department of Insurance Director Jillian Froment is stressing the importance of conducting an insurance review with an agent in advance of winter weather.

"Ohio's winter weather can be punishing, not only to your property but also to your finances, especially if you are without adequate insurance protection," Froment said. "I encourage Ohioans to connect with an insurance agent to ensure their coverage is winter ready."

Froment outlined five ways that you can avoid costly setbacks.

1) Review your homeowners and auto insurance and amounts with an agent.

- Most property policies generally cover structure and contents damage from wind, ice, water (but not flooding), and burst water pipes. Roof, gutter, siding and window damage – such as from ice damming and collapse from the weight of snow – are also generally covered. Certain circumstances and deductibles will apply.

- Vehicle damage caused by water-related events, ice, heavy snow and burst water pipes are normally covered under the "other-than-collision" (also known as "comprehensive") portion of an auto insurance policy. This is optional coverage that has to be purchased.

2) Review personal possessions coverage options.

- If you have a loss, actual cash value pays the value of the item the day it was destroyed. Replacement cost coverage pays in accordance with the value of a comparable item at the current market price. Renters should consider renters insurance to protect

their possessions.

3) Ask about after the fact expenses.

- Determine if the policy pays for such things as fire department charges, temporary repairs, debris removal, trees and shrubs, personal property storage, and certain living expenses.

4) Complete a home inventory.

- Listing your possessions with photos and their values will prove worthwhile in a claim filing situation and help you determine if you have adequate insurance coverage. Download the free phone app myHOME Scr.APP. book or print a paper version at www.insurance.ohio.gov.

5) Winterize your property and vehicle.

- For your home, clean debris from gutters and downspouts, address missing shingles and overhanging tree limbs. Inspect the underside of the roof from the attic for signs of leaks. Protect against frozen and burst water pipes by maintaining adequate heat in your home and winterize your pipes.

- For your vehicle, tires should have adequate tread and air pressure. Keep the windshield wiper fluid tank filled and maintain at least a half tank of gasoline. Carry a windshield scraper and brush for ice and snow removal. Also in your vehicle, keep a snack, water, extra warm attire, blankets and a first aid kit.

If you have questions about insurance call the Ohio Department of Insurance at 1-800-686-1526. Insurance information is available at www.insurance.ohio.gov. The Ohio Committee for Severe Weather Awareness' website www.weathersafety.ohio.gov contains important safety information.



Trumbull County
Combined
Health District



Nicotine in tobacco products can increase anxiety and depression

By Teresa Merrick, R.N., PHN
Trumbull County Combined Health District

Anxiety is feeling frightened, nervous or panicky. "People with anxiety disorders fear or dread about things that may happen now or in the future." They may also experience upset stomach, weakness, shortness of breath, nausea, rapid heart rate, hot flashes or dizziness. Most smokers believe that smoking eases anxiety. Smoking does relieve their nicotine withdrawal symptoms but it's only temporary.

Counseling, such as cognitive behavioral therapy can address anxiety disorders. Trained mental health professionals can help you address what causes your anxiety and how to deal with the symptoms. Anxiety medications prescribed by your Health Care Professional can also help but these medications focus on relieving the symptoms of anxiety, they are not a cure.

Depression is also a reason people smoke. Common causes leading to depression is stress, a difficult life event, new life change, a medical problem, using drugs or alcohol and genetics.

Mood changes often occur after quitting smoking. You could feel increased sadness, be irritable or restless. Your body is trying to adjust to the decrease in nicotine. Usually by 14 days post nicotine use, your mood improves. If your moods do not improve, your physician should be notified.

Finding new, healthier ways to cope with stress, anxiety and bad moods can be helpful while quitting and for the rest of your life.

One proven way to manage stress and mood swings is using a meditation method called "mindfulness." Mindfulness is slowing down to pay attention to what is going on around you. Being fully aware of the thoughts, emotions and physical feelings, plus what you see, hear, touch and smell around you. It is a skill you can practice in all areas of your life. It can help you manage nicotine cravings or feelings of withdrawal. It reduces stress, anxiety and depression. Improves enjoyment in daily life and increases positive emotions. It improves wellbeing by focusing on the here and now and are less likely to get caught up in the worries about the future or regret over the past. Decreases concerns about

success and self-esteem. It can relieve stress, treat heart disease, lower blood pressure, decrease chronic pain, and improve sleep. For more information on mindfulness go to www.helpguide.org/harvard/benefits-of-mindfulness.htm.

Help is available to ALL smokers wishing to quit, regardless of gender, race, sexual orientation or financial status. The Ohio Tobacco Quit Line is confidential and free of charge. Call 1-800-784-8669 (1-800-QUIT NOW) or www.smokefree.gov. Available 24 hours a day, 7 days a week and languages such as Spanish, Chinese, Korean, Vietnamese, French and TTY are available. Eligible recipients may receive up to eight weeks of their choice of nicotine patches, gum or lozenges sent directly to your home.

A CDC funded cancer and tobacco disparity network called LGBT Health link is a community-driven network of experts and professionals enhancing LGBT health by reducing tobacco, cancer and other health disparities in our communities. They can be reached by calling 954-765-6024 or HealthLink@Lgbtcenters.org.

Mercy Health Regional Tobacco Treatment Center offers cessation services by calling 330-306-5010, ext. 101. The American Lung Association is also a statewide valuable source by calling English: 1-800-586-4872. Spanish: 1-800-LUNGUSA (1-800-586-4872)

If you are a teenager, the My Life, My Quit program is a free and confidential service developed by National Jewish Health and can be reached by online enrollment at the website mylifemyquit.com or calling toll free 1-855-891-9989 for real-time coaching. They offer five coaching sessions by phone, live texting or chat with a coach who will listen and help navigate social situations while finding healthy ways to cope with stress. Additional text messages for support to quit smoking, vaping or chewing tobacco. For more information on Quitting smoking go to smokefree.gov.

Reference: Anxiety and Smoking/Smokefree Women: <https://women.smokefree.gov/live-healthier/care-for-your-mind/anxiety-smoking>



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