

Discover 419

More long-term bonding can be found through hunting and fishing. Abrams said a couple may learn a sport together from scratch, catch their prey and bring it home to cook up quality time in the kitchen.



THINK OUTSIDE (and inside) THE BOX FOR YOUR VALENTINE

By **BOBBY WADDLE**
Staff Writer

Finding the right Valentine's Day gift carries a lot of pressure.

Just ask a clinical psychologist.

Dr. Mary Goebel-Komala spoke with a woman who was unhappy with her husband's gift, claiming her beloved was too materialistic.

The psychologist had another idea: "Well, it means gifts are his love language. He's telling you, 'I love you,' but see, she didn't interpret it that way."

According to Gary Chapman's book, "The Five Love Languages" are gift-giving, acts of service, physical touch, quality time and words of affirmation.

To bridge love language

barriers, Goebel-Komala suggests activities, gifts and gestures both partners enjoy: A meat-eater and vegetarian, for instance, can find a restaurant with good steak and salad.

Couples can also take turns doing something the other enjoys.

"One husband went shopping with his wife. Then his wife went deer hunting with him," Goebel-Komala said. "It made for some great storytelling afterward."

Goebel-Komala encourages creative bonding ideas and suggests competitive activities like joining a bowling or archery league.

Jim Abrams, a retired wildlife officer supervisor for the Ohio Division of Wildlife, said outdoor activities open many avenues to intimacy.

An outdoor sport like birdwatching, he said, is a treasure hunt that can literally last a lifetime: Birders keep records of their sightings in aptly named "life lists."

The best thing to do in February, Abrams advised, is to start research. Each sport requires a license, and new hunters need



Red satin Valentine heart shaped boxes are displayed at Dietsch Brothers Fine Chocolates & Ice Cream, Findlay. Continued on page 3



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to take an educational course. These can be found on the Ohio Department of Natural Resources Division of Wildlife page at <https://wildlife.ohiodnr.gov/>, which also lists hunting and fishing schedules, public shooting ranges and fishing areas.”

Outdoor sports offer another affection outlet: Hunting and fishing equipment can make great gifts, though Abrams recommends cheaper purchases for less experienced athletes.

However, the greatest gift anyone can offer someone is their time, Abrams said.

He used Goebel-Komala’s story of the husband’s gift to an unhappy wife as an example: “He was doing his best, and he spent the time looking, thinking and trying to figure it out.”

Erika Dietsch Brokamp sees this every Valentine’s Day.

A third-generation family member and owner at Dietsch Brothers Fine Chocolates and Ice Cream, Brokamp said Valentine’s Day is the year’s third-busiest holiday season behind Easter and the reigning champ, Christmas. Nonetheless, she said Valentine’s Day probably carries more customized purchases than the other holidays.

“Christmas is a broader scope of people, you don’t really know what everyone likes,” she said. “But

Valentine’s Day, everybody knows what that special person in their life likes, and they really hone in on that.”

That’s usually chocolate-covered pretzels, which dominate the store’s sales all year, though Brokamp said truffles are another popular Valentine’s choice.

The customization comes in with a seasonal line of heart-shaped boxes with bells and whistles that include polka dots and little bows. They can be as simple or ornate as the heart desires, with the smallest box containing 2 ounces of chocolate and the biggest boasting 7-8 pounds.

This leads some customers to carve out a tradition. If someone purchased a box several years ago that remains in good condition, Dietsch’s will repack it with chocolate.

Brokamp said some of these boxes can date back 10 to 20 years.

“We don’t see them as much anymore, but once in a while every year you get about one, and I think that’s so sweet,” she said.

“Some of them write years in the hearts, and they keep track of it,” she continued. “So you hear a lot of love stories.”



Humans of Findlay is a documentary project based on the blog “Humans of New York.” The project was created to introduce many of the unique people of Findlay, Ohio. The man behind the lens and the project is Dave Morrow. Morrow has interviewed over 700 people of Findlay, ranging from age 5 to 102 years old, with a wide range of diversity and backgrounds. Jenna Wilkins has joined Dave in continuing the Humans of Findlay project.

On April 4, 2018, a proclamation was signed by Mayor Lydia Mihalik designating the day as “Humans of Findlay Day.” Each of the stories have been read up to 30,000 times, and can be located on humansoffindlay.com, Humans of Findlay Facebook page, as well as in this monthly magazine. Know someone that you feel should be featured? Send a nomination on the Facebook page.

Meera Sasikumar Nair



Over the years I have been blessed to sit down with people from every venue of life that live here in the Findlay/Hancock County area. One category I really like is those who have traveled from different countries and cultures to settle here. We have Human stories of first-generation folks from Brazil, Germany, England, the Philippines, Mexico, Japan, and Haiti, all who have made an impact on this community. Today’s Human is a dear young lady who joined her husband immigrating to the United States from India.

Meera Sasikumar Nair is the youngest child by a mere four

minutes arriving in 1987, born to father, Sasikumar and mother, Anitha. She joined her twin sister Meenu in the city of Trivandrum, located on the extreme southwestern point of India. This small town of a “mere” 752,000 people is only the 65th most populace city in India. It is a very hot and humid region where bananas, coconuts, and a wide variety of spices have made this town a popular trade port since 1000 BC. (Meera loves to cook using these spices!)

Meera attended a coed school all through her 12 years. It was very different than American schools as dating, flirting, boy friends were

strictly taboo. This was not hard as this is the understanding from the time children were very young. Meera studied English and Hindi languages, Science, Biology and her personal favorite, Mathematics in high school.

Life was not boring as Meera was a gifted singer and dancer of both Indian and American styles of dance and music winning numerous competitions. In one competition she might sing traditional songs of her country, while in another she would sing a theme song from an American movie. Her dance style was more Bollywood when she was younger, but these days she signs into Zoom early Saturday and Sunday mornings here in Findlay to study traditional Indian dance from an instructor in India.

Meera excelled in track and field, competing in the long jump, shotput and was known as a feared anchor of her school’s relay team because of her speed.

After graduation from high school in 2004 Meera was accepted into an all-woman’s college where she completed a degree in Electronics and Communication Engineering degree in 2008. (She also competed

in track for her college.) She was placed with a company where she became a software engineer.

India is a very traditional country where the majority of the population follow the Hindu faith. Marriages are still arranged by the parents. When Meera was 23, her father began searching Indian match-making websites, while her mother used the old school method of talking to her family and friends, looking for a suitable young man for her daughter. After nearly a year of searching her father found a handsome, kind, soft spoken, very respectful, young man searching for a wife. His name was Ratheesh.

Ratheesh's parents made a daylong train trip from their home to meet Meera and her family. The next trip they brought along Ratheesh for the young couple to first chance to meet. When Meera and Ratheesh met they liked each other very quickly. There was a formal engagement ceremony in October 2009, where in front of numerous family members they exchanged rings with their names engraved inside. Just over a year later in September 2010, with over 3000 family and friends present, the couple were married.

Hindu tradition has a new bride leave her home, moving in with her husband's family as they start their life together.

This move took Meera across India to the eastern coastal city of Chennai. In 2012 Meera and Ratheesh welcomed their daughter Anika. Ratheesh, also a software engineer, accepted an assignment to Manheim, Germany. It was a beautiful region but a bit of a cultural shock to the young bride

and new mother. "I did work very hard at fitting in by taking classes to learn German." (This was an additional language to her knowledge of her native Malayalam, Hindi, and English.)

Ratheesh's work would take the family back to India for three years. In 2016 Ratheesh accepted a position in Connecticut where Meera and Anika would join him a year later. "Our first-time flying was exciting, but long, taking 26 hours." Meera again has worked very hard to acclimate to her new surroundings in America. She already spoke English, but the culture was quite different. She was treated well but there were no close Hindu temples to worship in, nor Indian stores that provided authentic spices for cooking. Daughter Anamika joined the family in 2018.

In December of 2018 Ratheesh was accepted into an IT project at Cooper Tire here in Findlay. Having spent her entire life in cities Meera shares, "As we drove into Ohio, I noticed nothing but fields, cows, no cities, people... I worried, "What have we done, where are we going?"

Her family settled into apartment life in Findlay. Here her worlds happily mingled. There were temples in Columbus and Toledo, local stores for spices..."and we came to enjoy pizza, Chipotle and fajitas!"

Meera loves the access to the many ways to see nature here in NW Ohio. "We enjoy getting out into the trails and parks all around us. We have really liked visiting the African Safari, feeding, and petting the amazing animals."

Ratheesh and Meera spend many weekends finding new things to see and places to visit. The girls love Findlay's Children Museum and the family just spent a day exploring the Dayton Air Force Museum.

Meera recently returned to the work force working remotely from home using her IT degree and skills for a major company. She understands the trials all working moms have had this year, as Anika is a remote learning student. "It can be hard working from home but I'm meeting more people, learning new skills and being able to use my creativity."

Meera loves her life here in America but also maintains cultural ties with India. She continues to practice classical folk dances, cooking traditional Indian food but also enjoys watching action movies such as Air Force One, Spiderman and Home Alone. Quiet personal time is rare but when she can she enjoys reading, especially the "uplifting stories I find in the Chicken Soup for the Soul series." She is slowly making connections with other mothers in Findlay, besides the Indian mothers in her apartment complex.

Long past her initial worries about where they were moving to, Meera shares her thoughts about Findlay and the surrounding area. "It is so clean, calm and beautiful here. I love the mix of city and country, all the parks to visit. I feel very safe raising my family here. I really look forward to meeting new people, talking to other moms... being part of this community."

Please welcome Meera and her family.



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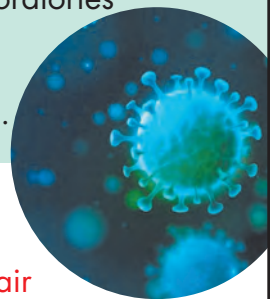
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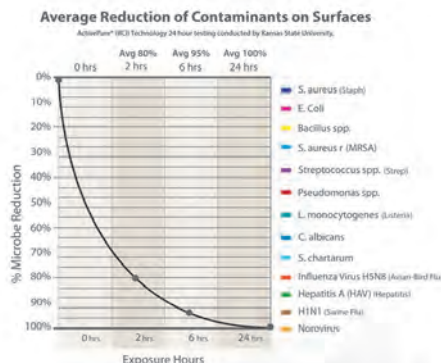
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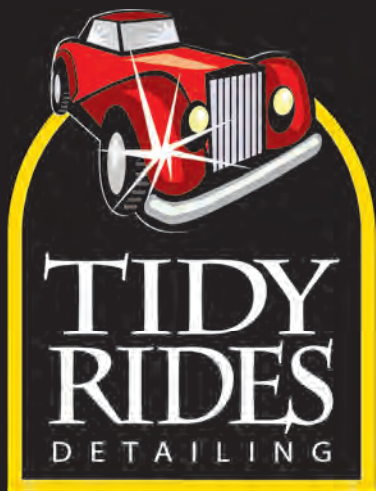
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Nichole Coleman
Executive Director
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We would like to express our sincere gratitude to the community for their support in two Christmas programs that helped make the holidays better for some local veterans this year.

Salute a Veteran for the Holidays:

This program began in 2012, and since that time the community has provided holiday cheer for more than 190 veterans and their families. Staff members who have interacted with that veteran throughout the year and recognized a need choose the recipients. Sometimes the need is financial but sometimes the veteran has recently lost a spouse or had challenging situations and could use some encouragement. We would like to thank the following businesses and organizations for "saluting" these veterans for the holidays:

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Thank you,

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(Closed every other Tuesday at 3:00pm)

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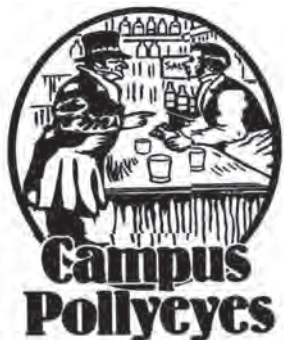
WIN A
PIZZA PARTY
FOR THE BIG GAME!
From **Campus Pollyeyes**

Visit **TheCourier.com** to enter for a chance to win a Pizza Party from **Campus Pollyeyes** for 10 People.

Enter Jan. 18 - Feb. 1

Winner Announced on Feb. 3

One winner will receive three 2 liters of soda, three large pizzas with up to 3 toppings each, plus three full orders of stuffed breadsticks with up to 2 items each. Must call ahead to order and pick up at Campus Pollyeyes on Feb. 7, 2021. No purchase necessary to enter. Must be 18 years or older to enter.



Large 5 Item Pizza

ONLY \$10.00

Findlay location only. Must present coupon. Dine-In, Carry-Out or Delivery (Delivery fee applies). Expires 2/28/21

339 S. Blanchard, Findlay OH 45840
567-525-5539 • www.campuspollyeyes.com



2 FOR \$6

Two Like It® Size Create Your Own (Ice Cream or Yogurt + 1 Mix-in) for \$6



Served in a cup. Waffle products and extra mix-ins available for additional charge. Price excludes tax. Limit one per customer per visit. Valid only at participating U.S. locations. Offer not valid at locations in Hawaii and Guam and all Cold Stone Yogurt Bar™ locations. No cash value. Not valid with other offers or fundraisers or if copied, sold, auctioned, exchanged for payment or prohibited by law. 16.7564, © 2020 Kahala Franchising, L.L.C. All rights reserved.

Expires 2/28/2021 PLU # 153

FREE

Buy One Like It®, Love It® or Gotta Have It® and Get One FREE (of equal or lesser value)



Valid for Like It™ (Sm), Love It™ (Reg) or Gotta Have It™ (Lg) sizes only. Limit one per customer per visit. Valid only at participating U.S. locations. Offer not valid at locations in Hawaii and Guam and all Cold Stone Yogurt Bar™ locations. Frappes not available at Tim Hortons® Cold Stone Creamery® on-brand locations. No cash value. Not valid with other offers or fundraisers or if copied, sold, auctioned, exchanged for payment or prohibited by law. 16.7564, © 2020 Kahala Franchising, L.L.C. All rights reserved.

LIKE IT CYO 119 SIG 131 SHAKE 208 SMOOTHIE 142 FRAPPE 236	LOVE IT CYO 121 SIG 141 SHAKE 162 SMOOTHIE 189 FRAPPE 237	GOTTA HAVE IT CYO 126 SIG 164	MIX-IN 174 PLAIN WAFFLE 235 DIPPED WAFFLE 246	Expires 2/28/2021
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\$3 OFF

Any Cake (excludes Pies, Petite Cakes, Cupcakes & Cookie Sandwiches)



Limit one per customer per visit. Excludes pies, petite cakes, cupcakes & cookie sandwiches. Valid only at participating U.S. locations. Valid in store only. Not valid for online purchases. No cash value. Not valid with other offers or fundraisers or if copied, sold, auctioned, exchanged for payment or where prohibited by law. 16.7564, © 2020 Kahala Franchising, L.L.C. All rights reserved.

Expires 2/28/2021 PLU # 211

Visit www.ColdStoneCreamery.com to Find a Location Near You!



Tim Hortons

Never Choose Between Coffee and Ice Cream Again!

