

# CortlandNEWS

"The Good News Newspaper"

Vol. 17 No. 9

May 1, 2021

Serving the Lakeshore Communities

Happy  
Mother's  
Day



## Town Mothers

By Sally Lane

We often have heard the term, the "town fathers," meaning those who

oversee the local government. Well, this is 2021 and this is our Mother's Day issue. It is our time to celebrate the "town mothers" - the women in our town who oversee our government, schools and organizations.

Cortland is one of only a few towns that has a woman mayor and a woman as superintendent of our local schools. Our town's historical accounts reveal how important the leadership of women has been in the growth and prosperity of Cortland from an early time. It is no surprise that women would assume leadership roles without even batting an eye. Sandra Roscoe was the first woman mayor, while Melissa Long followed a few years later. Velina Taylor is our first woman Lakeview superintendent.

In March, our newspaper highlighted Cortland/Bazetta women who own and operate businesses. However, we realized that we may have overlooked a large number of women

whose work "in the wings" or out of view, contributing to the well-being of our town. We decided to spotlight at least some of them in this issue. They are a modest group that organize, show up and lead meetings, come early and leave late to assure the success of programs. Even though we named them (tongue-in-cheek) the "town mothers," not all of them are mothers, or even married, but they are leaders who make a difference in our town. This is a different kind of Mother's Day issue.

For the most part, these women are detail oriented. When involved with community/church/school meetings, they see that child care is provided, that church suppers don't end up with 15 spinach casseroles and no meat. They see that there is someone to collect tickets, and make sure there are enough chairs. They are always on clean-up duty. They show up to decorate our downtown for the seasons. Cortland

has always benefited from the women in business and those who care about our residents. Women have always seen where they can help - from daycare, to organizing, to making our town special.

We have highlighted just a few of our town's women who have made and continue to make a difference in Cortland. Some were honored that we recognize their contribution, but some of the women declined by downplaying their contributions. There would have been more women highlighted, but time ran out. We will continue to note our amazing citizens in future issues. Happy Mother's Day to all of our mothers, our "town mothers."

*Continued on page 6*



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## CORTLAND CITY

CITYOFCORTLAND.ORG

Mayor .....	330-637-4003	<b>POLICE/FIRE EMERGENCY .....</b>	<b>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

### CITY COUNCIL

First and Third Monday of each month  
 Monday, May 3, 7 p.m..  
 Monday, May 17, 7 p.m.

### CORTLAND CITY COUNCIL

Read the minutes from  
 Cortland City Council meetings at  
[www.cityofcortland.org](http://www.cityofcortland.org) under City  
 Council Minutes.

### PARKS AND RECREATION

Second Monday of each month  
 Monday, May 10, 5:30 p.m.

### PLANNING & ZONING

Second Monday of each month  
 Monday, May 10, 7 p.m.

Meetings and agenda of Council and  
 Planning meetings area available at  
[www.cityofcortland.org](http://www.cityofcortland.org)

### CORTLAND CITY COUNCIL MEETINGS ARE NOW ON ZOOM

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

## BAZETTA TOWNSHIP

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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, May 11, 7 p.m.  
 Tuesday, May 25, 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, May 10, 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 Grahn .....	234-244-4282	<b>The Opera House</b> Maribeth Albu .....	330-219-1488
lancegrahn@yahoo.com		<b>SCOPE</b> Darlene Fry/Diane Jordan ...	330-637-3010
<b>Four Seasons Garden Club</b> Becky Bucco .....	330-637-9115	<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 .... May 22, 2021

Our theme will be High School Graduation

Article Deadline by May 7 • Display Advertising Deadline is May 12

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

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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 May 1 – May 22

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

**Lakeview Local School activities and sports schedules** visit [www.lakeviewlocal.org](http://www.lakeviewlocal.org).

**OSU Trumbull County Extension Gardening events** via Zoom, various dates. For more information call 330-638-6783.

**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)

### MAY

- 1 **Charity Pancake Breakfast** to benefit the Four Seasons Garden Club of Cortland, 9 a.m.-noon, Cortland Masonic Lodge, 3263 Everett-Hull Road (E. Main Street). See pg. 14
- 6-8 **Trash and Treasure Sale**, All Saints Community Church, 4530 state Route 46, Cortland, Thursday and Friday 9 a.m.-4 p.m., Saturday 9 a.m.-1 p.m.
- 7 **Deadline to submit video for A. Sam Core's birthday.** See pg. 18
- 7,8 **Cortland Little Lambs sale**, Cortland Christian Church, May 7, 10 a.m.-7 p.m. and May 8, 10 a.m.-2 p.m., 153 Grove St., Cortland. See pg. 8
- 9 **Mother's Day**
- 12 **Mosquito spraying**, 7 p.m.
- 15 **Trumbull County Master Gardeners annual plant sale**, 9 a.m.-2 p.m., Trumbull County Ag Center, 520 West Main St., Cortland. See pg. 11
- 15 **Trumbull County Rod & Gun Club's Trader Day Swap Meet and Gun Show**, 9 a.m., 6565 Phillips-Rice Road. See pg. 4
- 15 **Bike Blessing & Food Truck Event**, First Church of God, 541 S. High St., Cortland, 11 a.m.-4 p.m.

## Business News & Notes

By Thom Foley

**Cortland Playroom** is now accepting registrations for their summer programs. Hurry - they fill up very fast. They also have some openings for the fall 2021-2022 school year. Be sure your child gets a great preschool education and not just some place that babysits them!

**Elite K9 Training & Doggy Daycare** is where you need to take your dog for training. Tired of him not behaving? Making a mess in the house? Let Karen and her crew teach you how to take control of your dog.

It's fishing season again and that means it's time to go to **Lakeside Sport Shop** for all of your fishing needs. And did you see the large selection of beer and wines they have?

Spring into the new you with **Peak Performance Physical Therapy**. They can help you with all your orthopedic needs, including fall prevention, post-surgery, post Covid weakness and impairments from cancer treatment.

Did you know that **Mayflower-Wollam Insurance** has been serving the area for almost 100 years? They have all the answers for your home, auto, life and business. See the experts, see Mayflower Wollam.

Be sure to call **MD Denna Heating & Cooling** to check your A/C before the really hot weather gets here. They are the folks I use ... you can trust them, too.

Three things about which I am absolutely positive: 1). The study of music is engaging and increases intellect and creativity, 2). Music is good for health and wellness of the mind, body and soul, 3). **Music101Ohio.com** is accepting new music students for spring and offers private lessons both online or in-person for all instruments and ages! It's PLAY-TIME at Music101Ohio.com!

**Jolly Craft Store's** retail location is NOW OPEN AGAIN! And of course you can find them online 24/7. Check out the special offer they have in their ad!

**Champion Income Tax Service** reminds us that the filing deadline has been extended to May 17. AND if you haven't gotten your stimulus check yet, they can help you file for it.

**Progressive Landscape** is taking orders for your spring and summer projects. Check out the great brick patio and walkways they put in at my home. They will be adding plants to it this year.

Speaking of sprucing up your home, **Roman Supply Company** (formerly Buckeye Bulk) has a full line of quality products along with 30 years' experience to help you do it yourself. They will help you get the right product at the right price. And they can deliver it or you can pick it up.

**Totally Dog** is selling doggie raincoats! Don't let Fido bring the rain inside when you walk him. Check out this offer!

Speaking of dogs, the groomer at **Totally Dog**, **Kym Stover of WagMore (The Best little 'bark' shop in town!)** tells us that they now have four groomers! Yep, business is booming. No wonder, with over 40 years' experience they know how to make Fido look his best!

**Belleria Pizza** has a "Buy one, Get one FREE on any entrée" coupon in their ad. It is dine-in only at their newly remodeled dining room. Hurry, it expires soon.

**Brookside Greenhouse**, my favorite place to buy flowers and plants, is open on Mother's Day. They have been the best place in the area since 2003. You won't get hanging baskets this big at this low of a price anywhere else. Go see why they are my favorite!

Did you see all of the used cars that **Mark Thomas Ford** has for sale? Used vehicles are difficult to find right now. And we have one of the nation's premier, award winning dealers right here in our area! People you can trust. **Petrosky Brothers Construction** tells me that they are accepting jobs for this summer. But you better call quick. A company this good with a reputation that great books up fast.

Did your car survive the winter or get banged up with the snow and ice? **Daffron Auto Body** has been making cars look better than new for over 40 years. Let them fix yours up.

## Memorial Day observance planned at Veterans Memorial

On Sunday afternoon, May 30 at 2 p.m., the American Legion Post 540 of Cortland will present a special program at the Veterans Memorial located at Point Park in Cortland.

The Memorial Day observance will open with a flag raising by Boy Scout Venture Crew 4025 followed by the American Legion presenting the "Four Chaplains" program and a rifle salute. The public is invited to attend and everyone is asked to bring a lawn chair

and a face mask.

Members of the Veterans Memorial Committee will handle the set-up and help direct parking. Cortland Masonic Lodge will provide the sound system.

Engraved pavers continue to be made and placed at the memorial to honor any veterans whether they are from Cortland or beyond. You can request an order form by emailing [Rmclain@embarqmail.com](mailto:Rmclain@embarqmail.com).

## Free Welcome to Medicare webinars available for Ohioans nearing age 65

The Ohio Senior Health Insurance Information Program (OSHIIP), a program of the Ohio Department of Insurance, is currently hosting free "Welcome to Medicare" webinars through June for people nearing the Medicare eligibility age of 65, Department of Insurance Director Judith L. French announced.

"Whether you're new to Medicare or have questions, these free webinars are the perfect resource for Ohioans to learn about coverage options, financial assistance and important deadlines," French said. "Our OSHIIP Medicare experts provide a variety of webinar dates and times so you can register for one suited to your schedule."

Conducted by OSHIIP staff in an interactive setting with one-on-

one follow-up opportunities, the free webinars provide an overview of Medicare, Part A and B benefits, Part D prescription drug coverage, Medicare supplement plans, Medicare Advantage plans, eligibility, enrollment and coverage options.

Last year, OSHIIP saved Ohioans \$30.4 million by helping them identify suitable coverage options and financial assistance programs. More than 462,000 people received assistance through counseling and events.

Visit [www.insurance.ohio.gov](http://www.insurance.ohio.gov) to view the Welcome to Medicare webinars schedule and to register. OSHIIP staff is available at 1-800-686-1578 and [OSHIIPmail@insurance.ohio.gov](mailto:OSHIIPmail@insurance.ohio.gov) to answer Medicare questions.

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### Trader Day and Gun Show May 15

The Trumbull County Rod & Gun Club will hold its annual Trader Day Swap Meet and Gun Show on Saturday, May 15 at the club property, 6565 Phillips-Rice Road, about 1 mile north of state Route 88.

The event starts at 9 a.m. with free admission and free parking. Hunting, fishing, camping and other outdoor equipment will be available for sale. Lunch will also be available.

Vendors need to reserve their tables—either inside or outside—by calling Jason at 330-307-0522.



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### STRATEGIC PLAN SURVEY

Enclosed in this edition of the Cortland News, you will find a City of Cortland Strategic Plan Survey. The purpose of this survey is to gather input and ideas from residents and businesses -- identifying what the public wants to see the community become in the future to guide the Cortland Strategic Plan update. The survey has been released in various formats. An electronic version is available through the City's eNews and on the City website at cityofcortland.org. The completed survey can be mailed to City Hall at no additional cost to you. The surveys will be held at the Cortland Post Office for the remaining postage due to be paid by the city. Surveys may also be dropped off at Cortland Sparkle Market, the Cortland Library, or returned to Cortland City Hall via the mail slot at the front of the building or the drop box at the north end of the building. Please return the surveys by Monday, May 31.

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# ON COURSE

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## Medicare IRMAA premium adjustments for high income beneficiaries

While most people will receive Medicare Part A for no cost and Medicare Part B for \$148.50 in 2021, there are cases where these amounts may be different. While there are Low Income Subsidies available to help reduce costs, there is also an Income Related Monthly Adjustment Amount (IRMAA) for people with higher incomes.

IRMAA was first enacted in 2003 as part of the Medicare Modernization Act to address the financial hardships of Medicare. At this time, it only affected Part B premiums. In 2011 as part of the Affordable Care Act, also known as Obamacare, IRMAA was expanded to include Part D premiums for prescription coverage.

The Income Related Monthly Adjustment Amount is imposed as a surcharge to Medicare Insurance Part B and Part D Premiums for higher income beneficiaries. It is based on your Modified Adjusted Gross Income (MAGI) from your tax return two years ago. Therefore, the 2021 premiums are based on your 2019 tax return and the premiums for 2022 will be based on the 2020 tax returns that are currently being filed. The additional premium amounts start if your 2019 income was \$88,000 or more for an individual or \$176,000 for couples filing jointly. For example: an individual with between \$88,000 and \$111,000 MAGI on their 2019 tax return will pay a Part B premium of \$207.90 per month for 2021 and an additional \$12.30 on their Part D premium. While an individual making between \$111,000 and \$138,000 on their 2019 tax return will pay a Part B premium of \$297.00 per month for 2021 and an additional \$31.80 on their Part D premium. A complete table showing the different Part B premium levels can be found at Medicare.gov.

If you are subject to the IRMAA premium increase, you will receive a letter from Social Security with details and premium amounts. Part B premiums for Medicare Insurance are paid directly to Medicare. If you receive monthly Social Security benefits your premiums are deducted from your monthly payment. If you do not receive Social Security benefits Medicare will send a statement, typically quarterly, for the premium owed. The Part D premium will be added to your individual prescription drug plan and paid directly to the insurance company with the monthly premium. This is true for both stand-alone prescription drug plans and Medicare Advantage, Part C, insurance plans.

If you believe you have been charged the extra premium(s) incorrectly or if your life circumstances have changed and your income has decreased, you can appeal the decision by contacting Social Security and asking for a redetermination. Since these amounts are based on your MAGI, it may also be helpful to consult your financial advisor or tax professional to plan for the next year's premium calculation.

*Jill Freeman is a licensed insurance agent with Ann M Wiley Insurance Services, located at 3470 Warren Meadville Road, Cortland and can be reached at 234-244-4014.*

## Sleep in Heavenly Peace holding build day June 12

A new non-profit chapter in Trumbull County is working to provide beds to children that are currently sleeping on the floor, or other uncomfortable arrangements. "Sleep in Heavenly Peace- Trumbull Co." was formed in July 2020 by founding Chapter President, Chelsea Munroe. Munroe is a 2007 graduate of Lakeview High School, and current Cortland resident.

"Our mission is twofold: getting children off the floor and into a safe, warm bed to sleep in at night, and also bringing communities together," Munroe said. SHP provides children in need with a twin-size bed complete with mattress, pillow and sheet set. All the bed frames are constructed during a "build day" where SHP partners with local organizations, churches, business, and individuals to provide hands on volunteering opportunities. So far SHP Trumbull Co. has delivered 12 beds throughout Trumbull County.

"Right now we are in need of funds and sponsors to host several build days over the summer so that we can reach more children. Our flow of applications for beds is greatly outweighing the amount of beds we have on hand," explained Monro. Money donated to the Trumbull Co. chapter directly serves children ages 3-17 living in Trumbull County. SHP operates solely from donations and the help of volunteers donating their time. They are continuously accepting donations of new twin sized bedding and love to include handmade blankets with bed deliveries to add that extra warm, loving touch.

SHP Trumbull County will be hosting A "Bunks Across America" build day on June 12. Additional events are currently being planned for May and June, so make sure to follow Sleep in Heavenly Peace, OH- Trumbull Co on Facebook to stay up to date. More information can be found at shpbeds.org or by contacting Chelsea at chelsea.munroe@shpbeds.org.



Chelsea Munroe  
Photo courtesy of Brandi O'Connor Photography



## Senior bocce league to begin in May

It's time to sign up for any of the three SCOPE senior citizen bocce sessions. The senior league bocce starts on May 25 and ends in July at the courts in front of Howland High School on East Market Street. Sessions play Tuesdays at 8:30 a.m. or 4 p.m. or 6 p.m.

SCOPE's senior citizen bocce league is a great way to make new friends, exercise, socialize, eat and play a game you enjoy. You can sign up individually and be assigned to a team of eight or sign up whole teams. There are a maximum of eight teams per session.

For more information or to sign up call Ray at SCOPE Senior Services Howland Center at 330- 609-7806 or email rbeish@fcsOhio.org.

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## The Women in Cortland

### Diana Smith – Administrator Cortland & More page on Facebook

I've lived here most all my life but in not going to school locally I didn't meet up with many of the Cortland folks until adulthood. Retiring from TMH after sitting in front of a computer as a medical transcriber for almost 20 years made it easy to transition to sitting in front of a computer on social media sites.

I just sort of fell into the "job" of having a local FB page. In 2014 one of Kathleen Anne's (Fleischer) members started Everything & Anything Cortland as she didn't allow sales. I offered to help get the page up and going and posted a lot of local interest stories, birthdays, riddles, etc. By early 2017 the page was uncontrollable at about 95% sales and the owner of the page having stopped contributing any longer abandoned it completely. Eventually I found someone to take over and in July, 2017 I left and started my own page Cortland & More and the rest is history.

We post local news, births/deaths, lost pets, birthdays, horoscopes, garage sales, some semi-controversial posts, restaurant specials, dog pound news, garage sales, fundraisers, and some silly stuff. No personal sales are allowed. We support our local businesses and allow some local advertising. We do not allow any business or people bashing. We also do not allow profanity. And no partisan political references. That last one was tough in 2020.

There are days I question my sanity for continuing the page. I feel anyone who is the administrator of a FB page must be a little masochistic. Most don't realize the amount of work it takes

to keep a page running. Even with a moderator it can be challenging. I'm 79 now and when it stops being fun I'll quit, but right now it gets me out of bed in the morning and keeps me up to date with what's happening in our wonderful little corner of the world. And I think I'd miss all those posts about the skunks and big booms in the area.

### Mayor Deidre R. Petrosky, City of Cortland

How did I become involved?

In 1998, Kimberly Hebb had to leave her City Council position due to a new job, so I applied, interviewed, and was selected by the remaining Council members to fill her seat. I served in that position for more than 20 years.

Why did I become involved?

As the mother of three children, ages 10, 8, and 2 at the time I began, serving on City Council was an activity that allowed me to pursue a personal interest. I have always had an interest in politics, although, I consider myself a public servant, and not a politician.

There are significant differences between City Council and Mayor positions. While on City Council, my primary focus was running the city in a fiscally responsible manner. As a mayor, I still strive to be fiscally responsible, but the position also allows me to guide the planning for the future of the city, enables me to support our city team to be successful in their positions, and to a much greater degree, serve our residents when they have issues or concerns. After one year in office, I can honestly say that I really enjoy these new responsibilities, even during a

pandemic! I look forward to the next three years, with continued enthusiasm for the prosperity of our city!

### Ashley Handrych – Lakeview Middle School Principal

Ashley Handrych has always been a Lakeview Bulldog. A 2002 graduate of the district, Mrs. Handrych went on to complete her undergraduate degree at Bethany College in West Virginia. A recipient of Bethany College's Kalon Leadership Scholarship, Handrych knew she had the leadership bug at an early stage of her career planning. While at Bethany she participated in Student Government, Psychology Club, Political Awareness Club, cross country and cheerleading. Handrych also founded an organization titled, Bethanians Speak Out About Rights (SOAR).

Upon completion of dual majors in elementary education and special education, Handrych returned to Trumbull County and was hired as a middle school intervention specialist for the 2006-2007 school year at Lakeview Middle School. Throughout her time in the classroom, Handrych supported sixth and seventh grade students, coached varsity cheerleading, and supervised Junior Beta Club. While teaching, Handrych attended Adams State College and obtained her Master's degree in school counseling and beginning in the 2013-2014 school year, Handrych moved into the role of elementary school guidance counselor at Lakeview Elementary. Working hand-in-hand with elementary principal, Scott Taylor, Handrych realized that she saw her final destination in the realm of educational administration. Handrych sought a degree in Educational Administration while working as the district Title I Coordinator. This is Handrych's fourth year as principal of Lakeview Middle School.

In her spare time, Handrych is a voracious reader and credits books for playing a formative role in her life. She believes that reading is a necessity, that the joy of having your eyes or heart opened by a good book is unmatched.

### Velina J. Taylor – Superintendent, Lakeview Local Schools

Reflecting on the question about how I ended up in a leadership position has given me much to consider. Neither of my parents graduated from college, but both of them loved to learn and that joy of learning was the bedrock of my upbringing. It seemed only natural for me to further my education with the intention of becoming a teacher. Early in my career, working with adolescents and seeing them achieve unimagined goals made each school year more special than the one before.

As years passed, the need to learn and the desire to challenge myself took me out of the classroom and to a number of new positions in education. I served as an instructional consultant in Mahoning County, as a middle school principal in Canfield, as a high school principal in Brookfield, and eventually as a superintendent in Brookfield and Lakeview. At each stop along the way, I was blessed with the opportunity to work with incredibly dedicated individuals who represent all that is good in public education. They reminded me daily that the joy in our careers is always worth the effort.

Unlike many people I know, I never had a grand plan for becoming a school superintendent. The work found me as I met incredible people along the way who opened doors, asked "Why not," and encouraged me to take that next step. While some will point out that women in leadership positions are somewhat rare even today, that has never been my focus nor my purpose. I didn't set out to break glass ceilings, I only wanted to make things better for those around me so they can do the great work of educating children.

### Jennifer Merkich – Student Services Supervisor, Lakeview Local School District

My journey into a career in education is probably similar to most educators. It started with a love of learning and a desire to help others. It was further driven by the powerful impact that educators, including my father, have had on my life. From a young age, my parents instilled in me the importance of education and strong character. As a child of an educator, I was taught to respect and value my teachers. I witnessed firsthand both the challenges of the profession and the intrinsic rewards of doing the job well. When I reflect upon my own education, I still hold in high regard the teachers that inspired me, encouraged me, and believed in me. When ultimately deciding upon my career path, I felt that becoming an educator would provide me with the opportunity to make a positive difference in my students' lives.

Throughout my educational career, I have had the opportunity to work as a teacher, guidance counselor, and, currently, as a district supervisor. My goal has always been to provide all students with the opportunity to learn while providing them with the support that they need to succeed. I've always felt that it is important for my students to know that I genuinely care about them and their overall well-being.

It felt like a natural progression for me to move from teaching to school counseling, and, eventually, to a leadership role. As an educator, I feel that it is important to expand our knowledge and experiences. I also feel that we need to continue to challenge ourselves. The experiences that I gained from my years working as a teacher and school guidance counselor provided me with a strong foundation and skill set in preparation for my role as a district supervisor. I knew going into a leadership position that it is would be full of many challenges, but I felt that it would be a greater opportunity to foster professional relationships with students, staff and parents. Further, that I would be able to help create a more engaging learning environment for all students. I have the pleasure of supervising an exceptional staff and I feel very fortunate to be a member of the Lakeview Local School District's Leadership Team.

### Karen Murphy – Cortland Library Branch Manager

I came to librarianship in a roundabout way, as many people do. My journey started in elementary school, where I listened with rapt attention to the stories read by the school librarian, Miss Book. Yes, her name really was Miss Book! Over the years, I enjoyed reading and sharing books with my friends, but

*Continued on page 12*



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By Kathleen Ferris, Master Gardener

# From the Garden

The whole concept of pruning flowering shrubs can make some gardeners shudder at the idea of possibly killing or maiming a favorite plant. Just because you have planted a flowering shrub or tree, the pruners don't have to come out every year. There are reasons to prune and seasons to prune in.

We prune to remove dead, damaged and diseased wood. We prune to maintain size and proportion, but not to mangle a large overgrown shrub into a small space by hard pruning. It is much easier to buy a shrub that matures close to the size you want.

We prune to thin out older wood so young wood can replace it, thus encouraging more blooms. We prune to rejuvenate old shrubs and bring them back. We prune to remove branches on shrubs that bloom on new wood while the plant is still dormant.

Prune spring flowering shrubs after their blooms fade. They bloom on old wood, branches that have gone through the previous winter. Prune summer bloomers in late winter or early spring before their new growth starts. Most of our summer bloomers flower on new wood that comes off old wood. And some flowering shrubs rarely need pruned, like Fothergilla and Daphne.

There is a rule of thumb to remember about pruning, do not prune flowering shrubs in the fall. This can stimulate new growth and the plant won't have time to harden-off. If you have a shrub that sends up suckers from the main stem, remove them just below the soil surface. If the plant is grafted, the suckers will outgrow the desired variety.

Prune non-variegated leaves that show up on variegated shrubs. The non-variegated leaves are more vigorous and will take over the plant if allowed to grow.

Use hand pruners and loppers to prune flowering shrubs, not hedge shears or hedge trimmers. The goal is to trim selectively and carefully the stems of the flowering shrub, not to shear off all the stems at the same length, like a boxwood.

The very best way to keep flowering trees and shrubs looking their best is to have a routine maintenance pruning program. Prune in late winter or early spring while they are dormant. They won't feel a thing, I promise. Prune

branches that rub against each other and learn to thin out some stems in the shrub's interior and let in more air and light.

Pruning isn't hard, it's only scary at first, and remember to quit while you still have a shrub. Ha-ha!

The OSU Master Gardener Annual Volunteer Plant Sale is scheduled for Saturday, May 15, at the Extension garden located at the Agriculture and Family Education Center, 520 W. Main St. Cortland, Ohio. If you have never been to the Plant Sale, try it this year, you may like it. We offer a variety of perennials, annuals, herbs and vegetables. There may be some decorative planted baskets. Our plants are healthy. Our prices are low. Have a question, come ask a Master Gardener. Masks are required, and we will follow all Covid social guidelines. See you at the plant sale, 9 a.m. to 2 p.m.

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

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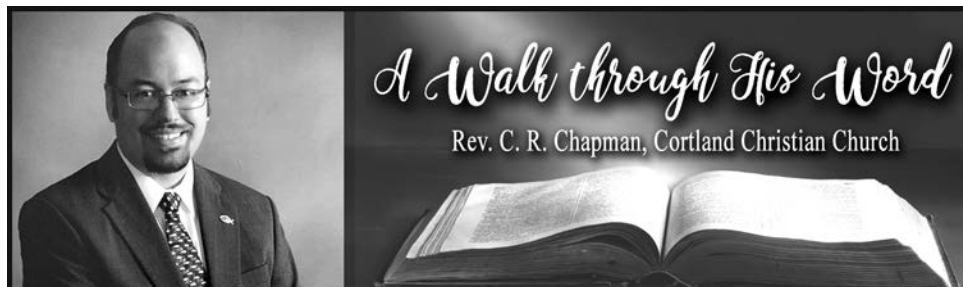
## Wedding anniversary celebration planned

The Office of Pro-Life, Marriage and Family Ministry of the Catholic Diocese of Youngstown is sponsoring a Wedding Anniversary Celebrations to honor couples who are observing their 25th, 40th, 50th or over anniversaries in 2021 on Sunday, June 13, 2 p.m. at St. Columba Cathedral in Youngstown. Couples planning to attend this celebration need to register at their parish before May 13.

The Wedding Anniversary

Celebration will include Mass with Bishop David J. Bonnar, renewal of marriage vows and a personalized certificate for each couple. Couples may opt to attend the Mass in person at St. Columba Cathedral or they may participate remotely via livestreaming on the diocesan website at [www.doy.org](http://www.doy.org). Limited spaces are available for couples at the cathedral.

To register, or for more information, couples are to contact their parish office.



## Make every day a Mother's Day

This Mother's Day we pause to praise the godly women who have brought us up in the faith. Proverbs 31:25-31 from the HCSB gives us insight on a godly mother. It reads the following:

"Strength and honor are her clothing and she can laugh at the time to come. She opens her mouth with wisdom and loving instruction is on her tongue. She watches over the activities of her household and is never idle. Her sons rise up and call her blessed. Her husband also praises her: 'Many women are capable, but you surpass them all!' Charm is deceptive and beauty is fleeting, but a woman who fears the LORD will be praised. Give her the reward of her labor, and let her works praise her at the city gates."

These seven verses say so much about a godly woman who is also a mother. They are the ones who give us wisdom. Indeed, a mother teaches her young many things, and the Bible says that she does so with "loving instruction." Sometimes when a person receives "instruction" they are prone to take the instruction in a wrong way. Often people do not like being wrong

or corrected and so when a person receives instruction they will become bitter to the instructor or corrector. However, in a family a mother often must give correction to her children. In this case, instruction refers to the law of the Bible. A mother is one who many people owe their faith to. Mothers, in love bring instruct their children in the ways of God correcting their paths as their children grow.

Not only do mothers give wisdom and instruction, but they also watch over all the activities of the family. The Bible even says that "they are never idle." Today, stop and think about all of the things a mother does and be thankful for her. Treat her as verses 28 and 29 say... Call her blessed and praise her. Tell her how she surpasses all around her. Even a simple word of appreciation will make any of her days a "Mother's Day."

The Bible says that she is to be given the reward of her labor so let us not take advantage of the women in our lives; especially those who are mothers. Let us not use them or take advantage of their loving kindness but let us praise her works. Let us make every day a Happy Mother's Day!



## L.O.A.F. helping our community

By Rev. C.R. Chapman, L.O.A.F. President

Thank you for your support. With such a loving and caring town, Lakeview Outreach and Fellowship (L.O.A.F.) was able to raise funds to donate towards the Cortland and Bazetta Fire departments to purchase ballistic vests for their EMS responders to provide medical care during dangerous situations. It was our desire to share the new vests at the Christmas Concert in 2020, but due to the pandemic the concert was canceled. Our wonderful fire departments reached out to us at our April meeting, and they came to share with us what your donations were able to provide for their safety. Once

again, we thank you! It was through your generous donations that the safety of our community has increased. Thank you for your care.



From left are Bazetta firefighters David Walters and Rob Wasser, L.O.A.F. President Rev. Casey Chapman and Cortland Fire Chief David Rea.

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## Enrollment open for study in theology and spirituality

Those interested in a locally hosted, part-time, graduate-level program in theology and spirituality from a Catholic university are encouraged to attend upcoming information sessions concerning the Loyola Institute for Ministry Extension Program of Loyola University New Orleans. Information will be shared and questions answered in a virtual meeting, on Wednesday, May 12, at 7 p.m., or Tuesday, May 18, at 10 a.m., or in person on Thursday, May 20, at 4 p.m. at St. Michael Church Hall, 300 N. Broad St., Canfield. Please make a reservation to attend one of these sessions, whether online or in person, to learn about the program and application procedures.

Plans are that a local learning group will begin this fall. Loyola University New Orleans offers master's degrees and certificates in religious education or pastoral studies for those

seeking ministry formation or deeper engagement with their faith. Loyola's program is informed by the method of practical theology and includes Ignatian spiritual formation. In addition to gaining a firm foundation in the Catholic biblical and theological tradition, students can focus their studies in Christian spirituality for ministry, pastoral life and administration, youth and young adult ministry, religion and ecology, and marketplace ministry. Loyola's Institute for Ministry helps learners to grow in leadership and faith.

For additional information, or to make a reservation for one of the informational sessions, contact Joan Lawson in the Office of Religious Education/Evangelization, Catholic Diocese of Youngstown, 330-744-8451 x290, or email [jlawson@youngstowndiocese.org](mailto:jlawson@youngstowndiocese.org).

## Cortland Little Lambs holding sale

Cortland Little Lambs sale is back at the Cortland Christian Church. Come shop the new and gently used children's clothing, toys and gear sale. The sale is Friday, May 7 from 10 a.m. to 7 p.m. and Saturday, May 8 from 10 a.m. to 2

p.m. at 153 Grove St., Cortland. Some items will be half price on Saturday. If you would like to be a seller email [LittleLambsCortlandOH@gmail.com](mailto:LittleLambsCortlandOH@gmail.com), text 330-720-1781 or message on Facebook.

## TOPS Cortland Chapter 1350

The TOPS Cortland Chapter 1350 meets every Wednesday morning at Trumbull County Agricultural and Family Education Center, located at 520 W Main St., Cortland, OH 44410. Weigh

in starts at 9:20 a.m. and ends at 9:50 a.m. Meeting begins at 10 a.m. Take Off Pounds Sensibly! Please contact: Jackie 330-442-5720 for more information.



# Something to Think About

By Rev. Donald P. Barnes

## "Hey! What are you doin' out there?"

It's a great day for a hike and the Swine Creek Reservation offers a beautiful venue. A braided stream, Swine Creek dates to the glacial melt. Icy waters, sandy bottom, and rocks ranging from pea-size to huge monoliths make for interesting terrain. The Barnes' Clan is traversing a trail that runs the south-side of the waterway, when I spot a guy standing knee-deep and mid-stream. "Hey! What are you doin' out there?" "Pannin' for gold!" "Pannin' for gold?" Jumping into the chilling waters of Swine Creek, I waded out to meet the guy. Panning for gold - this requires further investigation. Seems this guy has panned Swine Creek for two years. Who woulda' thought! Panning for gold in Middlefield, Ohio. "Have you found any?" "Yeah - found a flake about ten minutes ago." Reaching into his trouser pocket, he pulls out a small glass vial. Inside, sparkling in the mid-day sun, is a small nugget about the size of a teardrop. The precious metal shimmers brilliantly in the sunshine. Gold! Further conversation reveals valuable information. Two years of panning have yielded 11 flakes. My friend informs me that when he fills the vial (he has a long way to go), he will have panned one ounce of the precious metal worth approximately \$1200. Gold is a rare commodity - hard to find and of great value.

In First Corinthians 13, his voice rising in grand crescendo, the Apostle Paul emphasizes the godly virtues of faith, hope, and love; however, at least according to Paul: "... the greatest of these is love." In the epistle, Paul addresses a fellowship that is

fragmented - fractured - factionalized. Things have broken down along "party lines." They can't even sit down to a meal together without feuding. After lengthy instruction aimed at addressing a variety of prickly issues, Paul says: "... but let me show you a more excellent way." His treatise in Chapter 13 speaks of a rare kind of love - unselfish - unconditional - unmerited - directed towards the best interests of the other. To be honest, this type of love - a very rare commodity - is found in only one place. Love, at its apex, is found only in the person of our Lord Jesus Christ. A wonderful passage in Philippians affords us a glimpse of this rare, Christ-like love: "though he was in the form of God, he did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death - even death on a cross" (Phil. 2: 6-8). That is love lived! Only in Christ Jesus is love perfected. Do you know him? Have you experienced his wonderful, life-transforming love? Love is a rare commodity - hard to find and of great value. Where might one find such a love? Are you "panning" in the correct location? Take a look on Calvary's cross. Allow the precious love of the Savior to embrace you.



## Cortland UMC ham dinner to benefit missions

Cortland United Methodist Church, 155 N High St, is holding a ham dinner on May 26. The menu includes ham, scalloped potatoes, homemade Kentucky cornbread, green beans and a brownie. The dinner will be served as a pre-ordered drive thru dinner for \$9. To order, call the church at 330-637-2571. Dinner pickups will be 4:30 to 6:30 p.m. Just stop and pay for the meals on the north side, and pick up at the south door. Proceeds from the dinner will go to support the team going to Red Bird Mission in Kentucky in September.

There will also be a drive thru dinner on June 23 and will feature creamed chicken over homemade biscuits, sweet potato casserole, green beans and a brownie. More details to follow for the June dinner.



## Suzelis named ASMV director

The Autism Society of Mahoning Valley (ASMV) has named Robin Suzelis to director of the local affiliate of the national autism umbrella organization. An active volunteer and board member since 2016, Suzelis will be the organization's first staff member in more than a decade.

While continuing to organize autism-specific programs and creating family events, Suzelis in this new role also will head the organization's information and referral center to assist families, as well as local professionals, navigate the difficult world of autism.

"The needs of the autism community are so much greater than most can understand. Unless you live in this world, you think of a child with autism as just a quirky, awkward kid. The severity and wide spectrum of autism is difficult. It can be self-aggression, it can be non-verbal

and marketing professional for 25 years working in technology, real estate and healthcare. Her passion to advocate for acceptance, inclusion and the need for more programs and services for the autism population is driven by her two sons living on the autism spectrum.

and autism, it can be an adult that is 22 years old without a friend. It is a lifelong diagnosis, and the current resources are not adequate," Suzelis states.

Suzelis completed her Bachelor of Science degree in communications at Clarion University of Pennsylvania. She has served as a communications

## The sweet sound of Cortland

By Rev. C. R. Chapman,  
Cortland Christian Church

For 147 years the bell at Cortland Christian Church has been rung and heard throughout Cortland, from the days when we were a small village to now a city. Since 1874 the bell has tolled in times of sorrow, and it has rung during times of joy. It sits atop its tower calling people to the small, white, country church near the creek - even to this day. It would not be until 1973, 99 years after being installed, that the beautiful hymns that ring from the bell tower would be added.

Roger and Pearl Baldwin, members of the town's church founded in 1828, donated the funds to purchase the first carillon system of Cortland Christian Church. Carillons are becoming increasingly rare but are beautiful instruments consisting of chimes and bells that can be played from an organ, keyboard, or from a recorded format. Mr. and Mrs. Baldwin's gift brought beautiful music to the peaceful countryside of Cortland and, also, hourly chimes keeping our town moving on time.

In 1998 after 25 years of faithful service the first carillon made by the Virden Bell Company was replaced by the new and current Chime Master Carillon. With the new instrument installed in the church, over 600 hymns began chiming from the tower. The carillon has played for funerals, weddings, services, parades, street fairs and so much more. Those who have gone away from Cortland for a short vacation, to college, to serve our nation, and those who have moved away always comment on how they have missed the bells and are so glad to hear that old country sound when they

return for a visit or to stay. Many in the community have sent thank you cards to the church, who they themselves have not attended, thanking Cortland Christian Church for the uplifting music that found them in their back yards or on their daily commutes during difficult times in their lives.

For 23 years our current carillon has served the city faithfully, but age is catching up with the moving parts contained within the carillon. Some have noticed failures during certain hymns that play as our carillon nears the end of its life. The sound of Cortland that so many love shall not fall silent despite the trouble the current carillon is giving. Knowing how important this instrument is in our community a new carillon is planned to be purchased from Chime Master, however, the cost is a huge burden. The new carillon system, to purchase and install, will run \$13,750. That is why we need your help. We need your donation of any amount to help save what so many remember about Cortland. Help us save that old country sound. Checks can be made out and sent to: Cortland Christian Church at 153 Grove Drive, Cortland, Ohio, 44410. Be sure to write "bell tower" on the memo line or envelope so that we know what the check is for. All donations are tax deductible so be sure to include your name and full address if you wish to receive a tax-deductible statement next January. As the 50th pastor of Cortland Christian Church, I want to personally thank you for helping us save such a beautiful instrument and continue this community tradition for generations to come. God bless you.

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## Women's Equality Day event planned



Standing from left are Sandy Mahaffey, Margaret Petrosky, Danita Davis, Marti Flint and Esther Gartland. Seated are Peggy Boyd and E. Carol Maxwell. Missing from photo are Gloria Rogers and Marylou Jarrett.

The committee for the Women's Equality Day event met to begin formulating the afternoon events to celebrate the passage of the 19th

Amendment, the Women's Suffrage Amendment to the U.S. Constitution. This momentous day, according to the Congressional Resolution passed in 1971, is held every Aug. 26 with this year's celebration being held in the Women's Park in Warren.

The Women's Equality Day Committee is planning the 101st anniversary for Thursday, Aug. 26 at noon. The program's theme will be "Valiant Women of the Vote." Keynote presentations will spotlight Harriett Taylor Upton and her friends plus the organizations she helped establish in Trumbull County. Women in period costume and all those who wish to participate will meet that afternoon at 11:45 a.m. at the gazebo behind the Warren mayor's office.

This historic presentation is free to the public. Chairs will be provided as well as water to all who attend. Organizations sponsoring the program are the League of Women Voters of Trumbull County, Harriett Taylor Upton Association, Warren Civic League, GFWC Ohio Warren Junior Women's League and GFWC Warren

*No language can express the power and beauty and heroism of a mother's love. ~ Edwin Chapin*

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## Farmers and hunters feed the hungry

The Trumbull County Federation of Sportsmen's Clubs organized an opportunity for hunters and farmers to donate deer meat to area food banks. All donated deer meat was processed by Butcher Holler meat processing facility totaling 450 pounds. The meat was then delivered to St. Vincent dePaul Services, Warren Family Mission and the Salvation Army.

Trumbull County Federation members, Donald Koches and Dan Padula, provided the transportation and delivery of the frozen deer meat to the area food banks. For more information on how you can help, contact Federation member Don Koches at kandog50@yahoo.com.



## MG plant sale May 15

The Trumbull County Master Gardeners will be returning with their annual plant sale on May 15 at the Trumbull County Ag Center, 520 West Main St., Cortland, from 9 a.m. to 2 p.m.

There will be their favorite, locally grown plants for sale and many of them are straight from the Master Gardener's gardens. The group will also be bringing back the popular "Vintage Garden" tent where you might find that something that you didn't know you needed! All

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proceeds go to continue maintaining the garden as The TC Master Gardeners are a non-profit group.



## Middle School students grow flowers to help beautify Cortland

By Barb McClain

The fifth grade STEM classes at Lakeview Middle School, under the guidance of Ms. DeFrancesco, planted flowers this spring thanks to a grant from the Garden Club of Ohio. The project had a year delay due to COVID, but the local Four Seasons Garden Club was finally able to follow through with this project once the classes were back to a regular schedule.

The students made their own paper cups out of newspaper and then planted four different kinds of flowers. The students will be able to monitor the different varieties and make hypotheses about the growth rates as well as develop some knowledge about starting plants from seeds and the important steps for success.

The materials for the grow lights, enclosed plant garden, and other necessary materials were provided by a Presidents Grant from The Garden Club of Ohio, acquired by our local Four Seasons Garden Club past President Anita Shaw. The hope is that some of these flowers will be returned to Four Seasons to be utilized at the many areas throughout Cortland that are maintained by the local club. By encouraging these students to help grow the flowers they can feel they are a part of the overall beautification of the city they live in, and take pride in their part of the process. As we move out of pandemic protocol next year, Four Seasons Youth Committee hopes

to resume the use of the roof top garden with the students and again plan for vegetables and herbs to be grown for school use.



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## The Women in Cortland...continued from page 6

I never considered a career in library science. I worked several jobs while pursuing a business degree, and I had a vague idea that I would be working in accounting or business technologies. In the last year of my undergraduate studies, I landed a part-time job with the Warren-Trumbull County Public Library system and immediately knew this was the career for me. Kent State University offered the only Master's program for librarians in Ohio, and I received my library science degree in 2002. I discovered the library field is not so much about what we have; it's what we do— connecting people with the information they are seeking. I was offered the position as branch manager of the Cortland Library in 2006, and I wholeheartedly seized the opportunity. Since becoming branch manager, I've worked with wonderful individuals that share the same passion for customer service. I can honestly say, I came into the field for my love of books, but I've stayed because I love what I do.

### Carol Caronite—Community Volunteer

I have volunteered, planned and facilitated many events, served on boards, held chairmanship of many committees and organizations over many years. I started my life as a Chicago girl, but I loved raising four children in Cortland since 1967 and being involved in the community.

I love watching things grow. I love sewing, quilting and any form of stitching. I also love a challenge like 1000 piece jigsaw puzzle or finding the solution to a problem. It could be a sewing problem, a fixit problem or a community problem.

I started out as a sickly child. Between ages 5 to 8, I was home in bed for a full year, in a school for disabled for a year and physically limited for ten more years. During those years I had to learn patience and contentment. I watched my parents help others and share their resources, even though they had their own problems with me at home. I learned from them that it felt good to help others. They believed that if asked and you are able, you should say yes. As I became free of limits, I loved helping. It felt good.

As an adult it was natural to help if asked. Later it became about recognizing a need and finding a way to fill it. Next, I began asking others to help. Then ideas came along that I could suggest or sell others on and ask for help to implement. Soon there developed a network of friends and organizations and I was able to connect the dots - people dots, organization dots and community dots. My dad always said, "Nothing ventured, nothing gained." Well I ventured a lot, but I gained more. Thank you Cortland!

### Kathy Fleischer—Community Activist and Council Member

Kathy Fleischer loves Cortland, Lakeview Schools, the Valley and Trumbull County. After graduating from Lakeview in 1997, she started attending college while working at Delphi Packard. Kathy took a buyout from the company in 2006 and went back to school full time and finished her Business Management degree in 2008. What she has done in the last 10 years, though, has given Cortland a voice that makes its citizens proud and inspires them to notice the good things

that happen in town and the county.

Everything Cortland is a Facebook page started online by Kathy in 2012 with about 100 members. "I posted the local news and shared some memories. As time went by more and more Lakeview grads joined. Then people from the community joined along with township and city employees and officials." This year will be the ninth year running the page and it has grown into something much bigger than I ever imagined."

In 2017, Kathy was persuaded to run for City Council by friends who thought she was perfect for the job. Another group of friends also persuaded Kathy to seek a position on the Trumbull County Tourism Board. On Nov. 7, 2017, she was elected to City Council and two days later she won a spot on the Tourism Board. "I didn't know 15 years ago (when I took that buyout), what kind of difference I was going to make in our Valley, but now I do. Being myself and sharing my passions has brought me to where I am today, and it has brought me so much joy."

### Sally Lane—A writer by default

My first successful piece of writing was in sixth grade. I wrote about the cardinals in my family's backyard. The teacher liked it and made me read it to three other classes. That experience gave me confidence that I could do something that other people liked - at least in writing about birds. By age 16 I was writing a nature column for the local newspaper in Conneaut, Ohio. However, I did not think of myself as a writer.

Fast forward to 1979, the year my husband, baby boy and a baby-girl-on-the-way and I moved to his hometown to raise our family. The first thing I did was join the Cortland Bazetta Historical Society because I loved history as much as I did birds. I met Dorothy Klein, Mary Case and Grace Allison, all members of the society, all writers. They invited me to write some stories about local history that were published in the Tribune, and soon I was hired as a correspondent for the newspaper. I covered the Trumbull County Fair, meetings and special subjects for almost seven years, then was hired as a teacher at Lakeview and taught for 22 years. In the meantime, the Cortland News was established in 2004 for which I wrote from the very beginning. I became co-editor and editor for 11 years, after teaching retirement. Now I just write for the sheer fun of it. Writing has sustained me and enriched my life.

*Editor's note: Sally Lane tells us the story of Cortland and the stories about Cortland in a way that helps us love and appreciate where we live. She not only informs us of the current news and events but brings previous memories alive to help us appreciate where we are and how Cortland became the wonderful place we all love to live. We're not sure what we would do without her.*

### Flo Hutton—Community Activist

Ever wonder where the snowflakes and other Christmas decorations on the downtown light poles come from? Flo Hutton and her many helpers are responsible for that and so many other things. About 30 years ago Sauni Shafer started it and then enlisted Flo to help her carry out the idea to light up the town for Christmas.

*Continued on page 16*



## Should you pay off your home mortgage early?

Many people who carry a home mortgage dream of the day when they will no longer face the burden of a monthly house bill. They want the financial freedom - and the satisfaction - of owning their home outright. Does that mean you should make paying off your mortgage early a priority? The answer depends on your circumstances and goals. One question you should ask yourself is, "Would the money you spend on your home loan be better spent on or invested in another financial opportunity?"

### Getting a different perspective on debt

Reducing debt as early as possible could help you avoid costly interest rate charges. You may have experience with this principle if you've eliminated credit card debt or a car loan. While your home mortgage is a type of debt, the same concept may not apply. In certain instances, staying true to your repayment terms may be best for your financial situation for these reasons:

- The interest rates on mortgages tend to be more reasonable than other types of credit, and the terms often provide more certainty (30-year fixed rate mortgage).
- The interest you pay can potentially be deducted from your taxes. This deduction makes a mortgage much more cost-efficient on an after-tax basis than most other forms of debt. If mortgage interest is part of your tax strategy, consider if you'll be able to itemize deductions once you own your home outright.

On the other hand, the earlier you pay off your loan, the longer you could have the opportunity to invest the money each month. This additional investment could help you achieve a more secure financial future. To see if investing may make sense, compare your interest rate to what you could reasonably expect to earn in market returns.

### Factoring in time

As you evaluate your situation, you

should consider the time you expect to stay in your home and how close you are to retirement. Those who are approaching retirement or are already retired may prefer to be done with the monthly expense of a mortgage. Since this is also a stage in life when your investment approach may be more conservative, the tradeoff of reducing your balance rather than investing may not be as significant. Those who are in this position may want to consider if accelerating payments today would help reduce housing expenses in retirement.

The same is true for those who plan to stay in their homes for a long time. Reducing your loan may be appealing if it results in years of living without a house bill. Younger homeowners should explore methods of accelerating their mortgage pay down. Among the strategies to consider are contributing more money each month, refinancing your mortgage over a shorter term (i.e., a 15-year mortgage instead of a 30-year one) or occasionally making a larger, lump sum payment to reduce the balance.

### Considering the emotional side

Deciding if you should carry a home mortgage is not only a rational decision, but an emotional one as well. Your home is where you raise your family, create memories and return to each day. How important is it for you to know that you will own your home free and clear?

As you think about your decision, be sure you're in a position to not jeopardize your financial security today by putting additional funds toward your home. Adjusting your monthly bill will impact your cash flow, and you'll want to have flexibility in your budget to cover unexpected expenses. Review your financial circumstances carefully before you decide what's right for you.

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

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## A hometown resident's memories

By Sally Lane

A hometown's history is written from the memories of its residents. It is not all dates and events, but a record of feelings and shared conversations. The stories fade away as the people involved pass on - unless someone writes them down. As a gift to my late husband, I would like to tell a few of his favorite stories (both happy and sad) about his life in Cortland. Except for his birth at a relative's house in Champion and Army time, Ralph spent his life in Cortland.

He was a shy man. Ralph did not join clubs or attend local meetings, but he loved Cortland. The stories he remembered about living in the big white farmhouse on the southeast corner of Routes 305 and 46 - now across from Dunkin' - add a depth our local history that needs to be saved.

That corner lot encompassed 22 acres. The farmhouse had been a familiar landmark on the corner of State Routes 305 and 46 since the 1860s. Ralph's uncle Jack Kupson purchased it in the late 1920s partly to raise peaches that would be sold to Cleveland markets, but most importantly to give shelter and provide for a large extended family for parents, brothers, sisters, aunts, uncles, and cousins during the great Depression.

At first the household included Jack and his wife Edna, his mother Marcella Kupson Tracey with her second husband Peter Tracey (her first husband named Yurgia Kupson was killed in a mining accident in Pennsylvania) and their two sons, Edward Tracey and Joseph Tresey, they chose alternative spellings for their last names. They were the younger half-brothers of Jack and his sisters. While living on the farm both parents died, but these boys graduated from Cortland High School

in 1934 and 1936, took flying lessons from Ernie Hall and became decorated Army Air Force pilots in World War II. Ralph remembers them flying over the orchard and tipping their wings. He remembers that two brothers, Chuck and Wilbur May, who lived less than a half-mile away on Route 305 also became pilots at the same time.

Also living on the farm at various times in the 1930s were Jack's two married sisters and their families: Agnes and Ben Rockman with children David and Linda, and Margaret and William Lane, Sr. with sons Bill, Jr., Robert, and Ralph. In 1941, Jack sold two acres to Margaret and Bill and helped them build a house for their family of three sons. That house is still in the family. The Rockmans had found a home and work in Warren, but returned often to help on the farm.

After the war ended, Jack sold the farm. New owners cut down the orchards. The Tracey/Tresey boys came home, found work, married, and started families of their own.

Ralph was the youngest Lane son. He and his brothers took the school bus to the Cortland school. His brother Bob was killed in an automobile accident when Ralph was a senior in high school. The community shared the family's grief. Now that little house holds memories from four generations.

Some of the stories Ralph told me were funny, some very sad, like the young man who died after falling into a grain elevator. Ralph never forgot the sight of this person's friends at the funeral sitting there with hands bandaged from their efforts to pull the ropes to save him. Ralph remembered when Mosquito Creek was dammed and became a lake. He told how the

town helped people in need. Much like today. He remembered shopping at RB Market and downtown. He remembered his friends from school. Only Ronnie Miller from his 1953 remains. ...I wish I could ask Ralph more. In the last few

weeks since his passing I have been comforted by the outpouring of caring from friends and family. Thank you so much, you warm my heart.

Ralph D. Lane formal obituary appears on page 17.



The white farm house where Ralph Lane grew up was on the southeast corner of Routes 305 and 46. Approx. 1935, Ralph's older brothers, Bill, Jr. and Bob on porch.

## Have news you would like to share?

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



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## Large, noisy Cicadas about to emerge across Ohio

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Get ready! We're about to be bombarded by a swarm of very noisy, very large bugs. A type of cicada that only comes out every 17 years is about to emerge.

The Brood X Cicadas (periodical cicadas) have burrowed underground for almost two decades and will make their way to the surface late April into early May. They won't cause any damage to your home, gardens, crops, or animals. They also won't harm mature trees, but you should consider protecting newly planted trees by wrapping them with a mesh net.

The noise Brood X cicadas make is loud and distinct. In large groups, the sound can reach as high as 100 decibels, which is equivalent to a motorcycle, low-flying plane or lawn mower starting. The sound of a group of cicadas is often compared to the sound of electricity.

We expect to see the largest concentrations of these cicadas in the following counties: Defiance, Franklin, Greene, Hamilton, Logan and Montgomery. Brood X is one of the



largest and most broadly distributed groups of periodical cicadas, stretching from Georgia to New York and reaching as far west as the Mississippi River.

Periodical cicadas typically have black bodies, orange wing veins, red eyes and six legs. They have an antenna and are typically one to two inches in length, with a three-inch wingspan. These cicadas will begin to emerge when the soil temperatures approach 68 degrees Fahrenheit. Cicadas come to the surface to molt and mate, before dying off. They will not sting or bite and are not poisonous to animals.

For more information about Brood X, please visit <https://bygl.osu.edu/node/1759>.




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*The cicadas, as if they were wired on the same circuit, suddenly filled the garden with a loud burst of celebration.*

~ Peter Carey

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## Charity pancake breakfast May 1

The public is invited to enjoy another Saturday family breakfast, from 9 a.m. to 12 noon, on May 1, at the Cortland Masonic Lodge, 3263 Everett-Hull Road (E. Main St.) to benefit the Four Seasons Garden Club of Cortland.

The "all you can eat" charity breakfast is held monthly at the Cortland Masonic Lodge, and the proceeds are donated to a local charity.

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





# What's "news" in the City of Cortland

By Christine Dorma, Administrative Assistant

### Strategic Plan Survey

Enclosed in this edition of the Cortland News, you will find a City of Cortland Strategic Plan Survey. The purpose of this survey is to gather input and ideas from residents and businesses -- identifying what the public wants to see the community become in the future to guide the Cortland Strategic Plan update. The survey has been released in various formats. An electronic version is available through the City's eNews and on the City website at cityofcortland.org. The completed survey can be mailed to City Hall at no additional cost to you. The surveys will be held at the Cortland Post Office for the remaining postage due to be paid by the city. Surveys may also be dropped off at Cortland Sparkle Market, the Cortland Library, or returned to Cortland City Hall via the mail slot at the front of the building or the drop box at the north end of the building. Please return the surveys by Monday, May 31.

### Curbside Brush Pickup

The city of Cortland Service Department will conduct branch and limb pickup service along city streets starting in April and continuing through October. Pick-up is the week of the 4th Monday of each month. There will be one pick-up per month per household. The service day may vary during the collection week due to weather and workload. As noted below, branches should be placed at the curb no later than the Sunday prior to collection week to ensure removal. One pass will be made on each street.

### RULES AND REGULATIONS

- Place branches and limbs at the

curb no later than the Sunday before collection week. Only one pass will be made on each street.

- Branches and limbs will be picked up (trimmed/pruned and root-free). No firewood, large logs or complete trees will be picked up.
- Branches and limbs must be no longer than 6' in length and up to 6" in diameter.
- Arrange in a straight pile with cut ends facing the street.
- The city will pick up a single brush pile no larger than 6' x 8' per household. Do not combine piles or place on your neighbor's property.

- Week of May 24
- Week of June 28
- Week of July 26
- Week of Aug. 23
- Week of Sept. 27
- Week of Oct. 25

### Mosquito Spraying

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

May 12	May 26
June 9	June 23
July 7	July 21
Aug. 4	Aug. 18
Sept. 1	Sept. 15

### Dates to Remember

- May 3 - Council Meeting - 7 p.m.
- May 10 - Parks Meeting - 5:30 p.m.
- May 10 - Planning & Zoning Meeting - 7 p.m.
- May 17 - Council Meeting - 7 p.m.



## Basketball courts at Willow Park closed

By Mayor Deidre Petrosky

The basketball courts at Willow Park have been closed indefinitely. I apologize for the inconvenience to those who use the courts responsibly! However, the courts have been a continual source of problems for the City, as some participants are fighting, swearing, littering and other inappropriate behavior. The result has been the need for a continual police presence during Lakeview High School home tennis matches. Now, the City is experiencing ongoing destruction and theft in the restrooms. We are seeing paper towels stuffed into the toilets, flooding of the restrooms, the removal of soap dispensers and refills, and other random acts of vandalism. This has resulted in very costly expenditures that the City can no longer bear. At this point, the restrooms will be minimally stocked. There will be no paper towels, a small dollar store soap container, and one roll of toilet paper. We believe that the culprits are utilizing the basketball courts, and by eliminating the ability to play basketball, the problem will correct itself.

## Trumbull Collection Facility now open for household hazardous waste

Warren Geauga-Trumbull Solid Waste Management District's Trumbull Collection Facility, 5138 Enterprise Blvd. in Warren, is now open every Wednesday for household hazardous waste (hhw) from 9 a.m. to 4:30 p.m. The facility will continue to take household hazardous waste every Wednesday, through Oct. 27. The facility will also take household hazardous waste on these specific Saturdays—May 1, June 5, Aug. 7, Sept. 11 and Oct. 2 from 9 a.m. to noon.

The facility is open to residents of Geauga and Trumbull counties to properly dispose of hazardous material that cannot go out with the regular trash. Materials accepted at the facility include but are not limited to oil-based paint, oil, anti-freeze, batteries, propane tanks. In addition to the collection of hazardous material the facility is open year-round for electronics (e-waste) and appliances every Tuesday, Wednesday, and Friday from 9 a.m. to 4:30 p.m. There is an extensive list of acceptable material located on [www.gottagreen.org](http://www.gottagreen.org).

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## The Women in Cortland...continued from page 12

"We had the ambition but didn't have the finances so we printed up some fliers that said 'Your donation will go up in lights!' and distributed them to every door in town. Checks came rolling in and we bought as many snowflakes that we could," said Hutton. "The following year we bought more and put up Christmas lights and wreaths. We were short on finances, so I donated the lumber and Maggie Peck and I cut out the gingerbread men and the tin soldiers. We donated the paint and made everything look the part." When Curt Moll was elected Mayor, he formed many committees so the name changed to The Cortland Beautification Association, which decorated for Halloween, planted roses and other flowers around town. They cleaned flower beds for graduation at Lakeview Schools.

They bought all the plants for downtown along with the benches. The Cortland Bank was the sole provider for the beautiful plants every year. Also First Federal Bank helped with finances, time and labor. Huntington Bank appreciated their efforts and also contributed to the cause. "We then took on the Casterline Cemetery project as our next venture," she said. "We had to get it mowed, so we raised money through yard sales and selling roses and bought nice wrought iron fencing. A group of us painted the chain link fencing on the side and the inside fencing as well as installed a new gate."

A new beautiful historical sign was purchased and installed through their efforts. Sally Lane gets credit for the history engraved on the sign. "Our next project was the creek between the skating rink and the Dollar Tree. We hauled all the junk, trash and other debris out of there, hauled dirt in to make it look good and then bought a wrought iron fence with a bench for the area." The Love Life Foundation, named after her late grandson Jarrett Hutton, now takes care of this area. "The Cortland Beautification Association has disbanded but a few of us gals still maintain the flowers at the cemetery. The Four Seasons Garden Club takes over the beautification efforts when they have enough help." Flo has been involved in so many projects to make Cortland a beautiful place to live. There is no doubt you have seen the results of her and her friends' efforts. And now you know who to thank!



## Turkey Buzzard Poem

By Bob Adkins

Well, just when I thought I had  
seen it all,  
Looking out the window  
at winters bare branches.  
I spy a huge fowl, biggest I ever saw,  
The 6 fingered wing tips  
appear like lances.

Suddenly low and behold, it sits  
belligerently wanting in,  
Big as a turkey, but ugly as sin.  
A ripping beak, a head like  
wrinkled raw liver,  
"Carthartes Aura" Greek for Golden  
Cleanser, I thought with a shiver."

A Y shaped "flesh bugger"  
hung out off his beak,  
Eyes veiled in a death look.  
I thought "What hath has  
God wrought?"  
Wow, a New World Carrion eating  
vulture dreadnaught.\*

"Not too fear God says, he want  
hurt you one bit."  
Then I understood, its feet  
were just to sit.  
Incapable to grip, tear, or grip at will.  
I realized, that they  
disposed of road kill.

My Chippy, the chipmunk,  
was safe as can be,  
Golden Cleanser, not a predator  
and is devoid of enemies.  
Designed to cleanse and purify  
Gods and man's kingdom,  
A just and concerned God takes  
care of the planet's offal.

\*word goes back to the late 17th century when it meant a fearless person (who dreaded naught – nothing).

*Editor's Note: We invite other aspiring poets in the community to submit their poems for consideration. We are looking for poems that follow the guidelines of the Cortland News as the "Good News Newspaper," are inspirational and put a positive spin on our everyday lives. We cannot guarantee that each submission will be in an edition, given our guidelines and space availability. For those who would like to submit work under their names should email it to: editor@cortlandnews.net.*



## Takeout alcoholic drinks In Ohio: one for the road?

By Shawn Dominy

Now that Ohioans can buy three takeout margaritas with their enchiladas to go, is it OK to sip one on the way home? If not, can a passenger drink it? And if that's not allowed, where in the car should the drinks be placed during the drive home? No one wants to get charged with "open container," or any other Ohio alcohol-related offenses for that matter, so consumers should know the ins and outs of Ohio's new law allowing takeout alcoholic drinks.

### Cocktails To Go

In 2020, Ohio Governor Mike DeWine enacted a cocktails-to-go policy by executive order. That order permitted customers to purchase two alcoholic drinks with each takeout meal. The policy was implemented as a way to provide restaurants and bars with additional income as they faced financial difficulties due to the COVID-19 pandemic. The executive order was a temporary emergency rule.

A more permanent Ohio law authorizing takeout alcoholic drinks was soon passed. Ohio Revised Code section 4303.185, effective Oct. 12, 2020, states that a qualified permit holder may sell alcoholic beverages by the individual drink for off-premises consumption. In other words, patrons can now buy cocktails to go from their favorite restaurant (if they have a liquor license, of course). The cocktails are subject to a few rules:

- First, the drinks must be in containers which are closed and sealed.
- Second, a meal must be sold with the drinks.
- Third, there is a limit of three drinks per meal for each customer.

### Rules Aren't Made To Be Broken

The rules for cocktails to go are not limited to the restaurants selling the beverages. Customers who purchase the beverages also are subject to regulations. For instance, Ohio Revised Code section 4301.64 prohibits consuming alcohol in a motor vehicle. The law applies to everyone in a motor vehicle, so not even the passenger can sample the margarita on the way home. Violating this law can lead to a jail sentence up to 30 days, a fine up to \$250 and five years of probation.

Additionally, the "open container" law found in Ohio Revised Code section 4301.62 states that no person shall have in their possession an opened container of beer or intoxicating liquor. A violation is punishable by a fine of up to \$150. The rule has many interesting exceptions for orchestral performances, racing events and passengers on "commercial quadricycles." However, there is no exception for cocktails to go. The takeout drinks must be in their closed, sealed containers to avoid an

open container charge.

So long as the drinks are closed and sealed, they do not need to be in any particular part of the vehicle on the way home, as a legal matter. But, as a practical matter, it may be wise to transport the beverages somewhere other than the cup holder, as that location may be tempting to drivers and passengers.

### Breaking the Rules Could End Badly

Suppose a driver gives into that temptation and indulges in a takeout drink on the way home. If the driver is stopped by a law enforcement officer, that officer will see the open container of alcohol in the car and smell the odor of the alcoholic beverage on the driver's breath. Not only can the officer charge the driver with violating both Ohio laws described above, but they will almost certainly begin a DUI investigation (called "OVI" in Ohio). If the driver performs poorly on field sobriety tests, like many people do, they may end up being charged with OVI too and will need the services of a skilled DUI/OVI lawyer.

The new law permitting cocktails to go is a good policy for assisting the restaurant industry. It's also good for customers who want a convenient alcoholic drink with a takeout dinner. But when taking advantage of the new policy, just be sure to follow Ohio's rules for alcohol in vehicles.

### About the Author

Shawn Dominy is a criminal defense attorney in Columbus, Ohio and the founder of the Dominy Law Firm, LLC. Shawn has been practicing law since 1997, and his practice is limited to criminal defense. He represents clients in Columbus, Ohio and the central Ohio area.

This Law You Can Use column was adapted from the Dominy Law Firm, LLC blog with permission from the author, and provided by the Ohio State Bar Association (OSBA). The column offers general information about the law. Seek an attorney's advice before applying this information to a legal problem. For more information on a variety of legal topics, visit the OSBA's website at [www.ohiobar.org](http://www.ohiobar.org).



## 14u baseball tournament

The Bob Cene Baseball Complex in Struthers will host a 14u tournament for teams from Northeast Ohio from July 29 through Aug. 1. Contact Jim at 330-506-0670 or Ken at 330-719-0581 for information.

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## Ralph D. Lane



Ralph D. Lane, 85, passed away Tuesday, April 6, 2021 in hospice at Shepherd of the Valley, Howland after a lengthy illness.

He was born April 18, 1935, in Champion at a relative's home, the youngest son of William C. Lane, Sr. and Margaret Kupson Lane and, except for that birth date, lived in Cortland most of his entire life. He graduated from Cortland High School in 1953, attended Kent State and Youngstown State Universities where he played on the tennis team and worked as a tennis manager at Youngstown Country Club.

Ralph served his country in the U.S Army for almost four years and was stationed in Germany. Upon his discharge from the service, he began his career in banking at Union Savings and Trust in Warren. After the bank's merger with Chase, he continued in his banking career at Security Dollar Bank in Niles and retired in 2001.

In 1977, Ralph and Sally Clark were married and purchased their home in Cortland. They became the parents of Rick (married to Anne Purdon Lane) and Lauri (married to Ryan Moore) who blessed them with four grandchildren, Maggie, Sophia, Brayden, and Kaley, all of whom survive. His greatest joy was teaching his children how to play tennis, ping pong, golf, and enjoying his grandchildren's visits.

He was preceded in death by his parents, his brothers William C. Lane, Jr., and Robert Lane.

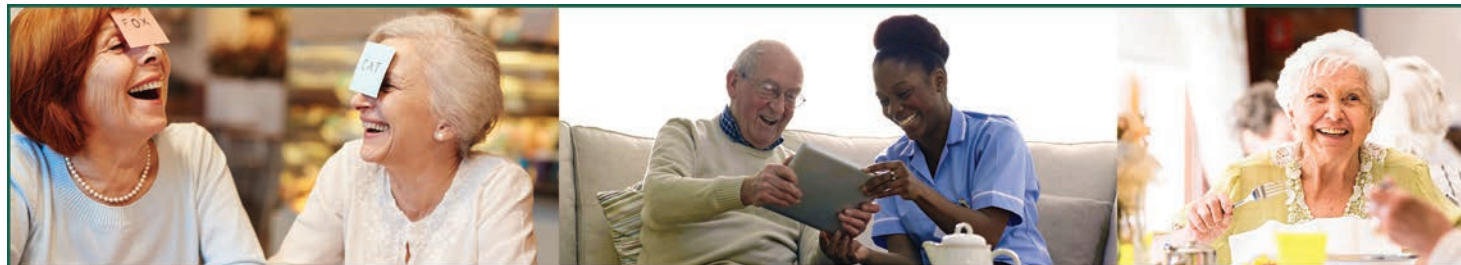
Ralph was recently buried at Hillside Cemetery, Bazetta Township.

*Editor's note: Sally Lane was the co-editor and editor of the Cortland News for approximately 11 years and is now the featured journalist. The staff of the Cortland News offers sincere condolences to Sally and her family in the loss of husband and father Ralph Lane.*

## Volunteers needed at SCOPE

SCOPE Senior Services is in need of volunteers during the daytime to assist with the activities at its five senior citizen centers in Trumbull County. Volunteers can be assigned at any of the centers to the non-profit community based organization that serves over 3,000 senior citizens in Trumbull County. Common assignments include administrative, receptionist, food service, light cleaning and driving. Those wishing to volunteer will need to complete a volunteer application.

For additional information or to receive an application call for Marge or Mike at SCOPE Senior Services at 330-399-8846 or email to mwilson@fcsOhio.org.



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## Second annual 44410 Garage Sale June 11-13

The second Annual Cortland Area Garage Sale is set for June 11, 12 and 13. If you'd like your location listed for people to find your sale fill out the form below and return it by May 31 to: Garage Sale, P.O. Box 488, Cortland, OH 44410, or you can email it to CortlandOHgaragesale@gmail.com.

The city has once again waived the garage sale permit requirement for this event. Please register so that we can coordinate with the city for parking restrictions and safety vehicles. A list will be published and distributed so that the public can find your sale.

### REGISTRATION FORM

Name: \_\_\_\_\_

Address of sale: \_\_\_\_\_  
 \_\_\_\_\_

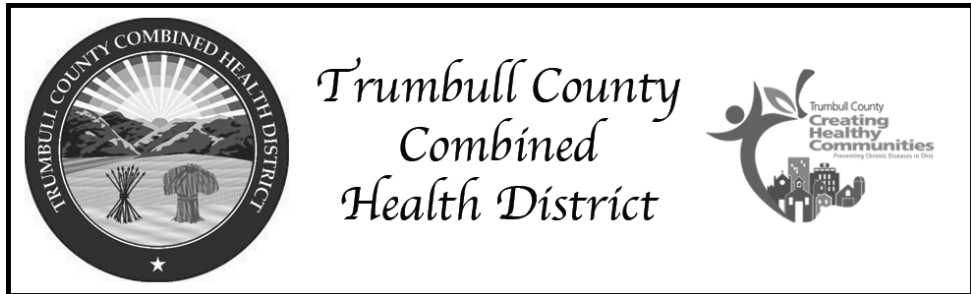
Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date(s) of your sale: (circle) June 11 June 12 June 13

Hours of your sale: \_\_\_\_\_

Short description of your items: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



## Health benefits of quitting smoking

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

Quitting smoking allows you to take control of your health. You can focus on eating healthier, getting more active, reducing excess weight and maintaining your weight where you want it to be and be "Body and Mind Positive."

You can set healthy eating goals so you can slowly make healthy changes to your diet. Introduce a new fruit or vegetable to your shopping cart. Choose different textures and colors to make your dinner fun for you and your family. If you aren't crazy about whole grain products, try one new whole grain English muffin, bread, bread sticks or pasta twice a month to introduce your family to this healthy grain. Find new recipes for lean protein dishes that are from a different heritage such as a Greek chicken rice bowl, Slovak stuffed cabbage, Thai salad bowls, New Orleans BBQ shrimp, Middle Eastern dish called Shakshuka or chicken and black-eyed peas and yellow rice, just to name a few. Eat seafood every week. Introduce fish tacos, parmesan baked fish nuggets, one pot Jambalaya or Panko fish sticks for the family.

The more you cook from scratch, the healthier your meal will be. Prepackaged foods hide sugar, salt and saturated fats. After quitting smoking, some people snack more because it keeps their hands and mouth busy. Have cut up fruit and vegetables ready to snack on. Take your time and enjoy the taste and texture of what you are eating. Turn off all electronics such as phones and TVs so you can pay attention how much you are eating.

Include exercise to help you get through withdrawal and cravings. Doing 30 minutes of moderate-intensity physical activity up to five days a week can be broken down to 10 minutes three times a day. Do jumping jacks, running, walking, dancing or anything that gets your heart pumping. Strength training improves muscle strength, bone health, balance and coordination. Stretching improves your flexibility and balance.

To stay motivated, plan workouts that fit into your schedule. Exercise with

someone else so you stay committed. Slowly increase your stamina so you don't get overwhelmed and give up. Wear a fitness tracker, keep an exercise journal or get a health and fitness app for your smart phone.

Practice seeing yourself in a more positive image. Don't compare yourself to others or worry if your style fits in with everyone else. "See yourself as a whole person." Learn to accept, appreciate and love the parts of you that are different and focus on what you want to change. Develop lifestyle habits that will get you healthy and maintain it in the future. Remember to set small goals, see the changes you want to make, track your progress and adjust your goals as needed.

Help is available to ALL smokers wishing to quit, regardless of gender, race, sexual orientation or financial status.

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

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

Mercy Health Regional Tobacco Treatment Center offers cessation services by calling 330-306-5010 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 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.

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3. Wash your hands and/or sanitize

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## Birthday reminder!

The deadline to submit a short video (2 minutes or less) for A. Sam Core's birthday (Lakeview band director until 1992) is this Friday, May 7. Please send your video to Catena.Core@gmail.com. Thank you!

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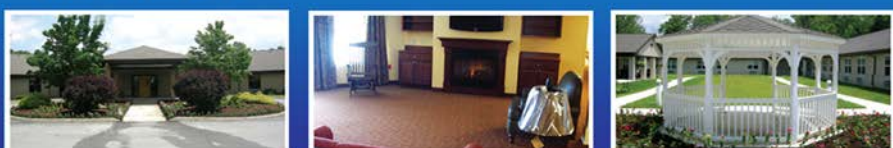
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