



# TRIBUNE-COURIER



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

news@tribune-courier.com 01.06.22

## Five Tips For Running Life's Race In 2022

Photos and Article By Traci Little

When we think about change, it can often be overwhelming, daunting and seemingly unattainable.

So, we give up before we start.

We can also become weary from the struggle that failure brings. Failure wants us to believe that it's not worth it to push forward.

So, we give up before we start.

We see others are successful and are reminded that we are not. We compare ourselves to others and try to become something that God didn't create us to be.

So, we give up before we start.

We get impatient. We don't appreciate the struggle and the seasons that God brings us through to arrive at His calling for us.

So, we give up before we start.

The New Year is a time to reflect on the previous year and make goals for the new year. What is God calling you to? Are you moving forward in obedience? Instead of letting weariness, outside voices, and impatience get the best of us, why not narrow our focus upon God? We need to get tunnel vision reading his Word, and actively listen to his still small voice over our life. When we walk hand in hand with Jesus and desire to live out his will for our life, we are in the perfect spot for real growth.

Just begin.

Five Tips For Running Life's Race in



2022:

1. You need a powerful start (if you don't even begin, you've already failed). Isaiah 43:18-19 says,

"But forget all that - it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland."

2. Give it your all (put on the whole armor of God). Ephesians 6:11-13 says,

"Put on the whole armor of God, that

you may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand."

3. Train properly (be in the Word and exercising what God is teaching you daily). 2 Timothy 2:4 says,

"No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier."

4. Clear your mind (don't focus on all the distractions of the world)

2 Corinthians 10:5 says,

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

5. Rest and hydrate (don't become weary in well doing). Matthew 11:28-30 says,

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

This year let's make time to re-focus on staying in our lane that God has for us. What do you need to leave in 2021 to pursue growth in 2022?



**ONTARIO HIGH SCHOOL'S** Warrior Leadership Council sponsored service projects before winter break. The freshmen made a donation to the Humane Society. The sophomores brought breakfast and a signed banner for the maintenance workers and bus drivers to express their appreciation. The juniors made a signed banner and brought gifts to the cafeteria workers and custodial staff at the high school. The seniors prepared a continental breakfast for high school teachers. Pictured with Humane Society of Richland County Managing Director Linda Chambers (third from left) are Sky Liu, Brady Fletcher and Brooke Holmer of the freshmen class.

See more photos on Page 8.

## Ohio Air National Guard reviews busy year of service missions

The National Guard's motto is "Always Ready, Always There!" That has shown true in the past year, as the Ohio National Guard began its second year of supporting the state's response to the COVID-19 pandemic.

Since March 23, 2020, more than 4,000 Soldiers and Airmen, and members of the Ohio State Defense Force — which includes the Ohio Military Reserve and Ohio Naval Militia — have answered the call to help their communities through approximately 70 missions that have included supporting the state's community vaccination center, distributing food at local food banks and processing pandemic unemployment claims.

While the Ohio National Guard's COVID-19 response has been scaled back since the pandemic's peak, there are currently about 80 members assisting with vaccinations, testing and personal protective equipment (PPE) warehouse logistics. In addition, the Ohio National Guard also fulfilled many other state and federal missions throughout the past 12 months. "The scope and duration of the missions have been unprecedented," said Maj. Gen. John C. Harris Jr., Ohio adjutant general.

"Our greatest asset is our people. We have a diverse team assembled that has shown, time and again, a dedication to service. I am extremely thankful for their efforts this past year to defend our country by deploying around the world, assisting

after natural disasters, providing stability in times of unrest, and serving others during the COVID-19 pandemic."

Natural disasters, national emergencies and federal deployments Ohio National Guard members were also called to support emergency situations after natural disasters occurred during the year. In February, Governor Mike DeWine activated 100 Soldiers and Airmen to assist with ice storm cleanup and debris removal in Gallia and Lawrence counties.

About 170 Ohio Army National Guard members from several units within the 112th Transportation Battalion, with headquarters in North Canton, Ohio, answered Louisiana's call for assistance in September, following the destruction caused by Hurricane Ida. During the 59th Presidential Inauguration in January, approximately 500 Ohio National Guard members assisted local and state authorities in Columbus and at the Ohio Statehouse. There were around 1,000 members providing security and other support services in the Washington D.C. area.

After the inauguration, approximately 150 military police Soldiers were deployed for several months to assist federal and District of Columbia authorities at various locations to enforce security, protect lives, and preserve critical infrastructure. The year also saw planned federal mission deployments for multiple Ohio Air and

(Continued on Page 3)

# Happy New Year 2022!

# The Hermit of Lexington

By Bob Carter

Many members of the Rev. War thirteen children of Noah Cook settled in and around Lexington and two of his sons were notable in early village growth.

Jacob Cook opened the first tavern in 1814 while Thomas Cook opened the first store in 1814 and was a very industrious and educated leader. But they had a brother, Amos, the family embarrassment, who was known as the "Hermit" of Lexington.

A May 1879 Mansfield newspaper recorded his life and death:

*It is not uncommon to hear of someone living a hermit's life in some far off wilderness, many miles from any human habitation. But for a hermit to settle down in the heart of a busy population, and making his home, preserve that uninterrupted solitude which he so much loves. He not only lived in the town but a few yards from the railroad, where every few moments a shrieking locomotive thundered by.*

*A description of his home and his mode of life would be necessary in order to convey to readers an idea of this strange man.*

*Imagine if you please, a little low shanty in the center of a lot, around which the unbuckled weeds had grown higher than a man's head. No walks of any description except a foot path through the weeds to the door. No flowers, no bushes, no shrubbery of any kind. All was a wilderness of weeds.*

*The little house is without paint and appears to have withstood the blasts of the elements of many years. He slept in a bed that was never made, ate and drank from dishes that were never washed, walked a floor that was never swept.*

*His hair was long, matted and tangled, through which the teeth of a comb had not passed in years. His face no doubt received its annual wash and his clothes were changed once during the same length of*

*time. It has been said, that when a young man, he had been disappointed in love, hence his mode of life was that he loved to be alone. Often when there was unusual excitement in the village, he would take his gun and wander down the creek or off in some lonely wood where nothing would disturb his silent meditations.*

*Often at midnight, when the whole town was asleep, he would leave his lonely home and wander off up the railroad. These became more frequent and some good people of town warned him of the danger to which he exposed himself.*

*Headless of these warnings, he continued his usual walks. Then one night, with a terrible shriek, a locomotive with clattering cars, dashed by and left the old man struggling in the last pangs of death. When assistance reached him, he was already dead.*

*He was carried to the depot and laid in the little waiting room. And there with his cold hands folded across his breast, his long gray hair hanging over his pale face, the world said goodbye to the "Hermit" of Lexington. He was eighty-two.*

The south bound B&O passenger train number five with engineer James Borg at the controls, had rounded the curve one hundred and eighty yards north of the depot and at 40 yards saw Amos Cook walking towards him. Defective of hearing, the accident threw him clear of the tracks.

He was then carried to the home of his very prominent brother, Thomas Cook, successful businessman, teacher, church and community leader and one time Mayor of Lexington.

Was Amos Cook so overshadowed by the success of his brothers and numerous other members of the Cook Family that he just gave up? Was it mental illness? Or was he just to darned lazy to work? The true history of the life of Amos Cook, the "Hermit" of Lexington, will never be known.

## The Entertainment Examiner

By Ian Stumbo

*Licorice Pizza* is the newest film from director Paul Thomas Anderson who has made some of the most unique films of the past few decades including *Magnolia*, *There Will Be Blood*, *Boogie Nights* and *Punch Drunk Love*.

His newest film certainly has his style of writing and filmmaking (filmed in 35mm to really capture the time period) and is one of those movies that gets better and better after first watching it.

The movie stars Alana Haim as Alana, a young woman who becomes very enthralled with a high school student named Gary (Cooper Hoffman, the son of the late great Philip Seymour Hoffman). Gary is a young up and coming actor and Alana tags along with him as he starts a business selling a hot new product called a water bed.

They keep moving through each other's lives including her brief encounter with an actor (Sean Penn) and a hilarious scene during a gas shortage involving producer Jon Peters played very well by Bradley Cooper.

*Licorice Pizza* has been getting some controversy because of the age difference of the two lead characters. Anderson is certainly not condoning underage dating, he is simply showing two people moving through life and how their messy lives tell an interesting story.

Both Haim and Hoffman are great in their roles as is the supporting cast. Anderson's script is great too as it provides lots of laughs and interesting situations throughout. Some of the scenes don't seem to fit well at first, but sit better after the initial viewing. Take a chance on this movie; it's a pleasant surprise and a great film.

*C'mon C'mon* is another film from director Mike Mills who directed Christopher Plummer to an Oscar for *Beginners* and also directed *20th Century Women* starring Annette Bening.

What a great film this is. Filmed in a muted black and white, this movie tells the story of a journalist named Johnny (Joaquin Phoenix) who's estranged sister (Gaby Hoffman) needs his help to watch her young son Jesse (Woody Norman) as she deals with her estranged husband's mental health issues.

Johnny is recording a series asking young people about the future and he takes Jesse with him from city to city as they interview these young children and learn a great deal about each other.

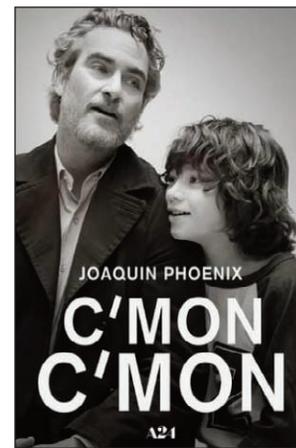
Phoenix is a fascinating actor as he is miles away from his Oscar winning turn as the Joker. He is so subdued and understated in this film but is always great.

Woody Norman gives one of the best child performances in recent memory and has amazing chemistry with Phoenix. Hoffman is also very good as she is keeping in contact with her brother on the status of her son.

There is so much great dialogue and situations between the two lead characters. It's nice to see a movie

that takes young people's views on the future seriously and incorporates them into the movie. There is a certain sweetness to it that balances the family story that is also happening.

This movie was really touching and very watchable. All three leads are outstanding and Mike Mills writing and direction shine through. This is a must see. Seek this one out.



**HAPPY BIRTHDAY!**

**January**

6 — Mike Fulmer

**FREE Birthday Listing:** Email news@tribune-courier.com to submit a name for the birthday list.

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**Tribune-Courier**

AND

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## News Briefs

Ridgeway Church of God, 1380 Park Avenue East, Madison Township, will host a spaghetti dinner on Friday, Jan. 14, from 4:30-6 pm in the fellowship hall. Drive-thru ordering will be available.

The menu will include spaghetti, bread, salad, dessert and beverage. Cost is a freewill donation. All proceeds will benefit the church. For information call the church at 419-589-5385.

★

The Clear Fork Valley Board of Education January Organizational and Regular Board Meeting is scheduled for Thursday, Jan. 6, at 6:30 pm at the Clear Fork High School Media Center, 987 St. Rt. 97 E., Bellville.

★

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.

★

The Lexington Area Senior Center 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.

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 Jan. 19, Dale Powers will provide musical entertainment and the lunch will be pork and sauerkraut.

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

★

The Madison Local Board of Education will hold an organizational meeting Thursday, Jan. 6, at 4:30 pm at Madison Middle School.

★

The Area Agency on Aging Board of Trustees elected to provide three scholarship awards this year to individuals for higher education or classes benefitting the field of aging. Scholarship award amounts for the academic year 2022-'23 are: one \$2,000 for a student attending a 4-year university; one \$1,000 for a student attending a 2-year college or technical school; and one \$1,000 for a student attending any type of higher institute of

learning or enrolled in an accredited program for certification.

Applicants must be a high school graduate and reside in Ashland, Crawford, Huron, Knox, Marion, Morrow, Richland, Seneca or Wyandot counties. Details can be found on the Ohio District 5 Area Agency on Aging, Inc. website. The deadline for applications is April 1, 2022.

For more information contact Susie Danuloff at the Area Agency on Aging at 567-247-7105 or [sdanuloff@aaa5ohio.org](mailto:sdanuloff@aaa5ohio.org)

★

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 Thursday, Jan. 6, chili and grilled cheese, \$7; Jan. 7, pizza sub and chips, \$7; Jan. 10, corn bread pie, \$7; Jan. 11, shrimp scampi over pasta, \$7; Jan. 12, meatloaf, mashed potatoes and corn, \$8; Jan. 13 chicken and dumplings, \$7; Jan. 14, western burger with onion rings, \$7. On Friday, Jan. 14, a fish fry will be held from 5-7 pm.

★

The Pioneer Career and Technology Center Board of Education will hold its organizational and regular January Board of Education Meeting at 7 pm, on Wednesday, Jan. 12, in the Pioneer Community Room located at the main entrance at the Pioneer Career and Technology Center, Shelby.

★

All Souls Unitarian Universalist Church, 25 Church St., Bellville, will welcome Rev. Dr. Elaine Strawn on Sunday, Jan. 9. She will speak on "Sufi, and a Taoist, and a UU Walk into a New Year."

★

The Richland County Republican Party will host a First Monday Luncheon on Monday, Jan. 10, from 11:45 am to 1 pm.

The event will be held in The Kobacker Room, DLX Events and Catering, 28 N. Main St., downtown Mansfield.

Guest speakers will be Mark Pukita, candidate for U.S. Senate and John Adams, candidate for Secretary of State.

RSVP number of seats and optional lunches (\$10) to 419-528-8223 or email [rcogop@gmail.com](mailto:rcogop@gmail.com).

★

To submit a news brief item, email information to [news@tribune-courier.com](mailto:news@tribune-courier.com).

Deadlines are noon Mondays.

## •Ohio Air National Guard reviews busy year of service missions

(Continued from Front Page)

Army National Guard units, while others completed their missions and returned home.

Among these units, about 80 Soldiers from Battery C, 2nd Battalion, 174th Air Defense Artillery Regiment, based in McConnellsville, OH, left in August for a year-long deployment in support of U.S. Central Command operations.

And Airmen from the 179th Airlift Wing in Mansfield, returned to their home station in May following an overseas deployment in support of Operation Spartan Shield.

The Department of the Air Force announced in August that it has identified Ohio's Mansfield-Lahm Air National Guard Base as the preferred location for the first Air National Guard cyber warfare wing. The transformation, if it receives final approval, would support Air Combat Command's future requirements and result in operational mission changes, including an increase of about 175 Airmen and associated infrastructure support at the base.

The Ohio Cyber Reserve(OhCR) was deployed in early 2021 for the first time since it was established under the Adjutant General's Department as part of the State Defense Force.

A member of the OhCR was called to state active duty under the authority of Governor DeWine to assist in a cybersecurity breach. The member was chosen because of his expertise in the affected

network equipment, and he provided assistance remotely for four days.

The Ohio National Guard has partnered with the Republic of Serbia since 2006 and Hungary since 1993 as part of the Department of Defense's State Partnership Program (SPP).

The SPP links U.S. states with a partner country to promote regional stability and develop military relationships.

During a year celebrating the 15th anniversary of the Ohio-Serbia partnership, Serbian Ambassador to the U.S. Marko Uri visited Ohio in May and signed a memorandum of understanding between the Ohio Department of Higher Education, Ohio Department of Education and Serbia's Ministry of Education to cooperate at the primary, secondary, and higher education levels.

"This has been an exceptionally busy year and we have accomplished every task placed before us," Harris said.

"The strength of our force — every Soldier, Airman, and civilian employee — makes us capable and ready to take on new missions, now and in the future."

The adjutant general is a member of the governor's cabinet and is responsible for the command of more than 16,000 members of the Ohio National Guard, comprised of the Ohio Army National Guard, Ohio Air National Guard and the Ohio State Defense Force, which consists of the Ohio Military Reserve, Ohio Naval Militia and Ohio Cyber Reserve.

# Happy New Year 2021!

## Wishing you all the best in the year to come!



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# Church Directory

## Clear Fork Alliance Church

1008 State Route 97, Bellville • 419-886-4333 • [www.clearforkalliance.org](http://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](http://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](http://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](http://www.facebook.com/mrccgrace)

## Ontario Christian Church

1029 Lewis Rd., Ontario • 419-529-5684 • [ontariochristian.org](http://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](http://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/](http://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](http://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](http://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](http://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](http://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](http://sttimmansfield.org)  
 Pastor Jonathan Stufft  
 10:45 am Sunday Worship • 10:15 am Monday Bible Study  
 Email: [secretary@sttimmansfield.org](mailto:secretary@sttimmansfield.org)

## Trinity United Methodist Church

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

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## Obituary Listings for Wappner Funeral Directors

December 27, 2021 – January 2, 2022

Ann Michelle “Shelley” Metze, 73, Lexington, Dec. 3  
 Terry “Taz” Bradshaw, 72, Mansfield, Dec. 21  
 Alison Montgomery Baumberger, 53, Mansfield, Dec. 24  
 Lloyd Keith Dickerson, 86, Shelby, Dec. 24  
 Carl Clinage, 86, Elyria, Dec. 25  
 Dannie Edward Cameron, 71, Mansfield, Dec. 24  
 William Ray Crane Sr., 93, Mansfield, Dec. 25  
 Greta Mae Jones, 83, Mansfield, Dec. 25  
 Jeffrey Sims, 58, Mansfield, Dec. 26  
 Carol Ann Clifford, 68, Mansfield, Dec. 26  
 Howard “Pat” Patrick Norris, 54, Bellville, Dec. 26  
 Vera Doris Bryan, 77, Mansfield, Dec. 27  
 Randy John Cassavaugh, 65, Nova, Dec. 28  
 Marie A. Hooks, 88, Mansfield, Dec. 28  
 David “Dave” E. Shatzer, 81, Lexington, Dec. 29  
 Joey “Joe” Lewis Jr., 52, Mansfield, Dec. 29  
 Mitchel A. Leyda, 29, Mansfield, Dec. 29

View Full Obituaries and Funeral Arrangements at  
[www.wappner.com](http://www.wappner.com)

## MRCPL hosting Winter Reading Program

The Mansfield/Richland County Public Library is hosting its annual Winter Reading Program, “It’s Reading Weather.” The program kicks off Monday, Jan. 3, and runs through Saturday, Jan. 29.

The Winter Reading Program is available for all ages and encourages reading by offering prizes for children, teens and adults. Read a book, complete a ticket, and submit the ticket to be entered into one of many prize drawings.

Tickets are available this year at all nine MRCPL library locations in addition to a virtual submission option through the website at [mrcpl.org](http://mrcpl.org).

Follow MRCPL on Facebook during the program for even more chances to win.

This winter, MRCPL is continuing to offer curbside service, an ideal option for picking up library materials that have been put on hold without leaving the

warmth of a vehicle.

Patrons can also try one of the many digital resources available any time, anywhere at [mrcpl.org](http://mrcpl.org).

The MRCPL also offers an extensive inventory in their “Library of Things.”

Items include bicycles, board games, puzzles, tools, baking pans, sewing machines, instruments, telescopes and a seed library.

Electronics include video game controllers, Roku Streaming Sticks, Kindle Fire tablets, a Kill-a-Watts energy analyzing device, LaunchPads and wifi hotspots.

Health items available for check-out include an air quality monitor and blood pressure kits. See a full list on the website or visit or call a library location.

Virtual programming is available for children, adults and teens by visiting [www.mrcpl.org/virtual-programming](http://www.mrcpl.org/virtual-programming).

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**Pancetta and Gorgonzola Tart with Pickled Red Onions**

- |                            |  |
|----------------------------|--|
| <b>Ingredients</b>         | <b>Pie crust (177milkstreet.com)</b>                     |
| 1-2 cups cubed pancetta    | 3 Tbsp. water  |
| 1 red onion, sliced thin   | 2 tsp. cornstarch  |
| 1-2 cups Gorgonzola cheese | 1 cup plus 2 Tbsp. all-purpose flour                     |
| ¼ cup sugar                | 2 tsp. sugar   |
| ¼ cup red wine vinegar     | 1/8 tsp. table salt                                      |
| Kosher salt and pepper     | 10 Tbsp. salted butter, cut into ½-inch pieces & chilled |
|                            | 2 Tbsp. sour cream                                       |

**Filling:** Combine sugar, vinegar, salt and pepper and stir until well mixed. Add red onion and let sit for at least 2-3 hours or even overnight. In a sauté pan cook the pancetta until crisp and set aside (this can be done a day ahead as well).

**Pie Crust:** In a small bowl, whisk together the water and cornstarch. Microwave until set, 30 to 40 seconds, stirring halfway through. Chill in the freezer for 10 minutes. Once the cornstarch mixture has chilled, in a food processor, combine the flour, sugar and salt and process until mixed, about five seconds. Add the chilled cornstarch mixture and pulse until uniformly ground, about five pulses. Add the butter and sour cream and process until the dough comes together and begins to collect around the blade, 20 to 30 seconds. Pat the dough into a 4-inch disc, wrap in plastic wrap and refrigerate for at least 1 hour and up to 48 hours. When ready to bake, heat the oven to 375°F with a rack in the middle position. On a well-floured counter, roll the dough into a 12-inch circle.

**Instructions**  
Assemble Tart. Roll out pie crust and place on a baking sheet, bake for 10 minutes (be careful that it does not cook too much - this will depend on how thick you have rolled out your pie crust). Brush with olive oil and add gorgonzola, onions and pancetta. Put back in oven for 5-10 minutes so that gorgonzola begins to melt and onions and pancetta are warm. Slice in squares or cut into triangles and serve.

LIKE Kimmys Cucina on Facebook & Instagram



By Mátiece Thomas

Happy 2022 everyone! New year, fresh start! How many of you are looking for a fresh start but you are dealing with old injuries? Maybe for you it's a new injury and you are just not sure what to do or if you should be doing anything at all.

Let's talk injuries. First, I want to teach you how to prevent injuries. Then, I will teach you how to work around or through an injury. Let's get started.

For those that do not have injuries let's go over how to prevent them. Always remember to warm up before your workout. The walk from your car to the gym is not a warm up, you need to spend 10-15 minutes really warming up and stretching the body. Also remember, to warm up the body parts you are using. If you are planning to train your upper body, then don't cycle for your warm up. Yes cycling will get your heart rate up, but it does nothing to warm up your upper body.

Something to know about stretching: pre-workout stretches are different than post-workout stretches. Pre-workout you will want to do a ballistic stretch. That is a stretch that you are only holding for a few seconds instead of 30. Examples would be a side stretch moving from right to left with a short hold. For the hamstrings, fold over and touch your toes for a two count,

come back up and repeat.

You want to do a more active stretch when warming up so you keep the muscles warm. Static pose stretches are for after your workout because they cool the muscles down. Holding a stretch for 30 seconds to one minute, will cool down your muscles after a workout.

Another way to prevent injury while working out or doing your sport is to create a balanced body. The best way to truly know if your body is imbalanced is to have your measurements done. On the average, when a new client comes to me and I do their fitness assessment and body measurements, the client's dominant side is up to an inch different than their non-dominant side, sometimes more. When this happens then it's my job as Trainer Girl to create workouts the will make both sides equal. For example, when doing bicep curls we will lift right then left, not both arms at the same time. This makes the weaker side do the work itself instead of relying on the strong side to pick up the slack. For the lower body, do more lunges than squats. Before you know it you body will be equal.

Last but not least, after your workout it's time to cool down. You could do that by walking on the treadmill for 5-10 minutes or doing some ballistic stretches and then move into more static pose stretches. But, ALWAYS say thank you to your muscles for their hard work by stretching!

Another good tip is to get in at least 20 grams of protein in the first hour after your workout to help repair your muscles.

I hope these tips help you to avoid injuries in 2022.

Watch for my next article on how to work around and when to work through injuries. Follow me at Instagram-5ptsfitness\_trainergirl for nutrition and workout tips.



Photo by Damon Callis

Day Trippin' with Damon — Mount Jeez Sunrise at Malabar Farm State Park.

*Come rest, relax and escape from the stresses of life! Your stay at Hillside Inn helps support several ministries, including multiple safe houses for vulnerable women and children! Find out more at 5812global.org*

— Larry and Kendra Kaufman



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# OMS students join together to complete service project

The Ontario Middle School sixth period FCS 6 class planned a big service project during this last semester. They spent time creating goals to make a large impact on the community and accomplished everything they planned.

Among the projects, students held a bake sale and coffee house raffle and served over 70 meals.

\$750 was collected to buy gifts for at least eight children and 26 coats were donated.

Hats and gloves were also collected and donated and toys and books were given to Toys for Tots, People Helping People and United Way of Richland County.

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1-800-860-5799, ext. 1107 • [mwilson@aaa5ohio.org](mailto:mwilson@aaa5ohio.org)

# Polar Bear Dip • New Year's Day • Charles Mill Lake

One hundred thirteen swimmers attended the annual Polar Bear Dip at Charles Mill Lake on New Years Day. The event raises funds for the American Cancer Society Relay For Life of Ashland County. The Mifflin Fire Department and Ashland County Sheriff and Dive Team helped keep everyone safe.



Photos by Ashland County Pictures



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# Tribune-Courier Sports Highlights

## Clear Fork Girls Basketball vs Shelby • Dec. 30 • Lady Whippets Win 78-48 Photos by Jeff Hoffer



LOOKING BACK: This Week in Tribune-Courier History

Jan. 7, '88



Pam Morrison

**PENTATHLON CHAMPIONS** — These Lexington Junior High seventh and eighth grade students participated in a pentathlon in this past semester's fitness unit. The areas covered included strength, agility, coordination, speed, skill and endurance. In front are Adam Kirst, Scott Howard, Gregg Remy and Jared Isch. In back are Meg Sweeney, Mary Beth Ellis and Lisa Lough.

Jan. 6, '83

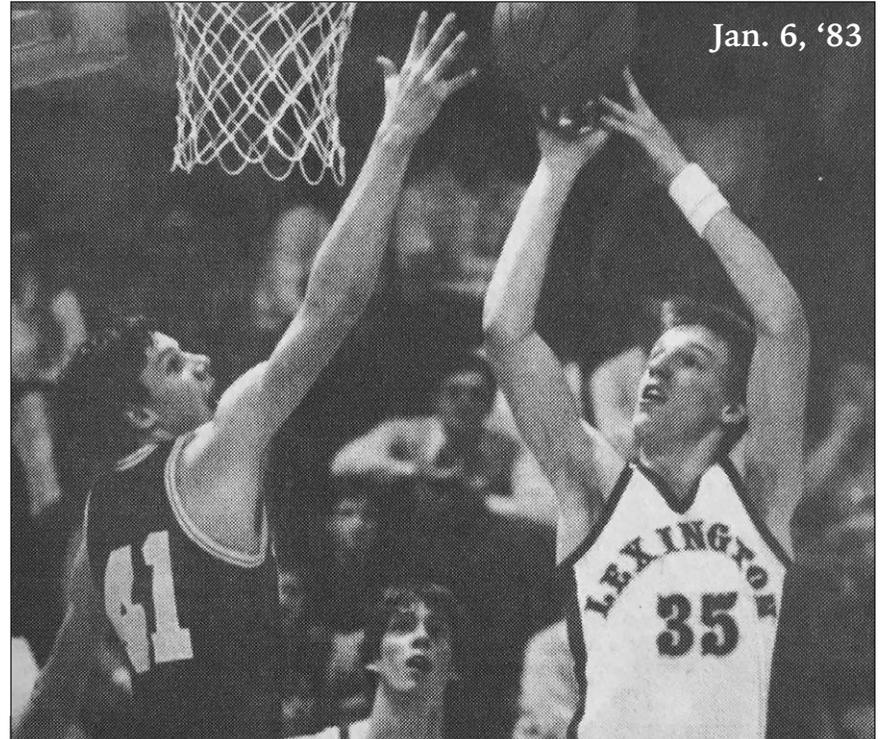


Photo by GB

**SENIOR FORWARD TERRY SMITH (35)** of Lexington puts up a shot over Wooster forward Mike McCreary in last Thursday's game between the Minutemen and the Generals. Smith was the high scorer in the game for Lex with 17 as the Minutemen blew a big first half lead and lost 60-52. Watching is Graham Keever (33) of the Generals.

Jan. 2, '81



Photo by Ken Hubert

**MADISON SECOND GRADE CHEERLEADERS** are cheering on the Friendly House basketball team composed of fifth and sixth graders. The team and cheerleaders put on an exhibition at the Madison-Lexington basketball game. The little cheerleaders are, from the left, Brooke Desterhaft, Nikki Foster, Jill Desterhaft, Amy \*Speck, Misty King and Bridgette Pearce. See story on the team and cheerleaders on this week's sports page.

## Alzheimer's Association Northwest Ohio Chapter advice focuses on winter safety

Wintertime, with its colder temperatures, snow, ice and early darkness, can be particularly treacherous, in particular for those living with Alzheimer's and other dementias. For the more than 220,000 unpaid caregivers in Ohio caring for someone with Alzheimer's and other dementias, the Alzheimer's Association offers guidance for how to keep their loved ones safe during the winter months.

The continuing COVID-19 pandemic has added additional complexities that can make providing care more overwhelming than ever. As winter ramps up, preparing in advance can make a big difference for caregivers of individuals living with Alzheimer's.

"Caregiving is a challenge any time of the year, but there are added concerns during the winter season," said Pamela Myers, Alzheimer's Association Northwest Ohio Chapter program director. "The Alzheimer's Association website, [www.alz.org](http://www.alz.org) provides valuable resources concerning safety, wandering behaviors, and preparing for emergencies. Caregivers can also call us directly at 419-537-1999 for specific answers or assistance."

Advice regarding winter safety includes:

### Be prepared

- Winter storms can be dangerous; check weather conditions and recommendations regularly, and have emergency plans in place.

- Tackle to-do lists in one trip to avoid having to make multiple trips.

### Bundle up

- Help the person living with Alzheimer's dress warmly for winter weather conditions by wearing dry, loose-fitting layers and covering as much exposed skin as possible. Consider several layers of lightweight clothing for easy movement.

- A hat is important, as body heat escapes from an uncovered head. Mittens keep hands warmer than gloves and may be easier to help get on and off.

### Prevent slips

- Balance and mobility are often a challenge for people living with Alzheimer's or dementia. Assume all surfaces are slick and assist the person by taking smaller steps and slowing down to a safer gait and speed.

- Visual perception problems can make it difficult for the person living with Alzheimer's to see ice on sidewalks or realize that ice is slippery or that snow is not a solid surface.

### Buddy up

- According to an Alzheimer's Association survey, a whopping 84 percent of caregivers said they would like more support in providing care for someone with Alzheimer's or another form of dementia, especially from their family.

- Don't hesitate to ask others for help with errands, grocery shopping, or snow and ice removal. It can be difficult for caregivers to find time to complete simple tasks outside of the home.

### Prevent wandering

- It is estimated that 60% of people with dementia will wander and become lost at some point; many do so repeatedly. If not found within 24 hours, up to half of wandering individuals will suffer serious injury or death.

- Wandering is one of the most frequent and challenging problems that caregivers face and can be extremely dangerous in colder conditions.

- Shorter days during winter months can also increase the risk of "sundowning," or increased confusion as night approaches.

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. The mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Visit [alz.org](http://alz.org) or call 800-272-3900.

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### LEGAL NOTICE

The following is a succinct summary of the legislation adopted by the Council of the City of Ontario, at their special meeting held on December 20, 2021.

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. 21-42 – AN ORDINANCE ESTABLISHING FEES CHARGED BY THE CITY FOR VARIOUS SERVICES, REPEALING ORDINANCE 18-47, AND DECLARING AN EMERGENCY.

ORDINANCE NO. 21-43 – AN ORDINANCE AMENDING OR-

DINANCE 21-06 KNOWN AS THE PERMANENT APPROPRIATIONS ORDINANCE FOR 2021 BY MAKING ADDITIONAL APPROPRIATIONS IN THE GENERAL FUND, AND THE INTERNAL SERVICE FUND.

Cathy VanAuker  
Clerk of Council  
City of Ontario, Ohio  
(T-C 12-30 '21, 1-6 '22) 35L

### 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 December 15, 2021.

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. 21-40 – AN ORDINANCE ESTABLISHING TEMPORARY APPROPRIATIONS FOR CURRENT EXPENSES AND OTHER EXPENDITURES OF THE CITY OF ONTARIO, OHIO FOR THE FISCAL YEAR BEGINNING JANUARY 1, 2022 AND EXPIRING DECEMBER 31, 2022.

Cathy VanAuker  
Clerk of Council  
City of Ontario, Ohio  
(T-C 12-30 '21, 1-6 '22) 29L



Ontario High School Varsity Cheer



Ontario High School Junior Varsity Cheer

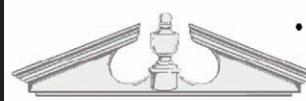
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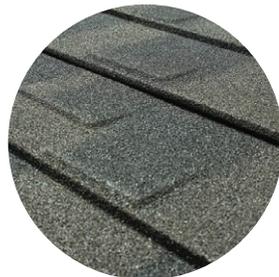
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