

# CortlandNEWS

"The Good News Newspaper"

Vol. 17 No. 4

December 19, 2020

Serving the Lakeshore Communities

Merry Christmas



Happy New Year

*from the Cortland News*

## Happy holidays and the promise of the a new year

By Sally Lane

"Twas the week before Christmas" ... but not like any other week before Christmas. Shopping online and

holiday greetings on Facebook, while not really new, have become the "new normal." Virtual Santa visits are new, along with virtual concerts. We miss the real thing. Many Prime Time Amazon and Fed Ex trucks in our neighborhoods are putting "Rudolph" and the eight reindeer out of work (well, maybe).

A normal week before a normal Christmas usually featured a steady stream of traffic on Route 46 to Niles, crowded stores with merchandise stocks starting to run low. At some time in our lives most of us have been part of that crushing crowd. This year is different.

Someone once said, "It's an ill wind that doesn't blow some good." We have become more aware of the how difficult this pandemic is on many people. People who are lucky enough to be retired with a steady income, and those who have jobs, and food, and necessities through this awful time are

sharing, volunteering, and caring for others. They make a difference in so many lives. Gratefulness, caring and the desire to help are the good parts of this awful situation.

Our churches, organizations and businesses have been in high gear making this tough time easier and more pleasant for all of us. Kudos to the Cortland Beautification group for decorating the town, to the churches, businesses and organizations who have collected and provided food and gifts for those who need it.

Another unintended consequence of staying home has been the gift of time. Yes, I know that spending more time at home can be boring and/or frustrating, especially with active children, but there can be moments that fill your heart with peace (especially when the kids are in bed). I have noticed more Christmas cards with handwritten notes, more phone calls from old friends, more

fun with the grandchildren on "face time." Okay, I have even watched a few Hallmark movies.

Have you noticed how many Cortland people have holiday lights? A ride around the neighborhoods in the evening can raise your spirits. Crèche scenes, Santas, elves, deer, snowmen, moving lights and decorated trees show us that the Christmas spirit is alive and well. Just wait until Christmas Eve! Perhaps other neighborhoods line their streets with paper lanterns, but the display in Shepherd's Hill on several streets has always been breathtaking.

We look forward to the new year. 2021 has promise. We hope and pray that the vaccine will work as well as predicted, that the numbers of those with COVID will recover, and that less people will become infected. We wish you all a wonderful holiday season and a healthy, happy new year.

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# LOOK INSIDE

Advertiser Index ..... 2  
 Business ..... 3  
 Calendar ..... 3  
 Directory ..... 2  
 Faith ..... 19  
 Finance ..... 11  
 Business Card Ads ..... 23

[TheCortlandNews.com](http://TheCortlandNews.com)

## ADVERTISER INDEX

3-C Custom Complete Collision ..... 22  
 4 Star Diner ..... 17  
 Action Physical Therapy ..... 10  
 Advanced Podiatry ..... 14  
 Affordable Self Storage ..... 22  
 Ann M. Wiley Insurance Services ..... 9  
 Attorney Bill Brooker..... 22  
 Attorney Martin Nosich..... 18  
 Auntie V's Pizzeria ..... 18  
 Auto Spa Ohio ..... 24  
 Burkey Burkey & Scher ..... 22  
 Centerra ..... 3  
 Clearview Lantern Suites..... 16  
 Champion Income Tax Service ..... 12  
 Cortland Christian Church..... 19  
 Cortland Healthcare ..... 16  
 Cortland Lanes ..... 7  
 Cortland Nutrition ..... 8  
 Countryside Vet/AWL ..... 8  
 Daffron Auto Body ..... 11  
 Dr Johnson ..... 19  
 Drs Davenport & Rohrabough ..... 7  
 Edward Jones..... 6  
 Enzo's Restaurant..... 11  
 Four Seasons Garden Club ..... 15  
 Gillette Nursing Home..... 21  
 Greenwood Insurance Corner..... 3  
 Guidelight Financial Group..... 20  
 Jim Woofter's Headshot Studio ..... 8  
 Jody Sova, Berkshire Hathaway ..... 9  
 Johnston Senior Center ..... 4  
 King Bros./King's Sanitary ..... 12  
 Major League Tire ..... 5  
 Mark Thomas Ford ..... 10  
 Mayflower-Wollam Insurance ..... 4  
 MD Denna Heating and Cooling..... 13  
 Midway Garage Door..... 20  
 Oak Meadow..... 21  
 Ohio Living - Lake Vista ..... 5  
 Peak Performance ..... 13  
 Petrosky Brothers..... 14  
 Pizza Joe's..... 14  
 Real Living Brokers Realty ..... 13, 21  
 Regal Promotional Products ..... 16  
 Santa ..... 3  
 Shafer Winans..... 16  
 Sparkle ..... 14  
 Totally Dog..... 13  
 Tracy Omerzo Design ..... 9  
 Trumbull County Health Dept ..... 4  
 Vasilio's ..... 5  
 Vlad Pediatrics..... 18  
 Windsor House ..... 17

See Business Cards on Page 19

## CORTLAND CITY

CITYOFCORTLAND.ORG

Mayor ..... 330-637-4003	<b>POLICE/FIRE EMERGENCY ..... 911</b>
City Hall ..... 330-637-3916	Dispatch ..... 330-675-2730
Fax ..... 330-637-4778	Police - Business ..... 330-638-1000
Clerk of Council ..... 330-638-0142	Fire - Business ..... 330-637-2891
Service Director ..... 330-637-4637	

## MEETINGS

<b>CITY COUNCIL</b> First and Third Monday of each month Monday, Dec. 21, 7 p.m.. Monday, Jan. 4, 7 p.m.	<b>PARKS AND RECREATION</b> Second Monday of each month Monday, Jan. 11, 5 p.m.
<b>CORTLAND CITY COUNCIL</b> Read the minutes from Cortland City Council meetings at <a href="http://www.cityofcortland.org">www.cityofcortland.org</a> under City Council Minutes.	<b>PLANNING &amp; ZONING</b> Second Monday of each month Monday, Jan. 11, 7 p.m. Meetings and agenda of Council and Planning meetings area available at <a href="http://www.cityofcortland.org">www.cityofcortland.org</a>

### CORTLAND CITY COUNCIL MEETINGS ARE NOW ON ZOOM

A link to each meeting will be posted on the city website [www.cityofcortland.org](http://www.cityofcortland.org)

## BAZETTA TOWNSHIP

BAZETTATWP.ORG

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

### BAZETTA TOWNSHIP TRUSTEES REGULAR MEETINGS

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

Tuesday, Jan. 12, 7 p.m. - A 60 minute caucus with department heads preceding.

Meetings held via ZOOM. Visit [www.bazettatwp.org](http://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, Jan. 11, 6 p.m.

## Area Service Clubs

<b>Bazetta-Cortland Optimist Club</b> Charlie Harper ..... 330-847-0114	<b>Friends of the Cortland Library</b> Di Matijejevic ..... 330-637-2717
<b>Cortland-Bazetta Historical Society and Museum</b> Sally Lane ..... 330-638-2330	<b>Johnston Senior Center</b> Diana Shimko ..... 330-924-0412
<b>Cortland Lions Club</b> Frank Danso ..... 330-637-3621	<b>Lakeview Outreach and Fellowship (LOAF)</b> ..... 330-720-9136
<b>Cortland Masonic Lodge #529</b> Chuck Chagnot ..... 330-307-3405	<b>League of Women Voters of Trumbull County</b> Terri Crabbs ..... 330-637-3845
<b>Cortland Opal Chapter #181, O.E.S.</b> Carla Kahler ..... 330-856-2356	<b>Moose Lodge #1012</b> ..... 330-637-9957
<b>Cortland Rotary Club</b> Dr. Lance Grahm ..... 234-244-4282 lancegrahm@yahoo.com	<b>The Opera House</b> Maribeth Albu ..... 330-219-1488
<b>Four Seasons Garden Club</b> Becky Bucco ..... 330-637-9115	<b>SCOPE</b> Darlene Fry/Diane Jordan ... 330-637-3010
	<b>Warren-Trumbull Branch of AAUW</b> Jennifer Soloman ..... 330-637-3483

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

## Our Next Issue ... January 16, 2020

Our theme will be New Year

Article Deadline by Jan. 2 • Display Advertising Deadline is Jan. 6

Email articles to [editor@cortlandnews.net](mailto:editor@cortlandnews.net)

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

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

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

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

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

### Cortland News SELF SERVE Paper Box Locations

Cortland Bank      4 Star Diner      Vasilios  
 Lakeside Sport Shop      Top Notch Diner

### PUBLISHER

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Sally Lane

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[www.cortlandnews.net](http://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](mailto:editor@cortlandnews.net)

Display and classified advertising and photographs to:  
[sales@cortlandnews.net](mailto: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 December 19 – January 16

**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](http://www.lakeviewlocal.org).

**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.

**American Red Cross blood donations**, various dates. [www.redcrossblood.org](http://www.redcrossblood.org) or 1-800-733-2767.

**Youngstown Nighthawks Soccer League**, Cortland League schedule, visit [www.facebook.com/ytownnighthawks](http://www.facebook.com/ytownnighthawks)

### DECEMBER

- 19 A holiday shopping event "The Procrastinator Event," 10 a.m.-3 p.m., First Baptist Church of Howland, 8957 E. Market St., Warren. See pg. 6
- 25 Christmas
- 25 Cortland City offices closed
- 28-30 Artful Winter art program for children, Jewish Community Center of Youngstown, 505 Gypsy Lane, 3:30-5 p.m. See pg. 6

### JANUARY

- 1 New Year's Day
- 1 Cortland City offices closed



## Business News & Notes

By Thom Foley

Did you know that **Totally Dog** offers curbside pickup and can arrange a virtual video shopping trip with either curbside or delivery for our quarantined customers? We are stocked with holiday toys and treats, seasonal apparel and gift cards!

**Cortland Nutrition's** new app will be up and running soon where you can place your order and pay from your phone. You can also call ahead with your order and they will have it ready when you arrive.

As **Greenwood Insurance** celebrates being your local Insurance Agency for over 60 years they want to wish you a Safe and Happy Holiday season!

**Auntie V's** will be closing at noon Christmas Eve and New Year's Eve. Closed Christmas Day.

Is your income tax preparer retiring or closing? **Champion Income Tax Service** has been helping folks just like you for over 40 years.

**Mark Thomas Ford** has a huge selection of new and used cars and the best prices and service around. No need to drive to Cleveland or Akron for a good deal on a great car – just drive to Elm Road!

Guess who has been serving Cortland for almost 100 years? If you guessed **Mayflower-Wollam Insurance** you'd be right! And they are adding insurance veteran Jessica Oaks to their team! Still growing after a century in business.

**Peak Performance Physical Therapy** is here to help you after surgery or an injury. Compassionate care and rehabilitative services to optimize and improve your health and wellness.

It's Christmas time and that means it is KOLACHI TIME at **Vasilio's**. But you better order ahead – they go fast.

Hopefully you stay safe this holiday season. But if your children need care remember **Vlad Pediatrics**.

**Cortland Auto Spa** has NINE locations in the Valley. Keep your car clean this winter at the one right here in Cortland or by Menards.

**Cortland Mower and Sales** offers free pick up and return delivery when you schedule your riding mower for a spring tune up between now and Feb. 28. Call now! I did!

Do you know where in the Valley the biggest selection of Ohio Wines & Beers is? Right here in Cortland at **Lakeside Sport Shop**. What a great Christmas gift idea!

I scheduled my furnace winter tune up with **MD Denna Heating & Cooling**. Did you? Don't get caught in the cold this winter

I talked with **Santa Claus** last night and he said he is safely visiting with the children by ZOOM visits this year. Call him at 330-727-5688 to schedule yours.

I hope you are going to do what I'm doing for your holiday meals and NY Eve gathering ... **Sparkle Market** has everything you need to feed everyone!

If your well breaks down this winter remember to call **TNT Water Well Inc**. Nobody better for drilling or repairs.

## City Administration plans to update the Cortland Strategic Plan

Mayor Deidre Petrosky, has initiated a project to review and update the Cortland Strategic Plan and has engaged Cortland City Council.

To begin the process, a Resolution was presented to the City Council proposing that the strategic plan be reviewed and updated with revisions and additions. The Resolution also defined the approach that will be taken to ultimately produce recommendations relating to city operations and the goals and plans for community development.

Two key elements in the project will be the preparation of a Community Facilities Plan and a Public Opinion Survey. The Community Facilities Plan will involve a needs assessment of all

existing city facilities and structures, and it will identify the needed space requirements for efficient operations in the future. The Public Opinion Survey will gather input and ideas from residents and businesses --identifying what the public wants to see the community become in the future.

City Council members and city officials will be involved in the work sessions that consider the study results and the public input. Mayor Petrosky commented that "in recent years, a number of items in the Strategic Plan have been implemented. And the time is now appropriate to review and update the several goals and objectives stated in the plan."

*Greenwood Insurance*  
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**Our senior center serves  
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We are open daily from 10-3 and we are Covid safe. Our staff are Covid tested every two weeks as required and we screen all visitors. Classes are held in person (limit 10) and via ZOOM. ZOOM is free and we will set you up so that you can be here while in your home. Its amazing!

Ukrainian style easter egg decorating  
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& More!

**Stop in for coffee! 5922 Warren Meadville Rd**

## One more mile... One more day

By Kathi Green, Centurra

Spur for the Cure went virtual for 2020 and what a ride it was! This year due to COVID-19, we were unable to have our Spur for the Cure trail ride and needed to figure out another way to continue to support the James Foundations at Ohio State and Home for Every Horse.



Launching a virtual ride was so much fun and with the support of Purina Animal Nutrition it was a great success. The rules for the ride were to really embrace the community and get everyone excited to send pictures, videos and donate their time to this event. We asked that along with registering for the event, to participate in a 5K walk/run for breast cancer awareness, give to a shelter, pay it forward and have a great time.

Not being able to ride with all our friends was very hard but we made a way to make it fun through Spur for the Cure Facebook page where we loaded videos of trail rides, "where in the world is Shorty," and our sponsors did some videos with us. Our Centerra stores got creative with displays and decorating the stores.

Everyone has been affected by cancer in one way or another. For Centerra and Purina to be able to host this benefit ride for cancer research, help provide care/feed for horses, have an educational event and have the community support that we did, was just unimaginable. We have been able to raise more than \$7,500 this year from our benefit ride. Watch out next year because it will be bigger and better!

Mark your calendar for Sept. 25, 2021 at Camp Manatoc in Cuyahoga Valley for our 2021 Spur for the Cure ride.

## Johnston Senior Center to reopen

"Where there's a will, there's a way" could be the motto of the Johnston Senior Center. As one of the few senior centers in Trumbull County still in existence, and the only center intended to serve the needs of seniors in the entire northeastern quadrant of the county, the center's board of directors along with Diana Shimko, new center director, are determined to find a way, in spite of the COVID pandemic, to serve the needs of area seniors.

"It may seem contradictory, but while many seniors are justifiably nervous about the virus and venture out as little as possible, they actually need us more than ever," stated Shimko.

According to published reports, psychological stress and depression are unintended consequences of full and even partial quarantining. "We have calls every day from seniors who are so used to coming here," she continued. "It's touching, they need us."

According to Bob Woofter, president of the board of directors, the center has a plan to fully reopen very soon. "Diana and I have been associated with this center almost since its inception 11 years ago and we are personally determined to see it succeed as never before. She is here every day making calls to seniors to assure them we are here and will be for a long time. We are opening in phases per the governor's directives."

The center is open every day for folks who want to stop by and chat over coffee in a safe COVID-free environment. According to Woofter both he and Shimko are COVID tested every two weeks as required and the facility itself is fully sanitized. "Everyone who walks through the door is checked for temperature, must wear a mask continually, must sanitize their hands and maintain distancing. They say everyone is used to the procedure and still enjoys being here.

"We're excited about the future," Woofter says. "We are preparing a full schedule of virtual Zoom classes, events and programs. The immediate challenge is familiarizing our seniors with how easy Zooming is. We tell them if they can operate their TV remote, they can Zoom."

Zoom meetings and classes are almost universal across the world. They're used by public and university students, businesses, clubs, churches and a countless other organizations. The unique thing about Zoom meetings is that its "virtually" the same as being there in person.

Shimko added, "Our Zoom classes, events and meet-ups will be free to center members over 60 and all you need at home is a computer or iPad-type device or even just a smartphone. Seniors pre-register for the events or programs and we will walk them through the initial one-time process of setting up."

Several upcoming classes will be woodcarving, Ukrainian Easter egg decorating, scrapbooking, ceramics and woodburning, to name but a few.

Anyone interested in participating should stop by the center at 5922 state Route 5 just outside Cortland's northern city limits or call 330-924-0412.

**Mayflower Wollam Insurance Group is excited to announce Jessica Oaks to our Cortland office.**

Jessica's brings 7 years of insurance industry experience to our team. Her primary focus is our commercial clients. We are delighted to expand our service to our existing and future customers during these uncertain times.

**JOHN PALMER, CLU, ChFC  
PRESIDENT**



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Public Health Accreditation Board

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Trumbull County



## Cortland Nutrition holds grand opening

Cortland Nutrition recently held a ribbon cutting for its new location at 225 S. High St. They serve healthy and delicious protein shakes that are a full meal replacement and energizing teas-tastes like a loaded juice- a healthy energy drink alternative, that are full of B vitamins, antioxidants, collagen, aloe, herbal tea, immunity boosters, and more. They will be holding monthly

body transformation challenges with cash prizes and includes 24/7 coaching and accountability chats, meal planning and weight loss products. Their new app is up and running where you can place your order and pay from your phone. You can also call ahead with your order and they will have it ready when you arrive.



## New LED lights in the Christmas wreaths will Brighten Up Cortland

On the Monday before Thanksgiving, the city services staff were busy hanging the Christmas wreaths on the city lamp posts. This year, the wreaths have new LED lights on them, thanks to the Four Seasons Garden Club and the several contributors who donated to their project, which was titled "Brighten Up Cortland."



## Major League Tire acquires Hovis Tire

Major League Tire, a northeastern Ohio dealership has recently purchased Hovis Tire located in Cortland/Bazetta on state Route 5. With this purchase the tire company will own five major tire stores in northeastern Ohio.

The new company is a family-owned and operated business. All four stores are owned by Justin Pennington, but are managed by his father Rex Pennington. Justin, being a silent owner, allows his father to oversee the day-to-day operations of all locations since his father has over 47 years of experience in the tire industry. Justin has had his eye on the Hovis Tire location for over a year and has just finalized the deal in the past couple weeks.

Rest assured that the new owner plans to keep things the same and make very little changes. "We were very fortunate to find this location that already has excellent employees and a great customer base," Justin said. "We want

to expand that customer base with great customer service. All employees are still here and are excited to serve you."

The other Pennington's Major League Tire stores are located in Mentor, Massillon, Canton and Hartville. They are very excited to call the Cortland/Bazetta store their newest location. Stop in and see and talk to either Sondra Christopher or Red Fisher who have a combined experience of over 40 years in the tire business.



## Shimko named executive director at senior center

Diana Shimko has been promoted to executive director of the Johnston Senior Center. Previously she had been facility nutrition director. In her new position her responsibilities will include daily operations, senior levy compliance and

COVID-19 compliance. She states that a key task will be informing the public that the center and its new events and craft programs are now free and open to all residents of Trumbull County. She can be contacted at 330-924-0412.

**MERRY Christmas AND HAPPY NEW YEAR!**

**Vasilios**  
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Serving Cortland for over 30 Years

**We have KOLACHI!**

Closing at 4 p.m.  
on Dec. 24th & Dec. 31st

From our Ohio Living Lake Vista Family to Yours:

*Merry Christmas!*

While this Christmas looks much different than the one we imagined and hoped for, Ohio Living Lake Vista sends you our warmest holiday wishes.

We pray you are safe and healthy, and that you find ways to feel connected to your loved ones this Christmas.

To learn more about Ohio Living Lake Vista, call **330.638.2420** or visit **ohioliving.org**.

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## Live craft and vendor event to be held in Howland Dec. 19

A holiday shopping event will be held at the First Baptist Church of Howland, 8957 E. Market St., Warren, on Saturday, Dec. 19 from 10 a.m. to 3 p.m.

This event, named the "Procrastinator Event," will be for anyone who needs some last minute shopping done! There will be handmade gifts, bakers, candy makers, and holiday decorations, along with a few favorite direct sales companies. Over 50 vendors are taking part in this last minute shopping event.

The church is conveniently located

right on the corner of E. Market Street and Howland Wilson Road. There is free admission, free parking, and lunch/snacks will be available for attendees to purchase.

Come out and support your local small businesses who have created some really beautiful handmade items for gift giving this season. All vendors at the event will be wearing masks, maintaining social distancing and adhering to all guidelines from the Trumbull County Health Department.



## Art program for children at JCC of Youngstown

The Paul and Yetta Gluck School of Visual Arts at the Jewish Community Center of Youngstown is offering an art program for children at the JCC, 505 Gypsy Lane.

Artful Winter, a three day workshop for grades 5 to 8, will be from 3:30 to 5 p.m. Dec. 28 through 30. Participants will learn fun and interesting mixed media techniques for winter inspired artwork that celebrates the beauty of snow, ice, and the winter season. The cost is \$55 for members and \$70 for nonmembers. Registration is required by Dec. 24. Visit [jccyoungstown.org/visualarts](http://jccyoungstown.org/visualarts) to register.



## Happy Holidays

During this holiday season,  
we wish you all the best.

Warren, Oh  
**Ted Stazak, CFP®, AAMS®**  
1889 Niles Cortland Road Ne 330-856-7082  
Warren, Oh  
**Stacey L Rozzo**  
4753 Mahoning Ave Nw 234-830-0035  
Cortland, OH  
**Brad Forrider**  
2996 State Route 5 Suite A 330-637-0480

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MAKING SENSE OF INVESTING



By Christine Dorma, Administrative Assistant

### Cortland Police Department

Julie Bevilacqua was sworn in as Cortland's newest full-time police officer today by Mayor Petrosky. Julie is a Lakeview and Slippery Rock University graduate and completed her police academy training at Kent State University - Trumbull Campus. She was originally hired as a reserve officer in 2014 and promoted to part time in 2016. In addition to her patrol duties, Julie will be assigned to the Mahoning Valley Human Trafficking Task Force. Congratulations!!

### Sled Hill

Eastlake Metropark is open from dawn to dusk. Bundle up, grab a sled and head over to 433 N. Mecca for some winter time fun!

### Winter Weather

Remember that sidewalks are the responsibility of the property owner. Please keep them clear of snow and ice.

### 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. 21 - City Council - 7 p.m.

City Offices will be closed Dec. 25 for the holiday.

### eNews

The city issues a weekly email with information and calendar events occurring in our community. Sign up on our website [www.cityofcortland.org](http://www.cityofcortland.org) or send an email to [admin@cityofcortland.org](mailto:admin@cityofcortland.org).



## A Personal Thank You Upon My Retirement

It is difficult to express forty plus years of gratitude and thanks for an amazing, wonderful, career, (including dance as a child, and music as a middle/high school student). But I will try to accomplish this:

To my instructors, mentors, dance teachers, (the ones that taught me), thank you for instilling the love of dance and music in my heart. Learning to read music, and then dance to it, gave me a variety of forms of musical/dance expression.

Our JDC staff over the years, for supporting me, and always doing their best for our school and our students. I cherish the many lasting friendships made through these years.

To my students, my heart is forever grateful to the thousands of dancers that walked through our doors. Every child is unique, and dances for a different reason, a certain fulfillment. Some dance for exercise/fun, others for friendship, a few because it was the only stability in their life (to walk through our doors and know we were not afraid to correct your dance, guide you in your decisions, and to never stop loving you.) And to our dancers that danced for a variety of the reasons above, but also danced because they had to, because the passion to dance was greater than anything within in them. I am extremely proud and thankful for all the students I had the blessing to teach. But know this, you taught me! You gave me love, dedication and made me proud of your accomplishments, and together, we conquered so much! Many of you shared your lives with me; we danced, won thousands of national awards, laughed, cried, rejoiced, prayed, and even mourned together.

To the surrounding communities, and especially Cortland, Thank You! It is a feeling of security, and accomplishment that I carry with me knowing that I am part of such of a great community family. Teaching Lakeview Majorettes, and working with many talented teachers for thirty-five years at my alma mater, was a privilege, and I loved it. And on a personal note, my family and I will never forget how you uplifted, supported, and prayed for us while our Aiden was ill.

And lastly, to my family: You sacrificed for me to create a career that permitted me the opportunity to not just go to work, but to realize a dream! And you, many times were side-stepped because the business came first. I love you and I am forever grateful!

~ Jeannette Callahan, Jeannette's School of Dance

## Get crafty this year and spread a bunch of holiday cheer



(BPT) - Holiday decorations bring a smile to everyone's face, and this year, we could all use that now more than ever. Crafting seasonal décor instead of shopping for it gives you and your family something to occupy your extra time at home and helps you avoid big crowds and shopping stress.

Perhaps you'll make wooden signs with jolly messages or metal snowflakes covered in lights? Or maybe you'll craft ornaments for the tree or engrave life-lasting messages into the menorah? No matter the craft, a homemade holiday novelty will bring a sense of pride and happiness to all.

Ready to get crafty and holiday savvy? Here's what to do:

### Make a plan

Visualize your project in your space and measure the location so you know how many supplies you need. Take a look around to notice what areas have the most room. Get a view from the outside to see what your neighbors will see when passing by.

Browse social media/decoration sites for inspiration. Save pictures of your favorites and then picture it fitting in your space. You could even sketch out your design on paper to get a clearer vision of what you're going to create.

Locate your sources of electricity if you want to incorporate lights, music or even snow machines (hey, we can dream!). Be sure you have extension cords if you'll need them.

### Shop for your materials

Shop for and select the items that are eye-catching and fun. Consider bright, festive colors and pretty patterns.

Research the items you need, and what stores near you carry them before you leave to save some time. Price check between stores to ensure you don't overspend. If possible, you can even order online supplies ahead of time to avoid the crowds.

### Have the best tools in your tool belt

Equip yourself with tools that are lightweight, versatile, portable, user friendly and the very best to get the job done. The new MakerX line of tools from Worx will elevate your home-crafter game, giving you a range of creative options, allowing you to create from anywhere and perfecting the small details that make all the difference. The tool set revolves around a 20V Power Hub battery that powers five versatile tools, including an air brush, angle grinder, mini heat gun, rotary tool and wood and metal grinder, so the possibilities are limitless.

Be sure to test out your tools on some scraps first before diving into your perfect materials and always follow safety measures and be careful when handling tools.

### Set the mood

You've got everything you need so now it's time to start feeling festive. Light an apple cinnamon, vanilla cookie, fir and firewood or whatever spiced-snow-scent-tickles-your-fancy candle, turn on the cold weather carols and get your groove on.

Pour a cup of cocoa - or a glass of spiked cider for mom and dad - and get to work!

### Kick back and admire your work

Enjoy the company of those around you as you work together to make your holiday crafts and see the beauty in creating something with your hands, regardless of the imperfections. Work any mistakes into your final design. After all, the experience is half the fun, and you're making memories that will last forever.

Proudly display your holiday decorations in and out of your home for yourself, your family and your neighbors to enjoy.

Take lots of pictures for friends and family who can't be there in person and share your work on social media. A little joy goes a long way.



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## Why protecting your skin matters all year long

(StatePoint) As the seasons change and the weather cools, you may be naturally inclined to pay less attention to the health and appearance of your skin. However, experts say that falling temperatures should not coincide with ditching your skin protection routine.

"Along with the changing seasons comes skin hazards," says Dr. Rachel Nazarian, a New York City dermatologist. "Believe it or not, exercising, being exposed to sunlight and even enjoying a glass of wine, are all activities that may cause the formation of free radicals."

Taking daily measures to protect the body from the inside out is important for looking and feeling your best. For

year-round skin care, check out the following tips.

- **Maintain your SPF habit:** You may no longer be rocking a bathing suit outdoors, but your skin is still exposed to sunlight. In fact, even when you are inside or driving, you are still getting sun exposure through windows. So continue to protect yourself from UV rays by applying sunscreen daily. Don't forget your lips - opt for a lip balm containing SPF.

- **Rock shades:** While the flip flops may need to be retired until next summer, your sunglasses can and should continue to be part of your wardrobe. Protecting your eyes and

*Continued on pag 22*

## Cortland Masonic Lodge installs 2021 officers

On Saturday, Nov. 21, the Cortland Masonic Lodge held a special meeting to install its 2021 officers. Pictured in front row, from left are Bill Gore, District Deputy Grand Master; Justin Bryan, Senior Deacon; Frank Chapin, Senior Warden; Tim Chaney, Worshipful Master; Tim Bauer, Junior Warden; Ernie Stewart, Junior Deacon. Back row

from left: Frank Daugherty, Trustee; George Walchak, Senior Steward; Dan McMillin, Treasurer; Chris Mott, Chaplain; Charles Chagnot, Secretary; James Johnson, Tyler; Bob Woofter, Lodge Education Officer; and Linc Jerome, DEO. Missing from the photo are David Waite, Junior Steward; and Frank Gillespie, Marshal.



## Manage grief with grace this holiday season

(Family Features) Holidays are filled with traditions, but when someone you used to share those moments with has died, managing grief during the holiday season can be particularly challenging.

Mental and physical preparation are your best tools for managing the feelings that may accompany holidays. While family members, particularly children, may want things to be as they've always been, the reality is things have changed. It can also be a time to create new traditions and memories that honor your absent loved one.

Consider this advice from the National Funeral Directors Association to help navigate grief this holiday season.

1. Get plenty of rest. The holiday season pulls people in many directions, and that can mean getting less sleep than you need. However, being tired not only has a physical impact on how you feel, it can affect your ability to process emotions.

2. Give yourself permission to take a break. No two people process grief and loss the same way; only you know your limits. Even in a season filled with obligations and commitments, know that it's OK to set boundaries and remove yourself from holiday reminders and triggers. That may mean flipping the channel on the TV or bypassing the holiday display at the store. Taking care of yourself when you're grieving isn't just about finding comfort, it's also about avoiding discomfort.

3. Be realistic with your commitments. You may be the one who hosts your family's holiday celebration every year, but if others offer to take responsibility, let them. Allow loved ones to help, and if they don't volunteer, don't be afraid to ask.

4. Look for tangible ways to express feelings. So much of grief is internal as you manage numerous thoughts and emotions, but physical expressions of your memories and feelings can help process it all. A package like the Remembering A Life

Self-Care Box contains several resources to help you take care of yourself. It includes a journal, a rose quartz stone that promotes relaxation, a water bottle to remind you to stay hydrated, a jar to hold written memories of your loved one, a soothing candle, a dragonfly keychain symbolizing hope and comfort, and a soothing essential oil roller.

5. Verbalize how you're feeling. Manage expectations by telling family and friends how you're feeling about the holiday and what they can expect from you. Also let them know what you need from them. If talking about your loved one brings comfort, let those around you know you appreciate the stories and reminiscing. If it hurts, ask that they refrain.

6. Honor your feelings and needs. As most who have experienced loss know, grief comes in waves. The only way to process grief is to ride one wave to the next. That may mean putting off your holiday shopping for a day when you're feeling less emotional or bowing out of an event you planned to attend.

7. Include your loved one in the holidays. There's no right or wrong way to incorporate your loved one's memory; that all depends on what feels right to you. It may mean serving his or her favorite dish, placing a photo on the mantel or simply slipping a memento in your pocket so you can touch it when you're feeling overwhelmed.

Find more advice to help navigate your way through a loss at [rememberingalife.com](http://rememberingalife.com).

*Photo courtesy of Getty Images*





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Meet Snickers! This 4-year-old girl is as sweet as her name suggests. Snickers loves to cuddle up and find a cozy lap to curl up on. She was surrendered to the AWL in July when her previous owners were moving and could not take her along. Since her arrival, Snickers has been residing in one of our cat colonies and gets along well with the other cats. She will greet anyone at the door and instantly start purring and asking for pets. Adoption appointments can be made Tuesdays-Saturdays with an adoption application submitted.

For more information, please visit the AWL website at [awlrescue.com](http://awlrescue.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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# YOUR INSURANCE CORNER

Presented by Jill Freeman,  
Ann M Wiley Insurance Services



## What is the difference between Medicare Supplement Insurance and a Medicare Advantage Plan?

Medicare supplement plans work with original Medicare Insurance. With a Medicare Supplement you do not cancel or replace your Medicare Part A and Part B coverage and you still have all your Medicare insurance benefits, rights and protections. They are secondary to Medicare insurance and help cover costs not covered by Medicare. For example, Part B of Medicare Insurance covers outpatient services, doctor appointments and tests. Typically, Medicare pays 80% of approved costs and you are left with the remaining 20%. A supplement will pay some or all those costs depending on the specific plan. There are several different supplemental insurance plans available. They are the same from company to company. However, each company sets their own premiums. These plans do not include prescription drug coverage (part D), vision, dental or hearing benefits. A separate prescription plan needs to be added to the coverage.

Medicare Advantage Plans (Part C) combine Parts A, B and D. They are administered by the individual insurance companies instead of

Medicare. They include prescription drug coverage and most have extra benefits including vision, dental, hearing, and other services. They are either HMO or PPO plans. HMO plans require you to see doctors within their network to pay for services. PPO plans do not require you to see in network doctors but will pay more if you do. The premiums for these plans vary from \$0.00 - \$100 or more. They typically have copays for services and a maximum out of pocket amount for the year. If you have a Medicare advantage plan, each year between October 15 - December 7 you have the option to switch plans. If you have one of these plans it is a good idea to touch base with your local agent to see if it is still a good option for you. Your local agent knows the plans available in your specific area better than an agent somewhere else answering the 1-800 numbers you see on TV. If you have a problem, you can contact them for help.

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

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### Local bowler shoots 800 set

Bill Allen of Brookfield, bowled a 298, 246 and 279 for an 823 set at Cortland Lanes. This is the third 800 series of his bowling career.

**WOW!**



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# Have a Blessed Christmas and 2021

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### Garden columnist retires

By Sally Lane

Gardening, real gardening is art and a science. The Cortland News has been fortunate to have Kathleen Ferris, a Trumbull County Master Gardener, write a popular column for the paper for nearly 10 years. We have learned when to plant, how to plant, how to trim, mulch, water, fertilize and keep plants healthy.

Kathleen was always interested in plants and gardening. "One of the first gardening organizations I joined was the Trumbull County Iris Society in the 1990s. I helped celebrate their 50th anniversary," she said. "Tall, bearded irises are still my favorite flower." Since then she has organized or participated in many garden walks throughout the county.

In Cortland, Kathleen is one of the founding members of the Cortland

Beautification Association and a member of the Four Seasons Garden Club. She soon became a Master Gardener through studies at the Ohio State University Trumbull County Extension and enjoys working in the gardens at the Trumbull County Agricultural and Family Education Center gardens. "With the social distancing now only a few gardeners could work at one time, staying six feet apart, but we did. It was great to get out there and clean up the gardens. It was wonderful!"

We are hoping that Kathleen will write an occasional column for us. She and her husband John want to travel around the country to visit gardens (of course) and car shows that John likes. We thank her for the years of columns and wish her a wonderful retirement.



### Overcoming the mask Tips for communicating through COVID-19

(Family Features) It can be challenging to communicate through masks, 6-feet of social distance, physical barriers and other factors due to COVID-19 that have changed daily life.

For people with hearing loss, this is an especially challenging time. In a telling sign of increased hearing difficulty, usage of online hearing tests increased 500% since the pandemic began.

"With COVID-19 and masks, everyday tasks are a source of frustration, such as asking a question at the grocery store deli or talking to someone from behind a customer service desk," said Bill Schiffmiller, a lifelong hearing aid user and founder and CEO of Akoio, a hearing wellness company. "It's a triple threat because masks reduce the loudness of the voice, muffle pronunciation and eliminate visuals like facial expressions and lip reading."

Data shows people who can't hear others begin to stay away from other people, and social isolation can lead to anxiety and depression. People who have trouble hearing also tend to have higher hospitalization rates and longer hospital stays, according to research published in "JAMA Otolaryngology." Among those 55 and older who have hearing loss, 58% don't use hearing aids. In the past, statistics have shown people waiting up to seven years before

*Continued on pag 15*



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3. All staff and patients must wash hands before treatment begins. Proper hand washing techniques are posted in every location.
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## Taxpayer advocate service tax tip: Is the person at your door really from the IRS?

In certain situations, the IRS may send an employee out to your residence or place of business to collect past due taxes or conduct an audit of your return. With in-person scams continuing to take place across the country, the Taxpayer Advocate Service wants you to know how and when the IRS may contact you in person to help you protect yourself against possible in-person scams.

Eight things to know about in-person contacts from the IRS:

1. The IRS initiates most contacts through regular mail delivered by the United States Postal Service.

2. There are special circumstances when the IRS will come to your home or business.

○ These include:

- When you have an overdue tax bill;
- When the IRS needs to secure a delinquent tax return or a delinquent employment tax payment;
- To tour a business as part of an audit; or As part of a criminal investigation.

3. Revenue Officers are IRS employees who work cases that involve an amount owed or a delinquent tax return. Generally, Revenue Officer home or business visits are unannounced.

4. Revenue Officers carry two forms of official identification, a pocket commission and a HSPD-12 card. Both forms of ID have a photo of the employee and serial numbers. You can (and should) ask to see both IDs before discussing any sensitive or personal information. You may also call the IRS at a phone number provided by the Revenue Officer to confirm his or her identity.

5. The IRS can assign certain cases to private collection agencies (PCAs) after notifying you in writing. These PCAs will never visit you at your home or business.

6. The IRS will not ask you to make a payment to anyone other than to the U.S. Department of the Treasury.

7. Revenue Agents are IRS employees conducting audits. They may call you to set up appointments, but not without having first notified you by mail. Therefore, by the time a Revenue Agent visits you at your home or business, you will be aware of the audit.

8. An IRS Criminal Investigator may visit your home or business unannounced while conducting an investigation. However, these are federal law enforcement agents and they will not demand any sort of payment.

When interacting with you, Revenue Officers have the responsibility to educate you about the Taxpayer Bill of Rights (TBOR) and identify economic hardships if you have an outstanding federal tax debt and payment creates a hardship. They also have the responsibility to consider other means of resolving tax debts, including installment agreements and offers in compromise.

IRS employees do not:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer.
- Demand that you pay taxes without the opportunity to question or appeal the amount they say you owe.
- Threaten to bring in local police, immigration officers, or other law-enforcement to have you arrested for not paying. The IRS cannot revoke your driver's license, business licenses, or immigration status. Threats like these are common tactics scam artists use to trick victims into buying into their schemes.

Need help with a specific tax problem?

The Taxpayer Advocate Service is an independent organization within the IRS that helps taxpayers and protects taxpayers' rights. We can offer you help if your tax problem is causing a financial difficulty, you've tried and been unable to resolve your issue with the IRS, or you believe an IRS system, process, or procedure just isn't working as it should. If you qualify for our assistance, which is always free, we will do everything possible to help you.

Visit [www.taxpayeradvocate.irs.gov](http://www.taxpayeradvocate.irs.gov) or call 877-777-4778.

Read more about the kinds of problems TAS handles and how we may be able to assist you with yours.

For current information about IRS operations during the COVID-19 pandemic, please visit [irs.gov](http://irs.gov).

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](mailto:jennifer@jenjslycpa.com). To sign up for monthly newsletters you can visit her website at [www.jenjslycpa.com](http://www.jenjslycpa.com).



## What to expect if you plan to downsize your home

If you are nearing or in retirement, you may be reconsidering your housing needs. Does your current home feel like it's too big for your needs? Will multi-level living be challenging later in life? Do you look at your current home as a source of retirement cash if you can sell it and move into something smaller? Downsizing is a logical consideration, but it is not a decision to be taken lightly. There are a variety of factors you need to consider before you lock into your decision.

### Weigh the benefits against the downsides

Depending on the size of your existing home, shifting to a smaller living space is an adjustment. You still want sufficient room to comfortably conduct your everyday life. This can include entertaining guests and hosting overnight visitors in your house (such as adult children and grandchildren). You also want adequate storage and space for your kitchen, home office or workshop.

Longer-term considerations include issues like reducing or eliminating the need to climb stairs to get around your home or making it wheelchair-accessible. Limiting outdoor maintenance requirements may be another factor. Think about your priorities, and how a different-sized home would meet those needs compared to your current accommodations.

### The financial side

Many believe they will be able to bank a large amount of money from selling their existing large home by moving to a smaller, presumably less

expensive one. It may not always work out the way you think.

Depending on where you live, you may find that the market for larger homes is not as strong as you'd expect. At the same time, with many baby boomers considering the benefits of downsizing, the demand for smaller homes is high, and those homes may be more costly than you think.

As you weigh your options, you may want to ask a real estate agent to help you not only in your search for a new home, but for a market analysis that will help you determine the value of your existing property.

Other financial considerations include potential taxes if you generate a large gain on the sale of your existing home. Check with your tax advisor to find out more. Closing costs are an added expense that will come into play in your transactions.

### Planning is important

Your living space is a core aspect of your life and becomes even more important in retirement since you may be spending more time there. Determining the right type of home and the appropriate location is not a decision to be taken lightly. Most important is to make a choice that suits your lifestyle and your retirement goals. The financial implications are an additional factor. Talk to your financial advisor about how your home plans fit into your overall retirement plan.

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



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### Thanksgiving at the Playroom

The Playroom celebrated its Thanksgiving feast with only the children this year. The children still had a good time making Thanksgiving vests, necklaces and headaddresses. And of course, they all enjoyed making and eating the turkey and all the fixings!



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### Toys for Tots event held at Iron House

The Howland Backers held a Toys for Tots event at The Iron House Bar & Grill during a recent Browns game. They collected more toys than any other Browns Backers location in Ohio. The Iron House and Howland Browns Backers want to thank everyone who contributed to making a child's Christmas better in 2020. Pictured is about one third of the total toys collected. Great Job!!



*At Christmas, we are thinking about the laughter we've shared, memories we've made, traditions we keep, and wanting you to know how important and special each and every one of you are to us.*

*Merry Christmas from your Friends at  
 King Bros. & King Sanitary*

## Trumbull Regional and Steward Medical Group welcome Saad Hatahet MD

Trumbull Regional Medical Center and Steward Medical Group are pleased to welcome Dr. Saad Hatahet, Urologist, to Steward Multispecialty Care, Trumbull located at 1353 E. Market Street, Suite 301 in Warren.

Dr. Hatahet has robust clinical interest in benign prostate problems; early detection and treatment of prostate cancer; kidney and bladder malignancies; kidney, ureter and bladder stones; voiding dysfunction including overactive bladder and incontinence; erectile dysfunction; urinary tract infections (UTI) and hematuria workup.

Dr. Hatahet completed fellowships in Robotic and Laparoscopic Urologic Oncology and Endourology at St. Elizabeth's Medical Center (Tufts Medical Center) in Boston, Mass., and another fellowship in Clinical Research at The Ohio State University, Wexner Medical Center in Columbus. He earned his medical degree from the University of Damascus Faculty of Medicine in Damascus, Syria. He then completed a residency in General Surgery at Damascus National Hospital and a Urology residency at Ibn Al Nafees Medical Center, The Kidney Surgical Hospital.

"I am thrilled to join the highly-skilled team at Trumbull Regional Medical Center and provide personalized, high-quality urological care to the Mahoning Valley," said Dr. Hatahet. "Urological health is very important, and I am particularly passionate about robotic and oncologic urology. At Trumbull Regional, we offer robotic-assisted urological procedures, so that patients have a quicker recovery time and are able to get back to doing what they love faster."



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## Packard Museum temporarily closes to public

Out of an abundance of caution for visitors, volunteers and staff, and in accordance with the Ohio Department of Health's latest travel advisory, the National Packard Museum will be closed to visitors through Dec. 31.

The National Packard Museum officials said that its top priority is the safety of its guests, volunteers, staff and community. The museum was previously closed in mid-March and reopened early in June in accordance with Ohio's Responsible Restart Ohio plan. Since reopening, the museum has strictly complied with all safety guidelines. These include personal spacing, daily symptom assessments for employees, frequent cleaning of high-touch items and surfaces, directional signage, and limiting overall capacity. With the rise in cases and the safety advisories from State and Federal agencies it became apparent that closing again was the responsible decision to make.

Although closed temporarily, the

museum's online store remains open, with hundreds of unique gift items for Christmas shopping. Staff will be present to fill and ship all Packard Museum Store orders and curbside pick-up will be available for its customer's convenience. Visitors may still engage with the museum virtually through its website [www.packardmuseum.org](http://www.packardmuseum.org).

During this temporary closure, planning for the 21st Annual Vintage Motorcycle Exhibit "Motorcycles-Roll Your Own" will continue. The 2021 exhibit will feature motorcycles hand built by owners or collectors including basket case restorations, modified machines or bikes built simply for the joy of riding. Brand motorcycles as well as one off creations or customized machines will also be included. Among the motorcycles to be displayed are a 1902 Sylvester & Jones, a 1905 Crouch, a 1912 Indian Belt drive, a 1971 BSA/Diesel 2 cylinder and a unique 2021 Triumph Scrambler James Bond Edition.



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## Home -- or anywhere but home -- for the holidays?

(StatePoint) During the holidays, you may be seeking comfort, whether that's the comfort of home -- or anywhere but home.

With travel precautions making possibilities somewhat limited this year, you may not be able to take the exact trip you've been dreaming about. However, whether or not you leave home this holiday season, you can find the comfort you're seeking in the following ways:

- **Revisit fond memories.** If you can't travel this holiday season, you can still take a trip down memory lane and safely relive your favorite trips and activities. Unearth your most prized travel mementos, such as pictures, ticket stubs and playbills, and make a scrapbook.

- **Home is where the food is.** Looking to conjure the aromas and flavors of your childhood? Connect with family members and ask them for recipes. Craving the cuisine of a dream destination? Plan a themed cooking night. If you need a little assistance in expanding your culinary repertoire, consider a virtual cooking class or meal kit. Or, simply venture out for a meal.

- **Cultivate culture.** Like never before, the world is at our fingertips, from virtual experiences offering never-before-seen access to museums and cultural meccas to classes in literally everything. Let your fingers do the walking and immerse yourself in the culture, language, sights and sounds of your favorite destinations.

- **Plan your next trip.** Yes, really. Recent data from trivago shows that consumers are already planning for next year's holiday season, particularly during the week of Christmas. Planning now can make this holiday season seem a little brighter. And if you are not comfortable booking travel too far from home just yet, explore possibilities just a train ride or short drive from your home. Travel sites like trivago offer the ability to discover getaways that are still relatively close to home. To get inspired for your next trip, visit [trivago.com](http://trivago.com).

While you're thinking of that dream trip, you don't have to stay put. There is a whole world out there -- whether it's down the block, a short road trip away or accessed online -- that can be visited safely with proper planning and precautions.



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## Self-care strategies to help stay healthy this holiday season

(Family Features) With the COVID-19 pandemic added to the typical cold and flu season, many Americans are wondering what they can do to protect themselves and others this holiday season and how to respond if they get sick.

“As we enter this cold and flu season, it’s so important to practice self-care,” said Dr. Ian Smith, a physician, best-selling author and host of “The Doctors.” “Key preventative measures like washing your hands often and covering your nose and mouth with a tissue or the inside of your elbow when you cough or sneeze can be extremely effective in preventing the spread of germs. With COVID-19 also in the picture, there are a lot of questions on everyone’s mind around how to stay healthy and correctly identify and treat symptoms of the cold and flu or COVID-19.”

### Flu vs. COVID-19

If you get sick this season, your first question will likely be whether it’s the flu or COVID-19. Both the flu and COVID-19 are contagious respiratory illnesses caused by viruses. The flu is caused by the influenza virus and COVID-19 is caused by a coronavirus called SARS-CoV-2. Some of the symptoms of flu and COVID-19, like fever and cough, are similar, making it difficult to tell the difference based on symptoms alone. Testing may be required for a proper diagnosis. If you have questions or concerns about your symptoms or about COVID-19, consult your health care professional.

### Cold and Flu Treatment

For the common cold or flu, there are a variety of products available that contain several active ingredients commonly used to treat symptoms of respiratory viral infections. For example, Mucinex DM contains dextromethorphan, which helps to control cough and guaifenesin to help thin and loosen mucus and lasts 12 hours when used as directed. You can identify the right formula to provide relief based on symptoms you are experiencing by using the online tool at Mucinex.com, where you can also find more information regarding self-care remedies.

### Holiday Gatherings

If you’re hosting or attending a gathering this holiday season, check local and state health sites for restrictions on gathering and guidance beforehand. Take appropriate measures to protect yourself and others, and remind fellow guests to take similar precautions. Don’t attend or host an event if you’re sick or have had close contact with someone who is sick. If feasible, keep the event outdoors or ensure the space is well ventilated with open windows. Limit the number of attendees so safe social distancing can be maintained between people not from the same household, and wear masks when less than 6 feet apart or indoors. Frequent hand washing and limiting food preparers or servers can also help reduce the spread of germs.

getting a hearing aid from the time of diagnosis. However, the communication challenges posed during COVID-19 are driving some to address their hearing sooner than they may have otherwise.

### Help Someone Hear You Better

- Consider the mask you’re wearing. Clear masks provide a visual difference, helping with lip reading and facial expressions. The plastic in clear masks, however, can muffle sound too much for some. According to audiologist Dr. Shivani Patel, high-frequency hearing loss is common, making female voices difficult to hear. In this situation, research has found standard medical masks tend to transfer sound best. Try different masks to see what works for you.

- Minimize background noise. Music, construction, other conversations, heaters and fans can make it challenging to communicate when wearing a mask.

- Avoid “cavernous” rooms. An environment with mostly hard surfaces, such as a large meeting room or gymnasium, offers minimal sound dampening and can make hearing comprehension more difficult.

- Maintain eye contact. Look directly at the person you’re speaking to and speak clearly, helping him or her read some of your facial expressions. When using video conference services, look directly into the camera in a well-lit room and ensure you have clear picture quality to help with lip reading.

- Be patient. Remember the increased challenges people with hearing loss are facing now. If communication becomes too challenging through a mask, have a backup plan such as pen and paper or a smartphone note-taking app.

### When You’re Having Trouble Hearing

- Talk to your friends and family. Tell them what you’re experiencing and

be clear and direct in expressing your thoughts and feelings. Ask whether they have noticed your hearing troubles and listen to their feedback.

- Describe specific instances and circumstances when your hearing is affected most. Armed with this knowledge, friends and family can help you manage various situations.

- Determine a plan of action. Set an appointment to have your hearing checked by an audiologist. If you wear a hearing aid, be sure to carry extra batteries. Notice ways to adjust your environment to reduce background noise.

- Make hearing wellness a priority. Data shows hearing is important to a person’s mental and physical wellness, and untreated hearing loss can have multiple health consequences.

Find more hearing resources, downloadable guides and an audiologist finder at [akoio.com](http://akoio.com).



## Four Seasons Garden Club Recognizes Sponsors of “Brighten Up Cortland”!

In appreciation of your generosity we recognize our sponsors of “Brighten Up Cortland” as we newly decorate our holiday wreaths for the Holiday Season. We were able to meet our goal with a little to spare! The Cortland Community is truly amazing!

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## Festive and flavorful holiday snacks

(Family Features) The holidays are filled with delicious food - from indulgent breakfasts to decadent desserts - but snacks can get overlooked. Spice up this holiday season with festive snacks that are perfect for a quick on-the-go bite or a taste of your favorite holiday dessert.

Although beloved in pie, pecans are a versatile nut that can be used beyond

holiday desserts. Pecan halves provide a festive touch to these Reindeer Pecan Brownies. Discover more nutritious, delicious and festive recipes at AmericanPecan.com.

### Reindeer Pecan Brownies

Prep time: 20 minutes  
Cook time: 15 minutes  
Yield: 20 brownies



the pie shell - add them to a snack mix, incorporate them into granola or munch on them straight from the bag. Delicious and nutritious, 1 ounce of pecans offers 3 grams of plant-based protein and 3 grams of fiber, plus 12 grams of "good" monounsaturated fats and only 2 grams of saturated fat - perfect to power you through long days of holiday shopping. This holiday season, nosh on a handful of snack-sized versions of your favorite

- 1 Nonstick cooking spray
- 1 stick (1/2 cup) unsalted butter, melted
- 1 tablespoon pecan or canola oil
- 1 cup, plus 2 tablespoons, granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1/2 cup cocoa powder
- 1 teaspoon espresso powder (optional)
- 1/4 teaspoon kosher salt
- 20 raw pecan halves, cut in half
- 40 candy eyeballs
- 20 red chocolate candies
- 1/4 cup chocolate chips



Preheat oven to 350 F. Spray mini muffin tin with nonstick cooking spray. In large bowl, whisk melted butter, oil and sugar until well combined. Add eggs and vanilla extract; beat until mixture is thick and pale in color, about 1 minute.

Sift in flour and cocoa powder. Add espresso powder, if desired, and salt. Using rubber spatula, fold dry ingredients into butter mixture until just combined. Batter should be thick.

Using 1-tablespoon cookie scoop, transfer batter to prepared mini muffin tin. Bake 13-15 minutes until toothpick inserted in center comes out mostly clean, with some lingering crumbs.

Add chocolate chips to heat-proof bowl; microwave until smooth and melted. Pour melted chocolate into sandwich bag and cut off small portion of one corner to use as tip. Use melted chocolate to "glue" on pecan antlers, candy eyeballs and red candy noses to brownies.

Allow chocolate to set before transferring brownies to airtight container.

Note: Brownies will stay fresh for up to three days.

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## Local women sew face masks for pandemic

Sixteen local women took their time to make face masks for total strangers and dropped them off at Quilters Fancy in Cortland since this public health crisis began.

More than 1,000 masks went to the Trumbull County Emergency Management Association through #MasksNOW Ohio, a volunteer organization supplying anyone in need with a mask. "#MasksNOW is operating in every state in the country since the pandemic began," said Cindy Oravec of Quilters Fancy.

Emily Pykare of Vienna and mother of two toddlers is a lead volunteer for the #MasksNOW movement. "Masks have gone to 30 local fire departments, two hospital systems and other agencies in need of protection for their front line workers in our communities," she said. One woman who buys elastic regularly at Quilter's Fancy explained why: "My mother is 80 years old and she had not sewed for 10 years. When she heard there were people who did not have face coverings to feel safe going to work, she got behind her sewing machine again and started sewing and she hasn't stopped."

The local stitchers who together sewed and donated 1,000 masks to #Masks NOW Ohio are Carol Souders, Cindy Olsen, Sylvia Boros, Sandi Petiya, Carol Caronite, Nancy Adgate, Renee Hoffstetter, Mary Ellen Edger, Verna McNeil, Vicki Bell, Ginger Jamison, Myra Rulong, Michelle Zadjansky, Cindy Buydos, Leila Park and Oravec. "Stitchers all over Trumbull County have been sewing many thousands of masks for family, friends and people in need," said Oravec. "It's been a beautiful and moving experience to see stitchers take the time to help total strangers. It's simply people helping each other out."

To read more about this grassroots movement or volunteer go to [www.facebook.com/groups/MasksNowOhio/](http://www.facebook.com/groups/MasksNowOhio/)

## New full time police officer in Cortland

Julie Bevilacqua was sworn in as Cortland's newest full time police officer recently by Mayor Petrosky. Julie is a Lakeview and Slippery Rock University graduate and completed her police academy training at Kent State University-Trumbull Campus. She was originally hired as a reserve officer in 2014 and promoted to part time in 2016. In addition to her patrol duties, Julie will be assigned to the Mahoning Valley Human Trafficking Task Force.



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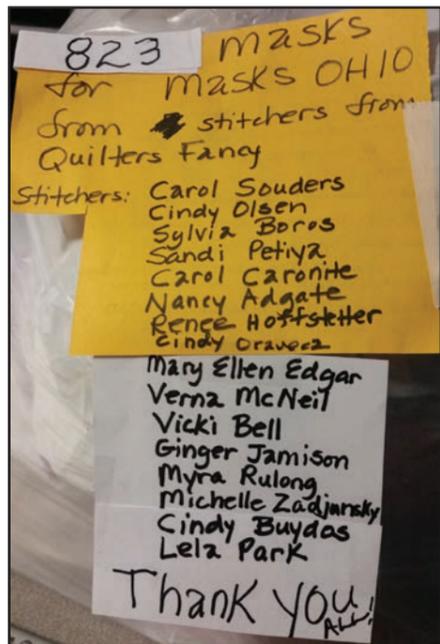


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# Merry Christmas



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# Happy New Year

## Keeping traditions alive during an unusual holiday season

(StatePoint) This holiday season may look a bit different due to social distancing. But just because everyone is not physically together, doesn't mean your family can't share its favorite traditions.

The Olesen family of O&H Danish Bakery knows how important holiday traditions are to feeling connected to loved ones. Now in its fourth generation, the family-owned and operated bakery is sharing its best tips for creating holiday cheer from anywhere:

• **Celebrate virtually:** In a survey commissioned by O&H Danish Bakery and conducted by SWNS Media Group and OnePoll, nearly 80 percent of respondents say time with family is their favorite part of the holiday season. Whether your tradition is a Christmas movie marathon, a caroling session around the piano or eating certain foods and baked treats, you can enjoy these activities together over video chat this year.

• **Share traditional foods:** The sensory memories that good food creates are powerful. In fact, 44 percent of people say the holiday spirit wouldn't be the same if they didn't have their traditional holiday dessert.

If you are like many families, that favorite dessert is Kringle, a traditional Danish treat made of 36 layers of butter and pastry. Among O&H's special holiday offerings are Thanksgiving Stuffed Kringle, A Very Danish Christmas Kringle and the classic Pecan Kringle. Over the past 70 years, the award-winning bakery has shipped to more than 100 countries, making landfall in all seven continents, including Antarctica. This year, doorstep delivery makes it easy to order a traditional favorite for your own household or send a gift to family members near and far. Visit [ohdanishbakery.com](http://ohdanishbakery.com).

• **Plan ahead:** When it comes to ordering gifts and specially baked

*Continued on pag 20*

## Much loved dance instructor retires

By Thom Foley

Do you know that wonderful feeling you get when you help somebody with a problem? The joy you get from making a tiny difference in somebody's life for just a moment? Now imagine doing that for decades. And not just for one person but for hundreds and hundreds of young girls. Helping them to develop into confident, strong women. Then seeing them come back to you and help you develop other young girls into confident, strong women. Cortland is very blessed to have had someone that did just that!

Jeannette Callahan of Jeannette's School of Dance is retiring after years of transforming little girls into strong confident women. Yes, she taught a lot of dance there, but that was probably the least important lesson most of those girls learned.

I spoke with just a few of those women to find out exactly how their lives had been affected by Jeannette. It was amazing how I kept hearing the same messages over and over again.

Kristin Lammers was a student, a majorette and then helped teach ballet. Now her 4th grade daughter Charlie is a student. Kristin talked about how it was important to Jeannette that everybody became family with each other. When I asked Charlie what was the most important lesson she learned she said "Be really nice and a good friend to everybody."

Ellie Martin said that Jeannette "became a second mother to me and was always somebody I could talk to."

Lyndsey Marshall told me that she learned "not only to be challenged but to react and overcome and achieve those challenges."

Carrie Probst noted that everybody felt they were the most important person in Jeannette's life. "She taught me how to teach."

Most of these women came back and taught with Jeannette at various times. And all of them said it was not because of the money, it was because they wanted to pass on to others what they had learned from Jeannette.

I constantly heard the same wonderful traits, virtues and values from all the women I talked to.

She was: "understanding, considerate, taught me how to think outside the box, knew how to make a little girl confident in herself regardless of the size or shape of her body, took the time to see that we were in the right costumes for us, taught us to be okay with our bodies, she handled all the drama of a room full of young girls, once had us sit around and have a discussion



of what we were thankful for, I was able to tell her things I wasn't able to tell my parents, it was important for her that we all had good relationships with her and with all the parents including our own, she would throw parties for us and allow us to have an overnight slumber party, taught us not only to set our goals but try to achieve them, she taught me poise without trying to teach me that, we were important to her and she taught us to help others, she taught us how to love the other kids even the ones we didn't like too much, she taught us the importance of teamwork and the value of cheering on your teammates, compassion and the value of friendship, instilled trust and confidence in us, to be thankful and to be a graceful loser and a humble winner, taught me to be competitive yet stay within myself, I learned what a work ethic really meant, I learned what it was like to have somebody that was always on my side, she helped me set standards and encouraged and pushed me beyond things I thought I could do, she taught me the value of listening to others and how important it was to talk about things that I didn't want to talk about, to do my best and accept the results, I learned the value of team versus individual."

"She is the best person I've ever met."

When Jeannette's family went through a terrible tragedy a few years ago the entire dance family and the entire community came together for fundraisers, support and love.

Jeannette Callahan is truly one of Cortland's hidden gems. Isn't it nice to know we have people in this community that lived their lives just to make other people's lives better? Thank you Jeannette Callahan!

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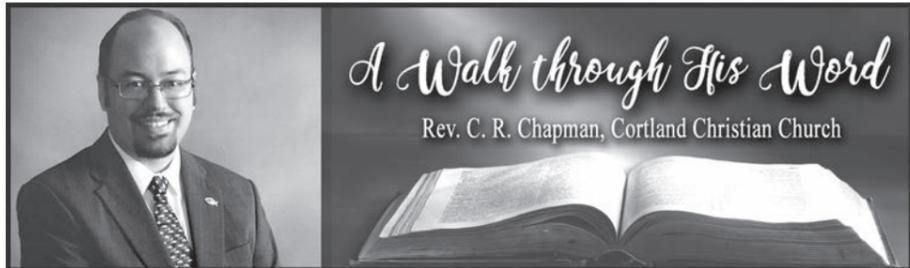
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## Peace for Christmas

The birth of a Savior. The fulfillment of prophecy. Peace was born two thousand years ago in the form of a babe. God came to dwell among us in peace. Isaiah 9:6, "For a child will be born for us, a son will be given to us, and the government will be on His shoulders. He will be named Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace," (HCSB).

Many people are very anxious about numerous issues from the end of the political election season to the ongoing pandemic. It seems that one cannot catch their breath anymore before the next worry comes along. Depression has set in for a good number too... those who cannot go out in public. Worry and anxiety is the theme for 2020, at least according to the world, but Jesus came that we would worry not. He came to give us peace. Philippians 4:6, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God," (NIV11-GK).

The 23rd Psalm is a psalm that is often read at funerals. From the King James Version, it reads, "The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: He leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for His

name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: Thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever." In the midst of the darkest valley that one can walk there is peace. There is no fear because God is with us.

Friends, have you invited Jesus, the Son of God, to walk with you today? Are you worried about recent world events? Ask the King of Peace to enter into your heart today and walk with Him daily for if you do this then surely goodness and mercy shall follow you all the days of your life and you will dwell in the house of the LORD forever. If you have invited Jesus to walk with you today, I want to encourage you to go and see a local pastor and tell him or her about your decision. Your next step is to get plugged into the family of God, His church. While at our church you are welcome, there are many good churches and pastors in town. We are all one family, and we want to welcome you into it. Merry Christmas.



## Bazetta Christian Church installs new pastor

Bazetta Christian Church, 4131 Bazetta Road, Cortland, held an official installation ceremony on Sunday, Nov. 8 for its new pastor, the Rev. Timothy McCollum. Pastor Tim, as he prefers to be called, was installed by Rev. Thaddeus Allen, Regional Minister of the Disciples of Christ. Also participating in the installation service were Rev. Cynthia Klingemier, Regional Elder and the Elders of Bazetta Christian Church. Members of the church, as well as the new pastor's family and friends, witnessed the service either in person, from the parking lot or via Zoom, as social distancing guidelines were observed.

Pastor Tim, an Ohio native, has a B.A. in Psychology from the University of Akron, a Master of Divinity from Wesley Theological Seminary, an M.A. in Counseling from Walsh University and a Doctor of Ministry from Ashland Theological Seminary. Pastor Tim has served in the ministry for 20 years. Prior to coming to Bazetta Christian Church, Pastor Tim was the senior pastor of Grace United Methodist Church in Coshocton.

In his spare time, Pastor Tim enjoys cooking, working on cars and taking

walks with his wife. He and his wife, Christy, have two sons and reside in Burghill.

Bazetta Christian Church has been serving the Bazetta/Cortland and surrounding communities for more than 170 years. BCC welcomes all members of the community into God's family through worship, music, Christian education, fellowship and service. All are welcome. Sunday worship services at 9:30 a.m. and Wednesday bible study at 11 a.m. are currently being held via Zoom, due to the pandemic. Daily devotions are streamed online via Facebook Live. To connect with BCC, call 330-637-6312 or visit on Facebook or at [www.bazettacc.com](http://www.bazettacc.com).



Pictured from left are Pastor Timothy McCollum, Rev. Thaddeus Allen, Regional Minister of the Disciples of Christ and Rev. Cynthia Klingemier, Regional Elder.



## "Jesus wept." Empathy: Your pain in my heart.<sup>1</sup>

Never angry, never offended, never embarrassed, never sad, always attentive, content, polite - Johnny presides at our weekly, fireside chats. Saturday evenings, friends gather around our crackling fire circle. We look forward to our pow-wow. It's an opportunity to set the business of the week aside and focus on a cathartic hour of "chin-music." Johnny's always there, front and center. Doesn't say much, actually a little on the quiet side, but he does have an endearing quality about him. You see it, don't you! It's that wonderful disarming smile. You can't "wipe" it off with insults or injury. It's almost as if his face is frozen in concrete, his smile petrified like a rotting pile of dinosaur bones.

I discover Johnny about ten years ago at a garden center in East Palestine. He's hiding in the back of the statuary section. Seemed kinda' shy. My granddaughter, Brynne, was 3 years old at the time and she loves monkeys. Grandpa surprises her. Johnny is just a raw chunk of concrete. I bring him home and the entire family has a hand in the paint job. No longer "fossilized," Johnny takes on a life of his own. He charms my grandkids and the relatives when they come for a visit. However, times change and so do employment



opportunities. My son, Nick, a power plant engineer, is transferred from northeast Ohio to south Florida. Needless to say, Nick didn't want to hoist 200 pounds of concrete onto the moving van. Johnny's life is hanging in the balance. Grandpa steps up: "I have an open position and Johnny is the perfect candidate." And so the story goes - Johnny is "re-purposed." He has discovered a new arena and his talents are much appreciated. I guess you could say Johnny's semi-retired. He's emceeding the Saturday night gig at camp. His reviews are excellent.

Unfortunately, or should I say fortunately, we are not made of concrete. Our smiles and demeanor are subject to change based on circumstances. Just a fact of life, especially so since March 2020. We have tried our darn'dest to keep smiling, but there have been those moments. Weighed down by circumstances and pushed to our limit, we beg the question: "Why and how long?" Our smiles have been turned upside down. This pastor believes both anger and sadness will not be denied their place "at the table." Both are a natural response to life challenges. Nonetheless, they need to be catheterized - released. Find someone you can talk to - someone you trust - your spouse, a friend, your pastor. Don't walk around like Johnny, pretending you have the world by the tail. Admit it. You're smiling on the outside, but weeping alligator tears on the inside. Take the opportunity to open the spigot on pent up emotions. Talk, talk, talk. You'll feel better for it.

<sup>1</sup>Jess Lair

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Dr. Johnson and I want all the children to stay safe and healthy this Christmas!



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**Keeping traditions alive...**  
*continued from page 18*

treats, make sure to account for busy schedules and congested delivery services to ensure all your goodies arrive on time. Take note of shipping times and policies, as well as ordering deadlines for each company. For example, O&H allows customers to pre-order Kringle and schedule a preferred delivery date in the future.

- **Create hygge:** Evoking the sights, sounds and aromas of a typical holiday season will help make this year feel more cheerful. Take a cue from Danish culture and embrace hygge. Pronounced "hoo-ga," it means creating a cozy atmosphere and enjoying the good things in life, such as the warm glow of candlelight or a steaming cup of cocoa -- and there is no better time of year to do it than the holiday season.

This year might be especially difficult for families who are physically separated, but there are many ways to spread cheer and keep traditions alive.



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To:

From:



To:

From:

## Create a pet-friendly home this holiday season



Photo courtesy of Getty Images

(Family Features) This year, holiday gatherings may look different than celebrations in years past. With traditions and large gatherings up in the air, pet parents can take some comfort in knowing they can still celebrate with their pets.

Before the festivities begin, however, it's important for pet parents to ensure their homes are as pet-friendly as possible. Consider these tips from PetSmart's resident veterinarian Jennifer Freeman, DVM, and training expert Jodie Havens, CPDT-KSA, to keep pets happy and healthy this holiday season.

### Teach Good Table Manners

Table manners aren't just for humans. Help prevent begging at the table by refraining from giving your pup food or attention. When you sit down for a meal, place your pet in a crate or pen, or encourage him or her to go to a special place like his or her bed or a comfortable chair.

"Divert your pup's attention from tempting treats on the holiday table by providing an activity, such as a long-lasting chew or a puzzle toy," Havens said.

If you don't crate your pet during your holiday meal, avoid sharing human food under the table.

"Table scraps such as gravy and stuffing may look harmless, but even small amounts can lead to serious health issues," Freeman said.

Instead, offer pet-friendly treats that look and taste like the holidays. For example, Simply Nourish Dog Treats come in turkey and cranberry flavors that are alternatives to the real things. If you choose to indulge your pup with a little bit of human food, you can serve small amounts of white-meat turkey breast, pumpkin, cranberries and yams. Keep your pet away from scallions or chives, onions, garlic, grapes or raisins, cooked bones and anything high in fat.

### Create a Zen Space

The holidays can be hectic, and pets are prone to picking up on stress in the household. Even just one or two guests or stressed out pet parents can give a pet anxiety. Freeman recommends providing pets with a safe getaway.

"Stress and extra people in the home may cause your pet to act differently and even show signs of anxiety," Freeman said. "To set up your pet's retreat, use a crate or pen he or she is comfortable with, offer blankets or

his or her favorite bed and place a few treats or chews inside."

### Exercise Caution When Decorating

While families may be brightening up their homes this holiday season, it's important to ensure decor such as candles and seasonal plants are placed out of your pet's reach. Flickering candles can be intriguing and seasonal plants like holly and poinsettia are poisonous to dogs and cats.

"Try providing a tall cat tree or scratcher near the holiday tree to redirect your kitty to an appropriate climbing apparatus," Havens said. "The Merry & Bright Holiday House Cat Scratcher can help satisfy your cat's instincts to scratch in fun, holiday fashion."

Extra decor sometimes means more electrical cords, which can be tempting "chew toys" for your pet. Freeman recommends pet parents take special care to ensure electrical cords for festive lighting are not accessible by taping them down or covering them to help prevent injuries. Also remember to keep glass ornaments, tinsel, pinecones and light stands out of reach of your furry friend.

For more pet-friendly tips for the holiday season, visit [petsmart.com](http://petsmart.com).



*Merry Christmas and Happy New Year*

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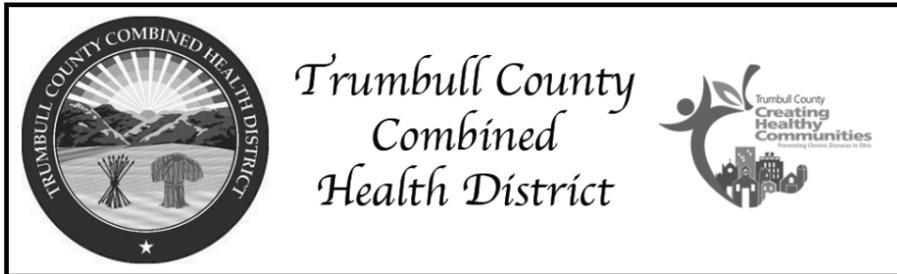
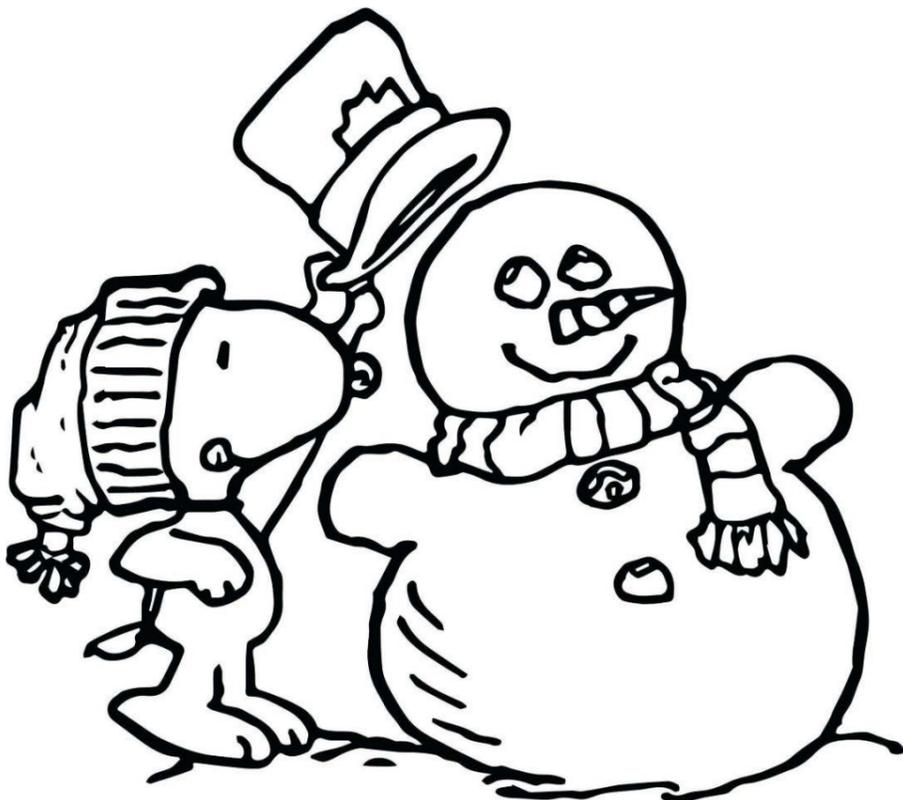


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## Smoking affects women differently

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

Women who smoke are more likely than women who don't smoke to experience lower estrogen levels, which can lead to mood swings, fatigue, interfere with fertility, cause irregular or painful periods or go through menopause at a younger age.

Chronic Obstructive Pulmonary Disease (COPD) is a progressive lung disease that slowly robs its sufferers of the ability to draw life-sustaining breath. There is no known cure. Women are biologically, emotionally and culturally different than men and evidence shows that women tend to develop the disease at a younger age and are more likely to be of lower socioeconomic status. Women have more difficulty quitting, have more disease flare ups and use more healthcare resources.

Women smokers over the age of 35 have a greater risk of dying from heart disease, increase the risk of heart disease by smoking while using oral contraceptives and dying from an abdominal aortic aneurysm (weakening of the main blood vessel that carries blood from the heart to the body, compared to men who smoke.

Smoking is associated with an increased risk of cervical cancer and lung cancer deaths among women.

Becoming smoke free will help your mind and body begin to heal immediately. It can improve your moods, give you more energy to do the things you love. Within two weeks, you are less short of breath and your smokers cough starts to go away as your lungs heal.

Oxygen in your blood rises to a normal level making it easier for your heart to move the blood to vital organs. Your heart rate and blood pressure lowers, in turn lowering your risk of heart disease and heart attacks.

Quitting can help slow down and reduce the risk of fractures and osteoporosis (a disease when your bones become weak and can break). Your immune system and muscles become stronger.

Physical changes can show healthier skin, reduce premature aging and wrinkling. Wounds heal faster. Your

teeth become brighter, gums healthier and your breath smells better. Quitting can reduce belly fat and lower your risk of diabetes. Your sense of taste and smell will improve.

Being smoke free will help you have more energy, more money and more control of your life.

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](http://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](mailto:HealthLink@Lgbtcenters.org).

Mercy Health Regional Tobacco Treatment Center offers cessation services by calling 330-306-5010 X 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](http://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](http://smokefree.gov).

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Why protecting your skin matters  
...continued from page 8

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