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December 12, 2022 FREE

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## 5K memorial held for Ben and Max Morrissey

Runners and walkers begin a 5K held Sunday Dec. 4 at Starr Elementary School, Oregon. The event was organized as a benefit for the friends and family of Ben and Max Morrissey, the brothers who perished in the refinery fire. 100% of the proceeds will go to the Morrissey Children's Trust. Over 500 people signed up for the race. (Press photo by Ken Grosjean)

## Crime wave in Toledo will be the focus of meeting

By Kelly J. Kaczala  
News Editor  
kkaczala@presspublications.com

The Coalition for Peaceful Toledo Neighborhoods, led by former Toledo Mayors Carty Finkbeiner, Mike Bell, Paula Hicks-Hudson and Donna Owens, will hold a public meeting at St. Thomas Aquinas Rectory, 729 White St., on Thursday at 6 p.m. to discuss the surge in crime in East Toledo.

The group is holding meetings throughout Toledo, but on Thursday, the focus will be on increased crime in East Toledo.

"We four are of the belief that the present administration of Toledo, including the mayor and chief of police, do not have a plan to attack the violence in a growing number of Toledo neighborhoods," said Finkbeiner. "The numbers support us. We had 70 murders a year ago. We used to be a city that had far fewer murders per year. One time when I was mayor, we had 13 murders in a year. In other years, we've averaged about 25-36 murders per year. This year, we have 60 murders already. It seems to me they're moving out further west, east, north near the Michigan line and south to Maumee going past Walbridge Park on Broadway and River Road."

### Suburbs

There is a concern that the growing crime wave will prompt Toledo residents

“

I know it's a bunch of baloney to take that position.

”

to flee to the suburbs where violence is less prevalent.

"We feel a growing number of Toledoans will be making a choice to either stay in Toledo, where it's more violent, or go to the suburbs, where it's less violent. A number of Toledo police officers have moved from Toledo to the suburbs, some to get jobs in Oregon, Sylvania, Perrysburg and Maumee because they feel safer as police. The pay is about the same. There's not much difference. But their families, they feel, will be safer and the work they're doing as police officers will be more greatly appreciated in the suburbs. So we're losing police officers to the suburbs," said Finkbeiner.

"There's a whole lot of national organizations that have concluded the main reason why there's growing violence in this country is twofold: There's way more guns available in society than there used to be,

particularly multiple firing machine guns. Secondly, ever since the Black Lives Matter movement, many big city mayors, rather than offend some of their voters by taking a very businesslike and tough minded approach to protecting citizens, are turning their backs on the violence for fear they will be accused of being anti-black. Most—not all—big city mayors are Democrats, and Democrats have always had a good relationship with African-Americans, at least in the last 25 years. They want to keep those relationships going. There's the belief if they take a hard-nosed position against crime and violence, they will lose some of their African-American voting support. I know it's a bunch of baloney to take that position. If you go into the African-American barbershops and beauty salons, and you talk to the men and women sitting in the barber chairs and beauty salon chairs, they want peace and quiet in their neighborhoods every bit as much as any Caucasian man or women who want peace and quiet in their neighborhoods," he said.

### Organizing

"We feel it's time to send a message by organizing," said Finkbeiner. "I walked in the East Toledo parade last week. Some of the older neighborhoods have absentee landlords. I noticed many of these properties are not well-kept. We have to work a

*Continued on page 2*

“...we're helping to make communities across the state better places to start a business, raise a family, and build a bright future.”

”

In Lucas County, dozens of structures on streets in the 43605 Zip code, which encompasses East Toledo, are on the project list.

Properties on Pickle and Arkansas roads in the City of Oregon are also on the Lucas County list as well as a property on Corduroy Road in Jerusalem Township.

The list of projects announced last week is in addition to a list of 825 demolition sites in 30 counties announced in October, the governor said.

That list included a structure on West Street in the Village of Genoa.

"We're not just tearing down dilapidated buildings, we're helping to make communities across the state better places to start a business, raise a family, and build a bright future," the governor said.

## Quote of The Week

They don't want sympathy, solutions, or help. They just want to complain.

Bryan Golden  
See page 7

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## Crime wave

*Continued from front page*

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The old timers lived there for over 20 years. They loved it and took care of things.

”

little extra hard in East Toledo, a little extra hard in North Toledo, and now in West and South Toledo as well, to keep our neighborhoods clean. The overhead street lights also have to be replaced if one goes out. We need to do everything we can to make sure that wherever one lives in Toledo, they feel comfortable when they drive their cars home in the evening, and not be concerned if someone is following them. That's not the Toledo I was born and raised in. It's not the Toledo I was mayor of for 12 years. Mike Bell, Donna Owens, and Paula Hicks-Hudson feel the same way. We're prepared to tell the police chief, mayor and city council members to get a plan, and be pro-active to help residents.”

East Toledo, he said, used to be the safest, most secure part of the city.

“The old timers lived there for over 20 years. They loved it and took care of things. But beyond Front and Main streets, going toward Birmingham and Starr Avenue, there's evidence of uncaringness – of people not thinking it's important to take care of one's property, and the city not taking care of the streets and alleys. So we're coming to East Toledo as we tour the city. I don't ever want to leave East Toledo out. My first job out of college was coaching football. After I stopped coaching, I went to work for the federal anti-poverty program out of East Toledo. So I got very well acquainted with the leaders of East Toledo back then. And I remain good friends with many today.”

Another meeting may be held in East Toledo, possibly in the Birmingham neighborhood, in the future, he said.



## Mercy Health hosts tree lighting event

A Christmas tree lighting ceremony was held Dec. 7 at Mercy Health St. Charles Hospital which included a visit from Santa, Christmas carols and holiday treats. At left, Director of Missions, Dan Waters, begins the event with a prayer with children from the Eastern YMCA Daycare of the St. Charles Campus. Bottom left, Daphne Bradford, along with fellow daycare kids, gets to visit with Santa. Bottom right, children from the daycare sing carols. Additionally, members of the Mercy Health team collected and delivered items for 21 adopted families from the East Toledo Family Center (Press photos by Ken Grosjean)



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Metro Edition Vol. 39, No. 12

Suburban Edition Vol. 51, No. 31

## Annexation to be discussed

The Ottawa County commissioners have scheduled a hearing for Dec. 29 to discuss a petition to annex 2.9 acres from Harris Township to the Village of Elmore.

The village owns the parcel, which is located along Dischinger Road and is adjacent to a 52-acre parcel also owned by the village.

The commissioners have set a 9 a.m. hearing for the discussion in their meeting room.

The village completed the purchase of the smaller parcel earlier this year, according to records in the county auditor's office.

Dave Hower, village administrator, said village council and administration are weighing options for residential development of the larger parcel. The 2.9-acre property provides better access to the site.

The village has been leasing the acreage as farmland.

In September of 2021, village council voted to retain the R-2 zoning classification of the larger parcel after some residents voiced objection to changing the zoning to R-3.

The village planning commission, by a 3-2 vote, had issued a non-binding recommendation for the R-3 classification.

Under the R-2 classification, only single-family housing is permitted and a conditional use permit would be required for condominiums.

Rezoning the property to R-3 would have allowed for the construction of multi-family units.

## Eastwood community plans Wreaths Across America ceremony

The Eastwood Community Wreaths Across America ceremony and wreath placement will be held Saturday, Dec. 17.

A short ceremony will be held at Eastwood High School auditorium at 10 a.m. Following the ceremony, volunteers will split up and go to the respective cemeteries to place the wreaths.

Those who want to go directly to the cemetery, should be there by 10:30 a.m. Family members who attend will be asked to come forward at the cemetery and place their loved ones' wreaths first. Then volunteers will place the rest of the wreaths. Volunteers are welcome.

For more information, call Anne Michel at 419-308-0142, Becky Dippman at 419-409-6032 or Chad Albright at 703-298-7435.

## Water district hires project manager

The Northwestern Water and Sewer District has announced the addition of Amy Behrman as the new Project Manager. She will be responsible for plan reviews,



### East Toledo Christmas Parade celebrates 50th

Santa Claus heads down Main Street in the 50th Annual East Toledo Christmas Parade, held Saturday Dec. 3. The theme of this year's parade was "Help Honor and Remember Our 50 years of East Toledo Christmas Parades." (Photo courtesy of Denny Fairchild)

oversight and monitoring of engineering and construction projects, and coordination with customers, consultants, contractors, and government agencies.

Before joining the district, Behrman served as a Project Manager and Estimator for Edward Kelley & Sons, Inc. for more than 20 years. Before that position, she worked at Graycor Industrial Constructors, Inc., as a Project Engineer and for Lewandowski Engineers as a Design Engineer.

Behrman received her Bachelor of Science Degree in Civil Engineering from Ohio Northern University.

## Applications sought

The Lucas County Democratic Party is accepting applications for the vacancy of the Toledo City Council At-Large position that will be vacated by District 43 State Representative-Elect Michele Grim.

To apply, visit [lucascountydemocrat.com](http://lucascountydemocrat.com)

[lucascountydemocrat.com/screening](http://lucascountydemocrat.com/screening). Applications will be accepted through Dec. 30.

## District workers receive awards

Two employees of the Northwestern Water and Sewer District have received awards from the Northwestern Chapter of the Ohio Water Environment Association.

District Senior Project Manager Mark Davis received the Moe Swaisgood Award, which is presented to an employee for excellence in wastewater collection system operation. Recently, he has been essential in improving water quality by reducing stormwater inflow in Millbury, Rossford, McComb, and Northwood.

Wastewater Treatment Plant Operator Stace Dibling was recognized with the Max Phillips Award. The award is presented to an operator for excellence in wastewater treatment plant operation.

## Humane Society Cookie Walk set

The Humane Society of Ottawa County is looking for volunteers to bake cookies for their upcoming Cookie Walk, which will be held Saturday Dec. 17 from 8-11 a.m. at Peace Lutheran Church, 900 Jefferson St., Port Clinton.

Anyone willing to help donate cookies, cookie bars, candies, or other baked goods can drop them off at the shelter, 2424 E. Sand Rd., Port Clinton during the week of Dec. 12 or at Peace Lutheran Church the morning of the Cookie Walk.

An assortment of homemade baked goods will be sold for \$5 per pound at the event. There will be a 50/50 raffle and silent auction. All proceeds benefit the Humane Society of Ottawa County.

For more information call 419-734-5191 or email [HSOCpets@gmail.com](mailto:HSOCpets@gmail.com).

## Toledo Police survey

The City of Toledo is inviting residents to complete a survey regarding the future of the Toledo Police Department and the hiring of the next chief.

The survey is designed to inspire an open conversation and to provide feedback on what is important to residents in hiring their next chief.

The survey is available online at [surveymonkey.com/r/tpcomm2022](https://surveymonkey.com/r/tpcomm2022). Survey responses will be accepted through Monday, Dec. 19.

The survey was developed by Ralph Andersen and Associates, the firm assisting the city with this search. Data from the community survey will be used in developing the profile for the police chief.

## Meeting on crime

The Coalition for Peaceful Toledo Neighborhoods, lead by former Toledo Mayors Mike Bell, Carty Finkbeiner, Paula Hicks Hudson, and Donna Owens, is inviting the public to attend a meeting at St. Thomas Aquinas Rectory, 729 White St., on Thursday, Dec. 15 at 6 p.m. to discuss the crime surge in East Toledo. The public can offer their opinions and suggestions on how to confront the rising crime wave.

## Camera Club meeting

TOPICS Camera Club, a non-profit organization open to everyone, will meet Wednesday, Dec. 14 beginning at 6:30 p.m. at the Monclova Community Center, located at 8115 Monclova Rd. Monclova.



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# Oregon to consider CRA agreement for apartments

By Kelly J. Kaczala

News Editor  
kkaczala@presspublications.com

Oregon City Council on Monday will consider approving an agreement for a Community Reinvestment Area (CRA) with Oregon Place Apartments that will provide real property tax abatement as part of the state Community Reinvestment Area Program.

The city received an application from the Oregon Economic Development Foundation and Oregon Place Apartments, LLC, proposing to enter into a CRA agreement with the city. The agreement would provide for construction of commercial multi-family housing apartments located at 1060 Town Central Blvd.

It was determined to be in the best interests of the city to enter into the CRA agreement with the company, which includes a tax exemption of 30 percent over a 15 year period.

"If approved, this ordinance will allow us to close on the property in hopes that the construction of the apartments will start in the spring of 2023," City Administrator Joel Mazur said at a committee of the Whole meeting on Dec. 5. "Right now, everything is scheduled, ready to go, just waiting on the approval of the CRA agreement that has already been in the works. Hopefully, we can close on this and start to see the vertical construction in the town center."

## TIF District

Council will also consider companion legislation that will allow the city to collect on the increased assessed property tax value on the parcel where the apartment complex will be constructed, according to Mazur.

"The assessed property tax on this parcel is collected once the improvements are made. It wouldn't be collected until the following year once construction is completed," he said. "This is something that is necessary for a TIF district," he said.

**'**  
**Hopefully, we can close on this and start to see the vertical construction in the town center.**  
**'**

Tax Increment Financing (TIF) is a public financing tool, available to local governments in Ohio to finance public infrastructure improvements. It captures the increase in property taxes, and sometimes other taxes, resulting from new development, and diverts that revenue to subsidize that development.

"We have to file this with the state to make sure we can collect based on the increased property tax values of the project. We're a little bit ahead of the game on this. There's a certain point in time each year where we have to file with the state. Since we're doing it now, we can be ahead of the game and get it filed so we don't have to worry about it later."

Council also agreed to put the following items on Monday's regular council meeting agenda:

- Authorizing Toledo Edison to install nine, 50 Watt LED acorn post top style luminaires on 20 ft. fiberglass poles with underground supply for Phase 1 of the Oregon Town Center. The city would issue a purchase order for the entire cost and expense of installation to Toledo Edison for \$20,000. Operating costs will be assessed to the benefited property owners;

- Authorizing a change order with Midwest Contracting, Inc., Holland, in the amount of \$46,640 for additional work related to the Oregon Central Fire Station 2021 project.

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# Ottawa County Appeals Court upholds 2 convictions

By Larry Limpf

News Editor  
news@presspublications.com

In separate cases, the Ohio Sixth District Court of Appeals has upheld the convictions of two men who were arrested after high-speed vehicular chases.

Both cases were originally heard in Ottawa County Common Plea Court.

The appeals court upheld a 36-month aggregate prison term for Cory Haeft after the trial court found him guilty of one count of breaking and entering and two counts of failure to comply with the order of an officer.

He was arrested in February 2020 while officers from the Ottawa County Sheriff's Office were patrolling along State Rt. 579 after receiving reports of break-ins and property thefts in the western part of the county.

An officer in an unmarked car observed Haeft leaving a barn around 2 a.m. An officer in a marked patrol car followed his vehicle on Reiman Road. The chase ensued on Walbridge Road and Haeft's vehicle reportedly was traveling at speeds in excess of 80 MPH before he voluntarily stopped on State Rt. 51 in Wood County.

In his appeal, Haeft contended the weight of the evidence against him didn't support the sentence he received. He contested the weather and road conditions cited by the arresting officers during the trial and argued the evidence didn't demonstrate he knew he was being pursued to support the finding he willfully fled from the pursuit.

But the court record shows he admitted he entered the barn to find gas for his car so he could drive to Toledo to purchase drugs. When he exited the barn, "he noticed the same unmarked car and sped away."

"Considering the record, we do not find that this is the exceptional case in which the jury lost its way in weighing the evidence. The evidence demonstrated a high-speed chase over narrow country roads in wintry conditions, with testimony regard-

ing the type of accident that results from a car losing and landing in the steep ditches lining the roads. While appellant testified he remained in control of his vehicle, the jury was free to give other evidence greater weight in resolving the issue," the appeals court wrote.

In the other case, the appeals court upheld the conviction of Harry Terrell, who was found guilty of two counts of failing to comply with the order of an officer and two counts of felonious assault of a peace officer. He was sentenced to seven to nine years in prison.

In October 2020, Terrell led police on a chase along State Rt. 2 that began in Ottawa County and ended in Lucas County when he crashed into a utility pole and slid into a canal.

According to court records, his vehicle reached speeds in excess of 100 MPH and there was a rain storm during the chase. At one point he drove into a residential neighborhood and backed up and rammed a vehicle manned by a trooper of the Ohio State Highway Patrol.

Terrell's appeal argued the trial court violated his right to counsel and his right to represent himself.

He initially accepted a court-appointed lawyer who filed several pre-trial motions on Terrell's behalf but he then filed for a continuance to hire private counsel.

Two men who filed with the court to represent him were not licensed to practice law in Ohio and had not been given permission to appear just for Terrell's trial.

The trial court appointed a stand-by counsel for him.

The appeals court ruled the record demonstrated that once the trial began, Terrell abandoned his request to represent himself and there was no violation of his Sixth Amendment right to self-representation.

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**This week in Toledo's past:**

# Events in the Toledo area over the past 150 years

## Dec. 11

1833 - First newspaper in Wood County, called Miami of the Lake, published.

1897 - Notorious crook Danny Robb shot and killed at the Palace Hotel by the proprietor during an assault.

1907 - West Virginia Coal Mine disaster at Monongah kills hundreds and Toledo area theaters host a vaudeville benefit at the Valentine to raise money for the families.

1916 - Two Toledo firemen, Albert Urie and Captain Edward Welch, killed battling blaze at Paddington Merchandising Warehouse at 114 St. Clair Street, downtown.

1917 - Eliza Kent Branch of the Toledo Public Library is opened.

1958 - Some bowling experts say Toledo has too many bowling alleys.

1980 - Fire destroys much of the Heinz Ketchup plant in Bowling Green.

## Dec. 12

1907 - Toledo Police Judge James Austin declares that "guns are the greatest evil that police have to deal with." Austin orders mandatory 90-day sentences for anyone caught with a concealed firearm in the city of Toledo.

1928 - Hearings underway in Toledo's federal courthouse by the Coast Guard that a Toledo tug boat was riddled with machine gun fire from a Coast Guard patrol boat operated by guardsmen who were drunk.

1933 - Fred Miller of Elmore, trapped in his home by flames, leaps through a second story window and calls to family to get out of burning house. One by one his three children and wife leap into his waiting arms to escape the fire which destroyed the house and all contents.

1952 - Port Clinton city officials urge governor to build a new Ohio maximum security prison at Camp Perry.

## Dec. 13

1864 - Escape by rebel prisoners reported from the prison camp at Johnson's Island in Sandusky Bay.



1886 - Oil discovered on farm near North Baltimore. This was the news that sparked a major oil boom in the area which lasted for years and made much of Northwest Ohio the oil capital of the nation for two decades.

1909 - Toledo City Council approves electric street lights for East Toledo's Main Street.

1919 - Harry Gardiner, a "human fly," scales side of Milliken Hotel in Bowling Green to delight of spectators.

1946 - Deadly train disaster near Mansfield, 15 people are killed, including two crew members from Toledo.

## Dec. 14

1900 - Toledo Deputy Fire Marshall Walter Payne, during a meeting to discuss fire safety with state fire marshal, lights a cigar and drops match in wastebasket, setting it ablaze.

1910 - Toledo City Council OKs spending \$1,000 to create a laboratory for the health department to help detect and stop typhoid and diphtheria outbreaks.

1933 - Worst water main break in city's history as a main ruptured on Parkside at Clarendon Drive. The break cut off water to thousands and flooded wide areas of West Toledo, closing schools and sending 15 million gallons of water per day into the streets.

1937 - George Faeth, a deaf-mute Toledo man, was arrested for impersonating a woman on the streets of Toledo. He was chased down Lafayette Street for wearing a red wig, a women's dress and carrying a handbag. Police say he is the second man arrested for dressing like a woman in the past two weeks.



The "You Will Do Better in Toledo" sign was unveiled and lighted atop the Valentine Theater, where it remained until the 1960s.

## Dec. 15

1872 - First Toledo fireman killed in line of duty. Fireman James Welch is killed battling a blaze on Lafayette Street.

1884 - Mark Twain (Sam Clemens) appears before audience at Toledo Opera House.

1929 - In an engineering marvel, storefronts on East Toledo's Main Street are pushed back 10 feet to widen the road for auto traffic.

1937 - The end of an era is signaled when Toledo Community Traction Board votes to remove all street cars in the city and replace them with trackless trolleys and buses.

## Dec. 16

1798 - John Berdan, Toledo's first mayor, is born in New York.

1882 - One of Toledo's first major blazes. The Hall Block, is destroyed by flames in a wind driven fire that spread over a wide area of downtown.

1905 - Two boys, five and eight years of age, walking on thin ice on the Maumee River near Corbett Island, break through the ice and drown.

1949 - New York Central Railroad suspends service on its historic passenger rail route between Toledo and Cleveland the "old road," which ran southeast from Toledo

through Genoa, Fremont and Clyde.

1954 - Western Auto stores in Toledo are selling Daisy Red Ryder BB guns for \$6.95, and Western Flyer sleds for \$3.25.

1958 - Some 600 sailors aboard 20 lake ships marooned in Western Lake Erie due to heavy cover of ice.

## Dec. 17

1875 - The "Stony Yard," or City Workhouse is opened in Toledo for inmates to work, making stone blocks in the winter and bricks in the summer months.

1900 - Longshoremen's Union in Toledo agrees to company demands that ore handlers no longer be allowed to drink on the job. Beer wagons and sellers have been lining up at the Toledo ore docks and doing brisk business.

1913 - The "You Will Do Better in Toledo" sign was unveiled and lighted atop the Valentine Theater, where it remained until the 1960s.

1926 - Chicago Tribune article states that Toledo raw sewage is making cesspool of western end of Lake Erie.

1940 - Preparations for war continue as four special daily trains will leave Toledo to carry enlistees to boot camp in Mississippi.

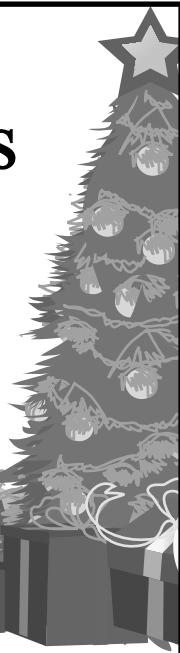
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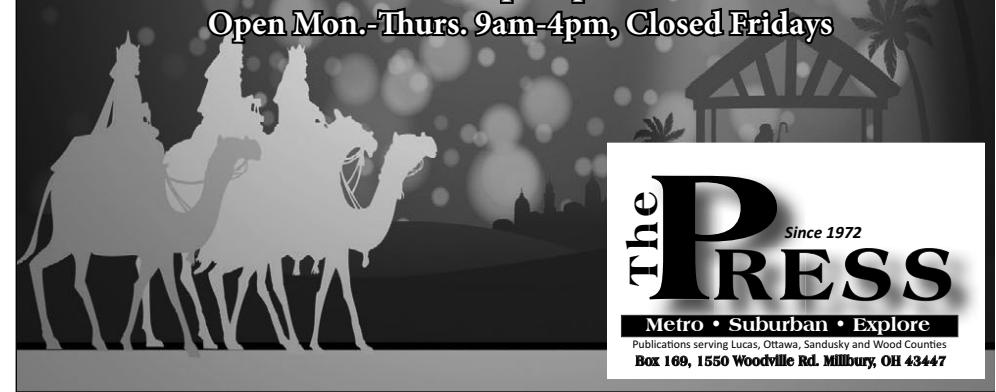
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## Opinion

## The Press

## Qatar, ally we need to counter Putin's influence

By Tarek Kteleh

Russia's reprehensible invasion of Ukraine has made one thing clear: The global order is changing. An axis of repressive, authoritarian world powers - all with ties to Vladimir Putin -- is growing bolder and more confident, and wants to see America's influence decline.

It's more important than ever for the United States and all liberty-minded Western nations to have dependable, moderate allies to counter Putin and his cronies. As policymakers look abroad to cultivate relationships, they shouldn't overlook Qatar, a rising star on the world stage.

While some folks might have trouble locating Qatar on a map, millions of eyes are turning to the Arab nation. Qatar is hosting the 2022 FIFA World Cup, having beat out the United States, Australia, Japan, and South Korea for the bid.

Hosting the World Cup will put the modern capital city of Doha in the limelight and further Qatar's use of "sports diplomacy" to enhance cooperation, respect and tolerance among all nations.

And there's certainly good reason to pay attention to Qatar. Although smaller than Connecticut, it has the fourth-highest gross domestic product per capita in the world, and is the second-highest exporter of liquefied natural gas. It is also home to thriving financial and tourism sectors, as well as the highly influential Al Jazeera media group.

Qatar has long cooperated with the United States and NATO in maintaining security in the Persian Gulf. When the West conducts air operations against Islamic State terrorists, Qatar has often provided space for staging zones.

After the United States withdrew from Afghanistan last year, Qatar helped to evacuate more than 40,000 civilians as the Taliban swiftly took over the country. The Biden administration recently designated it a major non-NATO ally.

Qatar played a pivotal role in supporting pro-democracy movements with financial and military resources during the Arab Spring. The country has backed youth, liberal, and conservative change movements working to implement democratic governance and advance liberty and justice.

Qatar has also proven itself able and willing to oppose Putin and his proxies. While Putin aided the reign of terror of Syrian dictator Bashar Assad during the Syrian civil war, it was Qatar that supported the rebels who opposed him.

Even more important than Qatar's aid is its position as a top petroleum exporter. In a world where controlling the global supply of energy is of increasing strategic importance, Qatar may very well be able to deprive Putin of one of his greatest advantages over the West.

Washington may not agree with Doha on all issues, particularly its history of providing financial support to extremist groups. If such support still exists, Qatar should certainly rethink it. But that possibility should not stop the United States from courting Qatar as a friend and ally. The nation can play a vital role in countering Putin and his gang of illiberal authoritarians. That includes Syria's murderous dictator, Assad, who has long oppressed the people of my homeland.

Now is the time to build lasting ties with moderate nations. It's time for the United States and its Western allies to strengthen ties with Qatar.

*Dr. Tarek Kteleh is a practicing medical doctor and president of Rheumatology of Central Indiana. He is the author of The Six Pillars of Advocacy: Embrace Your Cause and Transform Lives. This piece originally ran in Issues & Insights.*

## Complaining takes time away from solutions

Is complaining an effective strategy for solving problems? Will complaining improve your situation? Do others enjoy listening to you complain? The answer to all three questions is no. Then why do people complain?

There are a number of reasons a person complains. He or she may be looking for sympathy, assistance, support, or just letting off steam. There are also people who are habitual whiners who are never satisfied or content.

In the case of sympathy, there is an erroneous assumption that if enough other people feel sorry for them, it will somehow improve the complainer's situation. All that will be accomplished is that others will grow tired of their moaning and give them a wide berth. Everyone has their own problems and very few people want to spend their discretionary time listening to the tales of woe of others.

Sympathy seekers tend to dwell on their problems rather than seeking solutions. When potential solutions are presented, they invariably find fault with and summarily dismiss them. These complainers seek attention and monopolize conversations. They look for opportunities to show how their plight is worse than everyone else's.

Spending time with sympathy seekers can be draining. They are consumed with their own situation and show little or no interest in other people. Regardless of how good you may feel, a gripe session with a sympathy seeker will depress your mood.



### Golden Advice

by Bryan Golden

Some complainers are looking for assistance in solving a problem. In this case they are interested in advice that will lead to a solution. The danger here is that they will indiscriminately seek guidance from anyone. In their attempt to overcome an obstacle, they will try virtually any remedy offered without considering the qualifications of the source.

Following bad advice can exacerbate a problem. Advice seekers that jump from one bad suggestion to another will become frustrated as they fail to solve their problem. The result is the erroneous conclusion that their situation has no solution.

Complainers in search of advice must be very selective in whom they approach. Only those who have successfully solved similar problems or who have appropriate expertise should be sought out. When the right person is identified, they should be asked for advice directly rather than complaining to them.

Perhaps a complainer is looking for support. They may be overwhelmed by unexpected events or overloaded with responsibilities. This type of complainer is likely looking for help rather than advice.

If you are so inclined, offer to lend a hand.

Even when they are helped out, some complainers always wind up in another crisis situation. Helping them out again will only improve their situation temporarily. Without a change in strategy, they will soon become immersed in another crisis.

Complainers who are incessant whiners find fault with virtually everything. They complain about their lives, other people's lives, the weather, politics, religion, society, etc. Everything they comment on is flawed. All of life is tainted. Their glass is always half empty and probably leaking. These people are not happy unless they are unhappy.

Whiners will never be satisfied. They don't want sympathy, solutions, or help. They just want to complain. These people will never change and their minds are closed to new ideas. Your only option is to limit exposure to their griping.

Complaining is unproductive and destructive. If you have problems, find solutions. If you need help, ask. Occasional complaining to seek understanding or let off steam is ok. But don't make it a way of life or a topic of every conversation.

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. Email Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. 2022 Bryan Golden

## Can decentralization rein in Big Tech?

By Sarah Montalbano | Young Voices

Many Americans think Big Tech has too much power and looking at a recent report from The Intercept showing the extent of the Department of Homeland Security's efforts to target disinformation on social media platforms, it's easy to see why. Those efforts include a special portal on Facebook by which government employees can report misinformation directly to the social media giant. The social media giant is colluding with the government to limit free speech online.

Yet, somehow, Americans still think more government regulation is the solution – as if DHS and Facebook weren't close enough already.

In September, the White House renewed its calls for "fundamental reform" to Section 230, which provides limited legal immunity to tech platforms that host third-party content. It is only the latest in a series of governmental efforts to rein in Big Tech, including a barrage of antitrust lawsuits from the Federal Trade Commission to stop or slow big tech mergers.

Increasing government control of technology is the wrong approach. The problems with Big Tech – online censorship, data privacy, and surveillance, to name a few – are startlingly real. But replacing Big Tech with Big Brother won't solve them. Good policies would create paths to decentralized technology that address the ills of Big Tech without stifling innovation and without jeopardizing free speech online.

First, lawmakers must resist tech centralization. The government is notoriously bad at innovating. It siphons funds from the private sector and sometimes, after spreading the risk to taxpayers, dumps funds into bad bets like Solyndra, which went bankrupt in 2011 after receiving \$535 million in loans from the U.S. Department of Energy just two years prior. The loan program took a \$528 million loss.

When the government subsidizes pet technologies, it can distort market signals and encourage mal investments by the private sector. Just look at wind power: although wind receives far more in subsidies than other sources of energy, average wind-power costs were higher in 2009 than they were in 1994. And even still, the artificially cheap cost of wind power drives stable sources of energy, like oil and gas, out of the market.

This isn't to say that government never funds winning technologies – just that it usually does so at greater expense and less innovatively than the private sector. As economist Larry Summers said in the aftermath of Solyndra's bankruptcy, "gov. is a crappy" venture capitalist.

Even with the best of intentions, legislators can't be expected to fully understand policies relevant to Bitcoin regulation, non-

fungible tokens, artificial intelligence, and the innovative and unknown technologies being developed every day. Legislators inevitably, and understandably, analogize developing and complex technologies to existing regulatory frameworks and stifle the growth of new industries. Handing control of Big Tech to the government will do nothing but entrench the status quo.

That's assuming the government maintains good intentions. If Big Brother held unprecedented control over the decisions of technology companies, there'd be little stopping the government from pushing political agendas and silencing dissent.

Instead of pushing for more government control of Big Tech, states should embrace pathways to decentralized technologies and protect entrepreneurs experimenting in this space, like Wyoming and Tennessee have done with decentralized autonomous organizations (DAOs), which use digital assets to represent voting rights in the organization and implement rules that all members follow. Following these rules allow strangers to securely and collectively make decisions for a business without involving a central authority.

That might sound esoteric – after all, who actually wants to be in business with strangers? But the truth is, there's no way to know the market. Who knows how many citizens would be interested in avoiding traditional bureaucratic hurdles to business while enjoying the transparency of the public blockchain and collective action to make decisions. DAOs are often used for "investment, charity, fundraising, borrowing, or buying NFTs," and it's likely they'll have applications in the future that have not yet been invented. Legal recognition of DAOs and other decentralized platforms provides a secure footing for entrepreneurs to build, invest, and participate in these platforms.

States can also foster innovation by implementing regulatory sandboxes, a legal classification that temporarily waives some regulations so companies have an opportunity to test themselves in the market. Regulatory sandboxes work particularly well for businesses that don't fit neatly into an existing regulatory framework or for small innovators with less political and financial capital than Big Tech companies. Regulatory sandboxes are also a useful opportunity to generate data in practice that can guide lawmakers to develop a sensible regulatory framework for the new innovation.

Regulatory sandboxes have been implemented in 10 states for industries such as financial technology, insurance, legal services, and more.

Industry-specific sandboxes have been relatively successful in Florida and North Carolina, although some industries are

heavily regulated by the federal government, which limits their success. In 2021 and 2022, Utah and Arizona implemented universal sandboxes that give opportunities for innovators in every industry to create new products and services that enrich consumers' lives. Eleven participants have graduated from Arizona's sandboxes, and two more are currently enrolled in its universal sandbox – both using blockchain and decentralized finance.

The power of big tech to censor, violate privacy, and surveil citizens will be best curbed through the private sector's innovations, not by handing the government the reins. States can provide certainty and reduce barriers to entry through legal recognition of decentralized technologies and by creating regulatory sandboxes for entrepreneurs to explore.

*Sarah Montalbano is the Northwest Regional Leader for Young Voices.*

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Metro Edition: 11,105 Suburban Edition: 14,323

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Publication Date: Monday  
Classified Deadline: 1 p.m., Thursday  
Display Advertising Deadline: 5 p.m. Wednesday  
News Deadline: Noon, Wednesday  
Hours: Monday-Thursday, 9 a.m.-4 p.m.  
Classified Dept: Closed Friday

Audited by:  
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# Health

Published second week of month.

## Take precautions to ensure a safe and happy holiday season

As the holiday season is upon us, we all need to be aware of issues that can put a dent in the celebrations of Christmas, and New Year.

It is human nature to exhibit a more giving heart during the holidays but be aware there are unscrupulous people who will take advantage of it. Being on guard against fraudulent activities is a year-round thing, and even more important this time of year.

We have talked in the past about how to prevent being swindled out of your money, but during the holidays, you may receive calls from supposed charities about which you are unfamiliar—charities that ask you to make a holiday donation.

Never make a donation to an unfamiliar charity without first checking it out with the Better Business Bureau. This agency tracks legitimate and not-so-legitimate charities, and they can inform you if they have received negative information about the one seeking a donation from you.

There are legitimate charities seeking donations around the holidays, but they may employ a business to make phone calls as part of the fundraising effort. Don't hesitate to ask if you are speaking to the charity itself, or if you are talking to "an agent" representing the charity.

If they tell you they are not the charity itself, you have a right to ask how much of your donation will actually be received by the charity. If you feel the amount the agent is keeping as a commission is too great, you



can contact the charity directly and make a donation that will all go to its intended purpose.

### A watchful eye

As you are out doing your holiday shopping with our fine local merchants, always be aware of your surroundings. Keep a watchful eye for suspicious persons, and if you are walking, don't be afraid to duck into a business if you feel you are being followed. It is always best to have some-

one else with you as there truly is safety in numbers.

Avoid carrying purses with long straps and keep the purse close. Never let it hang, as it makes an easy target for a quick grab-and-run theft. The same goes for packages you may be carrying—keep them close to your body.

It may be a good idea not to carry your cellphone in your purse. If someone makes off with the purse, you would not have a

way to call 9-1-1 if the thief has your phone. Also, a thief may be running away with valuable information that is on your cell-phone.

Men should keep wallets and credit cards in their front pockets, where they are much harder to steal.

Keep on you only an amount of cash you absolutely need, using credit or debit cards for most of your purchases.

If someone attacks you, give up the goods. You could be seriously hurt or worse if you fight back.

Make frequent trips to your vehicle to place the packages securely inside and lock it. Put them in the trunk or in a covered area of an SUV. If your SUV is not equipped with a cover, take a blanket that closely matches the interior color of your vehicle and place the packages under the blanket or covering.

If you must stop at an ATM to make a transaction, use a drive-up machine and try to do this during daylight hours. If that is not possible, stop only at an ATM in an area that is well lit.

The holiday season is a season to be happy. Happiness starts with safety, and safety starts with you.

*This article is a public service from the Crime Prevention Division of the Lake Township Police Department. Township residents may obtain further information on crime prevention and public safety topics by contacting Ron Craig, crime prevention specialist/community policing officer, at 419-481-6354.*

## Self-care strategies for surviving the blues this holiday season

By ProMedica General Health Team

While the holiday season is known to bring joy, peace and togetherness; stress, tension and loneliness can also creep into the picture. Take hold of your negative feelings this holiday season by putting these tips into action.

1. Spend time with friends and family. Don't isolate yourself this holiday season. Take initiative — call a friend or someone you have lost touch with, go out or invite a friend over to see you. Don't wait for others to meet your needs. Reach out, even when you don't feel like socializing.

2. Don't try to do it all. Give yourself a break when preparing for the holidays. Prioritize what really needs to be done, allow time for yourself and give yourself the freedom to be less than perfect.

3. Make a schedule. If you're spending time with a group of friends or family, save yourself some stress and plan ahead. Plan structured activities to keep everyone occupied, especially if there are family conflicts brewing beneath the surface. Try a jigsaw puzzle, decorating cookies or group games to encourage people to interact together in a lighthearted way.

4. Communicate your needs. No one can read your mind. Inform others of your preferences, needs and desires. Asking for and accepting help with holiday necessities can relieve you of a heavy burden.

5. Focus on the positive. Emphasize what is good, not what is missing. Reflect on the good things that have happened in your life by listing the things that you are most grateful for. Avoid using holiday time with family as a forum to clear up conflicts or as a time to wish for all the things that you no longer have.

6. Don't overeat or overdrink. Alcohol is a depressant and can exaggerate the holiday blues. Sugar can wreak havoc in your system and cause your spirits and energy to crash as your blood sugar levels go down. Overeating may lead to a lack of self-esteem and feelings of guilt after the holidays. Use moderation when enjoying foods and drinks this holiday season.

7. Limit your spending. Focus on spending time with family and friends during this holiday season rather than spending money, which may cause added anxiety. Make homemade gifts or food to share with your loved ones.

8. Get some exercise. Exercise raises



'Tis the season to be merry and jolly, but stress and loneliness can also lead to holiday blues and anxiety. Self-care strategies can help with inevitable moments of sadness or tension.

your energy levels and helps fight off depression. Exercise outside for the added benefit of getting some vitamin D from the sun.

9. Do something for someone else. Give the gift of time or talent this season – volunteer, contribute financially or donate clothes, gifts or food to a local organization.

10. Try something new. Experiment with new recipes, attend a holiday concert or play, join a club or try a craft project. Also, don't forget about the classic holiday activities that you can enjoy free of charge, like looking at the holiday decorations or window shopping without buying anything.

If you are feeling the holiday blues this year, remember that you're not alone. It's impossible to feel happy, grateful and joyful throughout every moment of the holiday season. Don't let the inevitable moments of sadness, fatigue or anxiety throw you off course – practice these tips to help you shake the blues.

Everyone feels down sometimes. If your holiday blues are constant and keep you from doing the things you love, talk to your primary care provider for help. Learn more about the symptoms of depression and self-care strategies that can support your mental health.

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## Making healthy choices this holiday

By Kanchan Pillai, MD, FACP, FOMA



**Dr. Pillai**

As the year comes to an end, holiday celebrations are filling up our busy social calendars and our plates with holiday treats. But don't worry. There are ways to enjoy the holidays and maintain a healthy lifestyle.

### Moderation is key

It is easy to consume more calories than usual during the holidays with all the feasts and celebrations we attend. But there is no need to swear off your favorite holiday foods. Remember that any food is okay in moderation. You just need a plan to get you through those parties.

Before filling your plate, take a walk around the food table to see your choices. This can help reduce the amount of food you put on your plate. Also, fill up on vegetables and fruits before going for calorie-dense main courses and desserts.

### Use healthy alternatives when cooking

There are several healthy changes that can be made to your favorite recipes that no one will notice.

- Use unsweetened applesauce instead of oil in baked goods. One cup of oil is equal to one cup of applesauce.

- Replace sour cream with non-fat plain Greek yogurt in your favorite holiday dips.

- Be mindful of the amount of butter you use. Butter is very high in calories. Instead, try a low-calorie spray instead.

- Loading up on healthy foods such as whole grains, vegetables, fruits, beans, and lean meats can help to reduce the risk of heart disease.

### Manage stress

The holidays can bring out a lot of emotions for people. For example, for some, the stress of the holiday season increases their blood pressure. And we know high blood pressure increases our risk for heart disease, heart attack and stroke.

So, focus on managing your stress. Exercising, deep breathing, meditating and talking to a close friend or family member are all things that can help relieve stress.

**Kanchan Pillai, MD, FACP, FOMA** is ProMedica Physicians Director of Obesity Medicine.

## Research:

# Winter holidays bring more heart attack deaths

The joy of the winter holiday season is often marred for many, as research shows that more people die from heart attacks during the last week of December than at any other time of the year.

The American Heart Association, the world's leading voluntary organization focused on heart and brain health for all, says being aware of this annual phenomenon and taking a few important, heart-healthy steps may save lives.

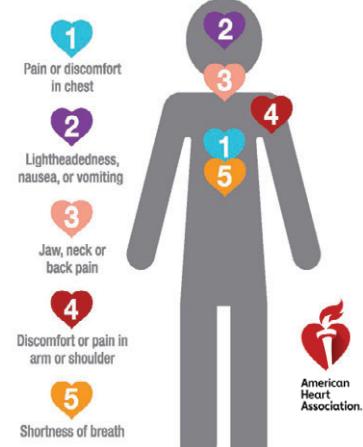
"The holidays are a busy, often stressful, time for many of us. Routines are disrupted; we may tend to eat and drink more and exercise and relax less. We're getting too little sleep and experiencing too much stress. We also may not be listening to our bodies or paying attention to warning signs, thinking a trip to the doctor can wait until after the new year," said American Heart Association Chief Clinical Science Officer Mitchell S.V. Elkind, M.D., M.S., FAHA. "While we don't know exactly why there are more deadly heart attacks during this time of year, it's important to be aware that all of these factors can be snowballing contributors to increasing the risk for a deadly cardiac event."

Scientific research finds an uptick in cardiac events during the winter holiday season. A study published in "Circulation," the flagship journal of the American Heart Association, reported that more cardiac deaths occur on Dec. 25 than on any other day of the year; the second largest number of cardiac deaths occurs on Dec. 26, and the third largest number occurs on Jan. 1.

Winter weather has been noted as a trigger for increased heart attack risk due to restricted blood flow though constricted vessels caused by cold temperatures. However, another study published in "Circulation" found that even in the mild climate of Los Angeles County, about a third more heart attack deaths occur in December and January than in June through September. These findings were supported by a study published in the "Journal of the American Heart Association" by researchers in New Zealand, where the December holidays fall during that area's summer season. "Research also shows that the biggest increases in these holiday heart attack deaths are among people who are not in a hospital. This highlights the importance of recognizing symptoms and seeking immediate medical care. Don't ignore



## Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](http://Heart.org/HeartAttack).

While it's important to live heart-healthy all year long, the American Heart Association suggests taking special care during the holiday season. (Photo copyright Sherri Rice, courtesy of American Heart Association)

heart attack warning signs because you don't want to spoil the holidays, the consequences could be much worse," Elkind said.

"It also calls attention to the need for increased awareness of knowing how to perform hands-only CPR. You could be out holiday shopping, enjoying an office party or spending time at a family gathering and witness someone having a heart attack and going into cardiac arrest. Starting CPR immediately and calling 9-1-1 could be the difference in life or death in those situations. Hands-only CPR is something nearly everyone can learn and do," Elkind said. Elkind notes that while it's important to live heart-healthy all year long, there are a few tips you to follow during the holiday season:

- Know symptoms and take action. Heart attack signs vary in men and women and it's important to recognize them early and call 9-1-1 for help. The sooner medical treatment begins, the better the chances of survival and preventing heart damage.

- Celebrate in moderation. Eating healthfully during the holidays doesn't

have to mean depriving yourself; there are still ways to eat smart. Look for small, healthy changes and swaps you can make so you continue to feel your best while eating and drinking in moderation, and don't forget to watch your salt intake.

- Plan for peace on earth and goodwill toward yourself. Make time to take care of yourself during the busy holiday. Reduce stress from family interactions, strained finances, hectic schedules and other stressors prevalent this time of year, including traveling.

- Keep moving. The American Heart Association recommends at least 150 minutes of physical activity per week and this number usually drops during the hustle and bustle of the holidays. Get creative with ways to stay active, even if it's going for a family walk or another fun activity you can do with your loved ones.

- Stick to your meds. Busy holidays can cause people to forget medications. Use a medication chart to help stay on top of it and be sure to keep tabs on blood pressure numbers.

The American Heart Association has more on ways to live heart-healthy. Visit [heart.org](http://heart.org) for more tips.

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**The Press****Magruder Monthly Community Lab Screening**

Magruder Hospital offers lab screenings the second Thursday of each month between 8 and 11:30 a.m. in the Community Clinic, 730 Jefferson St., Port Clinton.

The main lab test is a CBC, CMP and lipid profile, which includes liver and kidney function, fasting blood sugar, cholesterol, HDL/LDL, triglycerides and a complete blood count (red blood cells, white blood cells, and platelets in the blood) for \$50.

The lab also offers add-on tests, including:

- Lipid profile: \$20.
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- PSA (Prostate Specific Antigen): \$30.
- TSH (Thyroid Stimulating Hormone): \$25.
- Vitamin D: \$35.

Appointments are required and may be made by calling 419-301-4304. Participants are asked to fast for 12 hours prior to their appointment time but may have water. No insurance is accepted – payment may be made by cash, check or credit card (no American Express).

**Red Cross seeks nominations for Hero Awards**

The American Red Cross of Western Lake Erie will recognize and pay tribute to members of the community who have shown extraordinary courage, compassion, character, or humanity by saving or improving the lives of others at the 2023 Red Cross of Western Lake Erie Hero Awards.

Residents of Henry, Fulton, Lucas, Monroe, Ottawa, Sandusky and Wood counties are invited to nominate a hero or heroes who have responded to life's challenges with a true humanitarian spirit, mirroring the values that motivate and inspire the work of the Red Cross.

A hero could be someone who entered a burning home to alert a family, a neighbor who performed CPR on a total stranger, or a passerby who pulled a drowning child to safety.

Visit [redcross.org/noheroes](http://redcross.org/noheroes) to nominate a hero. A selection committee will review all nominations. Nominations must be submitted by Jan. 31, 2023, and the heroic act must have occurred between Jan. 1 and Dec. 31, 2022.

Those chosen as Western Lake Erie Heroes will be honored during a ceremony on April 27 at the Premier in Toledo. Tickets for the event are available at <https://AOCWLE.givesmart.com>

Sponsorships are available for this event and interested local businesses can contact Executive Director Rachel Hepner at [Rachel.Hepner@redcross.org](mailto:Rachel.Hepner@redcross.org) or 419-360-1127 for more information.

**Mercy Health offering mobile mammograms**

Mercy Health's mobile mammography unit has several stops scheduled throughout the region in December.

The mobile mammography unit delivers 3D mammograms to women age 40 and older. Patients have the option of self-compression, meaning they have the ability to



control the compression once they are in position.

The schedule includes:

- Tuesday, Dec. 13: Franklin Medical Center, 2213 Franklin Ave., Toledo.
- Wednesday, Dec. 14: Old West End Community Health Center, 2244 Collingwood Boulevard, Toledo.
- Thursday, Dec. 15: Mercy Health – Perrysburg Primary Care & Walk-in, 1103 Village Square, Perrysburg.
- Friday, Dec. 16: Mercy Health – Waterville Primary Care, 1222 Pray Boulevard.
- Monday, Dec. 19: Progressive Wellness Medical Office Building, 7640 West Sylvania Ave., Sylvania.
- Wednesdays, Dec. 21 and 28, Starbright Primary Care, 28555 Starbright Boulevard, Perrysburg.

While mammogram screenings may be covered by insurance, for best coverage, please verify if Mercy Health – St. Charles Hospital is an in-network provider with your insurance carrier.

Financial need-based assistance programs are available for those who are uninsured or underinsured (have high deductibles). 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.

To view the full list of upcoming dates and locations, visit [mercy.com/toledomobilemamm](http://mercy.com/toledomobilemamm).

**Magruder Hospital awarded for quality**

Magruder Hospital has been recognized with a 2022 Performance Leadership Award for excellence in quality.

Given by The Chartis Center for Rural Health, the Performance Leadership Awards honor top quartile performance (e.g., 75th percentile or above) among rural hospitals in Quality, Outcomes and Patient Perspective. Magruder is one of 10 hospitals in Ohio to receive the award.

"These last few years in healthcare have been a challenge, which makes this award even more meaningful. Recognizing our physicians, providers and clinicians for the quality care they deliver to patients every day is very rewarding," said Nick Marsico, Magruder's President & CEO.

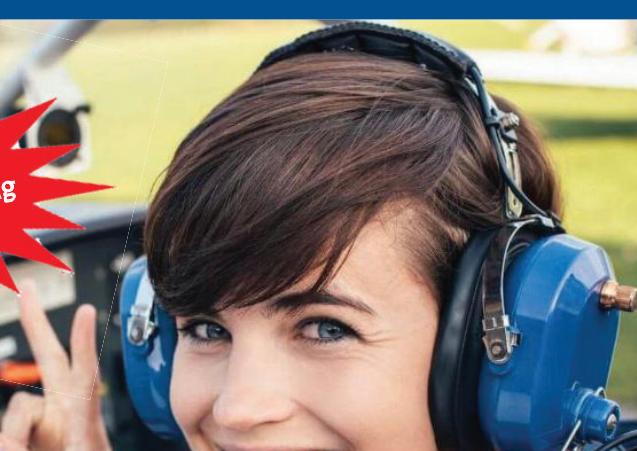
The Performance Leadership Awards are based on the results of the Chartis Rural Hospital Performance INDEX™, a comprehensive and objective assessment of rural hospital performance.

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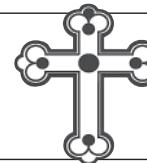
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Pastor Robert Noble

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**Inspirational Message of the Week:**

A wise friend of my father had a rule about speaking, which was to always ask before saying something if it was true, if it was kind, and if it was necessary. He was a man of few words, but very highly thought of by family and friends. Most of our daily conversation would fail his test, especially on the grounds of kindness and necessity. The test of necessity is perhaps the hardest to pass: will the words I am about to utter be helpful or edifying. Think about how much of our conversation is about our own ego, trying to make ourselves seem clever while knocking down those around us. Once spoken, words can't be taken back, and even if we do retract them they are like the bell that can't be UN-rung. Our words often come back to haunt us. People will remember things we may have said in an offhand manner years before, and like a sharpended boomerang, our words have come back to take our head off. So, we should think twice before speaking, and consider whether what we are about to say is true, kind and necessary. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

—Ephesians 4:29

# Donations help those facing climate disasters, fires, blood crisis

This year has been a year of crisis for families in Northern Ohio and around the world — from extreme climate disasters like Hurricane Ian to the home fires — more than three, on average, every 24 hours in Northern Ohio — to the first-ever national American Red Cross blood crisis.

"Whether a crisis is felt by an entire community or a single person, it turns lives upside down — especially for the most vulnerable," Mike Parks, Regional CEO, American Red Cross of Northern Ohio said. "This holiday season, join us to provide help and hope for people in need during future emergencies by making a financial donation or by giving blood or platelets."

Visit [redcross.org](http://redcross.org) to make a financial donation or an appointment to give blood or platelets. Individuals can also register for volunteer opportunities by visiting [redcross.org/volunteertoday](http://redcross.org/volunteertoday).

## Responding to disasters

So far in 2022, 15 billion-dollar disasters have upended lives across the country — more than twice the number of billion-dollar disasters that struck annually two decades ago.

For these and tens of thousands of other disasters in Northern Ohio and across the country, Red Cross volunteers worked 24/7 to provide shelter, food and care — including the dozens of volunteers from Northern Ohio who left their homes to assist people affected by major disasters like a typhoon in Alaska, severe flooding in Kentucky and Hurricane Ian in Florida.

In the communities served by the American Red Cross of Northeast Ohio, Greater Akron and the Mahoning Valley, Western Lake Erie, North Central Ohio, and Heartland, Stark and the Muskingum Lakes, Red Cross volunteers also provided relief and comfort after home fires and other local disasters.

## Helping families in global emergencies

Internationally, the conflict in Ukraine has forced millions of people to flee for their lives. With such vast needs, the American Red Cross has provided financial donations and international crisis responders to support the global Red Cross network's response on the ground, which spans more than a dozen neighboring countries to de-

liver food, shelter, medical care, emotional support and other critical aid for displaced families.

Meanwhile, the American Red Cross has also provided financial support to the ongoing hunger crisis in Africa.

Overall this year, as part of the world's largest humanitarian network, the American Red Cross provided humanitarian aid in more than 108 countries.

## Support for personal emergencies

Throughout Northern Ohio, Red Cross workers have helped people through personal emergencies too, whether it was connecting a loved one with a deployed service member during a family crisis or training people to provide CPR for those suffering from cardiac arrest. Through the end of September 2022, more than 33,000 individuals received training in first aid, CPR and AED.

## Overcoming blood shortages

In January 2022, the Red Cross experienced its worst national blood shortage in over a decade due to ongoing collection challenges and varied hospital demand during the pandemic. Patients in need of

lifesaving blood transfusions relied on an outpouring of support from hundreds of thousands of generous blood donors to overcome the crisis.

The need for blood is constant. One in seven patients entering a hospital will need a blood transfusion. As seasonal illness and the threat of winter weather ramp up this holiday season, blood donors are needed.

Book a time to give at [RedCrossBlood.org](http://RedCrossBlood.org). All donors who come to give blood through Dec. 15 will receive a \$10 Amazon gift card by email.

Donate at the Toledo Blood Donation Center, 3510 Executive Parkway, Sundays, Mondays, Wednesdays, Fridays and Saturdays, 7 a.m.-3 p.m. and Tuesdays and Thursdays, 10:30 a.m.-6:30 p.m.

Blood drives are also scheduled:

- Dec. 12: 12:30-6:30 p.m., Ole Zim's Wagon Shed, 1375 S. SR 590, Gibsonburg.
- Dec. 15, 12:30-5:30 p.m., Hope Community Church, 5650 Starr Ave., Oregon.
- Dec. 15: 12-5 p.m., Woodville Township Fire Department, 321 E. Main St.

# Include immune-boosting nutrients in diet to help fend off flu

**By Joel Streed**  
Mayo Clinic News Network

It's flu season again, so most people get a flu shot and strive to stay healthy. But can certain foods or supplements boost the immune system and help with that "staying healthy" goal?

## Keep the immune system strong

While having a healthy immune system is a plus during the season of colds and flu, consider these tips for keeping your immune system strong throughout the year.

• Focus on a balanced eating plan. Don't skip meals, so your body stays well-fueled. Aim for five to nine servings of vegetables and fruits daily to provide those immune-boosting vitamins, minerals and antioxidants.

A serving of fruit is one medium piece of fresh fruit, 1 cup of berries or melon, or

1/2 cup of canned fruit packed in its own juice.

A serving of vegetables is 1/2 cup cooked or 1 cup raw. Getting these nutrients from foods versus vitamin or mineral supplements is always best. Many herbal remedies are marketed to help fight colds or shorten their duration but check with a health care professional before taking any supplements or medications. Remember to drink adequate fluids throughout the day. Plain water is best.

• Crack down on spreading germs. Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using it in recipes.

• Increase sleep, reduce stress. Getting adequate sleep and managing stress can be just as important as healthy eating.

Research demonstrates that lack of

sleep and increased stress contribute to illness and overall poor health, so:

- Adults should get seven to nine hours of sleep each day, while children need eight to 14 hours, depending on age.
- Healthy ways to cope with stress include meditating, listening to music or journaling.
- Physical activity is another strategy to manage stress and may reduce the risk of some chronic diseases that can weaken your immune system.

Even if you eat healthily, get plenty of rest, drink adequate fluids and manage your stress, you may still catch the flu. If so, your illness may not last as long, and you may not feel so bad.

## Choose immune-boosting nutrients

These nutrients play a role in immune health:

- Beta carotene, found in plant foods,

such as sweet potatoes, spinach, carrots, mangoes, broccoli and tomatoes.

- Vitamin C, Vitamin C-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

- Vitamin D, found in fatty fish and eggs. Milk and 100% juices fortified with vitamin D also are good sources.

- Zinc, which tends to be better absorbed from foods such as beef and seafood, but it's also found in plant-based sources, including wheat germ, beans, nuts and tofu.

- Probiotics are good bacteria that promote health. You'll find them in cultured dairy products, such as yogurt, and in fermented foods, such as kefir and kimchi.

- Protein, which comes from animal and plant sources, including milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.



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# THE PRESS EARLY CHRISTMAS DEADLINES

For the Dec. 26 Issue

**Tuesday, Dec. 20**  
(Noon) Editorial  
(4pm) Real Estate, Auctions, and  
Transitions

**Wednesday, Dec. 21**  
(Noon) Advertising Sales  
(1pm) Classifieds

**Our office will be closed**  
Monday December 26 and  
Monday January 2

# Defense has Woodmore Wildcats off to a fast start

By Yaneek Smith  
Press Sports Editor  
sports@presspublications.com

Oddly enough, Woodmore girls basketball team's first game of the season may have been its most important.

That's a strange thing to say, considering the Wildcats lost 39-36 to Port Clinton in the opener, but it might have been the kick in the butt the team needed.

It wasn't a bad loss — after all, the Redskins are 4-1 — but it might have been a blessing in disguise.

"Our defense has picked up since that first game, and I think that was a good thing for us," said Woodmore coach Kyle Clair. "It kind of showed us what happens when we don't do what we're capable of on that side of the ball. We've been exceeding my expectations on that side of the ball (since then)."

In that game, Port Clinton guard Da'Cariya Lanier, one of the area's best players, scored a game-high 18 points — including all nine of her team's points in the fourth quarter — and sank the go-ahead 3-pointer with 47 seconds remaining as the Wildcats struggled to contain her.

Since then, Woodmore has allowed 24 points or less in each of the last four games, all victories.

The Wildcats are currently 4-1 and 3-0 in the Northern Buckeye Conference.

The offense is run through 5-4 senior guard Macey Bauder. She is joined in the starting lineup by 5-9 senior guard/post Jordan Beam, 5-8 senior guard Alayna Hahn, 5-7 junior guard Cameran Quisno and 5-11 sophomore forward/post Kara Schneider.

Senior post Mackenzie Krukemyer, who is 6-3, comes off the bench, as does 5-9 junior guard/forward Abby Sandrock, 5-4 senior guard Paige Helmke and 5-4 freshman guard Camille Strong. Junior guard Maddie Hammer, who is 5-4, plays JV and sees some varsity action, too.

Clair talked about Bauder, one of the captains, being the fulcrum of the offense.

"She's the catalyst, a big part of the team. We look to get her the basketball off the transition game so she can create and get by people. She's probably just as fast with the basketball as she is without it. We had some scorers last year that could take some of the burden off her. She's gotten a lot of attention," said Clair. "Her leadership, she's been talking in the huddle, comes to me and makes suggestions on what she sees and what she feels. That first game, she didn't score — I think she was 0-of-11 — I think it shook her and the team, and I think she had 19 points in the next game. I think that was a good thing for her, and she's playing with a ton of confidence — and it shows."

That next game, a 49-14 win over



Woodmore's Cameran Quisno looks to score. Quisno scored 14, in the 49-31 victory over Gibsonburg Thursday, Dec. 8. (Photo by Doug Hise)

Genoa, saw Bauder score 19 points while Quisno chipped in with 10. The next game, a 56-16 triumph over Lake, saw Bauder put up 19 points again with Beam and Schneider scoring nine points each. Bauder had her best game of the season, scoring 25 points, with Schneider adding 12, in a 59-24 victory over Delta. Bauder scored 20 points, with Schneider adding 15 in a 70-21 win over Otsego on Tuesday.

"One of the things that's been really good is we've brought the same energy on the defensive end for the last four games. That's the trust that we want to be able to have, and you're always looking for something you're guaranteed to get every night," said Clair. "That defensive aggression, the man-to-man, that's key — getting hands on the ball with adjustments depending on how we play; if we do that, I think that makes us unique, and we do that really well."

Bauder, who along with Hahn and

Helmke, were vital members of a soccer team that advanced to the regional finals, talked about the team's defensive mindset.

"I feel like we're playing so well because we have found our identity, and that is defense," she said. "When we play our aggressive and intense defense like the coaches preach to us, it sparks our offense and also gives us energy."

Bauder is putting up tremendous numbers — 16.6 points, 5.2 assists and 4.2 rebounds per game.

"I have so much more confidence this year, not only in my dribbling abilities but also in my shooting and the coaches have helped me gain confidence," she said. "I have a lot of support from my teammates and we are like family, so they only make it easier for me to be successful on the court. It is also my last year, so I am trying to make it the best one yet."

Schneider is also having a very good

season, averaging 11.0 points and 5.1 rebounds, and Beam (6.8 points, 6.2 rebounds) and Quisno (6.6 points, 4.2 rebounds) have chipped in as well.

"Our other two captains, Jordan and Alayna, do a lot of the dirty work that you might not see in the stats; they're both excellent defenders. Jordan is a really good rebounder; we've played her a little bit in the post, and she's been playing guard the first few years. They do things that don't show up in the box score. They're super important," said Clair. "Cameran Quisno is a junior for us, she's also a starter. She's a volleyball player, so she got a ton of reps on the court (with the soccer team playing so long) and took on a leadership role. I am over the moon with her improvement and what she brings to the table. Defensively, she is great, she's a very impressive rebounder for a guard and keeps the ball alive and helps get hands on the basketball."

The group of seniors has had success not just in basketball but also in soccer, and track and field.

"We've watched these kids since they've been in junior high, and even before that. They've been a part of some of the bigger moments of the last three to four years — NBC championship, sectional wins, getting to the district finals — they've been a part of everything, on the court or in the locker room," said Clair. "They're great kids in the classroom, respectful. Overall, it's just a good group of kids, it makes our jobs as coaches really easy."

In the coming weeks, the schedule will get harder for the Wildcats when they face the likes of Fostoria, Eastwood and Elmwood.

"The NBC has always been a league where you have to prepare well for each team. You're not always guaranteed to be on offensively. There are new coaches that have come into the league, there are great coaches and great leaders, and everyone is always ready to play — it's very competitive," said Clair. "I've heard good things about Fostoria. Craig (Mintz) has got a good thing going there. Brittany Butler is over at Eastwood, and they always have great athletes, I expect a track meet. It's a great league, I love playing the competition, and it's something where you've got to be on your toes every night."

## Correction

In the Dec. 5 Basketball Preview issue of The Press, Emi Castillo, a player for the Cardinal Stritch girls team, was incorrectly identified as Emi Castro.

A senior, Castillo is a starting guard for the team.

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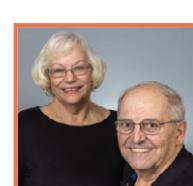
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Allan Thompson



Denny Shoemaker

## New AD, football coach fostering new era at Stritch

By Yaneek Smith  
Press Sports Editor  
[sports@presspublications.com](mailto:sports@presspublications.com)

When Allan Thompson was a junior at Libbey High School in 2010, probably the furthest thing from his mind would be that he'd wind up as the head football coach at Cardinal Stritch one day.

But 12 years later, he finds himself doing just that.

The Toledo native attended Stritch for his senior year after Libbey was closed by Toledo Public Schools and enjoyed his experience so much that he's now come full circle. Last month, Thompson was named the Cardinals football coach, and he's excited about the possibilities.

Stritch did not field a team this past fall due to low numbers.

"Stritch football is back and we're looking to bring a new life and energy to it. We're trying to revitalize everything," said Thompson, who was also an assistant with the team five years ago. "I think our AD is doing a heck of a job and we've gotten great support from the community. We're on a positive upswing, and there are good things on the horizon for us."

"It was one of those things, it felt like it was too good to be true (to get hired). Going into Stritch as a senior after Libbey closed down, people looked out for me and took me under their wing, and I want to be able to come back and try and do the same," said Thompson. "It's about knowing there is going to be someone in the building that is going to be like me in their senior year, so I'm ready to bring excitement to everything."

"There was a little bit of a culture shock coming to Stritch as a senior, but it was one of my most enjoyable years in school that I had," he said.

Thompson, who was hired by new Stritch athletic director Denny Shoemaker, played football for Joe Gutilla on the offensive line, and considers former teammates Dave Szymanski and Andy and Joe Geiermann to be close friends.

"I know we had one of the better years in the span," said Thompson. "I had some good teammates; we played together and for each other, and my head coach had a huge impact on me."

Thompson is already working to recruit players so they can have the same experiences he had.

"A lot of it is rapport, being there, showing your face and just communicating with anyone. We could have a kid in the building that has never played football and we've talked to him, and he feels included and now he wants to play," he said. "A little rapport-building goes so much farther; we're communicating with parents. We had a couple of kids talk about Christmas caroling and we're going to a group home to sing, pass out cookies and ornaments and just be involved."

Last year, Thompson was the football coach at Woodward, and previously worked as an assistant at Waite, too. He talked about coaching the Polar Bears in 2021.

"It was learning how to get through adversity. We told our kids that no matter what, if you do good, it will come back to you — that became my mantra," Thompson said. "As long as you carry yourself as a young man and do the right things, it will eventually pay off; you may not see it soon, but it will pay off. If we can get through

this, we can get through whatever comes next."

Shoemaker took over in October for Dick Cromwell, who was the AD at Stritch for nearly six years. (Cromwell is known for being one of Ohio's great football coaches — he went 208-85-1 with St. Francis de Sales, won two state championships and is the winningest coach in City League history.)

Shoemaker is known to many in the area for his work at Northview. He coached the Wildcats boys basketball team from 1994-08 and was the assistant athletic director for 10 years before retiring last year. He finished with a 148-119 record in 14 years and won three Northern Lakes League titles and one Great Lakes League title.

"Allan is already getting kids interested in playing football. I gave him about a month to figure out if we can play 8-man or 11-man, and he said, 'I'm going to make sure we have enough to play 11-man.' He said he has about 35 kids ready to play football," Shoemaker said. "He was able to build numbers in a quick way (at Woodward). His first workout, he had two players show up. By the time the season began, he had 34 kids playing. That just shows me that he can get kids interested in playing football."

"He graduated from Stritch in 2011, played football, and he knows what it's been in the past and knows what it takes (to be successful) again," Shoemaker said. "He has good football knowledge, and the biggest thing is that he's able to talk to kids. He has a way with them; they're getting interested in playing football. He not only graduated from there, but he has also been an assistant coach at Stritch."

Shoemaker also hired Tim Yenrick, also a Stritch alum, to coach the girls basketball team less than two weeks before the season began.

"I had about 11 days to get one in place. Tim Yenrick, he graduated from Stritch in '81, and he's coached in the area for a long time, but never been a head coach," said Shoemaker. "He's been involved in girls basketball for a long time. He was willing to come on board; he knew he had a job to rebuild the program, and he was accepting of that. We're looking for good things — it might not happen this year, but he knows what it takes."

Shoemaker also wants to hire a strength and conditioning coach.

"I think that is a very big part of athletics, and it can help all of our programs. I feel like that is a necessity," he said. "I have an alum who does this as his job, I'm just about ready to hire him and get that program going."

Shoemaker says he's happy with how things have gone thus far.

"It's going pretty well. We're just trying to get the enthusiasm back up for Stritch athletics," he said. "When I came to town in 1994 at Northview as the head boys basketball coach, my first game was coaching against Cardinal Stritch, and they beat us. Their athletic programs have been good in the past and I want them to get them back to that."

"Athletics teaches life lessons as in working hard will pay off, teamwork, cooperating with others and getting along with your teammates, (and) it transfers over to the real-life situations. Plus, if we have a good athletic program, that will draw students and increase our enrollment, which we need right now," Shoemaker said.

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# New coaches taking the reins at 7 area programs

By Yaneek Smith  
Press Sports Editor  
sports@presspublications.com

To say that the local basketball programs are in a state of transition would be an understatement.

Seven of the 20 area hardwood coaches are in their first year taking over their respective programs, and three other coaches are just in their second year at the helm.

Tony Egbert, a Gibsonburg alum, is taking over the boys program after Brent Liskai — one of the area's best and the all-time leader in wins at the school with 235 — decided to step down. Egbert was an assistant under Liskai and is coaching a team that graduated eight seniors, so he'll have his work cut out for himself.

"I played for Coach Liskai and coached with him. He's the only basketball coach I've known," Egbert said. "Most of the stuff basketball-wise has come from him, and I think I've been pretty lucky to have a front row seat (watching him). He spent over 20 years at Gibsonburg, and he's definitely forgotten more about basketball than I've learned."

Jason Faykosh, an Eastwood alum who has taken over the boys program there from a very good coach in Todd Henline, talked about what it's been like being the head

coach.

"The main challenges I've faced so far have been the off-the-court responsibilities. You always hear coaches talk about the various off-court responsibilities that head coaches have that aren't directly related to the varsity program and how much time they take up," Faykosh said. "My assistant coaches and many others involved in the program, especially Coach Henline, have all been very helpful in what could have been an overwhelming first year."

Woodmore alum Jon Sandwisch is the new boys basketball coach at Genoa, proof that he's gone over to the Dark Side.

He was on Genoa's basketball staff for two years under coach Zach Alt and was an assistant for former Genoa football coach Paul Patterson in 2019 and 2020. In fact, Sandwisch has spent more time coaching football. He was quarterback coach as a graduate assistant at Bluffton University in 2016 and was the pass-game coordinator and quarterbacks coach at Wilmington College in the spring.

Sandwisch was also a football assistant for some good area coaches. He coached under Andy Brungard at Anthony Wayne in 2017 and 2018, and was the offensive coordinator last season.

Clay coach Josh Bragg is in his first

year leading the Eagles boys' basketball team, but he was an assistant coach last season, so he's familiar with the players. Lake coach Luke Hickey played on the 2012 Whitmer basketball team that lost in the Division I state finals, a team that was led by legendary coach Bruce Smith, who has more than 500 career wins and is now at Swanton.

On the girls' side, Eastwood coach Brittany (Gross) Butler is in her first year coaching the Eagles. She played for former Elmwood coach Doug Reynolds and lettered four times at Capital University.

"I learned a lot from (Reynolds) and my grandpa. I learned a lot from my college coach as well, and my dad and my brother," Butler said. "Coach Reynolds told us, 'If your shots aren't falling, you can still play hard-nosed defense and get the boards.' That's something that has shaped me. We can always go out and compete on the defensive end, go out and hit the boards and get some steals. It's that next-play mentality. I was surrounded by some great teammates at Elmwood. We're going to have off games, (but) we would just tell each other, next play, next play, next play. The two biggest things are just go out and compete and have that next-play mindset."

Butler coached last season at Botkins

in southern Ohio. Botkins competes in the Shelby County Athletic League, a conference that loves its basketball.

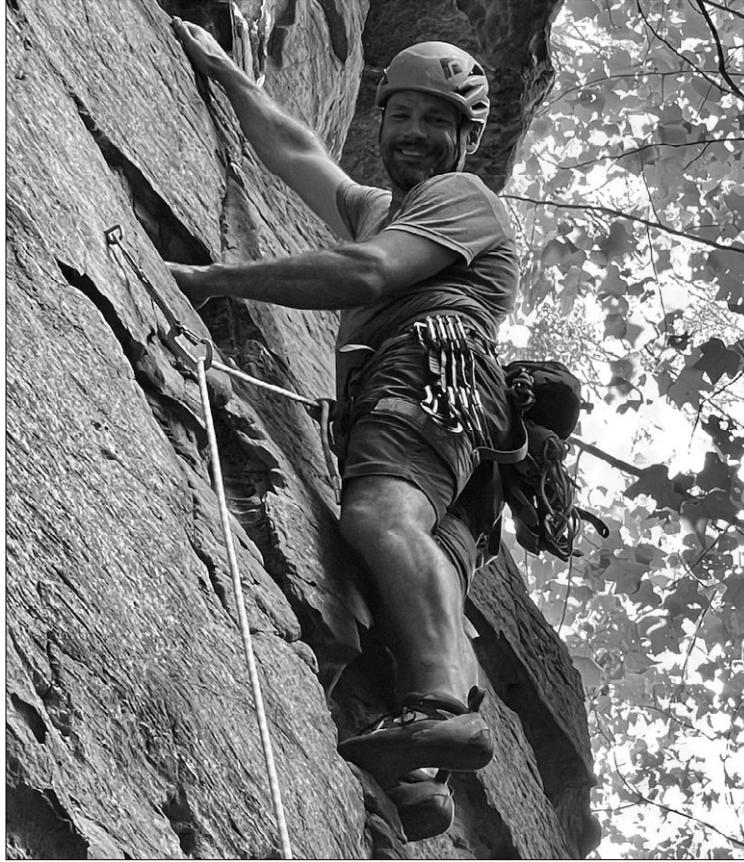
"I coached at Botkins for one season, I really enjoyed my experience down there. It's a different style of ball — here, our league kind of has an offensive mindset. At Botkins, the focus is more defensive-minded," said Butler. "It's a very competitive league. I enjoyed my time down there. I had great kids and they understood the game. It was a great experience for my first job as a varsity coach. I learned a lot about the game and the girls and about myself."

Tim Yenrick got hired to coach Cardinal Stritch just before the season began.

It will be the final season for Oak Harbor in the Sandusky Bay Conference Bay Division as the Rockets will join the Northern Buckeye Conference next year. Clay will also leave the Three Rivers Athletic Conference following the season to join the Northern Lakes League, while Woodmore is set to join Gibsonburg in the SBC River Division.

Cardinal Stritch is picked to win the Toledo Area Athletic Conference on the boys' side, and Genoa is forecast to finish second in the NBC behind Rossford.

On the girls' side, Woodmore is picked to win the NBC, followed by Lake, which has to replace five seniors.



Ben Waggoner, climbing manager at Adventus Climbing, a full-service climbing center slated to open in June 2023 at 2900 N. Reynolds Rd. in Toledo. (Submitted photo)

## First full-service climbing center to open in June

Adventus Climbing celebrated with a groundbreaking Nov. 16 at its future location at 2900 N. Reynolds Rd.

Toledo's first full-service climbing center is under construction and plans to open its doors in June 2023. The 12,000-square-foot facility will feature a climbing surface of 10,217 square feet. The wall height will be just under 40 feet, and it will be manufactured by Walltopia—a company that designs and manufactures the advanced climbing facilities.

The property is located across the street from ProMedica Wildwood Orthopaedic and Spine Hospital and has direct access to Wildwood Preserve Metropark via the University/Parks Trail of Metroparks Toledo.

The climbing center will feature bouldering, top rope, auto-belay and lead climbing, in addition to a training wall, fitness equipment, refreshments, retail, showers, and a party room available for groups. The outdoor space will have a fire pit, slacklining and bicycle parking.

Team building facilitation and group outing opportunities — with credential leaders, partner consultants and expert business advisors — will also be offered.

Adventus Climbing began with the vision of co-founders Jamie Monagan and Rachel Hobson. They have a seasoned team, including Laura and Jon Hoag, co-owners of CycleWerks Bicycle & Fitness, and Matt Roberts from 5.Life which owns and operates climbing gyms in Ohio and Pennsylvania. Learn more about the team at adventusclimbing.com/meet-the-team.

Adventus climbing manager Ben Waggoner has been climbing (bouldering, sport, trad, and ice) for more than 20

years. He also serves as the NWO Regional Coordinator for the Ohio Climber's Coalition.

"As a co-founder of Adventus Climbing, I am a big believer that we are born with playfulness and that recreation brings us together. This climbing center can create that experience for our community," Monagan.

"I'm passionate about the collaboration that climbing facilitates create and the connections that organically emerge. We are creating space for everyone to climb—it's that simple," Hobson said.

"The Adventus Climbing center will expand local opportunities to build healthy people, healthy families and healthy communities," Hoag said. "My wife, Laura, and I are honored to be a part of the exceptional team of partners and introduce our friends, family, and fellow fitness enthusiasts to the challenge and fun of climbing."

The Toledo-Lucas County Port Authority, the Small Business Administration, and CBS (Cooperative Business Services), a credit union cooperative supporting 140+ credit unions in 15+ states are collaborating in the project.

"The Toledo-Lucas County Port Authority is proud to be a financing partner for the Adventus Climbing project," said Thomas J. Winston, president and CEO. "Adventus Climbing will be a great addition to our community, serving climbers of all ages, backgrounds and skill levels. We are pleased to be an economic resource for small businesses and drive economic development within the Toledo Region."

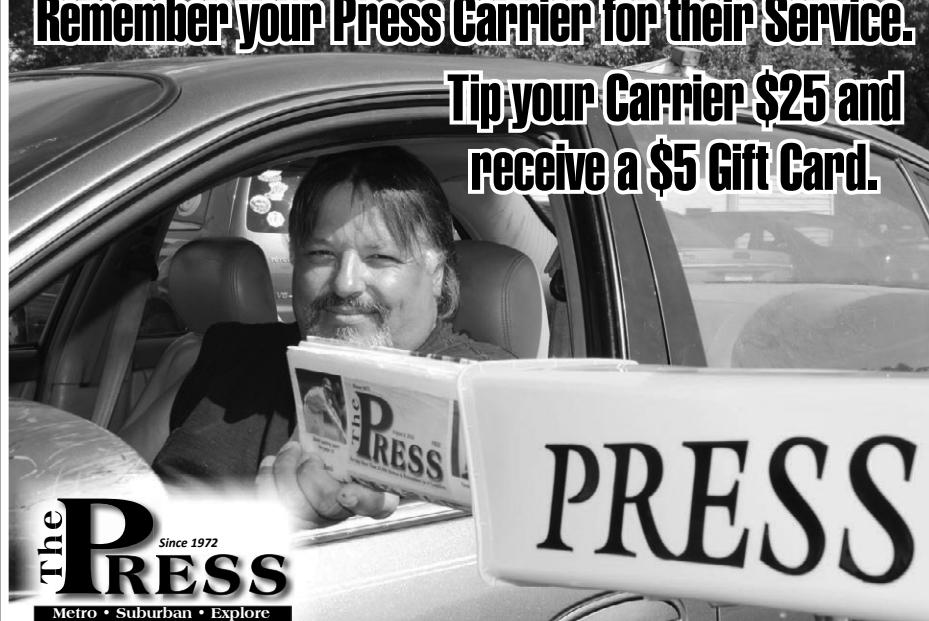
Additional information about Adventus Climbing can be found at adventusclimbing.com



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## Bulletin Board policy

As a service to our community, The Press publishes Bulletin Board items at no cost, as space permits. There is no guarantee that items submitted will be published. To ensure publication of events/news items, please speak to one of our advertising representatives at 419-836-2221. A complete listing of events is available at [www.presspublications.com](http://www.presspublications.com).

## Toledo

**TOPS (Take Off Pounds Sensibly)** welcomes new members who want to lose weight. The group meets Mondays from 7-8 p.m. at the East Toledo Senior Center, 1001 White St. Weigh-ins from 6-6:45 p.m. Yearly membership is \$49. Weekly dues 50 cents. Call Judy 419-691-8033 or just come to a free meeting. Everyone welcome.

**East Toledo/Oregon Kiwanis Club** meets the 2nd and 4th Mondays of the month at noon at Oregon Senior Center, 4350 Navarre Ave. Everyone welcome.

**God's Instruments Food Pantry** is open the first and third Saturdays of the month from 10 a.m.-noon at 1705 Tracy St., between Oakdale Street and Andrus Road. Open to residents of Toledo, Northwood and Rossford. ID and proof of residence required. Masks required.

**Waite High School Class of 1951** meets the second Monday of every month. For info, call Betty at 419-691-7944 or Fran at 419-693-6060.

**Prostate Cancer Support Group** meets the fourth Monday of each month at 6:30 p.m. in the third floor Cancer Center Library at Mercy Health – St. Anne Hospital. For info, call Roger at 419-346-2753 or Ernie at 419-344-9830.

## Oregon

**Mobile Meals of Toledo**, local community non-profit, is seeking volunteers to help deliver meals as their schedules permit. The pickup site for the meals is Mercy Health – St. Charles Hospital. For more information or to sign up, contact Rochelle Rodgers at 419-255-7806 or [rrodgers@mobilemeals.org](mailto:rrodgers@mobilemeals.org).

**Food for Thought Food Pantry** at St. Paul's Episcopal Church, Coy Road and Navarre Avenue, is moving to Northwood Church of God, 3375 Curtice Rd., for December due to road construction on SR 2. The pantry will be open regular hours the second Tuesday of the month from 3-5 p.m.

**Rita's Soups** at St. Paul Episcopal Church, 798 S. Coy Rd., the third Saturday of each month from 11 a.m.-1 p.m. Offering varieties of soup, crackers or bread, and a dessert to anyone who comes through the doors. A freewill offering will be accepted from those wishing to contribute to this program and its future success.

**Great Eastern Toastmasters Club** meets in person on the first and third Tuesdays of each month at 6:30 p.m. at ProMedica Bay Park Hospital in the meeting room located in the basement behind the cafeteria. The club offers a supportive environment for those looking to enhance self-confidence by improving speaking, listening and/or leadership skills. Guests welcome. Call Fred at 815-919-8280 or Julie at 419-343-5569 or visit [D28toastmasters.org](http://D28toastmasters.org) for info.

**Oregon Democratic Club** meets the first Thursday of the month from 7-9 p.m. at Oregon Senior Center, 4350 Navarre Ave. Social hour at 7 p.m. Meeting starts at 8 p.m. Visit [oregondemocraticclub.com](http://oregondemocraticclub.com) for meeting info and details.

**Oregon Republican Club** meets the first Thursday of the month at 7 p.m. in the conference room of the Hampton Inn, 2931 Navarre Ave. Speakers, information and more. Email [lynlin3215@gmail.com](mailto:lynlin3215@gmail.com) for info.

**East Toledo/Oregon Kiwanis Club** meets the second and fourth Mondays of the month at noon at Oregon Senior Center, 4350 Navarre Ave. Everyone welcome.

**Oregon Senior Center** is available for transportation needs, grab-and-go meals, essential services and is open for recreational activities such as bingo, card games, acrylic classes and dance and exercise classes. Call 419-698-7078 for more details.

**Oregon Fire & Rescue Museum**, located at 4350 Navarre Ave., is open for private tours. Call Mike Snyder at 419-297-2383 for info.

**Ashland Church Food Pantry**, 2350 Starr Ave., is open the last Saturday of the month for drive-thru from 12-1:30 p.m. ID required.

**Celebrate Recovery**, a 12-step, Christian-based recovery program to help anyone dealing with addictions, anxiety, depression, grief and codependency, meets Wednesdays from 6:30-8:30 p.m. at Intersection Church (formerly Heritage Christian Church), 1640 S. Coy Rd. Free; everyone welcome. Call 419-389-3299 for info.

**Christ Dunberger American Legion Post 537** hall at 4925 Pickle Rd. is available for rentals. The hall accommodates up to 145 people. Call 419-279-1387 for details.

**Hispanic Language Pro-life Prayer Group** meets Tuesdays at 7 p.m. at Our Lady of Toledo Shrine, 655 S. Coy Rd. Call 419-697-7742 or 419-213-0214.

## Northwood

**Weekly Sunday Breakfasts**, 8:30-11:30 a.m., Northwood VFW Post 2984, 102 W. Andrus Rd. Featuring two eggs, bacon or sausage, pancakes or French toast, potatoes, toast and jelly. \$8. Public welcome.

**Fish Fries**, Fridays, 5-7:30 p.m., Northwood VFW 2984, 102 W. Andrus Rd. Steak, shrimp, chicken, mac and cheese also available. Dine in or carry out. Public welcome.

**Northwood High School Ranger Roundup Reunion 2023:** Plans are being made for the next Ranger Roundup Reunion for years 1940-1980. Class representatives are needed for many years. If you or someone you know would be able to help find addresses for your year, email [rangersfun@yahoo.com](mailto:rangersfun@yahoo.com) or text 419-262-0693.

**God's Instruments Food Pantry** is open the first and third Saturdays of the month, 10 a.m.-noon, 1705 Tracy St. between Oakdale Street and Andrus Road. Open to residents of Toledo, Northwood and Rossford. ID and proof of residence required.

Masks required.

**Men's Prayer Breakfast**, the third Saturday each month at 9 a.m. at Northwood Church of God, Coy and Curtice roads. For info, call 419-693-0260.

## Jerusalem Twp.

**Jerusalem Township** has implemented a Wireless Emergency Network System. To sign up for civic text alerts, visit [http://entry.inspironlogistics.com/jerusalem\\_township\\_oh/wens.cfm](http://entry.inspironlogistics.com/jerusalem_township_oh/wens.cfm). The link is also available on the Jerusalem Township Government Facebook page and at [twp.jerusalem.oh.us](http://twp.jerusalem.oh.us).

**Jerusalem Township Board of Trustees** meets the second and fourth Tuesdays of the month at 7 p.m. in the township hall at 9501 Jerusalem Rd. The meetings are also accessible via Zoom. The public is welcome to attend the meeting in-person or join in the meeting by call-in or video conference. Meeting dates, phone numbers and Zoom links are available at [twp.jerusalem.oh.us/trustees/](http://twp.jerusalem.oh.us/trustees/).

**Jerusalem Township Food Pantry** is open the second Wednesday of every month from 9-11 a.m. at the township hall, 9501 Jerusalem Rd.

## Elmore

**Salvation Army Angel Tree** is set up at the Harris-Elmore Library, 328 Toledo St.

**American Legion Auxiliary** meets the second Wednesday of the month at 6:30 p.m. at the Elmore American Legion.

**Elmore Food Pantry** at Grace Lutheran Church, corner of SR 51 and Witty Road, is open the second Friday of every month from 9 a.m.-noon.

## Genoa

**Genoa American Legion Hall**, 302 West St., is available for rental for events and parties of up to 100 people. Full kitchen and ample parking available. For hall rental inquiries, call Denise at 419-855-0014. To join the Genoa American Legion, call 419-635-5810 for info.

**Our Lady of Lourdes Grotto Gift Shop** open every Sunday after Mass at 11:30 a.m., 204 Main St. (behind Grotto).

**Al-Anon Family Group**, Genoa Giving and Getting, meets Mondays at 7 p.m. Genoa Christian Church, 415 Main St.

**Genoa Community Food Pantry** is open the third Saturday of each month, 10-11:30 a.m., at Christ Community Church, 303 W. 4th St. Serving Genoa School District residents. ID and billing address within the district required. For info, call 419-341-0913.

**Trinity Thrift Shop**, 105 4th St., open Friday 9:30 a.m.-4 p.m. and Saturday 9:30 a.m.-1 p.m. Clothes and small household items available at reasonable prices. Proceeds benefit mission projects.

## Gibsonburg

**Gibsonburg Branch Library** offers a number of programs, including Preschool Storytime at 11 a.m. Thursdays; Teen #LIT Boxes – Teens sign up to discover and read a new books series and earn a treat; Tween Cuisine, Dec. 12, 6 p.m. – Tweens are invited to make a dish from "Tasty Dessert," published by Clarkson Potter Publishers, and bring it to share; Foodies Night: Baked Potato and Dessert Bar, Dec. 12, 6:30 p.m. – Adults invited to bring a potato topping and/or a dessert to share; Adult Book Chat, Dec. 19, 6:30 p.m. – Patrons invited to discuss the best books they've read this year. Call 419-637-2173 for details. Lockers available for after-hours pickup of library materials. Call to inquire.

**Gibsonburg Area Food Pantry** is open the second and fourth Monday of every month from 4-5 p.m. at 116 S. Main St. Serving Gibsonburg School District residents. ID and proof of residency is required. For information call 567-201-3962.

## Graytown

**Zion UMC**, 18045 W. William St. at Elliston-Trowbridge Rd. – LIGHT pantry is open to residents of Ottawa County who struggle with food or financial insecurity on the 2nd Wednesday of each month from 5-7 p.m.

## Luckey

**Luckey Food Pantry** is open the last Wednesday of each month from 1-3 p.m. and the last Thursday each month from 6-8 p.m. at 247 Oak St. in the former Loft Youth Center (behind the post office). Open to families residing in the Eastwood School District.

## Oak Harbor

**Oak Harbor Public Library**, 147 W. Main St., programs for kids include: Preschool Storytimes, Wednesday, 11:30 a.m.; STEM Crafts, Thursdays at 3 p.m.; This is Our Time Book Group for Kids, Tuesdays, 3:30 p.m. For adults: Watercolor Group meets Wednesdays 12:30-4:30 p.m. – Bring your own supplies: Knitter's Group meets Thursdays, 9:30 a.m.-noon – Bring your own supplies; Holiday Open House, Dec. 13, 6-7 p.m. – Enjoy seasonal harp music by Kathy Alter, light refreshments and kids' activities; Christmas Card Craft, Dec. 19, 2 p.m. – Register at 419-898-7001, supplies provided; Coffee and a Book Club, Dec. 14, 11 a.m. – Discuss "Christmas Bells," by Jennifer Chiaverini; 4<sup>th</sup> Tuesday Book Club, Dec. 27, 6 p.m. – Discuss "Battle Hymn of the Tiger Mother," by Amy Chua. Contactless pickup of library materials available. The Local History & Museum Center is open Thursdays, 9:30 a.m.-2 p.m. Call 419-898-7001 for info.

**Oak Harbor Alliance Chapel Food Pantry**, 11805 SR 105, is open every Wednesday from 2-6 p.m. Offering groceries and free clothes for all ages. The Pantry serves a community meal on the fourth Wednesday of every month at 5 p.m. Call or text 419-343-0126 for more info.

# Bulletin Board

**BCS Food Pantry Inc.** at St. Paul UCC, 165 Toussaint St., is open Monday and Thursday, 8:30-11:30 a.m. Open to residents of Benton, Carroll and Salem townships. Providing groceries, as well as personal hygiene and cleaning supplies, when available.

## Pemberville

**Community Food Pantry at Bethlehem Lutheran Church**, 220 Cedar St., is open Tuesdays from 11 a.m.-2 p.m. and the second and last Saturdays of the month from 8-11 a.m. Eastwood School District residents may visit the pantry once monthly. ID and proof of residency required. Info available at Pemberville churches.

## Rossford

**Toledo Symphony Performance**, Dec. 18, 4 p.m., All Saints Catholic Church, 628 Lime City Rd. Tickets are \$17 in advance, \$20 at the door. Guest performance by Janaye A. Schuman. Holiday and classical favorites. Open to the public.

## Stony Ridge

**St. John's Lutheran Church Free Thrift Shop**, "Shared Bounty," is open the first Saturday of each month, 10 a.m.-noon, 5520 Fremont Pike.

**Stony Ridge Civic Association** meets the third Wednesday of the month at 6:30 p.m. at the shelter house at Stony Ridge Park. Visit [stonyridgepark.com](http://stonyridgepark.com) for more details.

## Walbridge

**Euchre, Walbridge VFW**, 109 N. Main St. 1 p.m. Doors open at 12:30 p.m. 100% payout. Play nine games to score of 10 with carry over points. Free coffee and a full cash bar with snacks available. \$10 entry fee. Blind draw for partners.

**MOPS (Mothers of Pre-schoolers) and MOMSNext (Moms with Kids of All Ages)** group is being formed at Mainstreet Church, 5465 Moline-Martin Rd., Walbridge. A Wednesday group will meet from 6:15-8 p.m. on the first and third Wednesdays of the month. A Thursday morning group will meet from 9:30-11:30 a.m. on the first and third Thursdays of the month. Visit [mainstreetlife.org/mops](http://mainstreetlife.org/mops) for more info.

**Walbridge VFW 9963**, 109 N. Main St., monthly drive-thru dinners, the third Saturday of the month from 4-6 p.m. or until sold out. \$11. No pre-orders. Follow signs to alley.

**Fall & Winter Storytimes**, Tuesdays, 10:30-11:30 a.m. in the meeting room at Walbridge Library, 108 N. Main St. Registration required – email [wcdpl.org/events](mailto:wcdpl.org/events). The library also offers Wednesday Game Days weekly from 2-4 p.m. Stop in to play pinochle, euchre and hand & foot card game, or

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bring your own game. Registration required by calling 419-666-9900 or visit [wcdpl.org/events](http://wcdpl.org/events).

**Dance featuring Crimson Lights Band**, Walbridge VFW Post 9963, 109 N. Main St., Dec. 11 from 2-5 p.m. Bar will be serving beer and wine coolers, along with soft drinks. Call Carolyn at 419-836-3308 or 419-260-0464.

**Walbridge Branch Library**, 108 N. Main St., is open to the public Monday-Thursday, 10 a.m.-8 p.m.; Friday and Saturday, 10 a.m.-5 p.m. To register, visit [wcdpl.org](http://wcdpl.org).

## Woodville

**Salvation Army Angel Tree** is set up at the Woodville Library, 101 E. Main St.

**Woodville Library**, 101 E. Main St., programs include: Fall Storytimes for preschoolers and caregivers, Thursdays at 10 a.m.; Holiday Crafts for PreK-6, Tuesdays at 4 p.m.; Gingerbread House Contest – Through Dec. 31 for all ages (call 419-849-2744 for details); Holiday Book Bingo, through Dec. 31 – Pick up a bingo board and read to win prizes; Woodville Book Club, Dec. 14, 7 p.m. – Discuss "The Deal of a Lifetime," by Fredrick Backman; LEGO Thursday, Dec. 29, 4-5:30 p.m. – Kids in grades K-6 are invited to bring their imagination. birchard.org.

**Woodville Food Pantry**, 212 Bridge St., is open the last Thursday of the month, 6-7 p.m. and the last Friday, 8:30-9:30 a.m. Available to all Woodville village and township residents. Applications available at the pantry. Accepting help from the pantry will not affect any other benefits you may be receiving.



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419-836-2221 or

1-800-300-6158

**10 Homes For Sale**



TERRY  
FLORO

terryfloro.com  
419-270-9667  
419-855-8466

Celebrating 36 amazing years as your Realtor!



PLEASSED TO PRESENT:  
526 RICE ST, ELMORE \$178,500

**PENDING:**

11131 BUNTING, CURTICE  
28315 MAIN, MILLBURY  
638 WHITE ST, TOLEDO  
517 W. COLLEGE, WOODVILLE

**SOLD:**

3438 N GRAYTOWN, GRAYTOWN  
2989 McCARTNEY, SANDUSKY  
25986 PEMBERVERY RD, PERRYSBURG  
1706 S. COY, OREGON  
4914 HADDINGTON, TOLEDO  
724 ASPEN AVE, ELMORE  
15995 W PORTAGE RIVER S. ELMORE  
6100 N. OPFER LENTZ, CURTICE  
124 WASHINGTON, OAK HARBOR  
28611 EARL, MILLBURY  
1601 POOL, TOLEDO  
18840 W. SR 105, ELMORE  
3622 ELLISTON TROW, GRAYTOWN  
LOT 23, MERLIN LN, CLYDE

**DANBERRY  
REALTORS**

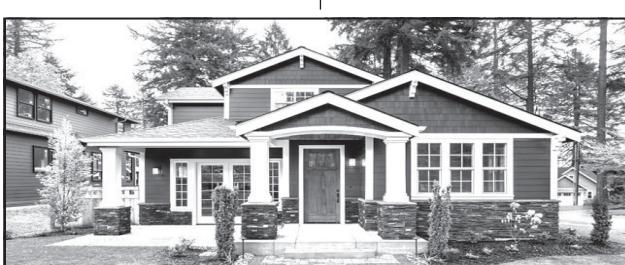
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Your Time**

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3 easy steps:

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- 3) click "Place a classified ad"



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**Looking for a new home?**

Find your dream home in our  
Real Estate listings!

**Get Paid to Take a Walk.**

Looking for a way to complement your weight loss program, but lack the incentive to start walking? Try a Press walk route. (Wages earned and calories burned will vary according to route size). Call Jordan at 419-836-2221



**10 Homes For Sale**

**Real Estate for Sale**

3835 C.R. 147  
Lindsey, Ohio 43442  
House, 3 Bed., 20 acres and  
Barn w/ Sm. quarry  
\$180,000 (*Pending*)

0 CR 147  
Lindsey, Ohio 43442  
50 Acres  
\$180,000 (*Pending*)

0 S. Slemmer Portage  
Elmore, Ohio 43416  
15 Acres w/barn  
\$156,000 (*Pending*)

24475 W. Trowbridge Rd.  
Millbury, Ohio 43447  
Very nice brick ranch.  
Attached garage, fenced  
yard, 3/beds, large corner lot  
\$194,900

**KP Premier Realty**

Ken Belkofer  
Belkofer's  
Auction Service

419-277-3635

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All real estate or rental advertising in this newspaper is subject to the Fair Housing Act. As amended, prohibits discrimination in the sale, rental, and financing of dwellings, and in other housing related transactions, based on race, color, national origin, religion, sex, familial status (including children under the age of 18 living with parents or legal custodians, pregnant women, and people securing custody of children under the age of 18), handicap (disability), or an intention to make any such preference, limitation, specification, or discrimination.

To complain of discrimination call HUD toll-free telephone number 1-800-669-9777, for the hearing impaired is 1-800-927-9275.

\*Equal Housing Opportunity\*

**ELMORE**  
**361 LINCOLN ST.**  
**OPEN HOUSE**  
**Sat. & Sun.**  
**Dec. 10 & 11<sup>th</sup>, 12-5pm**  
**\$99,000**  
**Call 440-434-0037**

**OREGON**  
**Bayberry Condo**  
2 Beds, 2 1/2 Baths  
2 Car Garage ~ 1,599 Sqft.  
Showings: Dec. 9<sup>th</sup> thru 13<sup>th</sup>  
Offers close: Dec. 14<sup>th</sup> at Noon  
419-261-0670

**10 Homes For Sale**



**Lana Rife**

REALTOR®

**419-344-9512**

**Stacey Melnek**

REALTOR®

**419-356-8615**

**TWO OFFICE LOCATIONS!**

**109 E. Main St. Woodville**

&

**345 Rice St. Elmore**

\*\*\*\*\*

**FOR SALE**

**1738 Evansdale Ave, Toledo, OH**

4 Bedroom, 2 Bathroom, 1st

Floor Master, Open Dining &

Living Area, 2 Car Garage

**1529 Hickory St. Fremont, OH**

3 Bedroom, 1 Bathroom, Open

Floor Plan, Eat-In Kitchen, 2 Car

garage on a corner Lot

**523 Oregon Rd. Northwood, OH**

3 Bedrooms, 3 Bathrooms,

Attached 2 Car Garage with

Additional 2.5 Detached Garage,

Situated on a half acre lot.

**114 Stahl St. Bradner, OH**

3 Bedrooms, 1 Bathroom, New

Roof, Flooring, Water Heater,

Stove, 2 Add'l Rooms Upstairs

**211 S. Elm St. Woodville, OH**

3 Bedrooms, 2 Bathrooms, Full

Finished Basement, Fenced-In

Yard w/ Deck

**28897 Lime City Rd.**

Perrysburg, OH

4 Bedrooms w/ potential for

5th, 1.5 Bathrooms, Fireplace,

Beautiful 1 Acre lot.

**COMMERCIAL PROPERTIES**

**2 LOTS AVAILABLE SR 20!**

**SR. 20 @ Dutch Rd. Woodville**

1.42 Acre Commercial lot

**0 SR 20 Woodville**

3.06 Acre Commercial lot

**UNDER CONTRACT!**

**412 Main St, Genoa**

**415 W. Madison St, Gibsonburg**

**0 Fostoria Road, Bradner**

**610 Riverside Dr. Woodville**

**210 Elm Street, Woodville**

**RECENTLY SOLD!**

**6833 St. Rt. 582, Woodville**

**4225 Defiance Pike, Wayne**

**3638 Laskey Rd, Toledo**

**122 N. Taft Ave, Fremont**

**918 W. College Ave, Woodville**

**829 W. Main St. Woodville**

**205 E. Stone St. Gibsonburg**

**509 Webster St. Gibsonburg**

**8256 Country Brook Dr. Holland**

**511 S. Gibson St. Gibsonburg**

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**Let Us Help You Make It!**

**The Lana Rife Group**



**10 Homes For Sale**

**Reach over  
40,000 Readers  
in our 4 county  
area when  
you advertise in  
The PRESS  
Classifieds!**

**25 Mobile Homes  
For Sale**



**NEW LISTING!  
14 X 70 Torch  
2 Bdrm, 1 Bath,  
Awning, Deck & Shed**

Bank Financing Available

**Walnut Hills  
(Walbridge)  
419-666-3993**

**45 For Rent**

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**45 For Rent**

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APARTMENTS**

2 Bedroom Townhouse,  
washer/dryer hook-up,  
Central Air, \$675 +utilities

Twinplex, 2 Bedroom,  
attached garage, patio,  
washer/dryer hook-up, new  
carpet, appliances included,  
no pets. 3108 Seaman Rd.

Call 419-215-6588  
or 419-277-2545  
visit us on our website:  
www.oregarmars.org



**45 For Rent**

**Your New Home  
for 2022**



**featuring**

**1 bedroom apt. \$550**

**2 bedroom apt. \$650**

**2 bed. Townhouse \$700-\$720**

- Pool
- Oregon Schools
- Intercom entry
- Cat Friendly
- Washer/Dryer Hookups

**Ask about our specials!**

"Make your first Big Move!"

**EASTWYCK APARTS.**

**3148 Corduroy Rd.**

**Oregon, OH**

**419-691-2944**

# Classifieds

Delivered to 41,000 readers in Lucas, Ottawa, Sandusky & Wood Counties

The Press Newspapers reserves the right to reject any advertising material we deem unacceptable. Please check your ad upon first insertion for accuracy. The newspaper will assume responsibility for the first publication only. Compensation will be in the form of ad space or credit, not to exceed original cost of the ad. NO REFUNDS.

**Deadline:**  
**Thursdays at 1pm**

(Closed Fridays)

classified@presspublications.com

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## 75 Autos Wanted

**Mike's Hauling**  
We buy junk cars, trucks and vans, also 50's, 60's and 70's vehicles. Scrap metal hauled free. 419-666-1443

## 80 Help Wanted

**Cleaners Needed** at Turnpike Plaza in Genoa. Part-time & full time shifts, including weekends. Starting wage \$11.50/hr-\$12.00/hr. Must have clean background and reliable transportation. Call 419-261-6094 Mon-Fri between 9am-4pm.

**Hiring Server**  
Nights/Weekends  
~Apply in Person~  
Speedtrap Diner  
310 E. Main, Woodville

We provide our local community a "trusted" way to buy and sell to each other through our classified ads section.

## Need **EXTRA!** **EXTRA!** cash?

### Pick up a Press Route!

The Press is looking to hire carriers. Routes are a flexible way to earn extra income on your own schedule.

Driving Route  
Currently Available in GENOA

Walking Route  
Currently Available in LAKE TOWNSHIP

If interested,  
please contact Jordan  
419-836-2221, Ext. 32.

## 80 Help Wanted

**NOW HIRING!**  
Responsible and Friendly Clerks

Flexible Hours  
Apply in Person  
No Phone Calls Please

Lee Williams'  
**HOUSE of MEATS**  
SERVICE IS OUR SPECIALTY  
2521 Starr Ave. (Near Wheeling) Oregon

## 120 Personals

Puzzle piece #6: "That if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you shall be saved." Romans 10:9

## 135 General Services

Do you have your advertising ready for the WINTER?

Your Ad Could be **HERE!**

General Service and professional ads start @ just

**\$54 for 4 weeks!\***

\*Run your ad at \$18/week for 3 weeks in a row and earn 1 free week. \$18 price is based on 15 words. Weekly ad cost +20 cents for each word over.

Call The Press Classifieds 419-836-2221

## 135 General Services

Plumbing, Leaks, Clogs, Sump Pumps, Entire Bath, Appliance Repairs, Concrete Flatwork, Roofing, Windows & Doors  
**SENIOR/MILITARY DISCOUNT**  
30 Years Experience!  
Insured  
419-307-0548

## 143 Building Supplies

Wood headers, 1X's, 2X's. Siding and RR ties. 2" steel pipe 20ft. 419-265-4751

## 155 Cemetery Lots

RESTLAWN MEMORIAL PARK, 2 Lots 230 A & B, 4 spaces in The Garden of Devotion. \$3,400 OBO +credit. Call 419-345-0890 or 419-367-7497

## 158 Cleaning Services

Are you tired of throwing money away? Do you want cleaning and painting done right? I scrape and paint inside & outside of private homes, rentals & businesses. I get it done. I get it done the right way at a very affordable price. Excellent references. I try to beat competitors prices! Call/Text: 419-279-3396

## 160 Cleaning Services

Need help cleaning? Give us a try, 30+ years experience. We are honest, dependable & reasonable.

References upon request.

Call Coni 567-283-2303

## 170 Landscaping Services

**THE BIG GUY LANDSCAPING**

*One guy who does it all!  
Give him a call!*

Free Estimates

Call 567-207-4955

## 185 Painting Services

**KNIERIEM PAINTING & WALLPAPERING EXTERIOR-INTERIOR**  
Painting & wall papering; Interior wood refinishing; airless spray; power wash & blasting; silicone seal; refinishing aluminum siding; residential; church, farm.  
**50+ YEARS EXPERIENCE**  
**FREE ESTIMATES**  
**\*SENIOR & FALL RATES\***  
419-697-1230  
NORTHWOOD

## 220 Auction Sales

### Belkofer Auction Services

#### Auction Units!!

Oakdale Self Storage  
1926 Oakdale Ave.  
Oregon, Ohio 43616

**December 18, 2022 at 12pm**

Unit #191  
Sondra Bedegarea  
Misc. items

Unit #121  
Jane Thomas  
Misc. items

Unit #134  
Donald Toda  
Misc. items

Unit #217  
Jessica Wilson  
Household and misc. items

Unit #325  
Valancia Diaz  
Misc. items

Auctioneer Ken Belkofer

## 225 Flea Markets

**"MEG'S SWEET PICKINS"**  
**25 % OFF EVERYTHING**  
Tues. - Sat. (9-5)  
Sunday's (10-4)

Great Eastern Shopping Center  
2676 Woodville Rd., Northwood  
Furniture, Crafts, Glassware, Kitchenware, Old Toys and Much More!

For more information call Jean 419-277-9083

### Northwood Bargain City Auction

**Dec. 13<sup>th</sup> 10am**  
Great Eastern Plaza  
2666 Woodville Rd., Northwood

For more information call Jean 419-277-9083

**NORTHWOOD FLEA MARKET**  
Great Eastern Plaza  
2588 Woodville Rd.

**25% Off Everything!**

**TUES-SAT: (9am-5pm)**

**SUN: (10am-4pm)**

Tools, Bikes, Outdoor, Camping, Fishing, Sports, Appliances, Records, Man Cave and more.

For more information call Jean 419-277-9083.

**Vintage Toys Galore**  
**9am – 5pm**  
**25% off Everything!**  
Great Eastern Plaza  
2662 Woodville Rd., Northwood, OH

## Move It and Lose It With A Press Route!

Looking for a way to compliment your weight loss program, but lack the incentive to start walking?  
Try a Press walk route.  
(Wages earned and calories burned will vary according to route size).  
Call Jordan (ext. 32) at 419-836-2221 or 1-800-300-6158.



**The PRESS** Since 1972  
Metro Suburban Maumee Bay  
P.O. Box 169 • 1550 Woodville, Millbury, OH 43447

**we're hiring delivery drivers\*, shift managers & pizza makers**

- Full or Part Time Positions
- Advancement Opportunities
- Competitive Pay     Free Meals

\*Delivery Drivers average over \$18-\$20 per hour when delivering! (hourly wage and tips) + mileage.

Apply at the following Marco's Pizza® locations:

149 Main St., E. Toledo .....	419-698-1511
2607 Starr Ave., Oregon .....	419-693-9383
2036 Woodville Rd. near Pickle .....	419-697-1131
4624 Woodville Rd., Northwood.....	419-693-0700

An Equal Opportunity Employer





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Keepsake Photo  
Transitions  
Announcement  
Only \$35  
1-1/2 x 4, other sizes available. Metro or Suburban edition.  
A gift they'll love!

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Since 1972  
**Metro • Suburban • Explore**  
Publications serving Lucas, Ottawa, Sandusky and Wood Counties  
Box 169, 1550 Woodville Rd. Millbury, OH 43447**

# NEED AN EXPERT? Call a local Expert listed below.

Are you an Expert and want your business listed? Call 419-836-2221 for more information. Deadline: 11am Thursday.

Cash For Scrap Cars	Cleaning	Internet Provider	Plumbing	Roofing	Roofing
<b>CASH FOR SCRAP CARS</b> YOU CALL WE HAUL <b>419-807-2612</b>	<b>CORNERSTONE Cleaning &amp; Restoration LLC</b> Over 33 Years Experience Home/Office Spring Cleaning Construction CleanUp Smoke Restoration <b>419-836-8942</b>	<b>Rural Communities Deserve Great Internet Service!</b> <b>AMPLEX INTERNET</b> <b>419-837-5015</b> <b>amplex.net</b> Internet - Phone Whole House Wi-Fi Streaming TV	<b>Easter's Plumbing, LLC</b> <b>(419) 262-9552</b> *Full Service Plumbing *Remodel Work *Backflow Install The Blade-Readers' Choice Awards 2022 - Best Plumber When you need it done fast & right! Call Us Today! OH LIC# 47623 Licensed/Bonded/Insured	<b>ACE ROOFING</b> - FREE ESTIMATES - Senior Discounts Veteran Discounts Roofs/Gutters Siding/Windows INSURED/ Lifetime Warranty	<b>FREEDOM ROOFING, WINDOWS AND SIDING LLC</b> Your local, veteran-owned small business ★ Free Estimates ★ Financing Available <b>419-FREEDOM (419-373-3366)</b>   <a href="http://www.FreedomRWS.com">www.FreedomRWS.com</a>
<b>Construction</b> <b>Collins Construction</b> Roofing • Siding Windows • Doors Electrical • Plumbing Concrete • Landscaping • No job too small • Call 419-322-5891	<b>Electrical Contractor</b> <b>SCHNEIDER SONS' ELECTRIC CORP.</b> GENERAC Whole House Generators Licensed & Insured New & Old Homewiring Specialists 1556 Oak St/At Oakdale Toledo, OH 43605 (419) 691-8284 Family Owned & Operated Since 1942	<b>Dreams Of Fields</b> Landscaping & Tree Service • Spring & Fall Cleanup • Bed Maintenance • Tree & Shrub Pruning & Removing • Mulching • Firewood For Sale \$200/Cord — Degree in Landscape Design — <b>FREE ESTIMATES/INSURED</b> <b>I WILL MATCH OR BEAT ANY PRICE!</b> BRAD FIELDS 419-250-8305	<b>FIRST CHOICE PLUMBING</b>  Drain Cleaning Available - Senior Discount - Call Anytime <b>(419) 836-1822</b>	<b>PLATINUM PREFERRED CONTRACTOR</b> A+ BBB rated contractor. <b>Doing It Right BBB Since 1980</b> RECENTLY CHOSEN TO INSTALL ROOFS FOR OWENS CORNING PRESIDENT & COMMUNICATIONS DIVISION PRESIDENT BECAUSE OF OUR EXCELLENT REPUTATION <b>419-836-1946</b> <b>419-470-7699</b>	<b>MAUMEE BAY SELF STORAGE</b> 7640 Jerusalem Road (Rt 2) (419)836-4000 Multi-sized Units - Outside storage Security fence - 7 day access "We make every effort to accommodate YOU."
<b>Schwartz Construction</b>  Amish Built Pole Barns, Metal Roofs & Repairs <b>419-910-0024</b>	<b>Garage Doors</b> <b>DICK'S AUTOMATIC DOOR</b>  • GARAGE DOOR REPAIRS • NEW DOORS • ELECTRIC OPENERS • SPRINGS • ROLLERS • CABLES <b>419-472-2100</b>	<b>Don't see your businesses category?</b> Don't worry! We can make one for you and you can be the first one in it!	<b>Gray Plumbing</b> 25 Years Experience Insured/Bonded — Senior Discount — LICENSED MASTER PLUMBER Jim Gray <b>419-691-7958</b>	<b>Your Ad Could Be Here!</b> Call <b>419-836-2221</b>	<b>AMAZON ROOFING</b> • Fully Licensed & Insured • Senior & Veteran Discounts <b>419-691-2524 A+ BBB</b> <a href="http://www.AmazonRoof.com">www.AmazonRoof.com</a>
<b>HANDY MAN CAN</b> RYAN OREGON, OHIO 419-461-3271	<b>Handy Man</b> <b>Hauling</b> <b>B &amp; G HAULING</b> • Stone & Dirt Hauling • Bobcat Service • Demolition & Hauling • Concrete Removal • Clean Ups/Clean Outs Driveway Stone and Spreading <b>419-340-0857</b> <b>419-340-3082</b>	<b>Landscape &amp; Tree Service</b> <b>DREAMS OF FIELDS</b> Landscaping & Tree Service • Spring & Fall Cleanup • Bed Maintenance • Tree & Shrub Pruning & Removing • Mulching • Firewood For Sale \$200/Cord — Degree in Landscape Design — <b>FREE ESTIMATES/INSURED</b> <b>I WILL MATCH OR BEAT ANY PRICE!</b> BRAD FIELDS 419-250-8305	<b>Maumee Valley Windows &amp; Siding LLC</b> Free Estimates Roofing, gutters, additions, basement remodeling licensed & insured <b>419-836-1976</b>	<b>Remodeling</b> <b>Robert Belville Builder</b> Complete Remodeling Service 50 Yrs. Experience - Insured/Bonded • ADDITIONS • BATHROOMS • INSURANCE WORK • COMMERCIAL REMODELING <b>419-693-4053 419-467-1404</b>	<b>Blue Line Remodeling &amp; Roofing LLC</b> Residential/Commercial Licensed And Insured Financing Available Credit Cards Accepted A+BBB FREE Estimates *Roof Repairs *Rubber Roofing *New Roof *Siding *Gutter Guards *Gutters Replace Collapsed Rafters Small Carpentry Robert G Ferencz Sr George Rodriguez Existing 3 Generations Originated From Front St. Toledo (419) 727-9000 (419) 242-4222 Quality Before Quantity Start Where Others Stop <a href="http://www.BlueLineRoofers.com">www.BlueLineRoofers.com</a>
<b>Add full color to your ad for only \$5.00 more per week!</b> <b>Call</b> <b>419-836-2221</b>	<b>Lawn Care</b> <b>RON'S HAULING &amp; DEMO</b> • Clean outs • Tear downs • Dumpsters • Insured <b>419-360-3971</b>	<b>EQUIPMENT SERVICES &amp; EXCAVATION</b> <b>FREE ESTIMATES!</b> LANDSCAPING DRAINAGE SOLUTIONS YARD WORK LIGHT DEMOLITION CONCRETE REMOVAL GRADING <b>CALLAPLUS.COM</b> <b>419-243-3796</b>	<b>THI LLC</b> 20 yrs. Experience Fully Insured Custom Kitchens & Baths Doors • Windows • Plumbing Paint • Drywall • Electrical All Demos • Siding • Roofing Decks • Fencing • Additions Free Estimates Tommy 419-509-3782 License #C05977RG	<b>Royal Remodeling Plus</b> Kitchen & Baths Windows, Doors & More <b>419-376-2722</b>	<b>If You're an Expert and want to get involved... CALL 419-836-2221</b>
				<b>Call to be an Expert!</b> <b>419-836-2221</b>	<b>Window Cleaning</b> <b>Perfect Visions, LLC</b> Residential Window Cleaning Service <b>419-376-8175</b> • Free Estimates • 35 years experience • Work in all seasons • 15% discount for seniors

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this Holiday Season**

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GET YOUR SHOPPING DONE IN ONE STOP!

MASSAGE THERAPY, PROFESSIONAL SKINCARE, INFRARED SAUNA,  
UNIQUE GIFTS & MORE!

OFFERING A WIDE VARIETY OF MASSAGE THERAPY OPTIONS:  
CHOOSE TREATMENTS IN: RELAXATION, THERAPEUTIC, DEEP  
TISSUE, ASHIATSU, HOT STONE, PRENATAL, FERTILITY,  
LYMPHATIC DRAINAGE, REFLEXOLOGY, COUPLES,  
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HAWAIIAN LOMI LOMI

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MEMBERSHIPS**

Our wellness program starts  
at \$58 per month for a 1 hour  
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all year long!

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OREGON, OHIO  
(419) 720-8604

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MONDAY - FRIDAY 9AM TO 9PM  
SATURDAY 9AM TO 3PM  
SUNDAY CLOSED



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**Veh & Son**  
[www.vehandson.com](http://www.vehandson.com)  
In Gibsonburg, OH • 419-637-7292  
Tues.-Thurs. & Sat. 9-5:30  
Mon. & Fri. 9-8

Curio Cabinets

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Jewelry Armoires

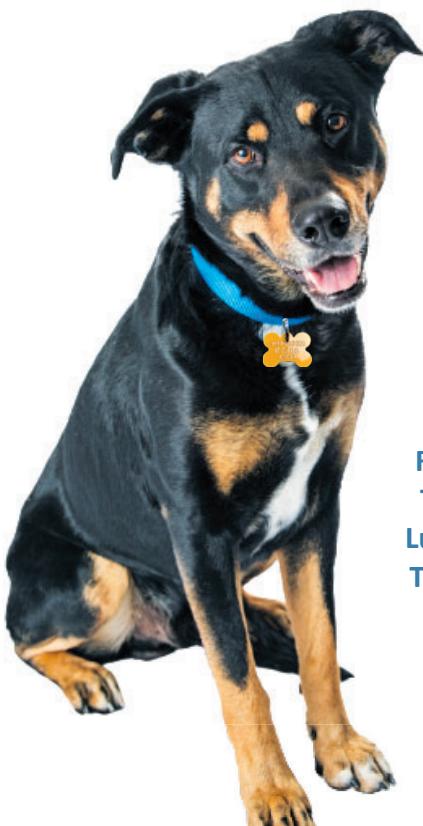
**FREE DELIVERY**

as low as \$179

Make Holiday Shopping Simple & Fun  
Give Gift Cards from Veh & Son!

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**YOU LOVE YOUR DOG.  
YOU CARE ABOUT YOUR COMMUNITY.  
RENEW YOUR DOG'S LICENSE TODAY.**



Licenses help us return  
your dog to YOU  
when they get out  
&  
Fund county-wide  
programs to keep  
people and pups  
**SAFE AND HEALTHY!**

Renew your license online or visit:  
The Lucas County Auditor's Office  
Lucas County Canine Care & Control  
Toledo Lucas County Public Library  
(Any branch)  
Select License Bureaus  
Gladieux Do It Best

Renew by Jan. 31 to avoid fines.



Purchase or renew your dog license at  
[LucasCountyDogs.com](http://LucasCountyDogs.com)  
Keep your dog safe, healthy and home!

# Pawty-Time BIRTHDAY BASH

**Honey is a Golden Retriever**

**Join Us as we celebrate  
Honey's 12th Birthday**

**Timeless Collectibles**  
2660 Woodville Rd., Northwood  
December 17th • 2pm to 4pm