

A feature publication of The Courier & **REVIEW TIMES**

Discover 419

January 2024
New Year,
Fresh Start



Resolve to get in shape this New Year

Findlay trainers share how to stick with it

By: Bret Nye, bretnye@thecourier.com

Another new year, another resolution. Every time we start a fresh calendar, we make promises to ourselves — to learn a new language, to read more books, to take better care of ourselves. There's likely no more popular resolution to take up — and to give up by February — than getting in shape.

How do you navigate the world of fitness trends, healthy eating, wellness in general? And if you have managed that, and have chosen a regimen that seems to work, how do you keep yourself motivated to keep going with it?

You may not need to look any further than Findlay's own plethora of gyms and trainers, who have said that having a plan, sticking to it, and surrounding oneself with others who can help with those goals — whether they be fitness coaches/trainers or just a community of like-minded people working towards better health — are the keys to real progress.

These tenets of success sound easier said than done, but there are ways exercise novices can make them work.



Jim Steffen shows the camera a kettle bell he made from various items for use in Jim's Gym

Continued on page 3

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New Year's Resolutions Week

January 1-7

Continued from page 1

“People need to ask themselves, ‘what’s my goal?’ If it’s to execute daily activity with optimal strength, endurance and balance, then we can get you there,” said Jim Steffen of Jim’s Gym, 2725 N. Main St.

“You need to think about the best things to do when you’re not working out, about the way we move our bodies throughout the day.”

Steffen began his career in personal training in 1993, coaching people in a two-car garage for a while before purchasing the gym he’s in now, Jim’s Gym, (which became XT Fitness for a spell but is now Jim’s Gym again).

There are no electrical workout machines in Jim’s Gym. Instead, sessions are focused on “free weights and calisthenics,” Steffen said, who creates workouts based around the body’s basic movements, of which he said there are six – pushing, pulling, bending, twisting, squatting and lunging.

Steffen said the way for people to take up a fitness regimen and succeed is to follow the rules of ASC — Accountability, Structure and Consistency.

For accountability, you “need that partner, trainer, coach waiting for you on that cold February morning,” Steffen said. “That person in class with you, whoever it is, is your accountability.”

Mark Gable, owner and coach at Tight Five CrossFit, 750 Western Ave., said he’s stuck with the CrossFit training program since 2013 because of its group atmosphere.

“We call ourselves a community,” he said. “Our members chat after workouts, and it’s nice to be able to hang out a bit with like-minded people.”

Gable bought the CrossFit gym on Western Avenue in 2021 and renamed

it. He said contrary to what some might think about a specialized workout regimen like CrossFit, the training style is friendly to anyone, and the gym sees people from all walks of life come in for its classes seven days a week.

“We have teens to people in their 60s who do CrossFit here,” Gable said.

Returning to Steffen’s acronym, the “S” stands for “Structure.” Meaning, success comes with having a plan for one’s workout sessions. Steffen said when people get to the gym without some kind of blueprint for the session, they may just wonder around lifting a weight here, pulling a rope there, not accomplishing an effective workout.

“Know exactly what you’re going to do going in,” Steffen said.

Of course, utilizing a trainer/fitness coach goes essentially all the way toward prepping exercisers for this.

And the final part of the mantra, “Consistency,” is self-explanatory – you have to keep it up, into those cold February mornings and beyond.

“A fitness regimen is the best medicine you’ll ever take,” Steffen said. “Though it takes a little longer to swallow, and it hurts going down.”

Steffen and Gable each said people

should commit to a regimen for three months before they can expect serious results.

“It’s three months, not 30 days,” Gable said, refuting the unrealistic timeframe sometimes touted by flash-in-the-pan fitness programs as all that’s needed for results to be seen.

“I encourage training sessions three to five times a week for the rest of our lives,” said Betsy Robertson of The Wellness Studio, at 4570 Fostoria Ave. in Findlay. “Actually, I plan to be exercising regularly until I’m 100.”

Though it isn’t easy, if one can stick with it, progress will come.

“At three months, you will get quantifiable results,” Gable said.

“Consistency is commitment, and these things will work,” Steffen said.

Steffen said when people call in to say they don’t feel like coming in, or text him to say they’re too busy for their workout that day, he tells them something he’s come to understand through his decades of work in the fitness world.

“As many times as people have come into the gym and said they almost didn’t come that day, for whatever reason, never once has anybody ever said, after their workout, that they wished they hadn’t come after all,” he said.

In addition to the camaraderie natural to group classes and sessions that helps people make it into the gym week after week, Steffen said he texts and calls people himself to help keep them accountable.

Many gyms and trainers, including those mentioned here, offer free or discounted introductory “try-out” sessions or open workouts to give people a chance to see what they’re in for.

To learn more about Jim’s Gym, search for it on Facebook or call Steffen at 419-306-8425.



A class poses for a photo at Jim’s Gym.

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JANUARY

Hand Building Pottery: Coil Vessels-Tuesday, 10:00-11:30 am, Jan. 2, 9, 16, 30; Tuition: \$120, all materials provided, all skill levels welcome 18+. Instructor: Marcie Allen

Young Adult Pottery-Saturday, 9:00-10:30 am, Jan. 6, 13, 20, 27; Tuition: \$150, all materials provided, all skill levels welcome (9-17 years old). Instructor: Cindy Meadows

Young Adult Pottery-Wednesday, 2:00-3:30 pm, Jan. 10, 17, 24, 31; Tuition: \$150, all materials provided, all skill levels welcome (9-17 years old). Instructor: Cindy Meadows

New Moon Candle Pour-Thursday, 6:00-8:00 pm, Jan. 11; Tuition: \$41, all materials provided, all skill levels welcome. Instructor: Amber Kear

Watercolor Painting: Claude Monet-Friday, 5:00-7:00 pm, Jan. 19; Tuition: \$40, all materials provided, all skill levels welcome. Instructor: Cindy Meadows

Oil Painting: Paul Cezanne-Friday, 5:00-8:00 pm, Jan. 26; Tuition: \$50, all materials provided, all skill levels welcome. Instructor: Cindy Meadows

FEBRUARY

Homeschool Winter Class, Grades 1-4-Tuesdays, 1:00-2:15 pm, Feb. 6, 13, 20, 27, March 5, 12, 19, 26; Tuition: \$80, all materials provided, all skill levels welcome.

Instructor: Cindy Meadows

Homeschool Winter Class Grades 1-4 - Fridays, 1:00-2:15 pm, Feb. 9, 16, 23, March 1, 8, 15, 22, 29; Tuition: \$80, all materials provided, all skill levels welcome.

Instructor: Cindy Meadows

Homeschool Winter Class, Grades 5-12-Tuesdays, 1:00-3:15 pm, Feb. 6, 13, 20, 27, March 5, 12, 19, 26; Tuition: \$80, all materials provided, all skill levels welcome.

Instructor: Cindy Meadows

Homeschool Winter Class, Grades 5-12- Tuesdays, 1:00-3:15 pm, Feb. 6, 13, 20, 27, March 5, 12, 19, 26; Tuition: \$80, all materials provided, all skill levels welcome.

Instructor: Cindy Meadows

New Moon Candle Pour- Friday, 6:00-8:00 pm, Feb. 9; Tuition: \$41, all materials provided, all skill levels welcome. Instructor: Amber Kear

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Hosting a football playoff watch party?

January is among the colder months of the year, but for football fans things are just starting to heat up when the calendar turns to a new year. In addition to featuring the January 1st College Football Playoff semifinals with the Michigan-Alabama game at 5:00 p.m. and the Texas-Washington game at 8:45 p.m. and championship game on January 8 at 7:30 p.m., January also ushers in the National Football League playoffs, which begins with wild card weekend on January 13. That schedule can warm the hearts of football fans no matter how cold it may be outside.

With so many great games on the horizon, now is the time for football fanatics to brush up on their hosting skills. A game watch party is a great way to enjoy the action with fellow fans, friends and

family, and the following are some ways hosts can take those football festivities up a notch.

- **Provide ample room and seating.** When hosting a party for the big game, pick a room in the house with enough room and seating to accommodate all of your guests. Folding chairs and bar stools can be brought in to the viewing area to ensure everyone has a seat, but the right viewing area is one where additional seats won't make everyone feel as though they are sitting on top of one another. A basement or open concept living room makes for an ideal viewing area.

- **Set up more than one viewing area.** Football certainly has its share of fanatical fans, but it also has plenty of casual fans who may attend a watch party to socialize

more than see the action. Multiple viewing areas can accommodate various types of fans and solve any space and seating issues that arise. A separate kids-only viewing area also can accommodate young fans.

- **Stock up on finger foods.** When planning a watch party menu, keep in mind that most people will be eating in the viewing area instead of at a dinner table. Finger foods are ideal in such situations. Hosts who don't want to cook for the crowd can order local take-out but we suggest placing your order several days in advance. Popular crowd items are pizza, chicken wings/chunks and more. And don't forget portable snacks like pretzels, chips, diced vegetables with hummus, and nachos.

- **Take your tech for a test run.** Many homes have abandoned traditional cable television in favor of streaming services, so if your home is among the legions of cord cutters, confirm in the days ahead that your streaming app is working and that you have the latest version of the app installed on all devices that will be used to show the game. Check speakers as well to ensure everyone can hear the broadcast clearly regardless of where they're sitting.

Playoff season is set to heat up on the gridiron. Game watches make for a great way to enjoy the game with fellow fans.



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WHAT'S HAPPENING IN JANUARY

JAN. 6, 13, 20, 27



Beginner Cross-Country Ski Workshops

Riverbend Recreation Area, Findlay 9 - 10:30 am

These workshops will cover the basic fundamentals, including proper use of equipment and how to glide, climb hills, stand-up on skis, turn around, and get into rhythm. Workshops are subject to proper snow and weather conditions. Dress appropriately for winter weather, including layered clothing, hats, and gloves. Recommended for ages 8 and up; youth must register with a participating adult. Workshops will take place at Big Oaks Activity Area, Shelter 3. **\$12 per person.**

JAN. 7 - FEB. 3



WinterREAD 2024

Findlay-Hancock County Public Library

Join the library for WinterREAD fun January 7th through February 3rd. **READ BOOKS! WIN PRIZES!** Pick up paperwork at the library or register online through ReadSquared at findlaylibrary.readsquared.com. Log your reading or bingo activities to earn points and be entered for prizes.

JANUARY 10



Tales For Tots

Mazza Museum, Findlay 11 - 11:30 am

Mazza Museum offers fun, educational and interactive story times the first Wednesday of each month. Join them as they jump into a story and discover the world within picture books.

JANUARY 13



Chilled & Distilled

Toledo Zoo 6 - 9:00 pm

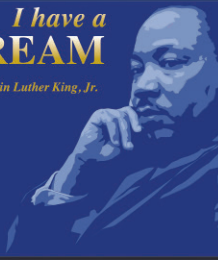
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For more information visit toledozoo.org.

JANUARY 15

*I have a
DREAM*

Dr. Martin Luther King, Jr.



Martin Luther King, Jr. Day

Celebrating the life and legacy of an influential American civil rights leader, Martin Luther King Jr. Each year the day is observed on the third Monday in January, which this year falls on his actual birthday. King was best known for his work on racial equality and ending racial segregation in the United States.

JANUARY 16, 23, 30



Ballroom Dance Classes

Marathon Center for the Performing Arts, Findlay

Looking for a new hobby? Come out to MCPA and try ballroom dancing! A variety of partner-style dancing classes will be taught by 2-time regional Dancing with the Stars award-winning instructor Timothy Frost, who focuses on the social enjoyment of ballroom dancing. Fun and easy for anyone to try. All classes are open to anyone 18 and older, no partner is needed. For more information visit mcpa.org.

\$45/person or \$85/pair. Waltz: 6:30 - 7:15 PM; Cha Cha: 7:30 - 8:15 PM

JANUARY 20



Musical Theatre Mania with Ashley Dawson

Kaubisch Memorial Public Library, Fostoria 10 am

Inviting all children to a fun improv, musical theater and drama practice all rolled into one. For more information visit fostoria.lib.oh.us.

JANUARY 26



Friday Night Live

The Ritz Theatre, Tiffin 7:30 pm

Come out and enjoy Friday Night Live at The National Theatre at The Ritz! Experience an array of regional artists in an unplugged performance setting featuring folk singers, jazz musicians, and aspiring talents. Savor the evening with a glass of wine in this intimate atmosphere. Tickets are \$10.

Visit ritztheatre.org for details.

**This information was pulled from community websites
and was considered current at press time.**

**We apologize for any information that may have been
changed/updated after this edition was printed.**

Shovel snow safely this winter



The beauty of freshly fallen snow is undeniable. Such beauty compels millions of people across the globe to ski and snowboard each winter, while millions more enjoy simply looking out their windows at snow-covered landscapes.

If it was as convenient as it is beautiful, snow would likely be welcomed with open arms whenever the local weatherperson includes it in his or her forecast. But heavy snowfall can be inconvenient, making it difficult to travel and even creating more work for individuals responsible for shoveling their driveways and walkways.

Shoveling snow can increase a person's risk for injury, and some may be surprised to learn just how frequently such injuries happen. The U.S. Consumer Product Safety Commission notes that, in 2018, more than 137,000 people needed medical assistance for injuries that happened while shoveling snow or using snow blowers.

Sprains and strains in the back and shoulders are the most common injuries when shoveling snow. But people also can suffer lacerations and injuries related to below-freezing temperatures when shoveling snow. The American Academy of Orthopaedic Surgeons recommends people keep these safety precautions in mind when shoveling snow this winter.

- Stretch before shoveling. Just like you would do before exercising in a gym, stretch prior to picking up your snow shovel. Warm up your muscles with some light exercise for 10 minutes to reduce your risk of sprains, strains and muscle tears.
- Stay hydrated and take frequent breaks. The AAOS notes that snow shoveling and snow blowing are aerobic activities. Such activities require participants to be hydrated. In addition, taking frequent breaks can help prevent injuries.
- Avoid shoveling snow if you're at risk for heart attack. Some people should avoid shoveling snow entirely. According to the Harvard Medical School, researchers correlated hospital admissions and deaths due to heart attack the day after it snowed in Canada between 1981 and 2014. Researchers found that the deeper the snow, the more men died of heart attacks. In fact, researchers found that there was a 34 percent increase in heart attack deaths the day after an eight-inch snowfall, and those rates

increased when snowfall increased. Most deaths were men, but both men and women who are at risk of heart attack should avoid shoveling snow, particularly after heavy snowfall. Adults who are unsure of their heart health should consult with their physicians prior to shoveling snow. ·

- Use the right equipment. Ergonomic snow shovels can make shoveling less taxing, reducing your risk for sprains and strains. Spacing hands on the tool grip can increase leverage, making shoveling easier and less likely to lead to injury.
- Pushing snow instead of lifting it. The AAOS recommends pushing rather than lifting snow when possible. If snow must be lifted, squat with your legs, knees bent and back straight. When lifting, lift with your legs and do not bend at the waist. Scoop small amounts of snow at a time and walk to where you want to dump. The AAOS warns against holding shovels full of snow with arms outstretched, as doing so puts too much weight on the spine. Snow should not be thrown over the shoulder, as such a technique requires a twisting motion that puts stress on the back. In addition, the AAOS notes that heavy wet snow should be removed in pieces and not all at once.
- Anyone can get injured while shoveling snow. Such injuries are preventable when certain safety measures are taken. With a little precaution you can take care of your body and your driveways this winter.

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100 YEARS AGO THIS MONTH

100 Years Ago This Month: Historical events from January 1924

The month of January has been home to many historical events over the years. Here's a look at some that helped to shape the world in January 1924.

- Millionaire oil broker Courtland S. Dines is shot in the abdomen at his home on January 1. When police arrived on the scene, they found alcohol on the premises, causing a scandal during the Prohibition era.

- Flooding causes the water level of the Seine to rise in Paris, forcing the closure of railway stations on January 2.

- The exiled King Ferdinand is granted permission to return to Sofia by the Bulgarian government on January 2, prompting an immediate objection to the move by the Kingdom of Yugoslavia.

- On January 3, the governor of the Mexican state of Yucatán, Felipe Carrillo Puerto, is executed by rebels fighting for General Adolfo de la Huerta. de la Huerta was attempting to overthrow the government of President Alvaro Obregón, and Carrillo and three of his brothers were among 11 people killed by the rebels.

- The automobile manufacturer Walter P. Chrysler introduces his first car, the Chrysler Six Model B-70 sedan, on January 5 at the 24th Annual New York Automobile Show.

- Turkish President Mustafa Kernal Atakürk survives a bomb attack at his home on January 6. A visitor to the president's home asked to see him and then threw the bomb when Atakürk appeared.

- The British submarine HMS L24 sinks during a training exercise on January 10.

The sub collided with the battleship HMS Resolution, and all 43 crew members aboard perish in the accident.

- Bengali activist for Indian independence Gopinath Saha shoots and kills Englishman Ernest Day, a civilian, in Calcutta on January 12. Saha believed he was shooting Calcutta police commissioner Charles Tegart, who was helping to lead the fight against the independence movement. Saha is arrested and subsequently tried and sentenced to death.

- The SMS Berlin embarks on a two-month tour of the North Atlantic Ocean on January 15. It is the first German Navy warship since the end of World War One to depart on an overseas voyage.

- On January 16, Argentine engineer Raúl Pateras Pescara breaks his own record for helicopter flight. Pescara keeps his model 2F aloft in the air for eight minutes and 13.8 seconds at an altitude of around 15 feet near Paris.

- Ailing Russian leader Leon Trotsky is rumored to have been arrested on January 18. Despite the rumors, Trotsky is ultimately revealed to have been traveling to the Black Sea in an effort to overcome his illness.

- Richard Connell's short story "The Most Dangerous Game" appears in the weekly magazine Collier's on January 19. The story's theme of the hunter who becomes the hunted has since been adapted for countless stories.

- Following a stroke, semi-retired leader and founder of the Soviet Union Vladimir Lenin dies on January 21 at his estate in Gorki.

- On January 23, Britain and the United States sign a treaty that allows American authorities to search British ships suspected of rum-running.

- Oil tycoon Edward L. Doheny testifies on January 24 that he lent Senator Albert B. Fall \$100,000. Doheny's admission exacerbates the Teapot Dome Scandal that enveloped the administration of United States President Warren G. Harding.

- The first Winter Olympics open in Chamonix, France, on January 25.

- Prince Regent Hirohito marries Princess Nagako in an elaborate royal wedding in Tokyo on January 26. Within two years, Hirohito would become the 124th Emperor of Japan, a position he would retain, despite controversy, until his death in 1989.

- Lenin is laid to rest in a state funeral in Moscow's Red Square on January 27. Mourners brave frigid conditions, as the temperature drops to -35 F during the funeral.

- Benito Mussolini addresses 10,000 Blackshirts in the Palazzo Venezia in Rome on January 28. Mussolini predicts complete victory for the Fascists as he campaigns for a general election in Italy.

- On January 31, within weeks of his wife's death, Prussian state executioner Paul Spaethe dresses in formal evening wear and lights 45 candles. Each candle signifies a person Spaethe had beheaded, and once each candle is lit, Spaethe takes his own life with a revolver.

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🐾 HE Laundry Detergent

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🐾 Paper Towels

🐾 Bil-Jac Frozen Dog Food

(available at Pet Supplies Plus)

🐾 Kong Dog Toys

(no string rope toys or rawhides)

🐾 Cat Toys

(plush cat toys, crinkle balls)

🐾 Pooper Scoopers

(Four Paws Spade Set. Large, from chewy.com)

🐾 Latex or Nitrile Gloves

🐾 White Copy Paper

🐾 Blankets/Sheets/Throws

🐾 Towels

🐾 Trash Bags

(13 gal and 30 gal heavy duty)

🐾 Distilled Water

🐾 3x5 Yellow Index Cards

🐾 Newspapers

Donation items may be dropped off at the Humane Society during normal business hours.



**Humane Society & SPCA of
Hancock County**

(419) 423-1664
4550 Fostoria Ave, Findlay
hancockhumanesociety.com

Ohio Dog Licensing FAQ

It is time for all dog owners to purchase their 2024 dog licenses. Below are a few frequently asked questions regarding the license.

For more information visit doglicenses.us/OH and click on the county that you reside in.

Does my dog need a license?

Yes. All dogs over three (3) months of age must be licensed.

Why should I get a license for my dog?

Because it's the law! And a license is a lost dog's ticket home! When your dog has its license attached to its collar, its assigned license number is all that is necessary for our office to identify the dog's owner.

What do I do if I find a lost dog?

Please call your local Dog Shelter or Animal Control.

How do I report my dog as having been lost?

Please call your local Dog Shelter or Animal Control.

How often does the license have to be renewed?

Dog licenses must be renewed annually between December 1 and January 31.

How much does a dog license cost?

The base fee for a dog license is set by your County Commissioners. A license may also be assessed a late penalty if it is purchased outside the standard registration period.

How can I avoid a late fee?

Ohio law requires licenses to be renewed between December 1 and January 31 each year. License applications after January 31 are subject to a late penalty.

How do I get a duplicate license? How do I replace a lost license?

If you or your pet loses a license, you can request a duplicate license from the County Auditor's Office for a small fee. Please contact your County Auditor's office for the necessary form.

How do I transfer a license to a new owner?

The ownership of a current dog license can be transferred to another owner for a small fee. The current owner on file, or executor of the current owner's estate, must sign the transfer form. It is also advisable for the new owner to sign the form. Please contact your County Auditor's office for the necessary form.

What if I move?

If you move within your current County, you can call your County Auditor's office with your new address and telephone number so they can keep the information up-to-date. If you move to another county, call that County's Auditor for licensing information.

Where do the proceeds go from the dog license program?

The license proceeds support the County Dog Shelter and the issuance of licenses. They are often the sole support for day-to-day operations at the County Dog Shelter.

Where can I find the laws that apply to dog licensing?

The laws governing dog licensing in the State of Ohio can be found in the Ohio Revised Code (ORC), sections 955.01 thru 955.99.





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