



TRIBUNE-COURIER



RICHLAND COUNTY'S ONLY LOCALLY-OWNED NEWSPAPER • SINCE 1961

news@tribune-courier.com 01.20.22



BRIAN AND MICHELLE GATES from State Farm Insurance in Ontario celebrated National Law Enforcement Appreciation Day on Jan. 9, by providing donuts to the Ontario Police Department. Pictured are Michelle Gates, Dispatcher Derek Metzger, Detective Jon Sigler, Lieutenant Tony Grimwood and Brian Gates.

Ontario Board chooses Heidi Zimmerman to lead as president

The Ontario Local School Board of Education met Jan. 11. The meeting opened with Randy Harvey administering the oath of office to newly elected board members Todd Friend, Jerod Them and Heidi Zimmerman.

Zimmerman was elected board president and Friend was elected board vice president for 2022.

Harvey administered the Oath of Office for these newly elected positions. The meeting dates for the board of education meetings were set to be the second Tuesday of each month at 7 pm in the Ontario High School Library unless it is necessary to provide otherwise.

Meetings will be held at 7 pm on Feb. 8, March 8, April 12, May 10, June 14, July 12, Aug. 9, Sept. 13, Oct. 11, Nov. 8 and Dec. 13, in the Ontario High School Library, 467 Shelby-Ontario Rd., Ontario.

Committee members appointed for 2022 are Legislative Liaison, Mr. Them; Financial and Audit Committee, Zimmerman/Friend; Ontario Athletic Council, Them/Baxter; Enterprise Zone Tax Abatement Committee, Friend; Student Achievement Liaison Representative, Friend; Ontario Substance Abuse Advisory Committee, Zimmerman/Baxter; Permanent Improvement Committee, Baxter/Hiner; and Community Engagement Committee, Hiner/Friend.

Superintendent Lisa Carmichael recognized the board members for their service and presented them with a certificate. She was authorized to employ personnel between board meetings as needed. Such employments would be presented for approval by the board at the next regular meeting.

The superintendent was authorized to accept written resignations of personnel between board meetings as needed. Such resignations would be presented for approval by the board at the next regular meeting.

Treasurer Randy Harvey was authorized to invest interim and/or inactive funds. The board approved every depository bank, covered by FDIC, for future deposits.

The 2022-'23 Tax Budget was adopted and a service fund for board of education expenses incurred during the performance of duties was established.

The board approved designating the treasurer, Randy Harvey, as the Public Records Officer for the District. The board also approved a Resolution to proceed with submission of a Renewal Tax Levy.

Employment of extracurricular/supplemental staff personnel for the 2021-'22 school year was granted to Keirsten Proulx, volunteer gymnastics coach, \$0 (for student-athlete McKenna Gorbett); Amanda Wilfong, volunteer gymnastics coach, \$0 (for student-athlete Chasity Mies); Mike Lyons, high school head track coach, \$6,638; Meghan Willeke, high school assistant track coach, \$4,114; Charlie Ridenour, middle school head track coach, \$4,868; Janey Fulk, middle school assistant track coach, \$2,697; Sean Snow, head varsity softball coach, \$4,086; Meredith Remy, junior varsity softball coach, \$3,294; Scott Kreger, volunteer assistant softball coach, \$0; and Pete Brophy, volunteer varsity assistant baseball coach, \$0.

Doug Basham and Vinny Sansalone and will share two positions for varsity assistant baseball coach, \$2,743.

Miss Reichenbach's and Mrs. Shroyer's classrooms gave an anonymous \$1,461.92 donation to United Way for Ontario Local Schools.

Stacy Messer was employed as a substitute cook and custodian for the 2021-'22 school year.

Temporary substitute teachers and their assignments
(Continued on Page 2)

Lex's Whitney continues long reign as president

The Lexington Board of Education met Wednesday, Jan. 12, opening the regular meeting with a report from student representative to the board, Evan Matney.

The board accepted Linda Collins' request to retire, effective at the end of the 2021-'22 school year. The resignation of Nicole Morrison as a two-hour van driver in the transportation department, was accepted, effective Dec. 13.

Buck Morton and David Hines were approved as junior high morning hall monitors for the current school year.

Heather Logan was employed as a substitute educational aide, effective Jan. 5 and Amanda Lynch was employed as a substitute educational aide at Eastern.

Matthew Soria was employed as a bus driver, effective Jan. 18, for the remainder of school year. Zachary Rinehart was employed as a bus driver, effective Jan. 11, for the remainder of the school year.

Mike Ziegelhofer will be a food service volunteer for the 2021-'22 school year.

Emily Patterson was approved as the weight/strength coach (February, March and April).

The board voted to approve the revised Lexington substitute list dated Dec. 15, 2021, as presented by MOESC.

The board also approved the Title IX Policy 2266, nondiscrimination on the basis of sex in district programs or activities.

At the organizational meeting, held the same day, the board voted for Whitney to continue to lead as president. He has served in this position for over 40 years. Keith Stoner will serve as vice president.

An Oath of Office was taken by newly re-elected board members. Andrew Burton, Bricker & Eckler and Pepple & Waggoner were appointed as legal counsels for the calendar year 2022 in accordance with Ohio Revised Code 3313.203 and 3313.47.

The board designated the *Tribune-Courier*, *Mansfield News Journal* and *Richland Source* as official newspapers of the district.

Board members may participate, at their own expense, in group health and dental insurance plans provided to employees of the district as permitted by Ohio Revised Code 3313.202.

Board member compensation was set at the maximum allowance by law of \$125 per meeting for the calendar year of 2022.

Superintendent Jeremy Secrist gave an update on the district's demolition and abatement project. It is planned to move students into a new 7-12 school building this fall.

Treasurer Jason Whitesel was authorized to pay all bills within limits of the appropriations resolution as prescribed by Ohio Revised Code 3313.18 as bills are received under assumption goods received or services performed are acceptable.

The board appointed a Legislative Liaison and Student Achievement Liaison for calendar 2022.

The treasurer can secure position bonds as prescribed by the Ohio Revised Code 3313.25 for board president in the amount of \$20,000; superintendent in the amount of \$20,000 and treasurer in the amount of \$100,000.

The superintendent and treasurer can enter into and/or accept/participate in Federal, State or local grants or agreements and the Treasurer can appropriate funds for the grants awarded.

The treasurer can file requests for amendments of the Certificate of Estimated Resources with the Richland County Auditor as information becomes available to warrant such a filing.

The superintendent or treasurer are authorized to accept all donations to the school district on behalf of the board and the treasurer can make fund-to-fund advances, advance returns and transfers as needed throughout the year with board ratification as part of the financial reports at the next regular meeting.

The board authorized the treasurer to invest interim and inactive funds in permissible investments pursuant to board policy and as prescribed by the Ohio Revised Code 135.07; 135.14; 135.13 and 3313.051.

The treasurer can sign all checks drawn on bank accounts of the school district as prescribed by the Ohio Revised Code 3313.08 and can borrow funds in anticipation of future tax receipts as permitted by Ohio Revised Code 133.301 at the best available rate for cash flow purposes.

The treasurer can convene meeting of the Records Commission not limited to but at minimum annually and the superintendent can send school employees to professional meetings within the amount of appropriations for calendar year 2022.

The superintendent can employ such temporary personnel as needed in emergency situations, as prescribed by Ohio Revised Code 3319.10. Such employment will be presented to the board for approval at the next regular meeting.

The treasurer was authorized to obtain advances against tax collections as prescribed by Ohio Revised
(Continued on Page 2)

The Entertainment Examiner
By Ian Stumbo

Scream is the self titled fifth installment in the long running franchise that started with 1996's original directed by the late great Wes Craven. After a very long time, the town of Woodsboro is again terrorized by someone dressing up as Ghostface. Two sisters are at the center of Ghostface's new reign of terror as they and their young friends ask for help from the three original cast members Dewey (David Arquette), Gale (Courtney Cox) and Sidney (Neve Campbell).

Scream is a very engaging entry in the series and directed by the guys who made *Ready or Not*. There are some new twists and turns that make the story interesting but nothing that makes this movie better than the classic original. It's great to see the original cast back again though as this movie concentrates more on this new cast

of characters and it will be interesting to see where they take the franchise with these characters.

If you are going to this movie for the kills you will definitely be in luck. They are more brutal than in the other films but horror films have evolved quite a bit since even the fourth one and this movie makes some nice references to new horror, though the entire franchise has been self-referential.

Scream is a solid entry in the franchise and reunites the original cast with some engaging young actors who really shine. The end scene is definitely worth the price of admission and fans of this franchise will not be disappointed.



Photo by Mark Shutt • Saskatchewan, Canada

READERS' FORUM

The Supreme Court made the correct ruling on the Occupational Safety and Health Administration (OSHA) mandate case. After months of saying he didn't have the authority to implement federal vaccine mandates, Biden unleashed the bureaucracy's lawyers on the United States Code in an attempt to find some half-baked justification for his clearly unconstitutional actions. This is a win not just for personal medical freedoms, but for those who believe the federal government has gotten too large and powerful in its regulatory authority.

Hopefully, the impact of this ruling reaches far beyond the current situation and into every other instance of federal regulators exceeding their congressional mandate. I applaud the Supreme Court for recognizing an unconstitutional power grab for what it was and siding with the balance of powers between three equal branches of government. I will continue my efforts in Congress to rein in overzealous bureaucrats whose job is apparently to justify their existence.

Congressman Bob Gibbs



ONTARIO BOARD OF EDUCATION members are front, Board President Heidi Zimmerman and Amy Hiner; and back, Board Vice-President Todd Friend, Brett Baxter and Jerod Them.

•Zimmerman will lead Ontario as president

(Continued from Front Page)
for the 2021-'22 school year are Anson Hare, Stingel (grades 4 and 5)/Ontario Middle School/Ontario High School; Carissa Whitmer, Stingel; Jodie Landaker, Stingel/Ontario Middle School/Ontario High School; and Amy Hiner, Stingel/Ontario Middle School/Ontario High School, volunteer, unpaid).

The board approved annual membership

(January–December 2022) with the Ohio School Boards Association and for 2022-'23 membership in the Ohio High School Athletic Association.

Keith Strickler's tuition reimbursement amount increased from \$7,500 to \$8,115.

New COVID Protocols were discussed and a temporary mask mandate began on Monday, Jan. 3. The next meeting will be held on Feb. 8.

Foundation accepting grant applications

The Richland County Foundation is accepting grant applications from nonprofit organizations for its Summertime Kids (STK) grant program. The grants allow nonprofit agencies to provide activities for Richland County children during the summer months. Grant amounts range from \$300–\$2,500. Last year, a committee awarded over \$44,000 in STK grants.

For information contact Community Investment Officer Siera Marth-May at smarth@rcfoundation.org or call 419-525-3020 to make sure a program complies with the focus and guidelines. The deadline to submit a STK application is Feb. 13. The application and grant guidelines are available at richlandcountyfoundation.org

•Lex's Whitney continues as president

(Continued from Front Page)
Code 321.24 from the county auditor in order to meet current expenses.

The assistant superintendent and special education director were appointed as Title IX coordinators and the superintendent is the Title VI Coordinator.

Meeting dates were set for 2022 and will be held at 7 pm at Lexington High School, RHW Board of Education Meeting Room, 103 Clever Ln., Lexington. Meeting dates are Wednesdays, Feb. 16, March 16, April 20, May 18, June 22, July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16 and Dec. 21.

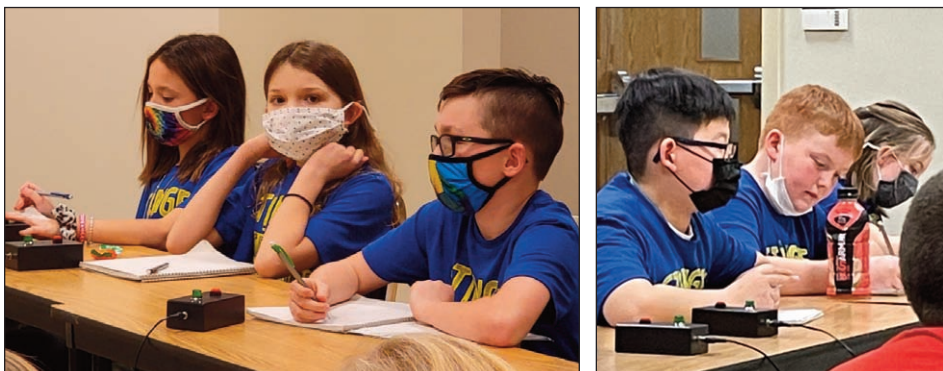
Vol. 61 No. 16 **Tribune-Courier**
AND **Madison Tribune**

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ONTARIO STINGEL'S ACADEMIC CHALLENGE TEAMS had their first meet at Mid-Ohio Educational Service Center. The fifth grade has two teams and competed on Jan. 11 against area schools. Team members are Logan SESCO, Keith Pollock, Penny Wilging, Haylee Breitingner, Trevor Breitingner, Taelix Lucanegro, Tiayni Lui and Olivia Sandall. Fourth grade has one team and competed on Jan. 12 against area schools at MOESC. Team members are Braden Ward, Cruz Schroeder, Ian Linger, Ava Estep and Isaac Hohman. Both teams are coached by second grade teacher Tonya Winningham. The next meet is in March.

News Briefs

Shelby Alliance Church, 105 E Smiley Ave., Shelby, will host a Women's Worship Night on Friday, Jan. 28, from 7-8:30 pm. All are welcome.

Valentine, head varsity football coach for the 2022-'23 school year.

The board approved the Madison Comprehensive High School Quality Point System to be effective with the Class of 2026.

The board discussed a levy renewal to be put on the May 3 ballot.

A recycling trailer will be in the parking lot at Ontario United Methodist Church, 3540 Park Avenue West, Jan. 29 and 30.

Acceptable items include steel and aluminum cans, crushed milk jugs, detergent bottles, plastic bottles with number 1 or 2 on the bottom, cardboard, all papers included with the newspaper but no other magazines or paper. Please remove caps from bottles and rinse all containers well.

Richland County Solid Waste has announced that Butler Elementary will be joining the SCRAP Trailer schedule on the fourth Wednesday of each month beginning Jan. 26, from 11 am to 1 pm. SCRAP stands for Schools and Communities Recycling as Partners. The money raised from the sale of recyclables is returned to the participating school.

For more information on the schedule and participating schools visit www.richlandrecycles.com

VFW Post 9943, 806 Grace St., Madison area, serves meals from 8 am to 1:30 pm Monday through Friday and from 8-11 am on Saturdays. Call 419-526-1907 for dine-in and pickup. Meals are open to the public.

Upcoming meals are Jan. 24, creamed chipped beef on toast, \$7; Jan. 25, pizza bake, \$7; Jan. 26, chicken courdon bleu with corn, \$8; Jan. 27, cabbage with noodles, \$7; Jan. 28, mushroom swiss burger with tater tots, \$7; and Jan. 31, hot dog and mac and cheese bites, \$6.

Richland County Solid Waste's Board of Directors approved the hiring of an environmental officer at the Jan. 12 meeting. Richland County Sheriff Steve Sheldon will work with the board to assign a deputy sheriff to the position. The deputy's duties will include investigating illegal litter dumping activity and identification of unlicensed trash haulers in the county. The position will take effect in April and deputy will be introduced at the Earth Stewardship kickoff.

During a special meeting of the Madison Local School Board of Education meeting on Jan. 6 at Madison Middle School a supplemental position was awarded to Scott

The Lexington Area Senior Citizens Inc., invites those 55 and older to attend meetings the third Wednesday of every month at Der Dutchman Restaurant. Meetings begin at 10:30 am, followed by lunch at 11:30. Cost is \$13 for the meal.

Each month there are speakers and entertainment and members take several trips throughout the year. Dues are \$5 per year. Guests are welcome to attend.

On Feb. 16, the meal will be broasted chicken and those attending are encouraged to wear red. Representatives of Carousel Antiques will be speaking at the meeting.

On Feb. 2, the group will meet at Olive Garden in Ontario for lunch at 11:30 am.

For more information call Darlene Lee at 419-886-4711.

To submit a news brief item, email information to news@tribune-courier.com. Deadlines are noon Mondays.

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Church Directory

Clear Fork Alliance Church

1008 State Route 97, Bellville • 419-886-4333 • www.clearforkalliance.org
 Rev. Matt Merendino • Rev. Mike Stine, Associate Pastor
 9 am Sunday School • 10 am Sunday Worship
 Wednesday evenings: 6 pm Prayer Meeting • 6:30 pm TeamKID and Youth Group

Community Bible Church

1043 Springmill St., Mansfield • 567-560-8011 • www.DiscoverCommunity.org
 Pastor Sam Belsterling • 10:30 am Sunday Worship
 Live stream at <https://www.facebook.com/CommunityBibleChurchMansfield>

Lexington Presbyterian Church

35 Church St. West, Lexington • 419-884-1330
 Rev. James Randas • 10:30 am Sunday Worship
<https://www.facebook.com/Lexington-Presbyterian-Church-117768414915815>

McElroy Road Church of Christ

297 N. McElroy Rd., Mansfield (Madison area) • 419-589-2661 • mcelroyroad.org
 Minister Dean Jackson
 9:30 am Sunday School • 10:30 am Sunday Worship • 6 pm Sunday Night • 7 pm Wednesday
www.facebook.com/mrccgrace

Ontario Christian Church

1029 Lewis Rd., Ontario • 419-529-5684 • ontariochristian.org
 Minister Steve Broughton
 9 am Sunday School • 10 am Sunday Worship

Ontario United Methodist Church

3540 Park Avenue West, Ontario • 419-529-4345 • www.ontarioumc.com
 Rev. Christine Bell
 10:15 am Sunday Worship • Bible Study: Please check website for current schedule

Ridgeway Church of God

1380 Park Avenue East, Mansfield • 419-589-5385 • www.ridgewaycog.cgcc.org/
 Pastor John Dodds • Associate Pastor Billy Saunders
 9:30 am Sunday School • 6 pm Sunday Family Events
 10:40 am Sunday Worship with live stream at www.facebook.com/ridgewaycog
 2 pm Wednesday Bible Study • 9 am Men's Breakfast 2nd & 4th Sunday

Risen Savior Lutheran Church

1685 Lexington Ave., Mansfield • 419-775-1175 • risensaviormansfield.com
 Pastor Brad Wright
 9 am Sunday Family Bible Time • 10 am Sunday Worship

St. Mary of the Snows Catholic Church

1630 Ashland Rd., Mansfield (Madison) • 419-589-2114 • www.mansfieldstmarys.org
 Father Matthew Frisbee
 4 pm Saturday Worship • 11 am Sunday Worship • 5:30 pm Tuesday Worship
 9 am Friday Worship • Faith Instruction & Bible Study on Sunday Mornings

St. Paul Lutheran

2010 Park Avenue West • 419-529-4351 • www.stpaulmansfield.org
 Pastor Jonathan Stufft
 9 am Sunday Worship • 10:15 am Monday Weekly Bible Study

St. Timothy Lutheran Church

1262 Ashland Rd., Mansfield (Madison area) • 419-589-5252 • sttimmansfield.org
 Pastor Jonathan Stufft
 10:45 am Sunday Worship • 10:15 am Monday Bible Study
 Email: secretary@sttimmansfield.org

Trinity United Methodist Church

1592 Grace St., Mansfield (Madison area) • 419-589-5890 • trinityumcmansfield.org
 Pastor Micahel W. Mack • 9:30 am Sunday Worship

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As cold continues, RPH reminds citizens to be aware of hypothermia symptoms

When cold weather strikes, Richland Public Health reminds Richland County residents to be aware of hypothermia (dangerously low body temperature).

Hypothermia occurs when more heat escapes from your body than your body can produce.

Signs and symptoms of hypothermia may include gradual loss of mental and physical abilities. Severe hypothermia can lead to death.

For most people, hypothermia isn't a serious risk. Still, each year nearly 700 people in the United States die of hypothermia.

Common causes are prolonged exposure to cold air or water temperatures.

When outdoors enjoying such activities as camping, hunting, ice fishing, and skiing, be aware of weather conditions and whether you or others with you are wet and cold. If you get cold and wet, move

indoors and get warm and dry early — before you develop hypothermia.

Hypothermia usually occurs gradually. Often, people aren't aware that they need help, much less medical attention.

Common signs to look for are shivering, which is your body's attempt to generate heat through muscle activity, and the "umbles": Stumbles, Mumbles, Fumbles, Grumbles. These behaviors may be a result of changes in consciousness and motor coordination caused by hypothermia.

Other hypothermia symptoms may include: slurred speech; abnormally slow rate of breathing; cold, pale skin; fatigue, lethargy or apathy. Persons exhibiting these symptoms need medical attention immediately.

Children and the elderly are at greatest risk. For more information visit RPH's website at richlandhealth.org



Photo by Mark Shutt • The Common Pheasant

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Stuffed Shells

Ingredients

- Olive oil
- 1 lb loose Italian Sausage
- 1Tbsp. minced garlic
- 1/4 cup white wine
- 1 bag frozen spinach (or 2 cups fresh)
- 16 ounces ricotta (whole milk)
- 2 eggs

- Salt & pepper
- 1 tsp. Italian seasoning
- 1/2 cup parmesan
- 2 cups shredded mozzarella
- 1 box of shells, cooked and drained
- 1 jar tomato sauce

Instructions

In a sauté pan add enough olive oil to cover the bottom, add sausage and garlic and cook for 10 minutes, stirring and breaking up the sausage. Add the wine and continue to cook until the moisture has cooked down. Add the spinach and continue to cook moisture out. Cool down a bit. While the sausage is cooking, in a bowl combine ricotta, eggs, salt, pepper, Italian seasoning, parmesan and 1 cup of mozzarella. Mix well. Add sausage and spinach mixture to the ricotta when it has cooled and mix well. In a baking dish, cover the bottom with sauce. Stuff the shells and add them to the dish in a single layer. Add sauce on top to cover and 1 cup of mozzarella on top. Bake at 350 degrees for 20–30 minutes until baked through. You may want to cover if the cheese is getting to crispy.

LIKE Kimmy's Cucina on Facebook & Instagram



By Mátiece Thomas

Let's talk injuries, it is not uncommon for me to have a client come to me with some type of injury. Actually 9 times out of 10, when someone new comes to me, they have an old or new injury that we have to work with or around.

One thing to know is that it is ok to still workout if you have an injury. If you totally stop then you will have more than your injured area to train later.

I once had a client come to me with a broken foot, we just trained everything else. Yes as a personal trainer, sometimes I have to get creative, but it can be done.

You will want to check with your doctor before working out, but sometimes a joint or a muscle is just tweaked or aggravated.

Yes, rest is important but it is also important to maintain blood flow and oxygen to the problem area. You can do this by using light bands instead of weights. You can also do movement with no weight at

all, just remember it is important to keep moving.

Shoulder injuries are the most common injury I have had to work with.

First, we start out doing shoulder work with no weights, just the motions. Then we graduate to light band work and when they get stronger, we up the intensity of the band. Next we move to light weights, progressing slowly is important. Listen to your body, only do what feels ok. I hate the phrase "No Pain No Gain," when working out, you should feel your muscles burning... but you should never feel pain — if you do, STOP. .

If you progress slowly and take time to rest the problem area and ice it for about 20 minutes after each workout, you will be back to full workouts in no time.

The hardest part for gym rats and people on a mission to get fit is patience. Be patient, listen to your body and take it slow or you will be sitting the on the bench even longer... and no one wants to sit on the bench.

Follow me at Instagram-5ptsfitness_trainergirl for nutrition and workout tips.



Photos by Damon Callis

Day Trippin with Damon — Pleasant Hill Lake is a 783-acre man-made lake located near Perrysville and between Ashland and Richland Counties. Dedicated Jan. 28, 1938, Pleasant Hill Dam was built on the Clear Fork of the Mohican River. The dam which forms the lake is a 113 ft tall earth-filled dam. It is located in Ashland but the lake extends into Richland. The lake, constructed by the United States Army Corps of Engineers, was built for the purpose of flood control.



Photos by Damon Callis

Day Trippin with Damon — Millikin Falls in Quarry Metropark in Columbus.

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— Larry and Kendra Kaufman



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Councilman Adam Gongwer



Councilman Kim Little



Councilwoman Katie Getz

Trustees, council members sworn-in at Lexington meeting

During a Lexington Village Council meeting Dec. 29, at Lexington Senior Depot, Judge Brent N. Robinson swore-in council members and trustees.

Sworn in were Lexington Council members Jeff O'Brien, Kim Little, Adam Gongwer, Todd Wise and Katie Getz; Troy Trustee members Mike Schuster and Tom McCready; and Perry Trustee member Gabriel Andrew McKenna.

Refreshments were served following the meeting.



Perry Township Trustee Gabriel Andrew McKenna



Troy Township Trustee Tom McCready



Troy Township Trustee Mike Schuster



Councilman Jeff O'Brien



Councilman Todd Wise

Library sale is Saturday

The Mansfield/Richland County Public Library (MRCPL) will be the site of a large audiovisual material sale on Saturday, Jan. 22, 2022 from 9 am to 3 pm in the community room in the main library.


This sale is sponsored by The Friends of the Mansfield Richland County Public Library and will feature DVDs, audiobooks and music CDs for all ages. Materials are library discards and donations and will be offered for sale at very low pricing. Some items are in new condition. Shoppers are encouraged to bring their own bags/totes.

Visit <https://www.mrcpl.org/mec-events/evergreen-bookshop-audio-visual-one-day-sale/> for more information.



Photo by Teresa Vore

A cool January evening on the B&O Bike Trail in Bellville



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Madison graduate completes Dopey Challenge while covering 48.6 miles in four days

By Traci Little

Have you ever thought about running a 5K race, or perhaps a 10K race? What about something as big as a half marathon or a full marathon? Each of those races alone is an accomplishment, but what about running each of those four races over four consecutive days?

About five years ago, Amber (Williams) Hannahs took up running with the ambitious goal of one day running in The Dopey Challenge at Walt Disney World. Four races, in four days, across four parks, totaling 48.6 miles! This month it became a reality for this 2003 Madison Comprehensive High School graduate.

The Dopey Challenge is more than just the 48.6 miles. It's hundreds of miles of training leading up to those four days at Walt Disney World. It's months of waking up early to run in the dark and exhausting weekends of more training and hitting the pavement. It takes dedication, determination, and support from loved ones and friends. It all culminates in one of the most challenging experiences a runner can endure.

If fifteen-year-old Amber could see herself participating in something like this, she would never have believed it. Amber struggled with her weight throughout her childhood and early adult years. She was bullied and picked on for not only her weight, but her faith in Jesus.

About five years ago, some of Amber's friends were accomplishing their own weight loss goals. She also had a friend that didn't start running until her thirties. This inspired Amber to join Weight Watchers and take up running and training. From Amber's heaviest weight to her lowest, she has lost 90 pounds!

Living in Vero Beach, Florida, she met another female runner named Shannon Croom. Amber trained with Shannon for four years with the hopes of one day running in the Dopey Race at Walt Disney World. In 2021 they were all set to race, but it was unfortunately cancelled due to the pandemic.

In the Summer of 2021, they attempted to get into the 2022 race. It can be difficult to get into as it is a first come, first served based system. It is a lot of sitting at your computer and refreshing your browser with the hope and prayer of getting into the race. Thankfully, their persistence paid off and they got in.

So much led up to being able to run the race in January. Training, long days at home where Amber's dedicated husband Keith stayed back with their three young children. Without his support, this would likely not be possible. His encouragement was everything to Amber. When you plan for something as big as this, the weeks before are a lot of hoping and praying that everyone stays healthy and the weather cooperates on race day.

The race was everything Amber dreamed it would be! The race took place January 6-9. Two o'clock early morning alarms in order to get down to the race, get in their section and run by 5 am were a daily occurrence.

January 6 was the 5K where they ran through Epcot. January 7 was the 10K and that race took place in Epcot and Hollywood Studios. January 8 was the half marathon, which was Epcot and Magic Kingdom, and finally on January 9 was the full marathon where they ran through all four parks (Epcot, Hollywood Studios, Magic Kingdom and Animal Kingdom). This included some highway running as well, but thankfully they kept it upbeat with music, Disney character photo ops, and more!

Amber stressed that accomplishing something like this becomes not just a physical challenge, but more of a mental game. "You need to trust your training," Amber said. "When I got tired, and thought I couldn't go on, I had to keep going back to the training and work I put in."

Another very important person in Amber and Shannon's race journey was Shannon's sister, Tracy Brooks. Tracy was their race sherpa. This is a dependable friend or family member that helps support them along the race experience. She provided support, guidance, food, water, hugs, smiles and carried their belongings for them. She would travel by foot, monorail and bus to meet

the ladies at different mile markers along the way.

Tracy said, "It is a rewarding experience and at the same time, an exhausting one. Getting up at 2 am to stand in the cold is not something most people want to do."

"Taking before photos with Amber and Shannon and giving them a hug before they began their journey made it all worth it. I would take myself a backpack full of supplies and signs to the monorail to cheer for them at their next stop. I'd find a quiet spot to eat something and drink some water before I would join the crowds to cheer on the runners. After a while, you see your people and it fills you with adrenaline. I found myself cheering, smiling for a selfie, handing them their next round of fuel, and waving as they went on their way. Seeing them cross the finish line is like being a proud momma! They trained so long and hard for this goal, and I got to witness them accomplish it," Tracy proudly stated.

At mile twenty is when Amber remembers her feet really hurting, but she pushed past the pain. "You basically trade one pain for another pain," Amber said.

In 2017, Shannon ran the Dopey Challenge, but it always felt incomplete to her. The half marathon was cancelled due to severe weather. Shannon said, "to be able to train and complete it again in 2022 with Amber was amazing!"

Shannon went onto say, "Was it hard? Yes. Was it painful? Absolutely. Did we put in the training? Wholeheartedly. Was it worth it? Without question. I was thrilled at the chance to fulfill the challenge to make it feel complete, and Amber's determination to make it happen helped me get there again. Her dedication to capturing the euphoria of pure exhaustion and Disney magic was nothing short of inspiring!"

Amber would encourage anyone to make their dreams a reality. She wanted to be there, healthy, and happy, to watch her children grow up and she put in the work to get healthy.

"Weight loss isn't the end goal and even running a marathon isn't. Being a wife, and a mama and serving in full time ministry is an amazing calling. God has much more for my life than this!" Amber said.

Amber has inspired me to continue my own health journey in 2022. Prayerfully, this will be the year I accomplish my own health goals. She even inspired me to begin training for my own 5K race. Let's dream big! Anything is possible. Also, never underestimate being a sherpa in the lives of your friends and family. We all need encouragement and support along life's journey.



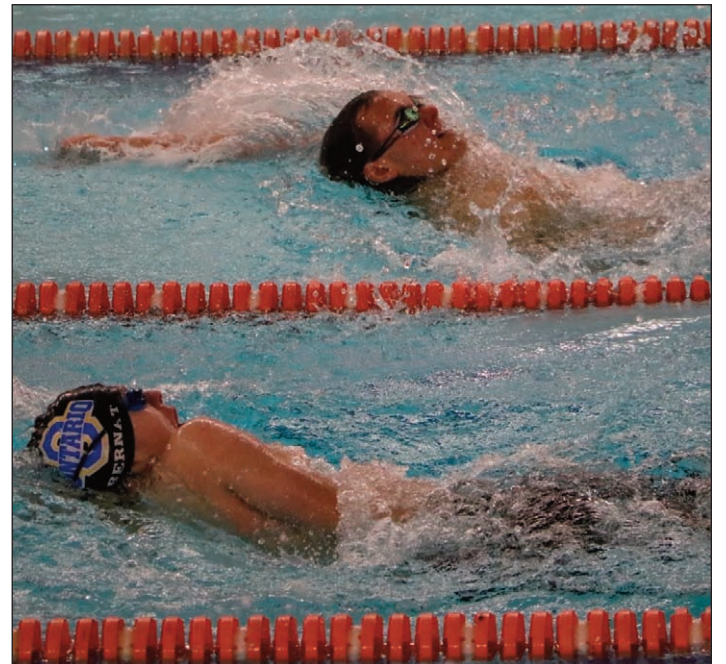
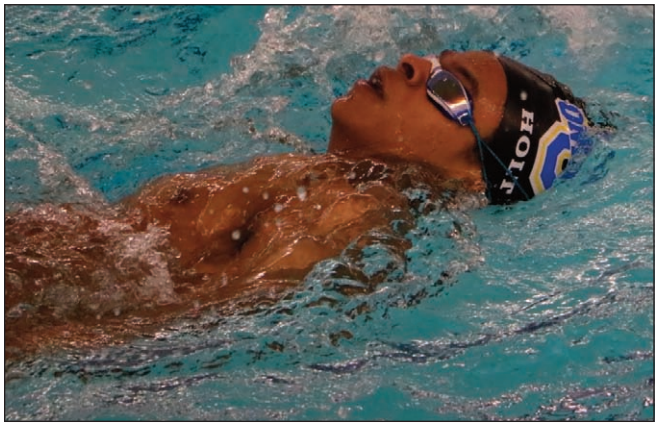
Shannon Croom and Amber Hannahs at the Magic Kingdom at Disney World in Florida



Amber and Shannon with their "race sherpa" Tracy Brooks



Ontario High School Swim • Photos by Alison Bolen



This Photo NOT by Alison Bolen

Tribune-Courier Sports Highlights

Clear Fork Boys Basketball vs Highland • Jan. 14 • Highland Wins 61-53 Photos by Jeff Hoffer



#41 Beau Dornbirer



#10 Victor Skoog



#44 Kaden Riddle



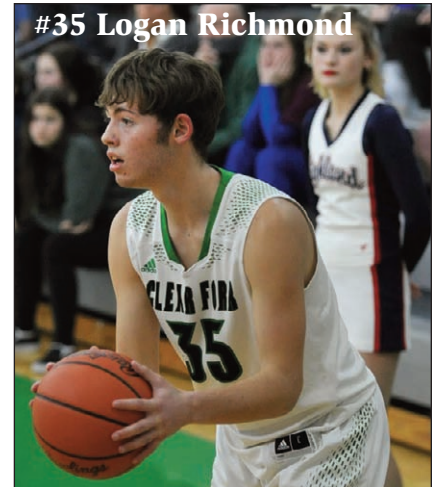
#40 Segno Ault



#22 Logan Anderson



#15 Kaleb Hollar



#35 Logan Richmond



Honor Rolls

Ontario High School

Second grading period

HIGHEST HONORS

Seniors — Alexis Barry, Meredith Bise, Brooklyn Blaising, Kaylee Calhoun, Giana Camarata, Haley Carpenter, Rachell Clark, Paige Danuloff, Priya Das, Emma Drexel, Samantha Fraley, Persephone Fry, Mckenna Gorbett, Kendal Goulding, Lukas Hopton, Shelby Keever, Jaslyn Ly, Macy Mangan, Ellie Maurer, Chasity Mies, Allison Moody, Destiny Moton, Rylee Nigh, Alexander Rathburn, Nathaniel Reid, Elizabeth Roley, Ava Ruhe, Audrey Saltzgeber, Cooper Schroeder, Kayla Seevers, Madelyn Seibel, Nathan Slater, Courtney Smith, Riley Them, Evan Trumpower, Riley Vavra, Brooklyn Wharton, Tiffany Whittaker and Shelby Zimmerman

Juniors — Hayden Baker, Mckenzie Barnhart, Elizabeth Corn, Nolan Hoffner, Kayen Huvler, Colin Kmetz, Joseph Litao, Grace McClenathan, Duncan Mclean, Kylee Mullins, Elizabeth Nagel, Natalie Reid, Hadley Schultz, Elijah Selser, Lauren Sexton, Alexis Shaver, Chandler Spognardi, Alexandria Switaj, Brienne Trumpower, Grace Voelp and Erica Ye

Sophomores — Carson Barnes, Grason Bias, Hailey Crabtree, Charles Danuloff, Makayla Dickson, Paige Dunkle, Alexander Ellis, Quinton Frankhouse, Savannah Jackson, Trista Jewell, Olivia Kreger, Jocelyn Lehew, Jaslyn Lopez, Najee Morris, Kavya Patel, David Reedy, Brayden Robinson, Grady Schroeder, Ella Shaffer, Jonah So, Chase Studer, Carter Weaver, Brooklyn Weinandy, Canaan Wentz, Richard Ye and Brady Zehe

Freshmen — Jack Belding, Katherine Bolin, Amelia Bricker, Alea Cook, Taylor Dille, Brooke Eyerly, Sophia Fraley, Natalie Hall, Brooke Holmer, Eden Howard, Samuel Jackson, Vanessa Liu, Zachary McChristy, Rowan McManes, Emma Mies, Claire Morrison, Ethan Radojcsics, Evan Ruhe, Elaina Seif, Landon Sowards, Grady Taylor, Jakiah Trammell, Mason Turnbaugh, Anna Ward, Kennedy Weiler, Emily Whitaker and Jack Zahn

HONOR ROLL

Seniors — Skylar Ambrose, Emily Cacchio, Brianna Carbary, Mariah Cook, Jasmyne Decimus, Brooke Hagerman, Nuhami Miller, Julia O'Blisk and Kennedy Smith

Juniors — Jillian Ambrose, Isabel Baker, Caden Boebel, Jayden Dechert, Lillian Fetzter, Joslynn Frazier, Marisa Horton, Kayla Kurtz, Keely Kurtz, Noah Marsh, Abigail Mink, Thomas Montgomery, Jordan Reed, Adam Renchen, William Saltzgeber, Tanner Stevens, Adison Turnbaugh, Cali Walsh, Brooklyn Ward and Lraprina Young

Sophomores — Jastyn Allen, Abigail Bechstein, Diondre Cantey, Jake Chapman, Taylor Counts, Gabrielle Davis, Jazmine Ellis, Autumn Ervin, Ezri Farley, Rachel Foss, Grayson Ginn, Ethan Grider, Nathan Griefenstine, Isaac Gruber, Madeline Hansen, Jena Ly, Joshua Mazzocco, Ariana Morales Mora, Ezra Pearce, Haylee Riedel, Brooklyn Rowe, Micah Smith, Sarah Strickler, Gracie Thurber and Jeremiah Viscioni

Freshmen — Devon Addow-Roose, Baylee Black, Cameron Bulakovski, Madison Carpenter, Jaydyn Chaffin, Lena Creed, David Draper, Addisyn Fender, Brady Fletcher, Avaia Francis, Mitchell Geer, Blake Gregory, Zoe Hampton, Cayden Hefner, Parker Henderson, Isabella Hill, Kathryn Keffalas, Bodpegn Miller, Alan O'blisk, Camden Platner, Ian Rachel, Laila Ramos, Morgan Turnbaugh, Adison Viers, Brayden Wendling and Joshua Yoak

MERIT ROLL

Seniors — Barabani, Morgan Carroll, Donovan Ditmars, Emily Doyle, Savannah Havens, Chloe Hollar, Hunter Hughes, Gage Johnson, Ethan McCoy, Jonathan Montgomery, Fiona Reeder, Breanna Roth, Faith Shoemaker, Bryden Wolfe, Mengqin Ye and Joshua Young

Juniors — Brooklyn Adkins, Alexander Bayes, Wyatt Dean, Zain Fulmer, Destini Gottfried, Jayla Hall, Madaline Henderson, Adrienne Kearns, J'lee Long, Lance Miller, Taylor Mullins, Colten Ramion, John Rose, Mercedes Vandenberg and Gage Weaver

Sophomores — Michael Barnhill, Ivy Bistline, Carson Bricker, Emily Burton, Grayson Casey, Eleanor Cotter, Haley Damron, James Fetzter, Tyler Flenoury, Megan Goldbach, La'quez Harris, Elizabeth Lacroix, Mackenzie Large, Lillian Lehman, Jimmie Likely, Maggie Love, Cael McFarland, Willa Morris, Adalyn Muncy, Brenna Nelson, Brandon Paxton, Nicholas Pohlbel, Grayson Purvis, Ka'mashya Shaw, Mia Strong, Jasmine Stutzman, Noah Tuttle and Dageana Young

Freshmen — Kaitlynn Barnett, Matthew Bayes, Nyckolas Beaver Wilson, Jailyn Decimus, Gavin Dunn, Regan Freiheit, Sailor King, Charles Massey, Logan Meyers, Kendra Nelson, Austin Pence, Nissi Powers, Ryan Racer, Owen Reamsnider, Evan Saltzgeber, Isabella Schoonover, Claire Shaw, Zoey Smith, Leila Stevens and David Winans



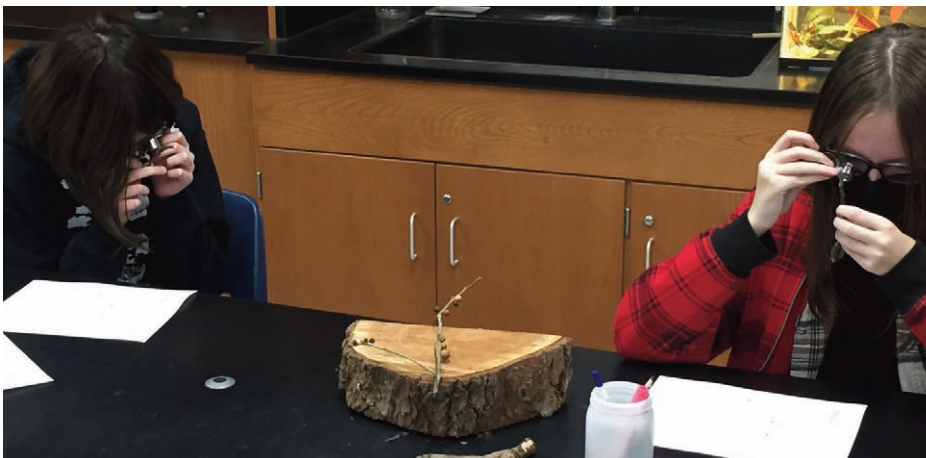
T-C Staff/Jenna Wolford

THE LEXINGTON CENTRAL ELEMENTARY Academic Challenge Team took first place at the fourth grade meet on Jan. 12, at Mid-Ohio Conference Center in Mansfield. Team members are (not in photo order) Timmy Jackson, Silas Mueller, Aiden Scyphers and Coulter Saxton. The team competed against 18 teams. St. Peter's placed third; Lexington Eastern, fifth; and Ontario, seventh.



T-C Staff/Jenna Wolford

THE LEXINGTON EASTERN ELEMENTARY Academic Challenge Team took first place at the fifth grade meet. Team members are Noah T, Jesse S, Odin S and Sirar G. The other Lexington Eastern team took fifth place out of 18 teams. Team members are Emma S, Ella R, Chase H and Axl L.



THE SCIENCE CLUB at Ontario High School had a winter tree identification course. Winter tree twigs and trunk cross sections were collected from various local tree species. The students first learned about tree and seed growth and twig, trunk, bark, and stem anatomy and physiology. Using a hand lens and dichotomous key, students used their skills to identify the trees in winter conditions. Upcoming club events will include a tree seed analysis. Students are shown examining twigs.

News Briefs in Education

Nearly 2,500 undergraduate students at Coastal Carolina University were named to the Dean's List for the Fall 2021 semester, including Makenna Williams, a Psychology major from Mansfield. Coastal Carolina University is located in Myrtle Beach, SC.



Southern New Hampshire University named local students Chelsie Smith, Leah Baughman and Victoria Perea to the Fall 2021 President's List.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above are named to the President's List.



The University of Mount Union has announced that Andrew Hathaway, of Lexington, has been named to the Dean's List for the fall 2021 semester.

Hathaway was one of 636 students named to the list. To be eligible, students must have completed at least 12 credit hours of traditionally graded coursework while achieving a grade point average of 3.550 or better with no letter grade below a B.



Senior Faith Weinhardt earned a place on the Dean's List at Greenville University for the Fall 2021 semester.

To qualify for the list, a student must successfully complete a minimum of 12 hours for the semester. Freshmen (0-29.5 credits) must have a semester GPA of 3.5 or above. Sophomores, juniors, and seniors must have a semester GPA of 3.7 or above.



Heidelberg University has announced the names of 405 students who have earned academic recognition on the fall semester dean's list. Included on the list are local students Corinne Fanello, junior, Business Administration, Mansfield; and Kylie Hendrix, freshman, Integrated Media and Music; Jalen Trammell, junior, Business Administration; and Allison Wiggins, senior, Music, all of Ontario.



The Ontario Board of Education has released its 2022 schedule of regular board meetings. Meetings will be held at 7 pm on Feb. 8, March 8, April 12, May 10, June 14, July 12, Aug. 9, Sept. 13, Oct. 11, Nov. 8 and Dec. 13.

Meetings are held in the Ontario High School Library, 467 Shelby-Ontario Rd., Ontario.



The Clear Fork Valley Local Schools Board of Education has scheduled to hold its regularly scheduled board meetings on the third Thursday of each month at 6:30 pm. Special board meetings dates, time and location, will be advertised publicly when they arise.

Regular meeting will be held Thursday, Feb. 17, Bellville Elementary Cafeteria; Thursday, March 17, Butler Elementary Cafeteria; Thursday, April 21, HS/MS Media Center; Thursday, May 19, Bellville Elementary Cafeteria; Thursday, June 16, Butler Elementary Cafeteria; no July meeting; Thursday, Aug. 18, HS/MS Media Center; Thursday, Sept. 15, Bellville Elementary Cafeteria; Thursday, Oct. 20, Butler Elementary Cafeteria; Thursday Nov. 17, HS/MS Media Center; and Thursday Dec. 15, Bellville Elementary Cafeteria.



College students: have your college or university send your dean's list and other achievement news to the *Tribune* at news@tribune-courier.com.

Ontario High School All As for Second Quarter



ONTARIO HIGH SCHOOL SENIORS Highest Honors Second Quarter Alexus Barry, Meredith Bise, Brooklyn Blaising, Kaylee Calhoun, Giana Camarata, Haley Carpenter, Rachell Clark, Paige Danuloff, Priya Das, Emma Drexel, Samantha Fraley, Persephone Fry, Mckenna Gorbett, Kendal Goulding, Lukas Hopton, Shelby Keever, Jaslyn Ly, Macy Mangan, Ellie Maurer, Chasity Mies, Allison Moody, Destiny Moton, Rylee Nigh, Alexander Rathburn, Nathaniel Reid, Elizabeth Roley, Ava Ruhe, Audrey Saltzgeber, Cooper Schroeder, Kayla Seevers, Madelyn Seibel, Nathan Slater, Courtney Smith, Riley Them, Evan Trumpower, Riley Vavra, Brooklyn Wharton, Tiffany Whittaker and Shelby Zimmerman.



ONTARIO HIGH SCHOOL JUNIORS Highest Honors Second Quarter Hayden Baker, McKenzie Barnhart, Elizabeth Corn, Nolan Hofner, Kayen Huvler, Colin Kmetz, Joseph Litao, Grace McClenathan, Duncan McLean, Kylee Mullins, Elizabeth Nagel, Natalie Reid, Hadley Schultz, Elijah Selser, Lauren Sexton, Alexis Shaver, Chandler Spognardi, Alexandria Switaj, Brienne Trumpower, Grace Voelp and Erica Ye.

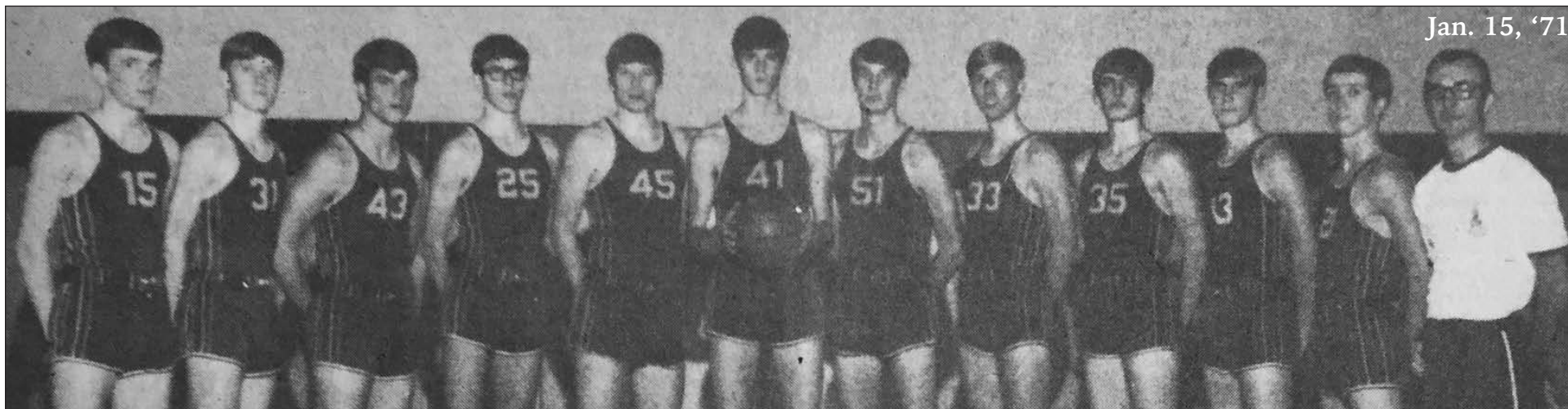


ONTARIO HIGH SCHOOL SOPHOMORES Highest Honors Second Quarter Carson Barnes, Grason Bias, Hailey Crabtree, Charles Danuloff, Makayla Dickson, Paige Dunkle, Alexander Ellis, Quinton Frankhouse, Savannah Jackson, Trista Jewell, Olivia Kreger, Jocelyn Lehew, Jaslyn Lopez, Najee Morris, Kavya Patel, David Reedy, Brayden Robinson, Grady Schroeder, Ella Shaffer, Jonah So, Chase Studer, Carter Weaver, Brooklyn Weinandy, Canaan Wentz, Richard Ye and Brady Zehe



ONTARIO HIGH SCHOOL FRESHMEN Highest Honors Second Quarter Jack Belding, Katherine Bolin, Amelia Bricker, Alea Cook, Taylor Dille, Brooke Eyerly, Sophia Fraley, Natalie Hall, Brooke Holmer, Eden Howard, Samuel Jackson, Vanessa Liu, Zachary McChristy, Rowan Mcmanes, Emma Mies, Claire Morrison, Ethan Radojcsics, Evan Ruhe, Elaina Seif, Landon Sowards, Grady Taylor, Jakiah Trammell, Mason Turnbaugh, Anna Ward, Kennedy Weiler, Emily Whitaker and Jack Zahn.

LOOKING BACK: This Week in Tribune-Courier History



Jan. 15, '71

1970-71 LEXINGTON VARSITY BASKETBALL TEAM — Lexington varsity cagers are currently leading the Johnny Appleseed Conference with a 5-0 mark. Overall the Minutemen are 6-1, having lost a disputed independent contest to the Shelby

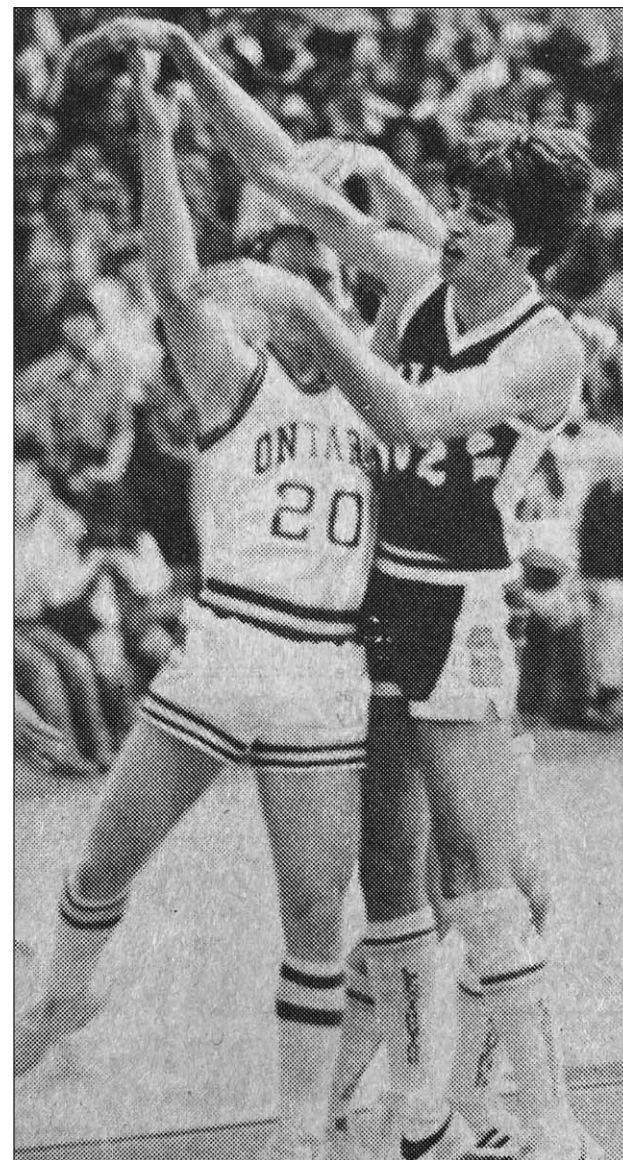
Whippets. From the left are Steve Keck, John Webster, Dave Massie, Terry Mong, Dave Pigman, Tim Davis, Mike Bowers, Paul Janosko, Don Durbin, Larry Andrews, Mike Medwid and Head Coach John Barr. Photo by Corwin



Jan. 22, '71

Pictured are Richland SWCD Supervisors (l to r) Tom Kranz, Secretary; Richard Lehnhart, Vice Chairman; Leo Fair, Equipment Manager; Dale Cook, Treasurer; and Freeman Swank, Chairman as they complete plans for the 1971 Annual Meeting, February 3rd at Ontario Senior High School.

Jan. 20, 1981 — Minutes after Ronald Reagan's inauguration as the 40th president of the United States, the 52 U.S. captives held at the U.S. embassy in Teheran, Iran, are released, ending the 444-day Iran Hostage Crisis. On Nov. 4, 1979, the crisis began when militant Iranian students, outraged that the U.S. government had allowed the ousted shah of Iran to travel to New York City for medical treatment, seized the U.S. embassy in Teheran. The Ayatollah Khomeini, Iran's political and religious leader, took over the hostage situation, refusing all appeals to release the hostages, even after the U.N. Security Council demanded an end to the crisis in an unanimous vote. However, two weeks after the storming of the embassy, the Ayatollah began to release all non-U.S. captives, and all female and minority Americans, citing these groups as among the people oppressed by the government of the United States. The remaining 52 captives remained at the mercy of the Ayatollah for the next 14 months. President Jimmy Carter was unable to diplomatically resolve the crisis, and on April 24, 1980, he ordered a disastrous rescue mission in which eight U.S. military personnel were killed and no hostages rescued. Three months later, the former shah died of cancer in Egypt, but the crisis continued. In November 1980, Carter lost the presidential election to Republican Ronald Reagan. Soon after, with the assistance of Algerian intermediaries, successful negotiations began between the United States and Iran. On the day of Reagan's inauguration, the United States freed almost \$8 billion in frozen Iranian assets, and the hostages were released after 444 days. The next day, Jimmy Carter flew to West Germany to greet the Americans on their way home. *History.com*



JANUARY 17, 1980 — Ontario's Bill Hounshell (20) and Lexington's Brian Timberlake struggle for control of a loose rebound during Friday night's Lexington-Ontario JAC basketball game which was won by the Minutemen, 72-46.

Photo by Tom Spoot

Classifieds

ITEM WANTED

Looking to purchase a gold Madison High School Class of 1953 men's ring. Call 419-756-2726.

OFFICE SPACE AVAILABLE

1,000 sq. ft. office space located in the front portion of 347 Allen Dr., Ontario. Rental will have own private restroom, front and side entrance. Room is a large open area. \$1410/mo and includes utilities except phone/internet. Email tribune@tribune-courier.com

LEGAL NOTICE

The following is a succinct summary of the legislation adopted by the Council of the City of Ontario, at their regular meeting held on January 5, 2022.

The complete text of these Ordinances may be viewed and copies obtained at the Office of the Clerk of Council, Ontario Municipal Building, 555 Stumbo Road, Ontario, Ohio, during regular business hours.

ORDINANCE NO. 22-01 – AN ORDINANCE AMENDING CHAPTER 1137, STANDARD ZONING DISTRICTS 1137.06, IP INDUSTRIAL PARK DISTRICT, AND DECLARING AN EMERGENCY.

ORDINANCE NO. 22-03 – AN ORDINANCE ESTABLISHING TERMS AND CONDITIONS OF EMPLOYMENT FOR NON-COLLECTIVE BARGAINING UNIT CITY EMPLOYEES, REPEALING ORDINANCE 21-28, AND DECLARING AN EMERGENCY.

ORDINANCE NO. 22-04 – AN ORDINANCE ESTABLISHING WAGES AND SALARIES FOR NON-COLLECTIVE BARGAINING UNIT EMPLOYEES OF THIS CITY, REPEALING ORDINANCE NO. 21-20, AND DECLARING AN EMERGENCY.

ORDINANCE NO. 22-05 – AN ORDINANCE AUTHORIZING THE APPOINTMENT OF THREE ASSISTANT LAW DIRECTORS, APPROVING THE APPOINTMENT OF JON K. BURTON, JOHN D. STUDENMUND, AND ANDREW J. BURTON TO THESE POSITIONS, ESTABLISHING THEIR

COMPENSATION, AND DECLARING AN EMERGENCY.

Cathy VanAuker
Clerk of Council
City of Ontario, Ohio
(T-C 1-13, 20 '22) 55L

QUOTES FOR MAINTENANCE AND MOWING OF DISTRICT PROPERTIES

The requirements, procedures and practices that are being sought by Clear Fork Valley Local School District for the Maintenance and Mowing of the district's greenspaces are posted under announcements on the Clear Fork Valley Local School District website, <http://www.clearfork.k12.oh.us> Please have all quotes submitted to the district Maintenance Director Kevin Carr at carrk@clearfork.k12.oh.us by Monday February 21, 2022 by 9 am.

Bradd Stevens, Treasurer
Clear Fork Schools
Bellville, OH
(T-C 1-13, 20 '22) 22L

NOTICE OF PUBLIC HEARING

Notice is hereby given that a public hearing will be held before Council of the City of Ontario, during the regular meeting at 7:00 p.m. on Wednesday, March 2, 2022, at the Ontario Municipal Building, 555 North Stumbo Road, upon a proposal to rezone property located at 1745 Walker Lake Road from Residential to Office Service.

Planning Commission has recommended in favor of this rezone.

All persons interested in this issue are invited to attend and express their views.

Cathy VanAuker
Clerk of Council
City of Ontario, Ohio
(T-C 1-20, 27 '22) 22L

PUBLIC NOTICE

The Annual Financial Report for Springfield Township, Richland County, Ohio, for the year 2021 is available upon request at the office of the fiscal officer. Springfield Township Hall, 3700 Park Avenue West, Ontario, Ohio

Anita L. Kochheiser,
Fiscal Officer
Springfield Township
Ontario, Ohio
(T-C 1-20 '22) 13L

Alzheimer's Association chapter offers programs

The Alzheimer's Association Northwest Ohio Chapter is offering three upcoming virtual programs on understanding Alzheimer's disease and dementia, new advances in Alzheimer's treatment and approaching conversations about dementia.

The three programs, provided to the community free of charge are:

"Understanding Alzheimer's and Dementia/New Advances in Alzheimer's Treatment," Tuesday, Jan. 25 from 6:30-7:30 pm

"Dementia Conversations," Wednesday, Jan. 26 from 5:30-6:30 pm

"Understanding Alzheimer's and Dementia," Thursday, Jan. 27 from 6-7 pm

All three programs are virtual and presented on Zoom. Pre-registration is required. To register, call the Alzheimer's Association's 24/7 Helpline at 800-272-3900 and provide an email address. Instructions about how to join the webinars will be emailed to registrants.

"Understanding Alzheimer's and Dementia/New Advances in Alzheimer's Treatment" on Jan. 25 will offer information about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, and resources available through the Alzheimer's Association. The program will also outline recent advances in Alzheimer's treatment.

"This program provides a basic overview and understanding of Alzheimer's and other dementias, and also covers recent exciting advancements in Alzheimer's research and treatment," said Pam Myers, Alzheimer's Association Northwest Ohio Chapter program director. "This is a great program for people looking to learn more about Alzheimer's disease and what it means for them."

"Dementia Conversations" on Jan. 26 provides guidance for the difficult discussions that take place when someone is initially showing signs of dementia. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical

treatment, deciding when to stop driving, and making legal and financial plans for future care.

"It's frightening to notice early signs of Alzheimer's disease or dementia in yourself or someone you love," Myers said. "The Dementia Conversations program helps you approach conversations about those signs and shows you what steps to take next, including getting a diagnosis and finding local resources to help."

"Understanding Alzheimer's and Dementia" on Jan. 27 reminds participants that Alzheimer's disease is not a normal part of aging. The event will touch on the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

"This program is a great place to start for people who want to know more about Alzheimer's disease and dementia, what it means for their family and what resources can help," Myers said. "If you are concerned about yourself or a loved one, you can contact the Alzheimer's Association Northwest Ohio Chapter office at 419-537-1999 to schedule a care consultation," Myers said.

The Alzheimer's Association Northwest Ohio Chapter will also offer two live webinars this month on effective strategies for communicating with someone living with Alzheimer's disease or dementia.

The free, virtual live webinar, "Effective Communication Strategies," will be offered on Monday, Jan. 24. To register, call the Alzheimer's Association 24/7 Helpline at 800-272-3900 and provide an email address. Instructions for joining the webinar will be emailed after registration.

During this webinar, participants will explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help them connect and communicate at each stage of the disease. This program was designed by the Alzheimer's Association to provide practical information and resources to help dementia caregivers learn how to decode verbal and behavioral messages from people living with dementia.

Mansfield Symphony to be joined by youth orchestra

The Mansfield Symphony continues its season Saturday, Feb. 12 at 8 pm with "The Titan," a Side by Side concert with members of the Mansfield Symphony Youth Orchestra (MSYO) that will be performed onstage at the Renaissance Theatre.

The Mansfield Symphony presents a concert side by side with members of the Mansfield Symphony Youth Orchestra, performing Mahler's "Titan" Symphony No. 1, a lush piece of well-known classical repertoire featuring innovative themes, including the use of the string bass on an iconic "Frère Jacques" solo.

"Our Mansfield Symphony Youth Orchestra (MSYO) program has sacrificed many performing opportunities over the past 2 years so many of us are looking forward to seeing our students safely share their talent and passion for music on stage again," said Maddie Penwell, Renaissance Director of Education, Community Engagement, and Symphony.

"Our kids in the Mansfield Symphony Youth Orchestra are excited to play an entire symphony while sitting next to professional musicians," said MSYO Conductor, Steve Domka. "This Wonderful opportunity will give our youth a real life experience of what it's like to play in a college orchestra and beyond!"

Tickets to Mansfield Symphony's Side by Side Concert, The Titan, are available online at <https://bit.ly/MSOTitanPR> or by calling the box office at 419-522-2726. Tickets are also available at the door. Visit <https://bit.ly/MSOTitanPR> for more information.

The Renaissance is located at 138 Park Avenue West, Mansfield.

Visit rentickets.org or end an email to renaissance@mansfieldtickets.com for more information.

First Federal Bank of Ohio
THE RIGHT LOAN. THE RIGHT BANK.

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419-529-4687 • Fax: 419-529-4154
landerson@firstfederalbankofohio.com
website: firstfederalbankofohio.bank

Lisa Anderson
Branch Manager
618735

LIBERTY Nursing Center of Mansfield

- Skilled Nursing & Rehabilitation
- Hospice Care/Respite Care
- Secure Alzheimer's/Dementia Unit
- Medicare/Medicaid Certified

Cathy (Weaver) Rox, Administrator
535 Lexington Avenue
Mansfield, OH 44907
419-756-7111

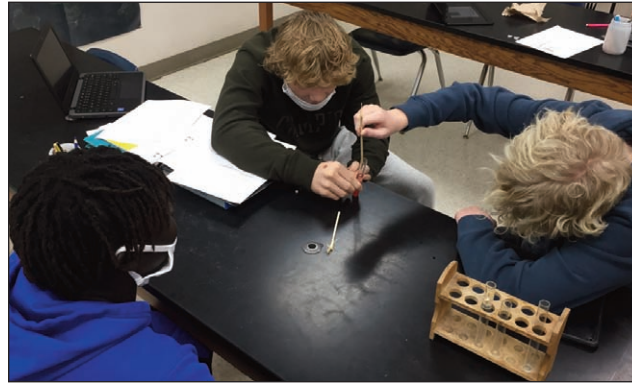
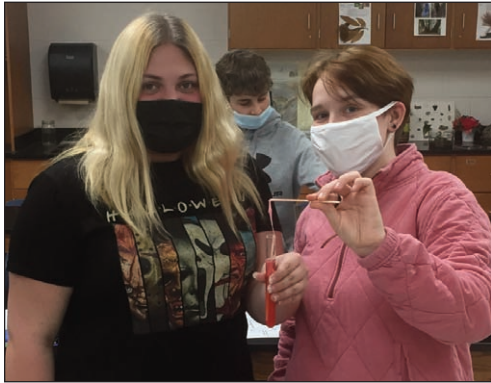
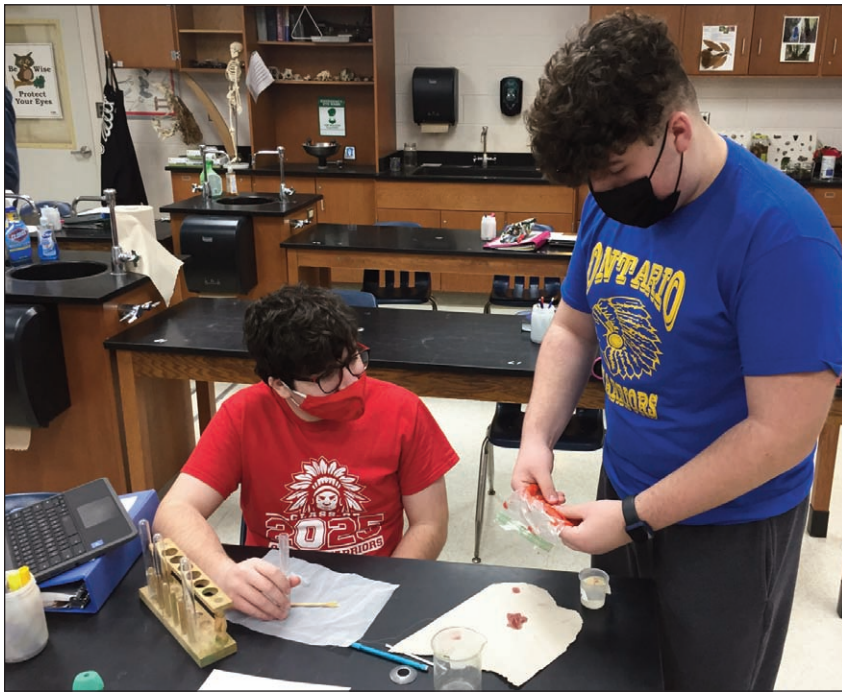
Crestline pastor's 50-day devotional now available

A *Word from the Weaver* is a 50-day devotional published by Xulon publishers and is available now. The author is Bob Weaver, the pastor of Crestline Church of the Nazarene in Crestline. The entries are the result of over four decades of the complexities of everyday life.

For more information about the book, check it out on Amazon, Barnes & Noble, Books A Million or Cokesberry.

Bob Weaver's weekly insight is also available every Tuesday on his Facebook page. He has a new lesson entitled, "A Word from the Weaver".

Weaver can also be contacted at b.c.weaver@citynet.net or by phone at 434-249-7345.



RPH hopes to help differentiate between illnesses

Richland Public Health has released information on deciphering between a cold, the flu or COVID infection.

The common cold, flu, and COVID-19 are all respiratory illnesses, but they are caused by different viruses. Because these three types of illnesses have similar symptoms, it's hard to tell the difference between them based on symptoms alone.

Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. COVID-19 and flu can have serious associated complications, especially for people 65 and over.

People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems and symptoms can be lessened with over-the-counter medications.

The symptoms of COVID-19 and flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness).

COVID-19 often includes loss of taste and smell, although the Omicron variant tends not to have this.

Symptoms of the flu typically appear one to four days after infection while COVID-19 symptoms may take as long as 10 days after infection.

Not sure which one you have? Talk to your doctor and get tested if necessary.

TO HELP BIOLOGY STUDENTS STUDY DNA, students at Ontario High School extracted DNA from a live strawberry. Strawberries are a good specimen for analysis because they have eight sets of chromosomes. Students were amazed by the extraction process and actual DNA results. The DNA and process of extraction would be similar for humans.

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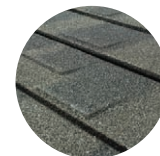
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