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Benefit held at Genoa

A soup and chili benefit was held at Genoa High School as a fundraiser for Genoa Middle School teacher Mrs. Leslee Bundy who was diagnosed with ALS. The benefit was held during Genoa's basketball game against Perkins. Top left, agriculture teacher Tricia Schoen and her fiance DJ Gasse (bottom left) lend a hand. At right, Dave Hausefeld, of St. Mary's, Ohio, and father of coach Tim Hausefeld, gave a thumbs up to the pizza soup. (Press photos by Ken Grosjean)

Barlow the dog to provide student well-being at Clay

By Kelly J. Kaczala
News Editor
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Clay High School students in March will start seeing a black Labrador retriever walking the halls to brighten their days.

Barlow, a facility dog, will help reduce stress and anxiety in students.

Oregon City Schools Superintendent Hal Gregory said at the last school board meeting that the dog will cost the district \$6,000.

"It's very reasonable for a dog," Gregory said of the cost. "We will own Barlow as a district."

The dog will go home every night with Clay assistant principal Greg Sigg.

"So even though we have a wonderful family and we have people here at the school that will help handle it within our accounts department, we do own it. If it needs a new family, then we'll be in a place where we will have to find a family to host the dog in our district. I'm feeling really good about the cost."

Funding

It will be one of the featured fund rais-

“

A student might be shy about something. When you introduce a dog, a student will open up and want to tell you everything that's going on.

”

ers at Frost Fest, an annual event that raises funds for the district.

"And there are other people stepping up that will help support the supplies we need and the medical benefits," said Gregory.

"It's a beautiful little dog," he added. "It's one that the students and staff are going to get accustomed to. I can tell you (Principal) Jim Jurski is looking forward

to having the dog visit his office once in a while."

School board member Lindsay Cathers asked what the difference is between a facility dog and a therapy dog. She also asked what the dog will be doing while at Clay.

Comfort

The main goal of a facility dog is to provide companionship and comfort to a large group of people, said Sigg.

"A therapy dog might perform a specific task for a specific reason. A facility dog, in general, is here for your enjoyment. Research shows dogs release hormones that brighten students' days. A student might be shy about something. When you introduce a dog, a student will open up and want to tell you everything that's going on. You also have emotional support animals. An emotional support dog is specific to an individual. A service animal would also be specific to an individual and provide a specific task related to their disability," said Sigg.

Gregory said Barlow will not be in the big hallway at Clay at a time when all the students are transitioning.

"He doesn't like it, at least as of right now," said Gregory. "He doesn't do any-

Continued on page 4

Peloton park site will be sold, company says

By Larry Limp
News Editor
news@presspublications.com

Senior management at Peloton Interactive, Inc. plans to sell the building and land at Peloton Output Park in Troy Township once external construction is complete, the company has advised the Wood County Economic Development Commission.

The maker of interactive exercise bikes and equipment announced last week it had decided to "wind down our Peloton Output Park plan" as the company undergoes a major restructuring.

The move comes less than a year after it announced plans to invest about \$400 million in the 200-acre site where it would manufacture the Peloton Bike, Bike+ and Peloton Tread. A groundbreaking was held in August 2021 and production was slated to start in 2023.

"Once we finish the external construction of Peloton Output Park, we will sell both the building and land. We are forever thankful to Wood County, Troy Township, JobsOhio, the Ohio Development Services Agency and the Regional Growth Partnership for welcoming Peloton to the community and for their invaluable partnership," the company statement says. "While we won't be able to ultimately occupy the property, overall we not only had the opportunity to highlight the talent and resources Troy Township offers, but we also invested approximately \$100 million in the area. We are grateful to be a part of the community through our work with Local Initiatives Support Coalition and the Wayman D. Palmer Community YMCA in Toledo; in transforming the YMCA exercise room into an inviting, well-equipped center for wellness by installing Peloton and Precor connected fitness equipment."

The company expected to add more than 2,000 jobs when the Troy Township project was up and running.

Instead of utilizing the Troy Township facility, the company said it

Continued on page 4

Quote of The Week

The good news is that you don't have to suffer with toxic emotions.

Bryan Golden
See page 8

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Owens Preview Day

Owens Community College welcomes community members and prospective new students to explore academic programs and more at the annual President's Day Preview from 10 a.m.-5 p.m. Monday, Feb. 21 on the Toledo-area Campus.

The preview event will begin at Veterans Hall, 363 Depot Rd., Perrysburg. Parking is recommended in the lot next to Founders Hall.

"Our faculty and staff will be available to talk about our more than 70 academic programs and our transfer options to four-year colleges and universities," said Erin Kramer, Director of Admissions. "In addition to academics, the Owens experience includes our dedicated support services such as academic advising as well as our student clubs and organizations. We will have representatives at the President's Day Preview to discuss these services that benefit student success."

Campus tours will also be available. Sign up in advance owens.edu/preview. Masks will be required indoors.

The event will also feature selective health admission sessions about 13 programs in the School of Nursing and Health Professions, such as Registered Nursing, Dental Hygiene, Occupational Therapy Assistant, Physical Therapist Assistant, Surgical Technology and more.

An overview of financial aid will be offered as well.

Library celebrates "Clifford" Feb. 14

The Wood County District Public Library is celebrating book birthdays throughout the winter.

Join the library for a birthday celebration for Norman Bridwell, author of the beloved "Clifford the Big Red Dog" books and characters on Monday, Feb. 14 from 3-5 p.m. at the Walbridge Library, 108 N. Main St., and the Bowling Green Library, 251 N. Main St.

The library will have books, games, crafts, and a special treat.

Fatal crash

The Sandusky Post of the Ohio State Highway Patrol is investigating a fatal crash that occurred Feb. 4 on State Rt. 19 south of W. Oak Harbor Southeast Road in Salem Township.

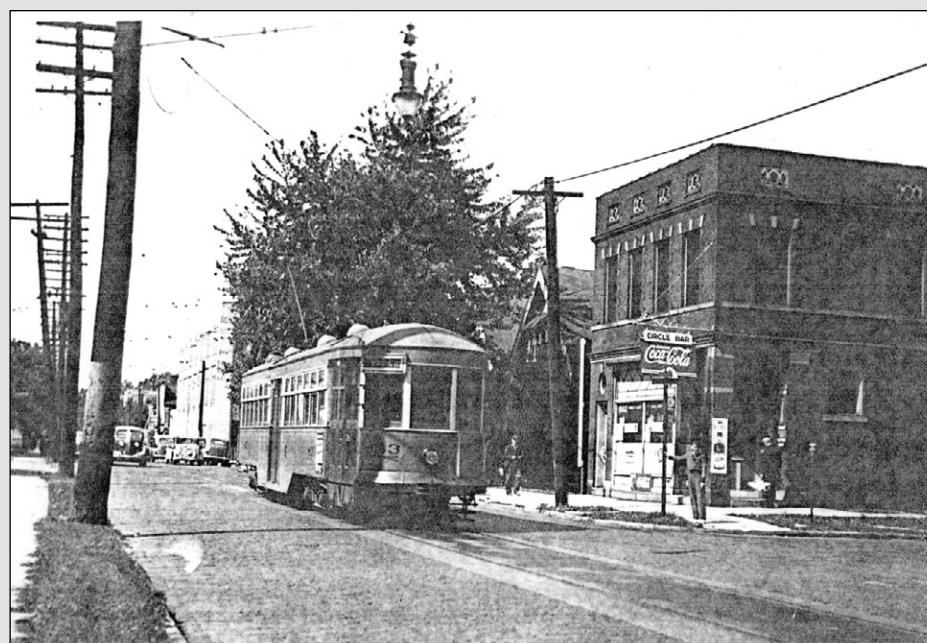
Bret Gaskalla, 18, was northbound on Rt. 19 when his vehicle slid sideways into the southbound lane and was struck on the passenger side.

Richard May, 17, a passenger, sustained fatal injuries. May was wearing a seatbelt, the highway patrol said.

Gaskalla was flown by LifeFlight to St. Vincent's Medical Center, where he later died.

The driver of the other vehicle, John Hurst, 34, had minor injuries.

Streetcar on Starr Avenue, 1930s



A Starr Avenue car is pictured here heading east past Valleywood during the last years of the streetcar era in East Toledo. The Circle Bar is on the corner to the right, where a patron appears to be holding up the street sign. The building later housed the Hecklinger Insurance Agency. The Community Traction car barns were located just to the left of this picture where the Toledo Sports Center bowling alley now stands. The last streetcar ran through East Toledo in 1939, and the last one downtown was in 1949.

2 file for re-election

Two Wood County officials have filed petitions with the county board of elections to seek another term to their respective offices.

Common Pleas Judge Matthew L. Reger recently filed his petitions, seeking a second term.

In addition to his judicial duties, Judge Reger currently serves as administrative judge for the common pleas court. He oversees court administration, domestic relations, and probation offices.

Judge Reger has also served as court security judge, member of the judicial advisory board for the Northwest Community Corrections Center, and member of the Maumee Watershed Conservation District Court.

Wood County Auditor Matthew Oestreich filed petitions to seek re-election to that office. Oestreich has served as county auditor since October 2017, previously serving as assistant chief deputy auditor.

He brings 21 years of public sector experience to the office. While serving as weights and measures Inspector in 2006, Oestreich was the recipient of the Frank P. Gallo award, which recognizes excellence in the area of weights and measures. As Auditor, Oestreich was recently present-

History Corner

East Toledo Historical Society
by Larry Michaels



ed with the Certificate of Achievement for Excellence in Financial Reporting, an award the office has received for 20 consecutive years.

He currently serves as secretary/treasurer of the Northwest District of the County Auditor's Association of Ohio.

Campground bill goes to governor

State Representative D.J. Swearingen, R-Huron, said House Bill 229 passed within the General Assembly last Wednesday.

Rep Swearingen is a primary sponsor of the bill with State Rep. Shane Wilkin, R-Hillsboro.

"This legislation assists campground owners, operators, and workers by stating that they are not legally responsible for circumstances that are out of the owner's control such as injuries resulting from unforeseen environmental risks," Swearingen said.

The bill does not prevent campground owners and operators from being held responsible for any injuries resulting from circumstances within their control, he said.

The bill now goes to the governor for his signature.

Sleigh rides offered

Take a horse-drawn sleigh ride through Spiegel Grove, the estate of 19th U.S. President Rutherford B. Hayes, during Presidents' Day weekend.

South Creek Clydesdales will offer sleigh rides on Saturday, Feb. 19; Sunday, Feb. 20 and Monday, Feb. 21 from 1-4 p.m.

Tickets are \$5.50 per person for ages 3 and older and free for ages 2 and younger. They may be purchased online at rbhayes.org/news/2022/01/31/general/celebrate-presidents-day-with-horse-drawn-sleigh-ride-through-presidential-estate/.

Advance tickets are recommended. Tickets will also be sold the days of the rides at the museum front desk, pending availability. In-person sleigh and trolley ticket sales end at 3:45 p.m. each day.

The sleigh can fit four people at a time. Riders who are not vaccinated for COVID-19 must wear a face covering.

Rides will be offered whether or not there is snow, however, if the wind chill is below zero or there are thunderstorms, rides will be canceled. For updates, visit rbhayes.org or Hayes Presidential's social media pages.

If Hayes Presidential cancels the rides, refunds for the ticket price will be issued. Otherwise, there are no refunds.

The rides are a nostalgic trip through the beautiful, wooded estate, past the historic Victorian Hayes Home and down Lover's Lane, a favorite pine-tree lined spot on the grounds.

The Hayes Presidential Library & Museums is located at Spiegel Grove at the corner of Hayes and Buckland avenues, Fremont.

For information, call 419-332-2081, visit rbhayes.org or visit Hayes Presidential's social media pages.

Free concert set

The Music Business Technology students from Owens Community College will present the third concert of the 2021-22 Accent on the Arts series Wednesday, Feb. 23 at 7:30 p.m. in the Mainstage Theatre in the Center for Fine and Performing Arts, located at 7270 Biniker Rd., Perrysburg.

The concert will feature Westbound Situation, which blends the precision of classical chamber music, the rhythmic drive of bluegrass, and the colorful expression of jazz into a new style of chamber music – chambergrass. The quartet – comprised of Grant Flick on violin, Jake Howard on mandolin, Zach Brown on cello, and Jacob Warren on bass – mixes composition and improvisation seamlessly into their entirely memorized arrangements. Read more about them at WestboundSituation.com.

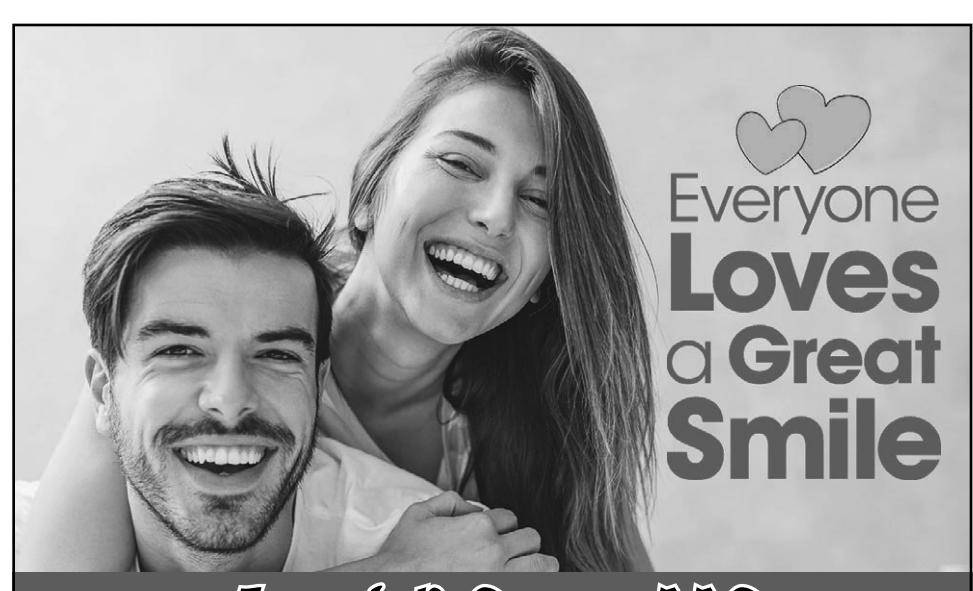
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A groundbreaking for Peloton was held in August 2021. (Submitted photo)

Peloton park site

Continued from front page

it will rely on its third-party manufacturing suppliers to meet any growth over the next few years.

In a Feb. 8 message to Peloton employees, John Foley, co-founder and recently-named executive chair, said the company has been re-evaluating its costs to position itself for a "post COVID landscape."

"After careful review, we'll be driving strategic initiatives across our global team that will help focus on areas that are in need of adjustment, including implementing a comprehensive restructuring program," his message says.

The re-structuring has also impacted the company's warehousing infrastructure.

"We've also embarked on a significant realignment and reduction of our North American warehousing and first party logistics operations," the message says. "During the pandemic we were forced to rapidly expand our warehouse infrastructure and last mile delivery teams, while

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Once we finish the
external construction
of Peloton Output
Park, we will sell
both the building and
land.
”

also scaling our third party relationships. As our growth has moderated and returned to a more typical seasonal pattern, we've made the decision to significantly reduce our owned and operated warehousing and delivery footprint."

In all, about 2,800 positions are being cut, the company said.

Volunteers welcome

The Eastwood Community Wreaths Across America Committee invites volunteers to help remove wreaths from graves at Webster Township, New Belleville Ridge, Eisenhour, and Troy Township cemeteries on Saturday, Feb. 19 at 9 a.m.

The groups will move on to remaining cemeteries after wreath removal is complete at these cemeteries.

"We would like to thank everyone who sponsored wreaths this year," said committee member Becky Dippman. "Our campaign was a huge success because of your generosity."

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Barlow, a black Labrador retriever, is roaming the halls at Clay High School (Photo courtesy of Oregon City Schools)

Dog to provide student well-being

Continued from front page

thing bad. He just shies away from it. He'd rather be in a corner and be more involved in individual situations. He'll be with a counselor who will be out and about around the school. And he's still being trained. He does not come to us officially until March. He's been to the school about four or five times, breaking him in slow-

ly, getting him used to the hallways and so forth."

Andy Ramsey, a Clay High School counselor, will be the primary handler at the school, according to Gregory.

Sigg and his wife, Alana, fostered the dog through a company called Circle Tails in the Cincinnati area and took part in the final training, according to Gregory.

Orchid Show returns to zoo

Despite the cold temperatures, the Toledo Zoo is abloom this month, thanks to the Orchid Show, on display Feb. 11-27 in the ProMedica Museum of Natural History and Aquarium.

Visitors can immerse themselves in vibrant colors, delightful scents and interesting backstories of rare and exotic orchids from around the world.

In addition to more than 1,700 orchids, the three-week show includes a variety of classes, demonstrations and workshops. With topics ranging from how to care for orchids to how to photograph

one, or make your own terrarium, there truly is something for everyone.

Visitors will see a "bee's eye view" of what orchids look like to pollinators. Many types of orchids are ultraviolet fluorescent, primarily in their reproductive parts in an attempt to focus the pollinator.

There is also an opportunity for the public to order an orchid from the virtual plant sale beginning Feb. 11. Pick-up will be on Thursday, March 3 from 9 a.m.-2 p.m.

The Toledo Zoo's Orchid Show runs 10 a.m.-4 p.m. Fridays, Saturdays and Sundays. The event is included with Zoo admission. For more information, visit toledozoo.org/orchidshow.

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Fedor bill seeks COLAs for retired teachers

By Larry Limpf

News Editor

news@presspublications.com

Less than a month after introducing a bill that would reinstate cost of living adjustments for retirees in the State Teachers Retirement System, State Senator Teresa Fedor took part in a town hall forum, calling the present system unfair for teachers while STRS employees have benefited handsomely.

"It seems Ohio teachers get the worst return on their investment, receiving only 76 cents for every dollar they save for their retirement," Sen. Fedor said at the forum. "This happens while STRS employees get a pay raise and a bonus with no indexed benchmarks. This is not good business or fair for anyone. We must do better for our teachers, current and retired."

The event was organized by the Ohio Retired Teachers Association and the Ohio STRS Member Only Forum to offer current and retired teachers a chance to discuss the STRS Ohio pension system.

Fedor introduced Senate Bill 280 last month. It amends the section of the Ohio Revised Code pertaining to the 11-member STRS board that oversees the \$90 billion pension fund and how it sets COLAs.

In 2012, Ohio pension law was overhauled, resulting in reductions in pension benefits and allowing pension boards to change COLAs without the approval of the state legislature, Fedor said. Consequently, the STRS reduced its COLAs for some teachers and froze it for others in 2013. Four years later, the COLA for STRS retirees was dropped entirely.

About 500,000 active and retired teachers are enrolled in the system. At present, teachers with 30 years experience can retire at any age and collect full benefits. The experience threshold increases to 35 years in August 2023. Under a policy set to start in 2026, teachers would need to be at least 60 years old with 35 years of experience to be eligible for full benefits.

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Sen. Fedor and others have voiced frustration with the bonuses and salaries the staff managing the pension fund has received.

And after attending an STRS board meeting last August, she said she was surprised a mandated audit of the system hasn't been conducted.

"Even though one has been scheduled for the coming months, years have gone by without a required independent audit taking place. I was shocked that the board blamed the Covid-19 pandemic, even though an audit should have taken place in 2016," she said. "In the meantime, retirees have seen their COLA disappear while STRS staff and those managing the funds have received bonuses on top of their salaries."

"Retirees want real answers to their important questions. These former teachers deserve transparency and to have their voices heard. I urge the board to reinstitute the COLA immediately, and make cuts to (STRS staff) salaries and benefits if that is what it takes."

The STRS board held a special meeting last month to discuss an on-going asset-liability study and an actuarial update on possible benefit increases.

The actuarial consultant, Cheiron, reviewed four options. Board members expressed interest in one option that includes a 2 percent, one-time COLA for benefit recipients who are eligible for a COLA and a change to the current age and service eligibility requirements for active members, which would allow teachers with 35 years of service to retire at any age. That would eliminate the age 60 requirement scheduled to be put in place in 2026.

"A one-time simple COLA increase would result in a higher benefit going forward, but does not commit to additional COLA increases each year," the STRS website says. "Cheiron said it will be best prepared to assess the financial impact once it has completed its five-year experience review and following completion of (investment consultant) Callan's asset-liability study. These two studies are expected to wrap up in March."

According to the Cheiron analysis, an on-going 2 percent COLA would add about \$13.8 billion in liabilities, which would increase STRS unfunded liabilities to \$34.6 billion from \$20.8 billion.

Clay High School Band Boosters
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Zahradnik named new Northwood police chief

Northwood Police Captain Jeffery Zahradnik has been named the new Chief of Police for the Northwood Police Department.

He replaces former Chief Thomas S. Cairl, who retired in July. Zahradnik has been serving as acting chief of police since then.

Zahradnik was promoted to chief at a city council meeting on Jan. 27.

Chief Zahradnik has lived in the area his entire life and began his career in law enforcement as a patrolman for the Northwood Police Department in October of 1995. Through his 26 years with the department, he has climbed through the ranks serving as a patrolman, detective, patrol sergeant, detective sergeant, and police captain for the last 10 years.

Chief Zahradnik holds a Bachelor's Degree in Criminal Justice, and attended the Ohio Association of Chiefs of Police's (OACP) Police Executive Leadership College (PELC) in 2017. His educational background paired with numerous years of experience in law enforcement make him an excellent fit for the position.

When asked about his goal for the department, Chief Zahradnik said, "The prior chief, Thomas S. Cairl, did a great job at running the department and taught me

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Everyone should take comfort in knowing that the officers of the Northwood Police Department will continue to treat everyone fairly and respectfully while we protect and serve.

”

many valuable skills. I plan to keep things running as he had left it, with a few minor changes....I will do my best to promote professionalism and efficiency within the department. Everyone should take comfort in knowing that the officers of the Northwood Police Department will continue to treat everyone fairly and respectfully while we protect and serve."



Obituaries

Obituary

Marilyn C. Buchanan

July 15, 1932 – February 2, 2022



Marilyn C. Buchanan, age 89, passed away peacefully on February 2, 2022 at Otterbein Pemberville SeniorLife Community.

Marilyn was born July 15, 1932 in Seattle, Washington. After attending Franklin High School in Seattle, she attended University of Washington and worked as an operator at the phone company and was on the activity committee. It was at one of those planned ski outings that she met her husband, Martin, and the rest was history. They were best friends and had many more exciting trips and outings over the next 55 years. After 11 years apart, they are finally re-united in heaven.

Marilyn was a friend to everyone, always helping others and making new friends. Although the family made several moves over the years, Mom kept in contact with friends made at every location in ensuing years. She was a template for all moms: devoted to family, gentle, kind and loving. Often described as a "sweet person who didn't have a mean bone in her body", her message was reciprocated, as everyone who knew her loved her right back. Fittingly, Mom's final words were "Thank you".

Even in her later years, as she fought Alzheimers, her true nature shown through. Every nurse and aide who she came in contact with her would tell us what a sweet woman she was. When former workers paid a visit, they asked how Marilyn was doing. A life well lived.

She was preceded in death by her husband, Martin L. Buchanan of Norwalk, OH, and her son, Brian Buchanan of Norfolk, VA. She is survived by her loving family, sons; Jeff (Laura) Buchanan of Woodville, OH, Brad (Arlene) Buchanan of Macomb, MI, daughter Julie (Paul) Hess of Grand Rapids, MI, and daughter-in-law Sherri Buchanan of Concord, NH, as well as four grandchildren, and four great-grandchildren.

A memorial service will be held online in Spring 2022, so that friends and family from across the country can join in the celebration of her life. Memorial contributions may be made to Otterbein Retirement Community in Pemberville who took such wonderful care of her in her final years or Ashanti Hospice Care who helped tremendously at the end.

Those wishing to express a word of encouragement, share a memory or photo may do so at www.marshfuneralhomes.com

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Oregon to replace transmitters that read water meters

By Kelly J. Kaczala

News Editor

kkaczala@presspublications.com

Oregon City Council recently approved purchase orders to United Systems & Software, Inc., Benton, Kentucky, for the purchase of Electronic Remote Transmitters (ERTs) to remotely read residential and commercial meters through the drive-by system for the Oregon Water Distribution Division.

"ERTs are a key component in obtaining water and sewer billing data for the utility department when they send out bills," said Public Service Director Paul Roman.

The city has approximately 7,000 customers, he said.

"Through the years, we've advanced," said Roman. "We used to have a mechanism in which you have to pull into the driveway and point at the meter to get the data. Now we have an instrument in the vehicle that can literally drive by and pull in the data. We do it a lot quicker now."

Efficiency

In 2004, the city began the process of

Credit card policy cited

Auditor issues finding against fire district

By Larry Limpf

News Editor

news@presspublications.com

The Ohio Auditor's office has issued a finding for recovery against the former fiscal officer of the Allen-Clay Joint Fire District.

The auditor's report, released last Thursday, states the district had "insufficient policies and procedures" and did not provide the required documentation for \$4,017 in credit card expenditures made in 2020 and 2019.

"Without supporting documentation, we were unable to determine whether the unsupported expenditures were for a proper public purpose as well as which credit card user incurred the expense(s). This information could also not be obtained from the financial institution which issued the credit card," the report says.

A former fiscal officer of the district, Donald Murray, received or collected the public money used to make the improper payments, the report says, and the finding for recovery was issued against him and his bonding company.

The district's general fund is entitled to \$3,605 and the EMS fund is entitled to \$412.

"Credit cards can be extremely beneficial for efficiency's sake, but they

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So yes, there are some systems out there in which you just press a button to collect that data, but you're also spending a lot of money on infrastructure to do that.

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switching from a manual water meter reading system to a radio meter reading system to improve the efficiency of data collection for water consumption.

The radio meter reading system consists of installing an ERT with a meter register to convert the actual measurement to a radio signal, which includes the identifi-

cation of the water customer.

"It definitely took several years to get everybody switched over," said Roman.

The Oregon Division of Water Distribution needed additional ERTs to be installed with new water meters, and to replace older ERTs installed in the original switchover.

The battery life is usually 10-12 years. The city has been getting battery life of around 17 years, said Roman. The ERTs are starting to die off since being put into service in 2004. It is estimated the city will need to replace about 1,000 ERTs this year.

ERTs are only available for purchase through an authorized vendor. A unit price quote was received from United Systems & Software, Inc., the authorized vendor for Northwest Ohio.

The unit price quote of \$90 per ERT was determined to be the lowest and best quote.

New technology

Councilman Dennis Walendzak asked Roman whether there was advanced technology that didn't require someone to drive through the neighborhoods to collect the data but that it would be sent wirelessly

through the internet.

Roman said there was, but it was costly.

"Through the years, we've checked how we've done it compared to other cities. There are brand new systems where you have to install a lot of hardware throughout the entire city. The infrastructure for that is in the billions," he said.

Oregon is able to collect its data in a day and a half, explained Roman.

"So yes, there are some systems out there in which you just press a button to collect that data, but you're also spending a lot of money on infrastructure to do that," said Roman.

"I think it's a good investment to keep going with what we have. Eventually, we may look at getting something better. But for now, I think we get a lot for our money."

City Administrator Mike Beazley agreed.

"There are systems that will automatically do it. If we were 40,000 households, it would be a little different math. We think that for a day and a half, it's really working well right now. At some point, maybe the technology will be easier. Right now, this is working pretty well," said Beazley.

Grants available for demolition of vacant properties

Grant funding that would pay for the demolition of qualified vacant commercial and residential properties is available in Wood County.

The Wood County Planning Commission and the county commissioners are overseeing the grants.

Properties must have the permission of owners to be demolished. The deadline to submit projects is Feb. 22, 2022.

For information contact the planning commission at 419-354-9128.

Meeting change

The Woodmore Board of Education has changed the date of its regular February meeting from Feb. 17 to Feb. 16 at 6 p.m.

The board will meet at the Woodmore High School Media Center, 633 Fremont St., Elmore.

Tree Commission

The City of Oregon's Tree Commission will hold a meeting on Tuesday, Feb. 15 at 4 p.m. in the city's community room, 5330 Seaman Rd. The public is invited.

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Credit cards can be extremely beneficial for efficiency's sake, but they can easily cause transparency issues.

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can easily cause transparency issues," said Auditor Keith Faber. "Last year, we issued more than \$10 million in findings for recovery and a lot of those dollars were the result of not following credit card policies. It is an easy fix."

In response to the finding, the district now has policies and procedures in place to ensure expenditures are supported with original itemized documentation and statements. The chairman of the district board of trustees signs a monthly statement that the board has reviewed in detail all credit card account transactions, including itemized receipts.

The district's debt for vehicles and facilities also was cited by the auditor.

"During 2020 and 2019, the district made principal payments on outstanding promissory notes and installment loans in the amount of \$104,161 and \$77,097, respectively. The promissory notes and installment loans were used by the district to purchase an ambulance, construct a new building, and purchase a fire truck," the report says. "This type of debt is not authorized in Ohio Revised Code Chapter 133 or Ohio Revised Code Section 505.401. The district had no statutory authority to incur debt through either installment loans or promissory notes with any banking institutions. Inadequate policies and procedures related to debt issuance can result in illegal expenditures by the district. The district should consult with legal counsel before incurring debt to determine if the debt is authorized by statute."

In its response, the district says it did receive legal advice before assuming the loan: "It was the decision of the board in place at the time of securing the loan and on the advice of the county prosecutor in office at the time of the application; we applied and obtained a conventional loan through the bid process. It was also the decision of the board in place at the time of securing the loan that it was the most expeditious and cost effective use of fire district taxpayers' monies."

A nice change in the way things are done.



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Bank appoints compliance officer

GenoaBank has announced Lindsey Milam's appointment as the new Vice President – Chief Compliance Officer.

"Lindsey's legal experience certainly proves her qualified to fill the role of Vice President – Chief Compliance Officer," said Martin P. Sutter, GenoaBank President and CEO. "I am pleased to have Lindsey aboard. Her talents will be a great benefit for our growing community bank, as the bank continues to expand product and service offerings for our customers."

Milam will be responsible for overseeing the bank's compliance, security and audit departments. Milam, a native of Genoa, earned her Bachelor of Arts in International Relations from the University of Toledo and her Juris Doctor from the University of Toledo College of Law. Milam began her legal career with a law firm in Bloomfield Hills, Michigan, where she practiced for several years in the field of commercial and residential real estate development.

Advisor appointed

Kyle Dodd, of Maumee, has accepted the position of real estate & economic development advisor at Rudolph Libbe Properties, a Rudolph Libbe Group company.

Dodd joined Rudolph Libbe Group as a business development manager in 2017. He holds a bachelor's degree in urban and regional planning/business administration from Ohio University.

A licensed real estate salesperson, Dodd is an EPIC Toledo board member and a member of the Ohio Economic Development Association and the Rotary Club of Maumee.



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*Source: 2019 CVC Audit Report

Grant, scholarship deadline nearing

The Ottawa County Community Foundation (OCCF) is accepting grant and scholarship applications for 2022-2023 through Tuesday, March 1.

Each year, the foundation provides support to local nonprofit organizations and students. In 2021, it gave more than \$53,000 in grants and more than \$152,000 in scholarships.

"It's important for high school seniors to finish and submit their scholarship applications now to meet the March deadlines determined by their school," said Dave Slosser, OCCF scholarship chair.

The foundation anticipates awarding more than 120 individual scholarships this year, ranging from \$400 to \$3,500 each. Each scholarship has a set of unique requirements established by the fund donor's wishes. While the majority of OCCF scholarships are for graduating high school seniors, there are several scholarships available for non-traditional students, college students seeking to study abroad and students at a specific college. Learn more at ottawaccf.org/scholarships.



Milam



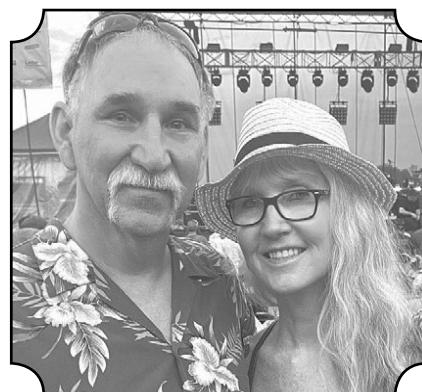
Snow day

While the recent heavy snowfall brought a level 3 warning to many throughout the area, John Dandar, Curtice, makes the most of it, playing in the snow with his dogs. (Photo by Maggi Dandar)

Transitions

Transitions Deadline is Wednesdays at Noon. Call 419-836-2221 or email classified@presspublications.com

Dudleys Celebrate 25th!



Ronald and Rebecca Dudley (aka Nana & Papa) of Millbury, Ohio were married on February 15, 1997. They are blessed with 3 children and 4 grandsons. They celebrated in Hawaii with a 26 mile bicycle ride down the side of a volcano.

Another 25 years? Yes please!

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Engagement Announcement! Murray - Morrin



Norman Jr. and Eleanor Riffle of Millbury are pleased to announce the engagement of their daughter Kate Murray to Gabriel Morrin, son of Susan Britton-Morrin and Charlie (Dawn) Morrin of Toledo, Ohio.

A wedding is planned for September 24, 2022.

In Loving Memory

Ronald G. Greenwood
4/15/1947 - 2/14/2021



Your wings were ready but our hearts were not.
We love and miss you everyday.
Love,
Shirley, Ron, Troy & family.

Happy Valentine's Day
Robert Kapp
2/22/32 - 1/28/21



The day you left us our sun stopped shining and life has never been the same.
Deeply missed by all of your family.

Opinion**The Press**

Be proactive when dealing with toxic emotions

By Bryan Golden

You've experienced one or more toxic emotions. Anger, frustration, fear, guilt, bitterness, resentment, and sadness negatively impact you. Toxic emotions cause you mental and physical harm.

Anger leads you to do or say things you'll regret later. Frustration causes you to consider giving up. Fear holds you back by inhibiting action. Guilt makes you ashamed about what you've done. Bitterness and resentment cause you to feel sick both mentally and physically. Sadness can be all consuming.

The good news is that you don't have to suffer with toxic emotions. You can proactively deal with these emotions, rather than feeling like a passive victim. Toxic emotions are best dealt with before they take hold.

Here are some effective strategies for overcoming toxic emotions. Start with keeping things in perspective. Don't blow situations out of proportion. Marinating an attitude of gratitude, where you are thankful for all of your blessings helps keep you balanced.

Be patient. The world is filled with negativity. Toxic feelings want to creep into your mind. You can become conditioned to automatically purge them once detected. Although you will experience toxic emotions, you can significantly minimize the amount of time they persist.

Relax and engage in enjoyable activities. Maintaining positive emotions is the best



Dare to Live

by Bryan Golden

defense against toxic ones. The better you feel on a regular basis, the less likely toxic emotions will have much of an impact.

Physical exercise clears your mind and keeps your body healthy. You don't have to be a fitness fanatic, (although there's nothing wrong with being one.) Just a vigorous 20-minute walk, 3 or 4 times a week is effective. So is taking the stairs instead of the elevator. Or when out shopping, park as far from the door as possible.

Let go of any negative aspects of your past. You don't want your past to pollute your future. Lamenting what you could have, would have, or should have done feeds toxic emotions. Instead, determine what you can and will do moving forward.

Recognize and acknowledge your toxic emotions. These feelings must be dealt with rather than being repressed. You feel the way you feel. Don't make excuses. Identify the sources of your feelings. When possible, avoid negative people and seek out positive ones.

Toxic emotions are displaced by focusing on positive thoughts and memories. You can't stop thinking about something. Instead, you have to change your thoughts.

You are free to choose what you think about. Whenever you are upset with the way you are feeling, start thinking about something more pleasant.

Learn from your mistakes, they are a normal part of life. Maintain an awareness of what worked and what didn't. Eliminate behavior which results in toxic emotions. You're not a victim. You are free to make necessary changes to improve your life.

Have patience. You won't completely eliminate toxic emotions, but you can minimize the amount of time they reside in your mind. In order to overcome toxic emotions, you must identify them as they occur. Once you realize negative feelings have taken hold, work to displace them with positive emotions.

Maintaining an attitude of gratitude is a powerful antidote to toxic emotions. Being thankful for all of the blessings in your life creates a potent force, which keeps negative emotions at bay. Other positive emotions worth cultivating include joy, pride, hope, happiness, and inspiration.

Toxic emotions can't take hold when you are leading a rewarding life. You don't have time for them while you are busy traveling down your desired path. Being immersed in positive energy creates a toxic emotion repelling force field.

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@columnist.com or visit www.DareToLiveWithoutLimits.com Copyright 2022 Bryan Golden

Can't have the state highway your way

By Joel Schlosberg

The Empire Center's James Hanley tells readers of The Wall Street Journal that "anyone who wants to pay more to go green should have that choice" ("Congratulations, You've Won a Higher Electric Bill!", Jan. 31). The subject of Hanley's op-ed, the residents of Yonkers in upstate New York, did have the freedom to choose between two energy plans, with a higher electric bill for the renewable-sourced one. Hanley objects to them being defaulted to the renewable option, the sort of policy which has given Richard Thaler and Cass Sunstein's "libertarian paternalism" the reputation for being more paternalist than libertarian in practice.

It's true that "in a properly functioning market, consumers express their preferences through the prices they pay." Yet Hanley tacitly implies that renewable options are a luxury. This has been asserted outright by John Stossel: "The market didn't arbitrarily pick oil as the dominant source of energy."

R. Buckminster Fuller observed that the ability of fossil fuels to burn quickly after being formed over far vaster stretches of time makes them an "energy savings account." The short-term benefit doesn't reflect their limited supply, with the "fabulous energy-income wealth" of renewable alternatives untapped.

Paul Krugman noted a decade ago that despite Solyndra becoming a symbol of solar as government boondoggle, that particular company's "failure was actually caused by technological success: the price of solar panels is dropping fast, and Solyndra couldn't keep up with the competition." One would expect Stossel rather than Krugman to be the pundit noting the limits of political policymakers' ability to foresee market winners. Yet when Stossel writes that "government's 'green' subsidies suck money away from far more useful activities," he overlooks how the non-green energy sources which he assumes to be simply more economical are subsidized on a much larger scale.

Helen Leavitt's 1970 muckraking tome Superhighway-Superhoax documented how "a staggering number of private interests" formed the impetus for "the largest single public works project ever undertaken." Amory Lovins points out that "100-plus percent subsidies" aren't enough to draw private investment to nuclear power, so that "we can have as many nuclear plants as Congress can force the taxpayers to pay for."

Whether your way is the greenway or the parkway, you're not going to get very far without a clear view of the price.

New Yorker Joel Schlosberg is a senior news analyst at The William Lloyd Garrison Center for Libertarian Advocacy Journalism

Cuban missile crisis can teach us about Ukraine crisis

By Lawrence S. Wittner

Commentators on the current Ukraine crisis have sometimes compared it to the Cuban missile crisis. This is a good comparison and not only because they both involve a dangerous U.S.-Russian confrontation capable of leading to a nuclear war. During the 1962 Cuban crisis, the situation was remarkably similar to that in today's Eastern Europe, although the great power roles were reversed.

In 1962, the Soviet Union had encroached on the U.S. government's self-defined sphere of influence by installing medium-range nuclear missiles in Cuba, a nation only 90 miles from U.S. shores. The Cuban government had requested the missiles as a deterrent to a U.S. invasion, an invasion that seemed quite possible given the long history of U.S. intervention in Cuban affairs, as well as the 1961 U.S.-sponsored Bay of Pigs invasion.

The Soviet government was amenable to the request because it wanted to reassure its new Cuban ally of its protection. It also felt that missile deployment would even the nuclear balance, for the U.S. government had already deployed nuclear missiles in Turkey, on Russia's border.

From the U.S. government's standpoint, the fact that the Cuban government had the right to make its own security decisions and that the Soviet government was simply copying U.S. policy in Turkey was of much less significance than its assumption that there could be no compromise when it came to the traditional U.S. sphere of influence in the Caribbean and Latin America. Thus, President John F. Kennedy ordered a U.S. naval blockade (which he called a "quarantine") around Cuba and stated that he would not permit the presence of nuclear missiles on the island.

Eventually, the crisis was resolved. Soviet Premier Nikita Khrushchev agreed the USSR would remove the missiles from Cuba, while Kennedy pledged not to invade Cuba and to remove U.S. missiles from Turkey. The world public came away with a misunderstanding of how the U.S.-Soviet confrontation had been brought to a peaceful conclusion. The U.S. missile removal from Turkey was kept secret. Thus, it appeared that Kennedy, who had taken a hard line publicly, had won a significant Cold War victory over Khrushchev. The popular misunderstanding was encapsulated in Secretary of State Dean Rusk's comment the two men had stood "eyeball to

Guest Editorial

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...there's little to be gained when great powers continue their centuries-old practices...

”

eyeball," and Khrushchev "blinked."

What really happened, however, as we now know thanks to later revelations by Rusk and Secretary of Defense Robert McNamara, is that Kennedy and Khrushchev recognized, to their mutual dismay that their two nuclear-armed nations had arrived at an incredibly dangerous impasse and were sliding toward nuclear war. They did some top secret bargaining that de-escalated the situation. Instead of stationing missiles on the borders of both nations, they simply got rid of them. Instead of warring over the status of Cuba, the U.S. government gave up any idea of invasion. The next year, in an appropriate follow-up, Kennedy and Khrushchev signed the Partial Test Ban Treaty.

Certainly, de-escalation could be worked out in connection with today's conflict over Ukraine and Eastern Europe. For example, as many countries of the region have joined NATO or are applying to do so thanks to fear that Russia will resume its domination of their nations, the Russian government could provide them with appropriate security guarantees, such as rejoining the Conventional Armed Forces in Europe Treaty, from which Russia withdrew more than a decade ago. Or the contending nations could revisit the proposals for European Common Security, popularized in the 1980s by Mikhail Gorbachev. At the very least, Russia should withdraw its massive armada, clearly designed for in-

timidation or invasion, from Ukraine's borders.

Meanwhile, the U.S. government could adopt its own measures for de-escalation. It could press Ukraine's government to accept the Minsk formula for regional autonomy in the eastern part of that nation. It could also engage in long-term East-West security meetings that might work out an agreement to defuse tensions in Eastern Europe more generally. Numerous measures are available along these lines, including replacing offensive weapons with defensive weapons in NATO's East European partners. Nor is there any need to take a hard line on welcoming Ukraine's NATO membership.

Third party intervention, most notably by the United Nations, would be particularly useful. After all, it would be far more embarrassing for the U.S. government to accept a proposal by the Russian government, or vice versa, than for them both to accept a proposal made by an outside, and presumably more neutral, party. Furthermore, replacing U.S. and NATO troops with UN forces in East European nations would almost certainly arouse less hostility and desire to intervene by the Russian government.

As the Cuban missile crisis ultimately convinced Kennedy and Khrushchev, in the nuclear era there's little to be gained when great powers continue their centuries-old practices of carving out exclusive spheres of influence and engaging in high-stakes military confrontations.

Dr. Lawrence Wittner, syndicated by PeaceVoice, is a Professor of History emeritus at SUNY/Albany and the author of *Confronting the Bomb* (Stanford University Press).

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Health

Published second week of month.

Let's make 2022 the year of women's heart health

By Mohammed Shuaib, MD
ProMedica Physicians Cardiology

Heart disease is the leading cause of death among women in the United States. About one in five female deaths per year are directly related to heart disease. There is a common misconception that heart disease is a man's disease. However, nearly just as many women die each year of heart disease in the United States.

Despite these statistics, heart disease can be manageable by knowing the signs and symptoms of a heart attack, managing stress and maintaining a heart-healthy lifestyle.

Heart attack symptoms in women.

When it comes to a heart attack, the most common symptom for both men and women is chest pain or pressure. However, there are lesser-known symptoms that women are more likely to experience. Back or jaw pain, new or profound fatigue, shortness of breath, new or profound indigestion, nausea and vomiting are all symptoms to look out for.

Since heart attacks in women can have different and more subtle presentations than heart attacks in men, it is important to know the signs. If you believe you are having heart attack symptoms, it is important to seek immediate medical evaluation at the nearest emergency room by calling 911.

Heart attack or panic attack?

There is an association between stress and heart disease. The relationship lies in the way that emotional stress can raise blood pressure. Many women are managing

“
Aim to exercise
for at least 30 minutes,
three times a week...
”

busy home and work lives, making them more susceptible to experiencing long-term stress, which increases the stress hormone in the body called cortisol. Cortisol, in turn, affects the way the body controls blood pressure and heart rate.

With increased stress, the likelihood of having a panic attack also increases. Many panic attack and heart attack symptoms overlap and are often almost identical. Women who suffer from panic attacks usually refer to the pain at the center of their chest as stabbing in nature, but women who suffer from a heart attack usually describe it as heaviness or pressure. Overall, it can be hard for patients to differentiate between a panic attack and a heart attack.

As a general recommendation, anyone who feels a sudden onset of severe chest pain or discomfort should immediately call 911 and seek emergency evaluation.

Achieving a heart-healthy lifestyle

Some risk factors for heart disease, such as family history and genetics, are outside of your control. But there are still many things that can be done to keep your

heart healthy.

- Schedule your routine check-up. Scheduling an appointment with your primary care provider to help identify any potential heart issues and support your overall health is one easy way to help manage or reduce the risk of heart disease.

- Eat heart-healthy foods. Fruits, vegetables, nuts, lean meats, fish, whole grains and healthy oils are foods that help support your heart health. Limit red meat, packaged foods, and foods with lots of salt or sodium.

- Find a physical activity you enjoy. You're more likely to keep up with exercise when it's something you enjoy doing. Aim to exercise for at least 30 minutes, three times a week, unless otherwise directed by your doctor.

- Take steps to reduce stress. Managing busy home and work lives means women may be likely to experience long-term stress. Exercise, relaxation techniques and seeking professional help can help reduce and manage stress in healthy ways.

When making any lifestyle changes, it is important to remember that it is a marathon and not a sprint. Changes don't happen overnight but making even one small, positive change can help reduce your risk of heart disease.

Keeping your heart healthy will improve your quality of life, help you stay active as you age and can potentially even prolong your life. This year let's take steps to maintain a heart-healthy lifestyle and reduce the risk of heart disease because your heart is worth it.

Lucas Co. Health Dept. announces COVID therapy access options

The Toledo-Lucas County Health Department, which continues collaboration with healthcare partners to combat the COVID-19 pandemic, announced how residents may access COVID-19 therapeutic treatment options.

Monoclonal antibodies and other antiviral therapeutics are extremely scarce resources but have proven to be a beneficial treatment for many COVID-19 patients. Currently, COVID-19 monoclonal antibody treatments can decrease the likelihood of hospitalization related to COVID-19 if taken early. Limited supplies are available at Mercy Health, ProMedica, and University of Toledo (UTMC) infusion facilities. McLaren St Luke's has partnered with Mercy Health, ensuring patients have access to an infusion facility.

Interested individuals should contact their primary care physician to determine if they meet the current criteria to receive monoclonal antibody infusion or other antiviral therapies. If an individual meets the current criteria for any of the therapeutic treatment options and therapeutic supplies are available, a medical evaluation must be provided by a healthcare professional prior to the beginning of treatment.

A primary care physician will make the appropriate referral in order to receive treatment. Mercy Health, ProMedica, UTMC, and McLaren St. Luke's have agreed that patient referrals may be sent to other facilities outside of each respective system, in the event the therapeutic resources are available at other hospitals.

If an individual does not have a primary care physician and would like to determine if he or she meets criteria, several options are available ensuring equitable access:

- Call 419-383-4545 (UTMC provider), select "option 4" for a monoclonal antibody (MAB) referral.
- Go to any ProMedica Urgent Care Center or a ProMedica Emergency Department.
- Go to or call: Mercy Health – St. Vincent Walk-In Primary Care Ambulatory Care Center, Main Floor, 2213 Cherry St., Toledo. Call 419-251-4696.

The federal government is providing monoclonal antibody therapy at no cost to patients, however, a facility fee may be incurred. Medicare and many commercial insurance companies are covering all costs for patients.

For additional information on monoclonal antibodies and other antiviral therapeutics, visit [lucascountyhealthdept.org](#)

Reeve Foundation

Grant will help make programs accessible

A \$24,700 grant from The Christopher & Dana Reeve Foundation National Paralysis Resource Center will help Metroparks Toledo purchase equipment to provide adaptive outdoors experiences for people with disabilities.

The grant to the Metroparks Toledo Foundation will be used to purchase two pieces of equipment to expand Metroparks adapted program offerings:

- An Action Trackchair, which uses tracks rather than wheels so people with disabilities can venture over various terrain, not just paved paths. The chair will be available by reservation for personal use in the Metroparks, and by request at nature walks and other programs.

- A portable, 32-by-22-foot pool that will be used to introduce people to kayaking and stand-up paddleboard at community events. The pool will also allow the Metroparks program staff to provide programs adapted for people of varying abilities.

"Nature belongs to everyone, and one of our main objectives is to make the Metroparks accessible and welcoming to all," said Dave Zenk, executive director of

Metroparks Toledo. "With this grant, we will be able to expand our existing services to people with disabilities and introduce people to new ways of enjoying the outdoors."

The Christopher & Dana Reeve Foundation awarded 67 Direct Effect Quality of Life grants totaling \$1.4 million from its Quality of Life Grants Program, which supports nonprofit organizations that empower individuals living with paralysis. Since the Quality of Life Grants Program's inception, more than 3,490 grants totaling over \$36 million have been awarded. Funding for this program was made possible through a cooperative agreement with the Administration for Community Living.

"This cycle of Direct Effect grant projects offers a robust and impactful addition to our Quality of Life grants program," said Mark Bogosian, Director, Quality of Life Grants Program, Reeve Foundation. "Grant funds are supporting wide-ranging projects including accessible community areas, adaptive sports, fitness and wellness, consumer education, peer mentoring and support, and transportation. These projects represent the true essence of our Quality of

Life grants program by fostering inclusion, involvement and community engagement, and promoting health and wellness for those affected by paralysis."

About the Reeve Foundation:

The Christopher & Dana Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research and improving the quality of life for individuals and families impacted by paralysis. By uniting the brightest minds in the field, the foundation works to accelerate scientific discovery across the field of spinal cord research by investing in labs across the globe.

Additionally, through a cooperative agreement with the Administration for Community Living, the Reeve Foundation's National Paralysis Resource Center (NPRC) promotes the health, well-being, and independence of people living with paralysis, providing comprehensive information, resources and referral services assisting over 100,000 individuals and families since its launch in 2002.

For more information, visit [ChristopherReeve.org](#) or call 800-225-0292.

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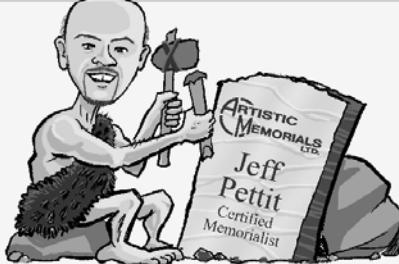
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Health

WCCOA to hold Chronic Disease Self-Management Workshop

The Wood County Committee on Aging, Inc. (WCCOA), in partnership with the Area Office on Aging of Northwest Ohio, will hold a Chronic Disease Self-Management (CDSM) Workshop at the Perrysburg Area Senior Center, 140 W. Indiana Ave., on Fridays, Feb. 25 through April 1 from 9:30 a.m. to 12 p.m.

The six-week, evidence-based course costs \$15 and includes a course manual and CD.

During this workshop, participants will learn how to do more of what they want to do; find practical ways to deal with symptoms and challenges; set their own weekly goals; make a step-by-step plan to improve their health; how to make better eating and exercise choices and discover better ways to talk to their doctor and family.

CDSM is developed by Stanford University and licensed by the Self-Management Resource Center.

Contact the WCCOA Programs Department to register by calling 419-353-5661 or 800-367-4935 or email programs@wccoa.net.

For information on additional WCCOA programs and services visit wccoa.net.

Brush of Kindness collection under way

The Eastwood Key Club is collecting new hairbrushes during the month of February to support "Brush of Kindness," in honor of late Eastwood graduate Marissa Tudor.

Tudor dreamed of being a nurse and planned to graduate with her BSN, RN from Mercy College of Ohio in 2019. In June 2018, Tudor underwent a routine tonsillectomy and suffered serious complications. While hospitalized in the ICU, she wanted to brush her hair. As her mom helped her, they realized the combs offered at the hospital would not go through her thick hair.

After Tudor got out of the hospital, it was her mission to purchase quality brushes and donate them to local hospitals for patients like herself.



Sadly, in July 2018, she succumbed before she was able to carry out her idea.

With the help of donors, her family is carrying on her mission of providing quality hairbrushes to hospital patients.

Collection bins are located in the elementary, middle and high school offices through the end of the month. Monetary donations may also be made to Tudor's mom, Shelly, through Venmo @Shelly-Cross-Tudor. Please type "Key Club Brush Drive" in the What's It For? Section of your Venmo donation.

Mobile mammogram van

Mercy Health's Mobile Mammography Van has scheduled visits to area locations throughout February.

The mobile mammography unit is customized for patient convenience and will deliver 3D mammograms to women age 40 and older. It is equipped with 3D technology and offers patients the option of self-compression, meaning the patient will have the ability to control the compression once they are in position.

The schedule includes:

Thursday, Feb. 17, 9 a.m.- 4 p.m., Mercy Health - St. Vincent Heart & Vascular Institute, 2222 Cherry St., Toledo.

Friday, Feb. 18, 9 a.m.-4 p.m., Mercy Health - Waterville Primary Care, 1222 Pray Boulevard.

Tuesday, Feb. 22, 9 a.m.- 4 p.m., Halim Clinic/Mercy Health - Spring Valley OBGYN & Midwives, 6855 Spring Valley Drive, Holland.

Wednesday, Feb. 23, 9 a.m.-4 p.m., Starbright Primary Care, 28555 Starbright Boulevard, Perrysburg.

Tuesday, March 8, 9 a.m.- 4 p.m., Mercy Health — Oregon Clinic, 3841 Navarre Ave.,

Oregon.

Please note, while mammogram screenings may be covered by insurance, for best coverage, verify if Mercy Health - St. Charles Hospital is an in-network provider with your insurance carrier. If you are uninsured or underinsured (have high deductibles), we have financial need-based assistance programs available to help you. If eligible, you may qualify for a no-cost mammogram. Call 419-696-5839 for more information.

Screenings at the Mercy Health Mobile Mammography unit are by appointment only - call 833-MAMM-VAN to schedule your screening on the mobile unit.

To view the full list of dates and locations, visit mercy.com/toledomobilemamm.

Community grief support

Hospice of Northwest Ohio is offering in-person bereavement groups and private counseling sessions to anyone in the community who is grieving. A virtual option remains for anyone not comfortable attending the in-person sessions. Masks are required inside the Hospice facilities.

Current groups offerings include:

Coping with Loss - A twice monthly interactive support group for adults. Participants will learn about grief and have the opportunity to express and receive support, develop an understanding of one's loss, learn realistic expectations for oneself and discover healthy coping skills.

- First and third Tuesday of the month from 4-5:30 p.m. at the Perrysburg Center.

- Second and fourth Tuesday of the month from 11 a.m.-12:30 p.m. at the Toledo Center.

Mending Grief with Mindfulness - A twice monthly support group for adults. Participants will meet in a supported environment to learn techniques - including meditation - to manage the intense emotions that come with grief.

- Second and fourth Monday of the

month from 5:30-7 p.m. at the Toledo Center.

Spousal or Partner Loss - Twice monthly support group for those who have experienced the death of a spouse or partner. Participants will learn ways to adapt to this life-changing event, set realistic expectations for oneself, learn to take care of oneself, gain support in understanding of grief and live with/manage the loneliness after loss.

- First and third Wednesday of the month from 5:30-7 p.m. at the Toledo Center.

- Second and fourth Tuesday of the month from 3-4:30 p.m. at the Perrysburg Center.

To assure the best possible group experience, anyone interested in attending must first speak to a member of the Hospice Bereavement Team by phone to learn about the options and determine which group would be the most beneficial.

All bereavement services are provided free of charge and are available to anyone in the community, whether or not they have had previous involvement with Hospice of Northwest Ohio. All meetings are conducted by our licensed counselors.

Call the Hospice of Northwest Ohio Bereavement Department at 419-661-4001. To learn more about grief and loss, visit hospicenwo.org.

Funding deadline

The Mental Health and Recovery Services Board of Seneca, Ottawa, Sandusky & Wyandot Counties is opening the process to apply for funds for Fiscal Year 2023 (July 1, 2022-June 30, 2023).

This process is for agencies planning to provide behavioral health services. The deadline is March 11 at 5 p.m. To sign up for the application, visit the board's website at mhssow.org

Any questions regarding the funding application should be sent to support@mhssow.org.

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Cognition test predicts early signs of dementia

Many people experience forgetfulness as they age, but it's often difficult to tell if these memory issues are a normal part of aging or a sign of something more serious.

A new study finds that a simple, self-administered test developed by researchers at The Ohio State University Wexner Medical Center, College of Medicine and College of Public Health, can identify the early, subtle signs of dementia sooner than the most commonly used office-based standard cognitive test.

This earlier detection by the Self-Administered Gerocognitive Examination (SAGE test) is critical to effective treatment, especially as new therapeutics for dementia and Alzheimer's disease are being developed and approved.

"New disease-modifying therapies are available and others are currently being evaluated in clinical trials, and we know that the earlier cognitive impairment is detected, the more treatment choices a patient has and the better the treatments work," said Dr. Douglas Scharre, director of the Division of Cognitive and Memory Disorders in the Department of Neurology at Ohio State Wexner Medical Center and lead author of the study published in the journal Alzheimer's Research & Therapy.

While the test does not definitively diagnose problems like Alzheimer's, it allows doctors to get a baseline of their patients' cognitive functioning, and repeat testing allows them to follow their memory and thinking abilities over time. Often, primary care physicians may not recognize subtle

cognitive deficits during routine office visits," Scharre said.

The eight-year study followed 665 consecutive patients in Ohio State's Center for Cognitive and Memory Disorders. Researchers found that the SAGE test accurately identified patients with mild cognitive impairment who eventually progressed to a dementia diagnosis at least six months earlier than the most commonly used testing method called the Mini-Mental State Examination (MMSE).

Among the 164 patients with baseline mild cognitive impairment, 70 patients converted to dementia. This is a 43% conversion rate over three to four years, which is similar to rates from other academic center-based studies, Scharre said. The distribution of dementia diagnoses included 70% Alzheimer's disease dementia, 7% Lewy body dementia, and 9% pure or mixed vascular dementia.

The test can be taken anywhere whenever there are cognitive concerns. It takes only about 10-15 minutes to complete, and the four interchangeable forms are designed to reduce learning effects from recurrent testing over time. The cognitive domains tested with the 11-item test include orientation, language, calculations, memory, abstraction, executive function, and constructional abilities. The MMSE does not test abstractions or executive function abilities. "Any time you or your family member notices a change in your brain function or personality you should take this test," Scharre said. "If that person takes the test every six

months and their score drops two or three points over a year and a half, that is a significant difference, and their doctor can use that information to get a jump on identifying the causes of the cognitive loss and to make treatment decisions."

Scharre has worked closely with BrainTest Inc SEZC to develop a scientifically validated digital version of the SAGE test called BrainTest that can be taken anywhere on a tablet or touch screen computer. This digital version will also be integrated with the Ohio State Wexner Medical Center's electronic medical records system to better facilitate self-testing, storing and reviewing results for patients and their health care providers.

"Based on cognitive score changes, clinicians and families may decide it is time to act on safety and supervision needs. This might include, for example, medication oversight, financial assistance, driving limitations, setting up durable powers of attorney and other legal arrangements/trusts, change in living arrangements, and enhanced caregiving support," Scharre said.

More than 6 million Americans have Alzheimer's disease, and those numbers are expected to rise to more than 13 million by 2050. Deaths from Alzheimer's and other dementias have increased 16% during the COVID-19 pandemic, according to the Alzheimer's Association.

Access SAGE or BrainTest at wexner-medical.osu.edu/SAGE. Scharre is a member of the Scientific Advisory Board and is Head of Medical Affairs for BrainTest.

Magruder Hospital President & CEO thanks staff, patients

By Nick Marsico,
President & CEO
Magruder Hospital

Magruder Hospital would like to say a huge thank you to all our teams that bravely traveled through the weather and to those that remained local to ensure that the care of patients continued through the recent winter storm.

Leaving their families at home, many stayed in hotels to make sure they could safely come to work. This effort also included our facilities team (with the help of some local contractors) that kept our parking lots and sidewalks clean and safe for passage, along with shuttling employees back and forth to make sure we remained fully staffed.

All of this was a 24/7 effort, and it included teams working remotely and communicating to the hospital as well. Thank you to our patients who had appointments rescheduled; your understanding is greatly appreciated.

It is the greatest times of need that create opportunities to shine. The resilience, dedication, and commitment of our Magruder staff showed some serious shine during this winter storm. Thank you all for ensuring our hospital ran flawlessly during this time to safely continue caring for our community.



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Health

Two Villages to present virtual town hall March 6

"Empowering Parents: Importance of Self Care" is the topic of a virtual town hall meeting to be presented by Two Villages on Sunday, March 6 from 1-3 p.m.

Two Villages formed in 2009 as a response to the loss of young lives in local communities. As a grassroots group in the Woodmore community, Two Villages hosts a variety of events that focus on creating an environment to support raising healthy and resilient children.

The town hall discussion will focus on the importance of self-care for the adults in the community. Panelists will include Brian Davis, M.A., co-founder of Reflect Wellness of Maumee; Dr. Ryan Travis, M.D., ProMedica Memorial Hospital in Fremont and Henrietta Whelan, MSW, executive director of Bayshore Counseling Services, Sandusky.

The pandemic has placed many unexpected burdens on families, which can leave adults struggling to meet the social, emotional, and educational needs of their children. Many parents/guardians work too, so they rarely have downtime they need to rejuvenate.

Topics will include how to ask for help when feeling overwhelmed, ideas to keep life balanced, and creating supportive environments.

Parents, grandparents, teachers, and leaders of youth activities from Woodmore and surrounding communities are invited to this free event. Registration is required to arrange links for the virtual meeting.

For those without computer access, Trinity Lutheran Church, 412 Fremont St., Elmore, will host a watch party for the town hall in the church Education Building.

Email OurTwoVillages@gmail.com to register for either the virtual meeting or the simultaneous watch party.

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Families can show kids love on Valentine's Day

Receiving love, care, and emotional support is vital for children — on Valentine's Day and every day. This is especially important as we deal with the continuing stress and challenges of the pandemic.

The American Academy of Pediatrics offers ideas on how families can show love, not only by planning quality time together but by incorporating loving gestures and affirmations into your daily routines.

"Children may enjoy helping plan special game nights or other activities and adding them to the family calendar," said Andrew Garner, MD, PhD, FAAP. "It's also important to set aside some one-on-one time with each of your children regularly. Put away cellphones, tablets, and other devices and really focus on each other."

Here are suggestions for showing love to children on Feb. 14 — and every day.

- Have heart-to-heart conversations. Ask your child "How was your day?" and actively listen to the answer. If they tell you about a challenge they are facing, let them finish the story before helping them to solve their problem. Many kids are having a tough time as they deal with pandemic-related changes at school and time away from friends who might be sick. If you see signs of anxiety or depression, talk with your pediatrician.

- Share your love of reading. Start reading to your child beginning in infancy. Many studies show that reading together strengthens parent-child bonds and promotes positive parenting. Plus, when you read to or with your child, you help build a foundation for success in school, which is linked to long-term wellness.

- Take a deep breath, then hug. When your child is angry or grouchy, try not to take it personally. Calm your own emotions first, perhaps by taking a deep breath, and then give a hug, pat or other sign of affection. Once they are also calm and feeling better, consider talking with them about the event and how they might better manage those strong emotions the next time.

- Discipline with love. Use positive, non-violent discipline. Harsh physical and verbal punishments don't work and can



Cooking together is a great way to teach kids about good food choices.

damage long-term physical and mental health. From an early age, lay out clear and consistent rules that your children can understand. Give praise when they follow them — not just punishment when they don't. Calmly explain consequences and follow through right away when rules are broken.

- Choose words with care. Use plenty of positive and encouraging words when talking with your child. Model consideration and gratitude yourself by saying "please" and "thank you." Skip the sarcasm, mockery and put-downs, even if you are teasing. Children often don't understand your purpose. Even if they do, these messages can harm self-esteem and create negative ways of talking and connecting with each other.

- Let them know you're there. Respond promptly and lovingly to your child's physical and emotional needs. Be available to listen when your child wants to talk, even if it's not the best time for you.

- Forgive mistakes, including your own. If you lose your cool and react harshly to your child, apologize and explain how you will handle the situation in the future. Be sure to keep your promise. Also forgive

yourself. No one is perfect. Understanding how to forgive is important for your child to accept their own mistakes, and it builds confidence and resilience.

- Cook and eat together. One of the best ways to teach your children about good food choices and enjoy each other's company is to cook together. Involve them in the entire process, from planning the menus to shopping for ingredients to preparing and serving the meal. Family meals are a great opportunity to talk and connect. Put away any electronic devices, including your own cellphone.

- Foster friendships. Help your child develop positive relationships with friends, siblings, and members of the community. Teach them about the value of kindness. Encourage your child to be involved in activities that require teamwork, such as sports. Get to know your child's friends and talk about responsible and respectful relationships.

- Embrace health and safety. Show how much you care by taking your children to the doctor regularly for well-childcare visits. Get them caught up on recommended immunizations to protect them against infectious diseases.

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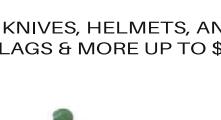
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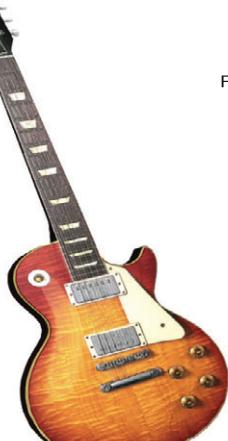
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Conlan Keenan. (Toledo Walleye photo)

Keenan honored

Walleye forward Conlan Keenan has been named AMI Graphics ECHL Plus Performer of the Month for January by leading the ECHL with a plus-minus rating of plus-13. He shares the award with Nolan Vesey of Worcester who also finished the month with a plus-13.

Keenan was even or better in all but two of the twelve games the Walleye played in January, which included a plus-5 on January 5 at Fort Wayne and a plus-3 on January 7 at Kalamazoo. It was a big month for the 26-year-old, as he also added in 13 points (6G, 7A) over the twelve Walleye contests.

The second-year forward has a total of 20 points (10G, 10A) in 37 games for the Walleye this year after collecting nine points (6G, 3A) over 28 contests last year in Tulsa.

The native of Rochester, New York dominated at the college level while playing four years for SUNY-Geneseo that included two seasons as team captain. In 110 college games, he posted 172 points (86G, 88A). Keenan was named Sunyac Conference Player of the Year in 2019-20 when he picked up 50 points (22G, 28A), which was third-most in NCAA III that season.



BOYS BASKETBALL

Team (League)	Overall
Eastwood (9-1, NBC)	15 3
Cardinal Stritch (5-3, TAAC)	13 5
Rossford (9-2, NBC)	13 6
Gibsonburg (8-6, SBC River)	11 7
Oak Harbor (4-4, SBC Bay)	10 9
Genoa (7-4, NBC)	8 11
Lake (5-6, NBC)	7 11
Woodmore (1-11, NBC)	3 15
Northwood (1-6, TAAC)	2 15
Clay (0-11, TRAC)	1 18
Waite (0-9, TCAL)	0 18

GIRLS BASKETBALL

Team (League)	Overall
Lake (10-3, NBC)	13 6
Woodmore (9-4, NBC)	13 6
Eastwood (8-4, NBC)	13 7
Northwood (6-2, TAAC)	11 8
Genoa (4-8, NBC)	10 10
Oak Harbor (3-5, SBC Bay)	7 13
Rossford (3-10, NBC)	6 14
Cardinal Stritch (2-6, TAAC)	4 16
Gibsonburg (3-12, SBC River)	4 16
Waite (1-8, TCAL)	2 11
Clay (1-11, TRAC)	2 18

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Steinbrick lighting up the scoreboard

By Yaneek Smith
Press Contributing Writer
sports@presspublications.com

Two years ago, Oak Harbor senior Ryann Steinbrick was sitting on the sidelines.

She had torn her ACL playing volleyball, and missed her sophomore basketball season. Now she's making up for lost time.

The Rocket guard is in the midst of one of the area's best seasons, averaging 21.9 points and 5.2 rebounds. She reached a lofty feat, scoring her 1,000th career point in an 18-point performance in Huron's 68-50 win over Oak Harbor on December 5.

It's been a long time coming for Steinbrick, who has been playing the sport for years and achieved the mark in just three years of action.

"It was a great day for her and the family, and the whole Oak Harbor Rocket community. She's just always had a love for basketball, ever since she's been little. When we built our house a little over 20 years ago, it was near the Danbury Township building," said Adam Steinbrick, her father and coach of the Rockets.

"She grew up on that court, and she grew up with a basketball in her hand. She was with me in the gym constantly when I was coaching, and she was a manager along with her sister."

Needless to say, the time, effort and perseverance invested by Ryann Steinbrick has paid off.

"It's special any time to be an individual and score 1,000 points. She's had an extra-special career. I've seen her behind-the-scenes work and see what she's had to do. She had a wonderful freshman year and that was devastating when she blew her knee out in volleyball and missed the whole season," said Adam Steinbrick.

"But she bounced back and it's a tremendous life lesson. If you're willing to pay the price and work through it and work through the obstacles, you can accomplish great things. As soon as last season ended, she continued to rehab with PT Link."

"The rehab was extremely devastating. We had spent so much time in the gym and you sacrifice so much. Things happen for a reason and sometimes you wonder. To push through this was amazing. Down the road in life, there are going to be obstacles."

Ryann Steinbrick, who also holds the career record for three-pointers, breaking the previous mark of 105, which was held by Maria Boers, says it was not easy getting over the hump, but the rehab did the trick.

"There has definitely been some struggles that I've had to get over, but overall, I guess it's worked out in the end," Steinbrick said. "I'm glad it worked out the way it did."

She will go down in history with some of the other Rocket greats like Andrea Cecil, who is playing basketball at Florida Gulf Coast University, Jan Harvey, and Sophia Eli, who is in her sophomore season playing for Goshen College in Indiana, 10 miles southeast of Elkhart.

Steinbrick is the seventh Rocket to reach 1,000 points. She also scored 38 points, the second-highest scoring output for a game for anyone in program history behind Cecil, and made 20 free throws in a 59-48 win over Fostoria and scored 35 points in a 54-53 win over rival Port Clinton. Steinbrick has scored at least 28 points five times this season.



Oak Harbor senior Ryann Steinbrick. (Photo by Laura Bolander)

In a sign of what the family stands for, Steinbrick's twin sister, Riley, is playing on a torn ACL herself.

Adam Steinbrick credited Ryann's AAU coaches for helping to teach her the game at such a young age.

"She started playing in third grade for the Showtime fifth-grade team for (Fremont Ross boys coach) John Cahill," Steinbrick said. "She played for coach Abram Kaple, too. She's been surrounded by great people and has had wonderful teammates that have worked hard to get her open and set screens to get her the ball. There's been a tremendous amount of work, it takes an army to get there. She's been surrounded by great people."

As a team, Oak Harbor is entering the stretch run and finds itself 7-12 and 3-5 in the Sandusky Bay Conference Bay Division. The Rockets play Mansfield Senior in a Division II sectional semifinal on Thursday in Willard.

Adam Steinbrick says the season has had its up and downs.

"Katie May is our other senior, she

plays post for us, and we've got Jaclyn Croy and Emma Hand, who are junior posts," he said. "Our sophomores are Hollie Robinson and Norma Schmidt, and Camdyn Fauver has been playing a little bit of varsity for us."

"They are working extremely hard. They're open-minded, they're coachable, they listen — a lot of it just takes time and eventually we'll get there. We're not very experienced. There are moments where we play great, but we just can't put all four (quarters) together."

Steinbrick was previously the coach for three years at Danbury, where he teaches. Ryann and Riley transferred to Benton-Carroll-Salem Schools in eighth grade. Ryann Steinbrick says she loves playing for the Rockets in her adopted community.

"I feel like all their sports and the community, they definitely have your back," she said. "The football and basketball games, there's usually a good crowd to support you. Oak Harbor is bigger than Danbury, which is great, too. You can just tell that Oak Harbor really likes its sports."

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Heyley St. John (Photo by Nicholas Huenefeld/Owens SID)

St. John seizing the moment for No. 1 Express

By J. Patrick Eaken
Press Sports Editor
sports@presspublications.com

Hayley St. John (Lake), a 5-foot-11 guard for the No. 1 Owens Community College women's basketball team, was named the Ohio Community College Athletic Conference player of the week earlier this season.

In her team's lone game of the week, a 67-55 win over Bryant & Stratton (Ohio), St. John poured in a game-high 19 points on 8-for-16 shooting while adding four rebounds and an assist. With Owens down 32-30 at halftime, she scored nine of her team's 18 points in the third quarter to help the Express seize control of the game.

"That was really nice. I wasn't really expecting it," St. John said. It came out of nowhere. I struggled the first half, and I was like, 'Well, I just can't let this be it,' so I came out the third quarter and I knew I had to do something."

St. John became the third member of the Express to earn the award this year, joining Cierra Harris (Sylvania Southview/Lawrence Tech) and Malorie Schroeder (McComb).

"I'm very happy for Hayley," Owens head women's basketball coach Stephen Perry said. "She has been putting in some extra work, and it is paying off with her play in games. She's such a versatile player who gives everything she has when she's on the floor."

At Owens, St. John has started every game, and is second on the team in scoring, averaging 11.3 points, 6.3 rebounds, 1.9 assists and two steals.

The 19-2 Express are riding a seven-game winning streak and ranked at the top of the NJCAA Division III poll. St. John says she is just one cog in the wheel at Owens.

"We all have something different that is spectacular that makes this team as one," St. John said. "We all have skills, but there are higher and lower of each person, so when it all comes together as one it is really good."

The Express, 8-1 in the Ohio Community College Athletic Conference,

are averaging 74.8 points, 49.3 rebounds and 14.3 assists per game.

St. John was originally planning on playing collegiately at Lourdes University, but changed her mind over the offseason.

"Getting Hayley late was great for us. We were kind of recruiting her out of high school because we saw a bunch of Lake games, so we got to see her play a lot," Perry said.

"She made the commitment to Lourdes and so we backed off, and then they did a coaching change, and the day they made a coaching change she called here and said, 'Coach, I want to come to Owens,' and I said, 'Absolutely. There is no thinking about that one.'"

Her coach at Lake, Joe Nowak, believes St. John is in a good place right now.

"Hayley is a girl, with all the mix-ups and everything like that in the offseason, she settled at Owens. Owens always has a good program going. They are always able to get some good local talent to go there," Nowak said.

"I told her during the preseason that they might struggle at the beginning but Owens always seems to figure it out and seems to be one of the top teams in the nation. It's great to see her take the success that she had in high school and carry that over to the next level. It's very rewarding as a coach to see that because I know that she has earned it."

She will get two years in at Owens before graduating, and then hopefully moves onto a four year school for her junior and seniors years.

"I would really like to go somewhere after this — that is the hope. I've talked to a few other coaches, so hopefully we'll get there," St. John said.

Nowak added, "I told her you never know what is going to happen. In two years one place, and then it might push you into another direction — it might push you to want to keep going."

"It's a lot, and I think she knew that going into it. Personally, I would like to see her continue to do that and I hope she can keep that spark and keep that fire in her to want to keep doing that, too."



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Nick Vitucci. (Toledo Walleye photo)

Goaltender award named for Vitucci

The ECHL announced that the league is renaming the Goaltender of the Year Award the "Nick Vitucci Goaltender of the Year Award" in honor of the ECHL and Toledo Hockey Hall of Famer.

Vitucci, who just entered the Toledo Hockey Hall of Fame on Wednesday, December 29, 2021, has been part of the ECHL Hall of Fame since its very first class back in 2008. He began as a goaltender in the first season of the ECHL in 1988-89 when he helped the Carolina Thunderbirds to the first ECHL championship. It was the first of his record five championships that included one with the Toledo Storm in 1994.

His long list of credentials in the postseason also include twice receiving the Playoffs Most Valuable Player Award (1989 and 1996) and he also took home the Goaltender of the Year Honors in 1998 with Toledo when he finished fourth in the league with 27 wins and a 2.78 goals against average.

"His resume as a player and all he's done for the ECHL as a league says it all," said Vice President and General Manager of the Walleye Neil Neukam.

The native of Welland, Ontario is the ECHL all-time leader in goaltender appearances (479), wins (265), and minutes played (27,291). He is tied for the most 20-plus win seasons all-time with seven and is one of just three goaltenders to post back-to-back 30-plus win seasons. He is also just one of 13 goaltenders in league history to score a goal, doing so for Charlotte on March 6, 1996 against Louisville.

To this day, Vitucci owns Toledo ECHL records (Storm and Walleye combined) for appearances (132), wins (77), saves (3,934), and minutes (7,631). Following his playing career he became head coach for the Toledo Storm in December of 2003 and went on to own records in Toledo ECHL history for games coached (604), wins (289), and total seasons coached (9).

Vitucci was named ECHL Coach of the Year for his efforts in the 2004-05 season while coaching the Toledo Storm. He was the first-ever coach in the history of Toledo Walleye hockey starting in 2009 and lasting until 2014.

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McBrayer building programs, players

By J. Patrick Eaken
Press Sports Editor
sports@presspublications.com

Shareese McBrayer has played a role in building basketball programs as a player and as a coach.

Before now-WNBA superstar Natasha Howard at Waite there was Shareese Ulis, who is now Shareese McBrayer after marrying another basketball coach, Chris McBrayer.

Shareese McBrayer was a part of a special group that laid the foundation for the Waite girls basketball program. Three years after her graduation, Waite came within two points of winning a Division I state championship in 2010.

McBrayer, a 2007 graduate, helped Waite win its first district championship in program history and three Toledo City League titles and earned an impressive list of individual accolades — two-time All-Ohioan, two-time district player of the year; and three-time Toledo City League player of the year.

She was nominated to be a McDonald's All-American after her senior season. She was also named to the All-City League team all four years of her high school career.

When McBrayer graduated, she was the all-time leading scorer (1,211 points) in program history before the 6-foot-3 Howard (Waite/Florida State), who is now a WNBA all-star, broke the record.

Now McBrayer is entering her third season as the lead assistant coach under women's basketball head coach Stephen Perry at Owens Community College. The Express are 19-2 and ranked No. 1 in the nation in the NJCAA Division III poll.

"It's a great feeling, especially to be back here at a local community college where I'm able to give back to the community and get some of those girls from the inner city into the college atmosphere," McBrayer said. "But coaching college is one of my bigger goals, so to be here and start on this platform and being able to win and get that experience is a great thing."

In her first season as an assistant at Owens, McBrayer helped lead the program to an NJCAA Division III national runner-up finish. The team finished with a record of 25-9 overall and a 14-2 conference mark in the Ohio Community College Athletic Conference. The conference record was good enough to earn the team at least a share of the conference championship for the seventh straight season. It also marked the first time an NJCAA Division III team won the OCCAC in women's basketball.

Perry and McBrayer coached three players who were named to the NJCAA All-American Team. Sophomore Taylor Works was named to the first team, freshmen Moreina Moore to the second team and Shyah Wheeler was named honorable mention All-Americans.

It took some scheming for Perry to get McBrayer on his coaching staff.

"She's been great. I coached at St. Ursula, so I coached against her when she was at Waite. We knew about those Waite teams and all of that stuff, so when I got the job here, my first priority was to try to get her as an assistant coach," Perry said.

"I knew she was still here in town, and in 2018 and 2019 I had Taylor Works in our program, who played at Waite and ended up as an All-American here who, of course, had a relationship with Shareese, so I was



Shareese McBrayer (Photo by Nicholas Huenefeld/Owens SID)

asking her, 'You need to give me Shareese's number. I want to bring her in,' because Taylor was already coming into school.

"That was my first priority, to make sure I had a staff here that was ready to go. I mean, (former Owens coach) Mike (Llanas) did that when I was his assistant. He gave me a lot of freedom when I wanted to do stuff, and I do the same thing with Shareese and she's been great."

In 2019 Works led the Express in scoring with 17.4 points per game and she led the team in assists at 4.6 a contest. She tied the record for second most points in a game against Hocking CC, scoring 36. Her efforts during the NJCAA D-III national tournament earned her a place on the first team All-Tournament team as well. Works averaged 16.7 point per game while shooting 42% from the field for the tournament. She also averaged six rebounds and nearly five assists during the Express's three tournament games.

"She was fantastic. She was a better player in college than she was in high school," Perry said. "She really kind of grew and was a leader for us. I mean, she was a role player in high school and ended up being an All-American who took us into the national championship game. It was great."

Works signed to continue her college career at Edinboro University, but

McBrayer's path was different — to a junior college in Texas and then playing NCAA Division I basketball at the University of Cincinnati.

At the University of Cincinnati, McBrayer had an immediate impact on the Bearcats' program. During her senior season, she led the Big East in minutes played and she was the team's leading scorer at 13.7 points. She was also the team's starting point guard during her junior season, where she scored 11.4 points after transferring from Trinity Valley Community College in Texas.

McBrayer says she likes to use her playing and coaching experience to guide young women playing collegiate basketball.

"I just try to use my experience to let them know, it doesn't matter the route you take, you are still blessed to play the game that you love," McBrayer said.

"So, it is to get better and possibly play at a bigger school that you've always dreamed of. Every day we come in and I try to teach them the things that I've learned, the dos and the don'ts, to being a college student and a college athlete, and just giving back based on the things that I've been through."

(— includes contributions from Press sportswriter Yaneek Smith and Owens CC Sports Information Director Nicholas Huenefeld.)

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McBrayer credits Waite for her success

By J. Patrick Eaken
Press Sports Editor
sports@presspublications.com

Owens Community College women's assistant basketball coach Shareese McBrayer already has a lengthy coaching resume.

After her playing days at Cincinnati were complete, McBrayer was an assistant under Leon Kynard at Start for a year before returning to her alma mater, Waite, to be an assistant under head coach Manny May.

She says May has had a major impact on her as a player at Waite and a coach.

"We had great times for sure in helping our program to build. Eventually at some point we went to state, but just being taught how to be a leader, the sacrifices it takes just to be good was something that helped me on my journey to go to a JUCO in Texas and still be on my own and know how to navigate based on the things that I was taught," McBrayer said.

"Then to take that experience and do the same thing and try to lead the team at Cincinnati was all learned at Waite — putting in long hours to try to build a program was no different from when I was at Cincinnati and it's no different now as a coach. All of those things I learned are still with me today."

McBrayer's mindset was developed in part as a result of the coaching she received while playing at Waite under the guidance of May, Alto King and the late Gardner Howard. Oddly enough, McBrayer didn't start playing basketball until she was 12.

"I decided to play and it was fun. It was something different for me. When I learned I could be good, I wanted to work at it. It motivated me to get into the gym," said McBrayer. "I met coach May, coach Howard and coach King, and they invested time in me, and I learned that basketball could help me go places and get into college."

Her coaching aspirations took her to Moberly Area Community College, in Missouri, where she was an assistant under head coach Chad Killinger. At Moberly, she helped five players move on to Division I schools during her lone season with the



Owens coach Shareese McBrayer (center) gives instruction to Trena Wiseman-Esparza (left) and BreAnna Clemons (right). (Photo by Nicholas Huenefeld/Owens SID)

Greyhounds.

Next, she moved on to the University of Detroit Mercy, where she was a graduate assistant from 2014-16. McBrayer was responsible for preparing practices and overseeing several other aspects of the basketball program's day to day operations.

Most recently, she has been a substitute teacher within the Toledo Public School system as well as an assistant at Scott High School under her husband and head coach Chris McBrayer. She also has played for the Toledo Threat, a semi-professional team in Northwest Ohio. Husband Chris McBrayer is in his third season as the head coach of the Scott Bulldogs girls' basketball team. She has two children, a son, Cason, and a daughter, Caylee.

McBrayer's second cousin, Tyler, played college basketball for the University of Kentucky. At Kentucky in 2015, he led

his team in assists, made the 2015 SEC All-Freshman Team and led the 2014-15 Kentucky team that won its first 38 games before losing to Wisconsin in the final four of the 2015 NCAA tournament. As a sophomore, McBrayer was a consensus first team All-American and earned the Southeastern Conference Player of the Year and SEC Defensive Player of the Year recognition. He played for the Phoenix Suns in the NBA.

(— includes contributions from Press sportswriter Yaneek Smith and Owens CC Sports Information Director Nicholas Huenefeld).

Presenting... 'The Nine'

Minor League Baseball announced the launch of "The Nine," a new, Black-community focused outreach platform specifically designed to honor and celebrate the historic impact numerous Black baseball pioneers made on the sport, provide new opportunities for youth baseball and softball participation, further diversify the business of baseball, and embrace millions of passionate fans throughout MiLB's 120 communities nationwide, including the Toledo Mud Hens.

Named for the number Jackie Robinson wore during his only season playing in MiLB with the Triple-A Montreal Royals in 1946, The Nine will connect MiLB teams' existing, Black-community focused development efforts with new national programming and future special events in a coordinated and centralized campaign. The new inclusion initiative follows MiLB's Copa de la Diversión Latino fan engagement platform introduced in 2017 that included 76 MiLB teams in 2021.

The Nine will recognize and honor numerous Black pioneers and trailblazing civil rights leaders in all 120 MiLB communities, ensuring the heroes of the past and their contributions continue to be celebrated through ceremonies and events at MiLB ballparks and in the community.

Recent tributes and celebrations have included Negro Leagues commemorative games honoring the Austin Black Senators in Round Rock (TX), the Bradenton (FL) Nine Devils, and Page Fence Giants near Lansing (MI).

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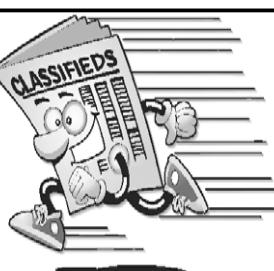
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Notice Of Employment Examinations City Of Northwood

The City of Northwood will be administering a competitive examination through its Civil Service Commission for a full-time Police & Fire Dispatcher. An in-person examination will be given on March 24, 2022, from 6p to 8p, at the City of Northwood's Josie Reinhart Community Center. Those interested in testing for this position must first file an application to the city. The application may be found at <http://www.ci.northwood.oh.us>.

Applications for this position will be accepted starting February 14, 2022, and end 2022, at 4:00pm.

The City of Northwood is an Equal Opportunity Employer

Parks & Recreation

Jerusalem Township is now recruiting for a part-time Parks & Recreation Director. Interested candidates should submit their expression of interest and resume to the

Jerusalem Township Trustees:
Beau Miller, David Bench or Mark Sattler
9501 Jerusalem Rd., Curtice, OH 43412

Job Responsibilities include:

Schedules and adjusts programs including non-athletic opportunities and community oriented events. (i.e. Christmas party, Kidz Day Parade). Recommends the purchase of materials, equipment and supplies. Complete and maintain an annual budget. Attend one (1) Trustee meeting a month, 2nd or 4th Tuesday. Lead and recruit personnel for Recreation Board. Work closely with local and neighboring schools, venues and Recreation Departments. Schedules and promotes Township Community Hall rentals and activities. Maintain online calendar on Township website for all community hall rentals. Prepare a variety of notices, schedules, forms, reports and other related materials. Conducts and/or attends a variety of meetings, trainings, and classes. Knowledge and ability to perform minor maintenance. Work in conjunction with Township maintenance to maintain and prepare grounds. Recommend necessary fees and charges for each sport/event. Prepare a 1-3-5 year plan of future expansion or capital improvements. Perform park/playground inspections. Inspections need to be documented and occur on a weekly basis during active months and a monthly basis during inactive months.

Required Skill Set

Ability to develop programs designed to meet the various needs of our citizens. Knowledge of Township purchasing procedures and budgeting techniques. Ability to analyze situations and recommend and implement solutions or decisions. Eligible for Faithful Performance of Duty Coverage (Bonding). Excellence in customer/citizen service. Basic computer skills required; including a basic understanding of email, word processing, graphics, Facebook and spreadsheets



**Deadline:
Thursdays at 1pm**

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