



A feature publication of The Courier & REVIEW TIMES

# Discover 419

## February 2023



also hosts "Fireside Stories,"

### Learn and Play in Hancock County's Parks

By Leah Alsept  
leahalsept@thecourier.com

Parks are not just for play — they're also for learning. And there are tons of opportunities for learning at the various natural sites that make up the Hancock Park District. Just ask program specialists Tim Kleman or Chris Allen.

"I really like doing the education side of things and getting passionate about what I like to learn about, and then sharing that with others," Kleman said.

He and Allen work to create entertaining and educational programs for visitors to the parks. The program specialists schedule events for all age groups, but pay close

attention to programming for children. They think of kid-oriented events as enrichment activities.

"I gear a lot of programs towards things that I know 4-H kids could use," Allen said. "I can gear it towards things that we know are Girl Scout or Boy Scout type events, too."

Kleman creates about 24 programs and Allen creates 12 programs for the park each month.

"I always love doing bird hikes because my first passion is birds," Kleman said. Kleman studied ornithology in college for a time, he said.

Allen hosts cooking events about once a month. Along with cooking, Allen

during which she reads a storybook to children near fireplaces at the parks.

"We try to schedule other things out at (Oakwoods Nature Preserve) during the time the kids are out of school," Allen said.



Metro Stock Photo

Continued on Page 3

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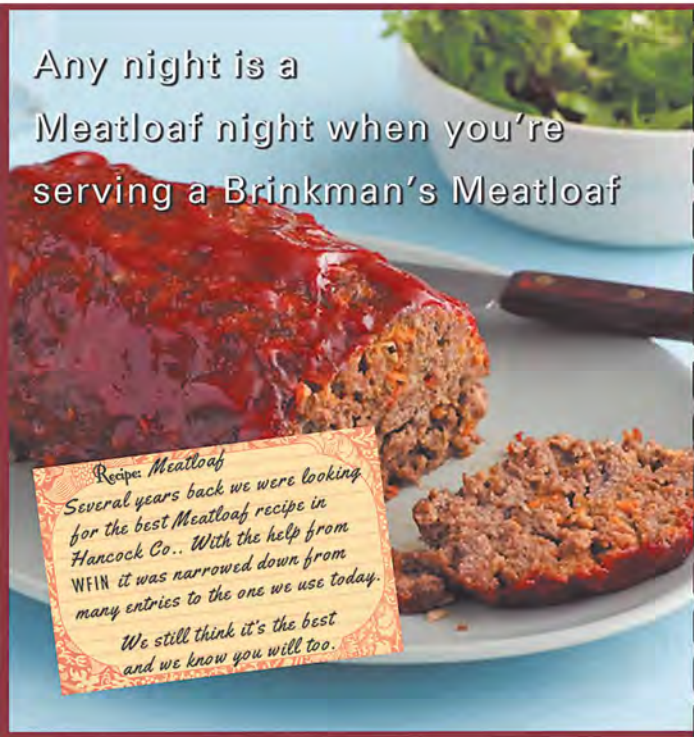


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*Continued from page 1*

Allen said “there isn’t any better feeling” than seeing kids light up during her programs.

Here are some of the upcoming programs planned for February:

Feb. 4: “Beginner Cross-Country Ski Workshops” is a weekly program on Saturdays from 9-10:30 a.m. at the Big Oaks Activity Area, Shelter #3, located at Riverbend Park. Michelle Rumschlag will host the event. The program is intended for youth ages 8 and up, and children must register with a participating adult. Registration costs \$12 per person.

Feb. 11: “Photography Hike” for ages 16 and up at the Charles J. Younger Pavillion, located at Riverbend Park, beginning at 9 a.m. Participants will hike the trails and take photos of scenery, wildlife, plants and anything else that would make an interesting subject. All skill levels and camera types are welcome. No registration required. Kleman will be hosting the event.

Feb. 17: “Game Night in the Woods” for families with children ages 6 and up. The event will take place from 6-8 p.m. at the Doc Phillips Discovery Center located in the Oakwoods Nature Preserve. The parks will provide games like Uno, checkers, and Candy Land, and participants are encouraged to bring their favorite games. This event is free and no registration is required. Rumschlag will host the event.

Feb. 19: “Going Nuts: Open House” for all ages at the McKinnis House located in the Litzenberg Memorial Woods. The event is from 1 to 4 p.m. and no registration is required. Rumschlag will be hosting the event as her historical character, Mrs. Boylan, and teach participants about the history of nut-producing trees and their importance to the McKinnis family and their neighbors.

Feb. 25: “Movie Night in the Park” for families at the Doc Phillips Discovery Center located in the Oakwoods

Nature Preserve from 6:30-8:30 p.m. This event is free, but registration is required, and can be done on the Hancock District Park website. Popcorn will be provided. Allen will host the event.

Hancock Park District program specialists schedule a variety of events, so Kleman said keep an eye out for anything that looks interesting.

“Because we’d love to have you here,” he said.



Chris Allen, playing her historical character “Sarah Fishel,” demonstrates how to draw on a sugar cookie.



Kids and an adult listen to Hancock Park District program specialist Tim Kleman’s, right, presentation on animal pawprints and scat at a program.



A child slides a pan of Christmas tree and bell-shaped sugar cookies into the wood stove inside the McKinnis House at Litzenberg Memorial Park.



Kacie Weimer, 9, brushes sand off of a plaster cast mold of an animal pawprint inside the Oakwoods Nature Preserve Discovery Center.



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# IN THE GALLERY

February 6 thru March 2

## PHOTO 41 SHOW



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### FAL MONTHLY COMMUNITY PROGRAM

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Contact: [Kent.tarbox@gmail.com](mailto:Kent.tarbox@gmail.com)

Upcoming Exhibition: March  
**Tom Emerine**  
Visiting Artist

### FEBRUARY CLASSES — Register at [www.FindlayArtLeague.org](http://www.FindlayArtLeague.org)

**Paint Your Pet in Watercolor**- 4 Wednesdays, 7:00-8:30 pm. February 1, 8, 15, 22. Cost: \$50, all materials provided. All skill levels welcome. 18+ Instructor: Janealla Killebrew

**Full Moon Candle Pour Workshop**- Sunday, February 5th. 1:00-3:00 pm. Cost: \$41, all materials provided (except for your favorite beverage). All skill levels welcome. Open to those 21+ Instructor: Amber Kear

**Galantines' Day: Learn Pottery Hand-Building**- Make memories with your Gal-Pals. 2 Mondays, February 6, 13. 7:00-9:00 pm. Cost: \$50.00. Open to those 18+ Instructor: Marcie Allen

**Drawing Sessions with Live Model**- Monday: February 13, 20, 27. 7:00-9:00 pm in FAL gallery. Bring your own supplies and \$10.00 for the model. 18+ Facilitator: Sherwin Quiamboa, [sherwinsketch88@gmail.com](mailto:sherwinsketch88@gmail.com)

**Pottery Boot Camp: Wheel Throwing**- Wednesdays, 7:00-9:00 pm. February 22, March 1, 8, 15, 22, 29. Cost: \$160, all materials provided. All skill levels welcome. 18+ Instructor: Marcie Allen

**Home School Art Session 4: Grades 2-3**. Mondays, 1:00-2:15 pm. March 13, 20, 27, April 3, 10, 17, 24. Cost \$75, all materials provided. Instructor: Angie Craine

**Home School Art Session 4: Grades 4-6**. Mondays, 1:00-2:15 pm, 1:00-2:15 pm. March 13, 20, 27, April 3, 10, 17, 24. Cost \$75, all materials provided. Instructor: Angie Craine

**Homeschool Art Session 4: Grades 7-12**. Mondays, 2:30-3:45 pm. March 13, 20, 27, April 3, 10, 17, 24. Cost \$75, all materials provided. Instructor: Angie Craine

### Celebrate with us!

Birthday Parties (Kids ages 6-14). Focus activities on a favorite artist or ceramics project. Traditional birthday party celebration included. Maximum 10 celebrants. Get more info. at [contact@FindlayArtLeague.org](mailto:contact@FindlayArtLeague.org)

Join the **Findlay Art League**, the only visual arts organization in the region (est. 1947) Network with other artists and become actively involved in our community. Class discounts. Leadership/volunteer opportunities. We encourage active participation for the common good and well being of our community. As a volunteer-driven organization, your action makes our existence possible. Memberships starting at \$40/yr. Visit [findlayartleague.org](http://findlayartleague.org) to register.

### Want to Teach?

**We are looking for new teachers!**

Those with expertise in an area of the visual arts may apply to teach youth or adult classes. Applications are reviewed and approved based on:

- a. you are a licensed and/or degreed art educator or you have equivalent professional experience
- b. you can articulate clear and defined goals for the class
- c. you can evaluate whether your students have achieved those goals
- d. you have a plan to ensure that the students will achieve those goals

If interested, and for more info, contact Janealla Killebrew via email at [education@FindlayArtLeague.org](mailto:education@FindlayArtLeague.org)



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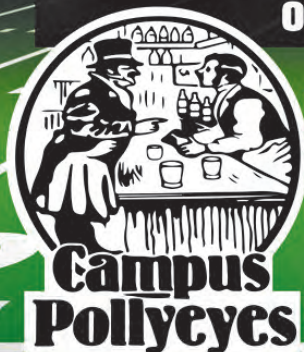
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# WHAT'S HAPPENING IN FEBRUARY

**February 7**



## **Fiddler on the Roof** 7:30 pm Marathon Center for the Performing Arts, Findlay

Tony®-winning director Bartlett Sher and the team behind *South Pacific* and *The King and I* bring a fresh and authentic vision to this beloved theatrical masterpiece from Tony-winner Joseph Stein and Pulitzer Prize winners Jerry Bock and Sheldon Harnick. For tickets, visit [mcpa.org](http://mcpa.org).

**February 9**



## **AMA Painting Class** 5:30 - 6:30 pm Awakening Minds Art, Findlay

Enjoy a step-by-step painting class designed for the success of any age or ability. Perfect for couples, parent-kid bonding, mentors and a way to meet new friends! 1640 Tiffin Ave.

**Registration required. \$15 per student.**

**February 10**



## **Night to Shine 2023** 6 - 9 pm St. Mark's United Methodist Church, Findlay

Night to Shine is an unforgettable prom night experience, centered on God's love, for people with special needs - ages 14 and over. This coming year, Night to Shine will celebrate its ninth anniversary as thousands from around the world will come together to honor those with disabilities.

**Registration is now closed for this event but you can plan to a part of this for 2024.**

**February 16-19 & 24-26**



## **Murder on the Orient Express** Fort Findlay Playhouse, Findlay

Enjoy "Murder on the Orient Express" performed by the Fort Findlay Playhouse cast. Tickets available at [fortfindlayplayhouse.org](http://fortfindlayplayhouse.org) beginning February 6.



**February 18**



## **Taproom Yoga** Findlay Brewing Company, Findlay

This 60 minute, beginner-level class begins at 10AM, includes one beer or beverage of your choice (up to \$6 in value). It's best to arrive by 9:45 a.m. to get registered and settled in. Mats will be available, but please bring your own if you have one! 213 E. Crawford St.

**\$15 per person at the door.**

**February 20-26**



## **Restaurant Week in Greater Findlay**

Participating restaurants will provide a special Restaurant Week menu at varying price points. Each diner can order one item per course. More information available at [visitfindlay.com/restaurantweek](http://visitfindlay.com/restaurantweek)

**February 23**



## **Trivia 6:30 - 8:30 pm** False Chord, Findlay

Trivia Night is back! Join the Findlay Young Professionals for what is almost guaranteed to be a sure-fire night of fun for all. Space is limited so sign up while you can! 326 S. Main St.

**February 23**



## **Indoor Snow Day 10 - 11 am** Frost Kalnow Room at Tiffin-Seneca Public Library, Tiffin

Hosted by The Youth Services Department. Enjoy a snow day without the cold by playing and doing activities in shredded paper 'snow.' Hot chocolate will be served. For children preschool age and younger. Registration is not required. For more information call (419) 447-3751.

**At press time, the information was pulled from community websites and was considered current.**

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



## 6 signs your pet has dental issues

Pets use body language and other cues to let their owners know how they are feeling. While certain actions, such as a vigorously wagging tail signaling that a dog is quite happy, are easy to read, it's not always so easy to determine how a pet is feeling.

Pet parents who are trying to provide the best care possible recognize that pets may make them aware of certain health issues. Diseases of the mouth may cause issues elsewhere in the body if left untreated. Fortunately for pet owners, dental issues are often easily recognized.

### 1. Halitosis

Bad breath is a strong indicator of a dental problem. Halitosis may stem from tooth decay and gum issues, as well as gastrointestinal problems. In either case, it's best to address a pet's bad breath with a veterinarian.

### 2. Visible problems

Take a peek inside of the pet's mouth. Animal Wellness magazine says that if there's a significant accumulation of tartar (yellow or brown patches on the tops of teeth along the gum line), or if the gums are inflamed and red, periodontal disease may be to blame. Traces of blood in the mouth also can indicate that there's a problem. Pets don't always like their mouths touched, so if your pet's being difficult, have a vet conduct a comprehensive oral health and

treatment appointment (COHAT).

### 3. Refusing to eat

There are many reasons a pet may not want to eat, and a dental problem may be one of them. Painful teeth and gums can make eating challenging, so the animal may avoid food. Refusing to eat can lead to weight loss and malnutrition, so it's best to nip this issue in the bud.

### 4. Sensitive mouth

Your pet may yelp, bite or scratch if you touch around the mouth area when there is a dental problem at play. Drooling excessively or dropping food from the mouth also are signs that things are awry.

### 5. Less grooming

Cats spend around 10 to 15 percent of their days grooming. Dental pain can make grooming challenging. Therefore, if your cat is grooming less or looks unkempt, it may be due to dental problems. Great Vet says 85 percent of cats over the age of three have some form of dental disease.

### 6. Overgrowth

Rodents' incisors (front, gnawing teeth) grow continuously throughout their lives. Typically the incisors receive continuous wear as the upper and lower incisors contact each other. However, if incisors are misaligned, they may not wear down effectively. Some incisors can grow out of control, piercing the roof of the mouth and into the nasal cavity. If a rodent's teeth look long, that could warrant a vet check.

Pets can experience periodontal disease and other dental conditions. Staying aware of signs of dental issues can keep pets healthy.





## Valentine's Day gift ideas for animal lovers

A stuffed teddy bear, a heart-shaped box of chocolate and a bouquet of red roses have long been staples of Valentine's Day giving. While these can make fine gifts, this year those who want to shake things up a bit can offer alternatives that cater to their loved one's ideals. In lieu of stuffed animals, these community- and conservation-inspired ideas may be well received.

### **Adopt an animal**

Collecting stuffed animals may be a replacement for wanting a pet of one's own. If the conditions for getting a pet are favorable, meaning recipients have the money, space and time to properly care for a pet, then couples can extend their love to a companion animal. This is one gift that shouldn't be a surprise, as it is a commitment that requires

both people be on board. Visit animal shelters together to choose your pet.

### **Support a conservation group**

If animal adoption is not the right step at this time, offer a romantic partner a stake in the welfare of an animal facing endangered or critical status through symbolic adoption. Various organizations enable people to make donations toward the conservation of animals in the wild. Support large cats, birds of prey, and others through a charity such as the World Wildlife Fund, National Wildlife Federation and Defenders of Wildlife.

### **Take a trip**

Visit animals in the wild by planning a trip to a national park. If schedules or finances prohibit a trip at this time, purchase entry tickets to a conservation center or nearby zoo that specializes in certain breeds of animals. Even local wildlife rehabilitation hospitals may offer tours or enable

people to foster injured or orphaned animals.

### **Plan a day around wildlife**


Make this Valentine's Day memorable with an entire day immersed in nature and wildlife. Plan a hike through a nature preserve; pack a picnic to enjoy midday. Make a donation in a spouse or partner's honor at a park that he or she holds dear. Consider sponsorship with a plaque on a bench or fund educational classes at a learning center. The recipient will enjoy seeing his or her name displayed.

### **Donate toys**

In lieu of gifting a stuffed animal to a romantic partner, consider purchasing pet toys and donating to a favorite pet shelter, in his or her honor. Deliver those items in person and spread a little extra love on Valentine's Day.

Animal lovers may appreciate Valentine's Day gifts that highlight their passion for domesticated pets and wildlife.





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# Early warning signs for heart disease

Cardiovascular disease claims more lives across the globe every year than any other disease or condition, and many of those fatalities are credited to heart disease. Though the terms “cardiovascular disease” and “heart disease” are often used interchangeably, the National Heart, Blood and Lung Institute notes that, while all heart diseases are cardiovascular diseases, not all cardiovascular diseases



are heart diseases. This is an important distinction, especially as adults discuss heart and cardiovascular health with their physicians.

The NHLBI reports that more than one in 10 American adults have been diagnosed with heart disease, which underscores the serious threat posed by the various conditions that fall under the umbrella of the condition. Though NHLBI data indicates around 630,000 Americans die from heart diseases each year, many of those deaths are preventable. The same goes for Canada, where data from the Canadian Chronic Disease Surveillance System indicates that every hour roughly 14 Canadian adults age 20 and over with diagnosed heart disease lose their lives.

Education is one of the ways in which deaths due to heart disease can be prevented. That's especially true when

individuals learn to recognize warning signs of the disease and take prompt action once such indicators appear.

- **Chest pain:** Discomfort between the neck and upper abdomen is characterized as chest pain, which does not necessarily indicate the presence of heart disease. However, the experts at Mount Sinai indicate that chest pain is the most common symptom of poor blood flow to the heart or a heart attack. Chest pain may occur because the heart isn't getting enough oxygen or blood. It's important that individuals recognize that the intensity of pain in the chest does not indicate the severity of the problem. That means that even mild discomfort in the chest should be brought to the attention of a physician immediately.

- **Shortness of breath:** Shortness of breath can occur because the heart isn't pumping blood as well as it should, thus causing blood to back up in the veins that go

from the lungs to the heart. Mount Sinai notes that this results in fluid leaking into the lungs, thus producing shortness of breath. Shortness of breath can occur at any time, including when individuals are active or at rest.

- **Coughing or wheezing:** Another indicator of fluid buildup in the lungs related to the heart is persistent coughing or wheezing. When coughing, individuals may spit up a pink or bloody mucus.

- **Swelling in the lower legs:** Mount Sinai notes that swelling in the legs, ankles or feet is another indicator of heart troubles. One of the byproducts of a poorly functioning heart is slower blood flow, and that reduction in flow can cause a backup in the veins of the legs. That backup can cause fluid to build up in the tissues, which leads to swelling.

Heart disease is a significant threat to public health. Learning to recognize signs of the disease can save an untold number of lives.





Tim Hortons

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