



May 2023

Director's Corner

Angela T. Baldree



May is Mental Health Awareness Month. So many people and organizations have advocated for mental health in recent years. For many people, admitting they need help can be scary. Imagine breaking your arm and not going to the doctor to have it set. Ignoring your own mental health works the same way. Ignoring it won't make it better. Below are some tools everyone can use to improve their own mental health.

Mental Health America is a non-profit organization dedicated to promoting overall mental health of all Americans. They have several online screening tools to help determine if a person is experiencing symptoms of a mental health condition. <https://screening.mhanational.org/screening-tools/>

For people who still aren't sure if seeking medical help is right for them, there are hundreds of mental health podcasts covering topics such as grief, anxiety, trauma, depression, etc. These podcasts are no substitute for actual help but can help listeners realize more help is necessary. <https://www.goodgoodgood.co/articles/mental-health-podcasts>

I'd be remiss if I didn't suggest reading as a way to improve mental health. Visit your local public library or favorite book store. Reading about mental health can expand your knowledge of the illness and offer places and additional resources for help. <https://www.healthline.com/health/mental-health/mental-health-books>

Finally, practice self care. Self care should be proactive and not a reaction to one bad day. Building self care into your schedule will ensure its success. It can be as easy to time-consuming as you want. <https://www.goodgoodgood.co/articles/self-care-ideas>

Whether you choose to try all of the above or just one, be good to yourself and each other.

**Franklin County Law Library
2023 Brown Bag Lunch Series**

**May 10
Sealing & Expungement
Laws**

The staff of the FCMC Self-Help Clinic
will break down recent changes
to sealing and expungement
laws

Classes are from 12:15—1:15

Class size is limited to 15

Reservations are required

Bring your own lunch

1 general CLE credit is available

369 S. High Street • 614-525-4971



Recent Reference Requests

Susanna Marlowe, Reference Librarian

Dear Reference Librarian,

My divorce decree from 2018 shows I have sole custody of my son. I need to show this decree to the US Passport office so that I can get him a passport. I just noticed that his date of birth is incorrect on the decree. How do I get this changed? It does not match his birth certificate.

Signed,
A Confused Mom

Dear Confused,

You should be able to file a 60A motion in Domestic Court asking them to correct the clerical error in your decree. You can find a template at the Franklin County Law Library's website at https://fclawlib.libguides.com/ld.php?content_id=15276587. By the way, the motion is called a 60A because it is based on Ohio Rule of Civil Procedure 60, at paragraph A.

Signed,
The Reference Librarian

Dear Reference Librarian,

I need some documents from the Franklin County Municipal Court Environmental Division. The clerk has not responded to my emails. Do you have any suggestions of contacts that might help me get the information I need?

Signed,
A Law Firm Librarian

Dear Fellow Librarian,

Here are the phone numbers for the staff of the environmental court:

Signed,
The Reference Librarian

Tech Talk - Your Router: Best Practices

Steve Stultz, FCLL IT Coordinator

Last month I wrote about IT security. This month I want to take a deeper dive into your router and its settings. Because your router is the gateway to the Internet, its settings and security absolutely must be set correctly. The last thing you want to do is to buy a router, plug it in, set up your Wi-Fi name and password and then just forget about it. Please read on:



How Old is Your Router?

Is your home or small office router a bit old? Home and small office routers are considered to be commodities and are not maintained by the manufacturer after just a few short years. Is your router more than three years old? You probably need to replace it.

Change the Admin Password

All routers have an admin login (for changing settings) you can find in your router's documentation. You should always change the admin password from its default to something else that's hard to guess.

Settings to Turn Off

uPNP and WPS are two services that hackers can exploit. You're best to find these two settings and turn them off. Some wireless printers will require WPS to connect to your wireless network, but as soon as they're connected, turn WPS off.

Use a Strong Wi-Fi Password

The Wi-Fi password, or network key, is not only a password to access your wireless network, but also the encryption key to encrypt wireless traffic. Use a long and strong password here. I like to use a passphrase that's easier than random letters and other characters to remember. Here's an example:

RosesAreRed,MarblesAreClear. It's long, very strong, hard to guess, and easy to remember.

Check for Updates Periodically

If your router is still maintained by the manufacturer, you can go to the manufacturer's website and download and install updates after they're released. These updates often fix bugs and, more importantly, patch security holes. Updating your router when an update is available is vital for security!

Here is more reading:

<https://www.howtogeek.com/880883/6-tricks-that-wont-secure-your-wi-fi-and-6-that-will/>

What We're Reading

Law Library Staff Share Their Favorites

Angela - *The School for Good Mothers* by Jessamine Chan,
Perish by Lisa Black, and *The Bookseller's Secret* by
Michelle Gable

Minnie - *What Have We Done* by Alex Finlay, *Welcome to the School by the Sea* by Jenny Colgan, and *The Overnight Guest* by Heather Gudenkauf

Susanna - *I Have Some Questions For You* by Rebecca Makkai, *Mad Honey* by Jodi Picoult and Jennifer Finney Boylan, and *Signal Fires* by Dani Shapiro



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