

DISCOVER

419

A feature publication of The Courier and Review Times



American Eagle Day

June 20

ODNR confirms over 700 bald eagle nests in state, thanks to help from Ohioans

By Vicki Johnson
Staff Writer
Advertiser-Tribune

The statewide total found during the late winter survey conducted by citizen scientists for the Ohio Division of Wildlife was 706 confirmed nests. Counties along or near Lake Erie have the highest number of bald eagle nests, according to results of a citizen sci-

entist survey conducted in February and March, according to ODNR.

An ODNR news release said bald eagles thrive near Lake Erie because of the abundance of food and nesting habitat.

The release said the counties with highest number of eagle nests include: Ottawa (90), Sandusky (50), Erie (32), Trumbull (26), Seneca (24), Wyandot (19), Lucas (18), Licking (17), Ashtabula (16), Knox (16), Mercer (16), Wood (16), Huron (15), Coshoc-ton (14), Richland (14), Delaware (13), and Hancock (12).

“The bald eagle is one of Ohio’s greatest wildlife success stories,” the release

said. “The nest census was the first undertaking to discover all such sites for the first time in eight years. The results show an increase of 151% from the 2012 census, when 281 nests were recorded in Ohio. The high number of nests represents the hard work and dedication put forth for Ohio’s wildlife.”

“We are grateful to every Ohioan who contributed to this effort and thank those who support conservation of high-quality habitat that kept eagles nesting in Ohio,” said Division of Wildlife Chief Kendra Wecker in the release.

Continued on pg. 3





Store Hours
Mon-Sat 9am-7pm
SUN 11am-5pm



Charlie Lewis
Meat Dept. Manager

*We select only the finest
Charlments Reserve Beef
& custom cut them
to your exact needs.*

1800 E. Sandusky St. Findlay

www.brinkmansmarket.com

(419) 422-3936

Award-Winning CBD Products For a Balanced Life

We carry tinctures, water solubles, gel caps,
topicals, pet products, bath, beauty and more.



Your CBD Store[®]

Findlay

820 N. Main St.
567.301.2416

Buy Any Product, Get the Second

50% OFF

Second item of equal or lesser value. May not be combined with any other offers or discounts. Only at Your CBD Store Findlay. EXPIRES 6/15/2020

\$15 OFF

Your Purchase of \$50 or More

May not be combined with any other offers or discounts. Only at Your CBD Store Findlay EXPIRES 6/30/2020

20% OFF

ENTIRE ORDER OF PET PRODUCTS

Second item of equal or lesser value. May not be combined with any other offers or discounts. Only at Your CBD Store Findlay. EXPIRES 6/30/2020

The Division of Wildlife received about 2,500 reports from the public for the 2020 census. Wildlife staff, including wildlife officers and biologists, verified nest locations in 85 counties.

The bald eagle was once an endangered species, and only four nesting pairs were found in Ohio in 1979 along the Lake Erie coast.

However, partnerships between the Division of Wildlife, Ohio zoos, wildlife rehabilitation facilities, concerned landowners, volunteer eagle nest watchers and sportsmen and women, the population steadily increased over several years. The bald eagle was removed from the federal list of threatened and endangered species in 2007 and from Ohio's list in 2012.

Today, eagles are a fairly common sight in Northwest Ohio.

But other viewing opportunities can be found at Magee Marsh Wildlife Area in Lucas and Ottawa counties, Pickerel Creek Wildlife Area in Sandusky County, Ottawa National Wildlife Refuge in Lucas and Ottawa counties, Mosquito Creek Wildlife Area in Trumbull County and Killdeer Plains Wildlife Area in Wyandot and Marion counties.

Before visiting, check the status of the state nature area to make sure there are no restrictions due to the pandemic.



Bald eagles in Ohio typically lay eggs and incubate in February and March. Young eagles leave the nest about three months later, usually in June. The birds nest in large trees such as sycamores, oaks, and cottonwoods near large bodies of water. Fish and carrion are preferred foods.

Eagles continue to be protected under state law and the federal Bald and Golden Eagle Protection Act. It remains illegal to disturb bald eagles. When viewing them, it's important to respect the bird's space and stay at least 100 yards away from the bird or nest. Disturbing bald eagles at the nest site could lead the pair to abandon the eggs.



**Celebrate the United States' national symbol on National American Eagle Day!
On June 20, we set aside time to raise awareness about the bald eagle and to preserve the bird's natural habitat.**

The Courier
TheCourier.com | The eCourier

REVIEW TIMES
ReviewTimes.com • eReview Times



HOT-N-READY CLASSIC
LARGE PEPPERONI OR CHEESE

\$5
HOT-N-READY® ALL DAY, EVERY DAY!



HOT-N-READY DEEP!DEEP! DISH
LARGE PEPPERONI

\$8
AVAILABLE ALL DAY
HOT-N-READY® 4-8PM



HOT-N-READY CRAZY COMBO
CRAZY BREAD® & CRAZY SAUCE®

\$3⁸⁹
8-PIECE ORDER
HOT-N-READY® ALL DAY, EVERY DAY!



HOT-N-READY CAESAR WINGS
LEMON PEPPER, GARLIC PARMESAN, BACON HONEY MUSTARD, OVEN-ROASTED, SPICY BBQ, TERIYAKI, BBQ & BUFFALO

\$6⁵⁰
8-PIECE ORDER
HOT-N-READY® ALL DAY, EVERY DAY!



HOT-N-READY LUNCH COMBO
4-SLICE DEEP!DEEP!™ DISH PIZZA WITH PEPPERONI & PEPSI®
20oz

\$5
AVAILABLE 11AM-2PM EVERY DAY
HOT-N-READY® WEEKDAYS



Little Caesars®

WORLD'S EASIEST WAY TO PIZZA!™

**730 S. MAIN ST.
(419) 423-1114**

OPEN 11AM EVERYDAY
Order online with our app or littlecaesars.com.
Delivery available via online orders only.

WE ACCEPT:



PLEASE CALL AHEAD FOR GROUP ORDERS

47409-47413
27636-321001

JOIN OUR PIZZA PARTY!
[f/LittleCaesars](https://www.facebook.com/LittleCaesars) [@LittleCaesars](https://twitter.com/LittleCaesars)
LittleCaesars.com



*"Highest Rated Chain - Value For The Money"; based on a nationwide survey of quick-service restaurant consumers conducted by Sandelman & Associates, 2007-2013. Plus tax where applicable. Available at participating locations. ©2014 LCE, Inc. 47413 PEPSI, PEPSI-COLA, and the Pepdi Globe are registered trademarks of PepsiCo, Inc.

LITTLE CAESARS®

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.

LORI and HEATHER WOLFE



Meet Lori and Heather Wolfe, a mother and daughter team, working in the shadows to help others during this Covid19 era. They are just two of the many women who have stepped up, volunteering to make masks; first for the medical personnel, then “first responders”, military, and finally thousands more being made for men, women and children in general. Lori and Heather were nominated because between these two ladies, they are experiencing many of the personal challenges that so many of our local citizens are facing during the past 8 weeks.

(Lori was inspired by her mother, Hope Riegle, who was working on sewing masks early on.) Lori is retired from being a kindergarten aide at Lincoln Elementary and has lots of time on her hands. She has been extra careful in her venturing out during the



pandemic because she is part of the “at risk” group, being a five-year survivor of breast cancer.

Lori was motivated to first help current cancer patients due to her own experiences with chemotherapy. It left her vulnerable to illness, brutally ill after chemo and radiation treatments, and lingering effects that among other things has left her hands crippled. During her battle with cancer Lori was supported by family, friends, co-workers, and hundreds of student friends of Heather at Findlay High School who lovingly called themselves the “Wolfe Pack”. This is a way for her to give back.

Instead of sitting bored at home, this long-time quilt maker dug into her fabric storage and began making masks, initially for the cancer patients receiving chemotherapy at Dr. Coles office in Findlay. When the word

got out that Lori was sewing masks, requests came pouring in, from First Federal Bank, high school friends, Dr. Yoder’s office and more. Heather is a licensed cosmetologist at Generations Salon and has been unable to work for the past six weeks. She also has worked serving customers at the Dark Horse since she was sixteen. She was also furloughed from the restaurant during the shutdown. Though now at least temporarily unemployed, Heather is not one to just sit around so she began assisting her mom in choosing fabric, cutting elastic, and ironing the pleats halfway through the mask creating process. This team can put out a complete pleated reversible mask every eight minutes. They make the masks and give them away free of charge. While donations are welcome and help defray the costs they are not requested. (To date Lori and Heather have created over 600 masks.)

Lori is blessed to have a strong family circle including her husband of 32 years Kelly, sons Ryan and Mitchell and daughter Heather. Heather and Lori say, “This is our way to help keep people safe.”

Rendoggie's

Nail Trim and Bathing

\$3.00 OFF NAIL TRIM

Plus FREE
Nail
Trim Card

Expires 6/28/2020

One Per Customer. Cannot be
combined with other offers.



TRACTOR SUPPLY CO.

Saturdays 8am-3pm
Sundays 9am-3pm
15212 US 224, Findlay

COUNTRY CLIPPER

ZERO TURN MOWER

MADE
IN THE
USA[®]

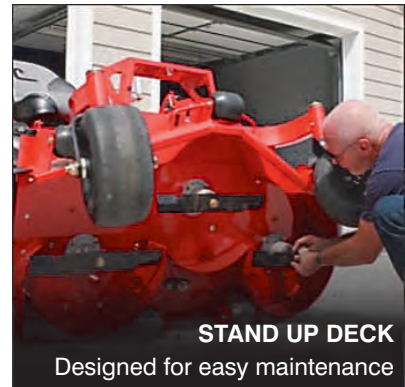


BOULEVARD
RESIDENTIAL
Zero-Turn Mower

**POINT & GO
JOYSTICK
STEERING**

Professional features at Residential prices.

Check out our selection at
www.FINDLAYTRUCKRVSALES.com



STAND UP DECK
Designed for easy maintenance

FINDLAY TRUCK & RV
1333 W. TRENTON AVE. | FINDLAY
findlaytruckrvsales.com | 419-422-9797
OPEN LATE MON & THURS 'TIL 8

Assisted Living For Women....
As It Should Be!



“When a woman becomes a member of the Judson Palmer family, she will not only be cared for now but for the rest of her life, regardless of her financial means.”

THE
JUDSON PALMER HOME
EST. 1950

Providing a lifetime of caring!

For more information
419-422-9656
2911 N. MAIN ST.
FINDLAY, OH
www.judsonpalmer.com

DISCOVER 419 EATS



**"BEST
BURGERS
& CHUNKS
IN TOWN"**

118 W. NORTH ST. • FOSTORIA • 419-701-7082

Our dining room is now open!
Thanks for your support.
Tuesday CHUNK Specials

Thank you for the support during Ohio's
Stay at Home Order. Come visit us,
we can't wait to see you all again.



708 Lima Ave.
Findlay
419-423-2846
olersbarandgrill.com

Tex-Mex & More

B.B.I.T.

We are OPEN!
Come see us
soon



Est. 2006

**DARK HORSE
RESTAURANT**

"Glad You Got To See Me!"

darkhorsefindlay.com • 4136 N. Main St. • 419-424-9201



Come Visit Us!
We are looking
forward to see
your smiling
faces 6ft. apart.

www.logansirishpubfindlay.com
414 S. Main St. - 419-420-3602



Check Our Facebook for Hours!
Downtown Findlay | 419-424-5750

Leave The Cooking To Us!



Culver's

From our Original Chicken Tenders,
North Atlantic Cod, and Spicy Crispy Chicken Sandwich to our
Frozen Custard made from family farm fresh dairy -
and everything else in between - there's a lot to love about every Culver's meal.
Trenton Ave., Findlay | 567-525-5770 | Culversmenu.com | #culvers



213 E. CRAWFORD ST. 419.419.BREW

'Cue the Grill

Summer Cookout Guide



Serve steak alongside a backyard barbecue staple

A night of al fresco dining next to a grill in the backyard can be a great way to spend an evening. Nearly any type of food can be grilled, and steaks tend to be especially good when cooked over an open flame.

The following recipe for “Grilled Rib-Eye Steaks with Mushroom-Shallot Butter” from Laurie McNamara’s “Simple Scratch” (Avery) is sure to please, especially when coupled with McNamara’s recipe for “Baked Beans,” a must-have staple for any backyard barbecue.



Grilled Rib-Eye Steaks with Mushroom-Shallot Butter

Serves 4 to 6

- 8 tablespoons (1 stick) plus 3 tablespoons unsalted butter, at room temperature
- ½ cup sliced shallot
- 1 heaping cup sliced cremini mushrooms
- 2 large cloves garlic, minced
- 1 teaspoon coarsely chopped fresh thyme leaves
- ¼ teaspoon kosher salt, plus more as needed
- ¼ teaspoon coarsely ground black pepper, plus more as needed
- 4 to 6 steaks (such as rib-eye, New York strip or porterhouse)

Melt 1 tablespoon of the butter in a medium skillet over medium-low heat. Add the shallot and cook until golden and slightly crispy, 7 to 8 minutes. Use a slotted spoon to transfer the shallot to a clean plate. In the same skillet, melt 2 tablespoons of butter, then add the mushrooms, garlic, thyme, salt, and pepper. Stir and cook until the mushrooms are softened, about 5 minutes. Transfer to the plate with the shallot and let cool.

In a small bowl, use a rubber spatula to blend the remaining 8 tablespoons of butter with the cooled mushroom mixture until combined.

Place the butter in the center of a piece of parchment paper. Bring the edges together and press with your fingers to form the butter into a log. Roll and twist the ends before popping the butter into the refrigerator for at least 20 to 30 minutes.

Set the steaks on the counter for 30 minutes to bring them up to room temperature. Meanwhile, preheat a grill or grill pan to medium-high or about 400 F. Season both sides of the steaks with 2 pinches of salt and a pinch of pepper.

Grill each steak for 6 to 8 minutes per side, depending on the thickness and the desired doneness. Tent with aluminum foil and let rest for 5 minutes.

Slice the mushroom butter into coins and top each of the steaks with two coins before serving.

Baked Beans

Serves 10

- 2 15-ounce cans navy beans, drained and rinsed
- 4 slices applewood- or pecan wood-smoked bacon, cut into 1-inch pieces
- 1 cup diced yellow onion
- 1½ cups ketchup
- ¼ cup plus 2 tablespoons unsulphured molasses
- ½ cup packed dark brown sugar
- 1¼ teaspoons ground mustard
- 1 teaspoon ground cloves
- 1 teaspoon kosher salt

Preheat the oven to 350 F.

Combine the bacon and onion in a medium Dutch oven. Slowly cook over medium heat until the onion is tender and the bacon is cooked, 8 to 10 minutes.

Meanwhile, in a medium bowl, whisk together the ketchup, molasses, sugar, ground mustard, ground cloves, and 1 cup water to combine. Add the cooked beans and pour the mixture into the pot with the bacon and onion.

Stir, cover and bake for 1 hour, stirring every 20 minutes.

Add the salt and stir. Uncover and let sit for 15 to 20 minutes before serving.

BLT BITES

It's delicious, low-carb and packs a punch of flavor! Perfect for picnics, brunches & summer barbecues.

- 35-45 Cherry Tomatoes
- ½ cup Mayonnaise
- 1 lb. Lean Bacon
- 1/3 cup Green Onion, diced
- 3 Tablespoons Parmesan Cheese, grated

Clean the tomatoes by slicing off the top and scooping out the pulp. Invert the tomatoes to drain well. Cook the bacon until crisp; drain and crumble into small pieces. Combine bacon, mayo, onion and cheese. Stuff mixture into each tomato. Chill for several hours before serving. Stores well in covered container.



Strawberry Spinach Salad

4 cups Baby Spinach
5 oz Mandarin Oranges, canned, drained
6 medium Strawberries, halved
1/4 cup Sliced Almonds
1/4 cup Red Onion, thinly sliced (optional)
1/3 cup Goat cheese, crumbled
POPPY SEED DRESSING
5 Tbsp White Vinegar
1 Tbsp Cider Vinegar
2 1/2 Tbsp White Granulated Sugar
3/4 tsp Salt
1/8 tsp Dried Mustard Powder
1/4 cup Onion, finely diced
1 cup Vegetable Oil
1 Tbsp Poppy Seeds

Dressing: In a food processor, add the vinegars, sugar, salt, mustard powder and onion. Process or blend for 30-45 seconds, or until pureed. With the food processor running on high speed, very slowly start adding the oil, in a very slow, steady stream, until all the oil is added. Add the poppy seeds and blend briefly to combine. Use dressing immediately or put in a jar with a lid and refrigerate until needed. *Note: Dressing will separate as it sits in the fridge. Shake before using.

Salad: Add the baby spinach to a bowl. Add the strawberries, mandarin oranges, sliced almonds and red onion, if using. Toss to combine. Top with crumbled goat cheese, then drizzle with poppy seed dressing, to taste.



Light Avocado Mango Salsa

1 Large Avocado, diced
1 Mango, diced
1/2 Red Onion, diced
5 Strawberries, diced
1 Lime, juiced
Salt and Pepper to taste

Mix avocado, mango, red onion, strawberries, and lime juice in bowl. Add salt and pepper to taste.



Big Ol' Mess

1 lb Smoked Sausage, cut into chunks
3 Jalapeno Peppers, sliced
1 Green Pepper, cut into bite-size chunks
1 Sweet Onion, cut into bite-size chunks
1 foil cooking bag
1/4 cup Tabasco Hot Sauce
1 - 10 oz jar Sweet and Sour Sauce
1 20 oz. can Pineapple Chunks, drained (optional)

Place sausage, peppers, onion and optional pineapple in foil bag. Mix Tabasco sauce with sweet and sour sauce in a small bowl and pour over the mixture in foil bag; seal edge tightly. Place foil bag on grill; cook for about 45 minutes, turning every 15 minutes. Slit open and serve right out of bag



FINDLAY'S FAVORITE ROCKING U PIZZA RECIPES

 /WESTMAINCRUST
419-423-4075

FOUND INSIDE THE DOWNTOWN FINDLAY

Great Scot
community markets

301 W MAIN CROSS

More Options, Less Pain.



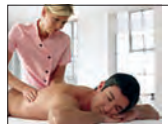
Richard E. Marra, D.C., Dipl. Ac.



Spinal Decompression



Chiropractic



Massage



Acupuncture

Blanchard Valley
Chiropractic 
Acupuncture and Massage

Since 1993

228 W. Hardin St.
Findlay, Ohio • 419-422-3686
www.bvchiro.com

New Findlay Showroom!

1100 Croy Drive

- Custom Upholstery
- Window Treatments
- Solid Wood Furniture

BRINDLE'S

Serving Findlay since 1960

419-422-4451

SEE US ON FACEBOOK



Jan Brindle
Interior Designer



Check us out online: 419discover.com

The Courier

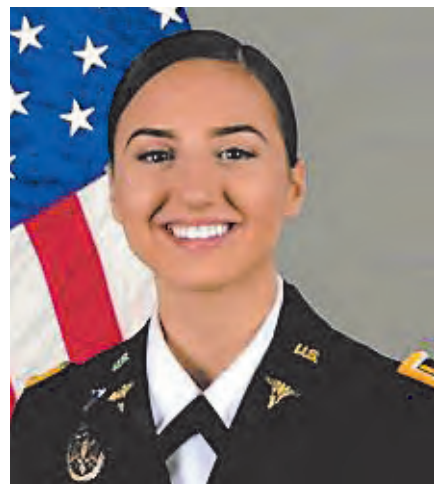
Best of

Findlay

2020

COMING JULY 1

DOG TAGS AND COMBAT BOOTS



Lucy Marie Wagner: US Army Nurse

Lucy and her twin sister Emma joined the Brad and Jill Wagner family in 1996. Older sister Christine and younger sister Maya rounded out the family.

Lucy attended Findlay High School where she kept busy running varsity cross country as a freshman, being on the dance team with Emma, performing with the choir, show choir and Findlay First Edition and was a member of the varsity Cheer leading squad for three years.

“I loved science, especially anatomy. Since I was very little I had wanted to be a nurse. It felt like a God-given desire.”

Lucy kept busy aside from high school working on the Red Cross Youth Council, being a member of the Hancock Youth Leadership program, and serving for four years as a volunteer Candy-Striper at Blanchard Valley Hospital.

When she graduated in 2014 Lucy was determined to join the Navy, and train as a nurse. (Her father Brad had been a pilot of P-3 Orion aircraft in the Navy in the Persian Gulf.)

She was disappointed the Navy was not taking nurse candidates. Lucy visited The Ohio State University and there spoke with the Army recruiter. The Army needed nurses, offered her a three-year scholarship and admitted her into the ROTC program.

Lucy’s life became very busy, attending ROTC and military classes at Ohio State in the early mornings then rushed to Mt. Carmel College of Nursing for her nursing classes. On May 5th, 2018 Lucy Wagner was pinned as a Registered Nurse and was commissioned as a 2nd Lieutenant. She received her first salute as an officer from her father.

Lt. Wagner spent nine weeks at Ft. Sam Houston, Texas completing the Basic Officer Leadership program. This training was specific to medical personnel with three weeks spent in the field learning how to triage, do medical evacuations and function as a field hospital. (ROTC had prepared me well, so this training was too tough.)

After completing a six month long Military Nurse Training

program Lucy was assigned to Alpha Company-187th Medical Battalion. Her duty station is at BAMC, Brooke Army Medical Center, San Antonio Texas. She is a staff nurse on 6th West where they care for a variety of patients including chronic medical, pre-surgery and post-op. Occasionally the nurses deal with trauma overflow as BAMC is a Trauma 1 center treating military and civilian patients alike is serious mass casualty situations.

Now 1st Lieutenant Lucy has been there 18 months, and oversees a team of an RN, an LPN and a medic.

Lucy describes the camaraderie that develops between the medical team of medics, nurses and doctors. She is treated with respect.

In a restructuring of medical response deployments, the DOD has created Medical Detachment Units where medical train together and can quickly deploy and rapidly set up a 20-bed field hospital.

Lt. Wagner will likely stay at BAMC for at least another year. She is looking into applying to attend specializa-

tion courses designed to provide focused training in either ICU, Emergency room or OB/Gyn nursing. Lucy is also considering applying for the Nurse-Practitioner program.

When she is off duty after working 12-hour shifts, Lucy, her twin Emma, (a para-legal who lives with her) and her friends like to explore Texas having visited Dallas, El Paso and Waco. She loves San Antonio with all its food options with her favorite being Smoke House BBQ. Hiking the area and dancing the “Texas Two-step” at night clubs are also favorite activities. She also has found a church she loves attending on Sunday.

Lucy offers the following advice for young women considering a career in the military, whether it be nursing or other specialties.

“I would encourage them to take the opportunity. It is a great life experience. It pays for schooling. You get to travel, meet new people and develop friendship that last forever. It will push you past your comfort zone!”



Celebrating Father's Day while social distancing

To say that COVID-19 changed life as we know it would be an understatement. Many people likely never imagined how much their daily routines would be affected when this novel coronavirus was just a blip on the radar at the end of 2019.

Social distancing may have become the new normal, but it doesn't mean that holidays like Father's Day have to be a washout. As evidenced by holidays that have already taken place amidst social distancing guidelines, people are finding creative ways to celebrate special occasions. Here are some ways to make Father's Day special even while social distancing.



· Dining out. If dining out is something you typically do on Father's Day there are many local restaurants that are offering dining while social distancing in their location. Some of the local favorites even offer outdoor seating. Another option is to replicate the experience with take out from his favorite restaurant. Let kids serve as the wait staff.

· Spend time together. One of the silver linings of social distancing is the opportunity for family members who reside under one roof to have more uninterrupted time together. Chances are having the kids nearby and sharing some stories and laughs together will be a perfect way for Dad to enjoy Father's Day. Get outdoors for a long walk, throw a baseball, golf together or fish. All of these activities give you the opportunity to share special moment together out in the fresh air.

· Turn to social apps. Virtual meeting applications, like Zoom, Skype and FaceTime provide invaluable opportunities to speak and connect face-to-face when in-person gatherings are not possible. They also can be used to break bread together or to play games or relay stories.

· Deliver gifts. Take a few cues from the Easter Bunny or Santa Claus and plan to drop gifts and run. Seniors and people who have compromised immune systems are at a higher risk of contracting contagious illnesses. While it may be tempting to visit your father or grandfather in person, even a short visit could put his health at risk. Instead, leave gifts outside the house. For added fun, hide the gifts and provide scavenger hunt clues.



With some creative thinking, dads across the county can still enjoy the special day they deserve.

Celebrate living in Flag City USA!



**FLAG
DAY**
JUNE 14

*Post-Quarantine
Special!*

15% OFF
SKIN CARE PRODUCTS

\$25⁰⁰ OFF
HYDRAFACIAL

Curbside Pick-up
Available



NOW SEEING PATIENTS IN FINDLAY!



1501 Bright Rd. Findlay
419-227-4472
866-472-4472

www.YourVeinCareCenter.com



Give Kindness

Due to the COVID-19 pandemic many local nonprofit organizations were forced to cancel their annual fundraising events. The organizations rely heavily on these events to support their cause and budget. While some were fortunate to be able to move to a virtual experience, many could not. Our nonprofit organizations need our help more than ever.

Visit thecourier.com or thereviewtimes.com and click on the Give Kindness logo.

Once on the directory page click on the nonprofit logo that you choose to donate to. Our community will get through this TOGETHER!

The Courier
TheCourier.com | **The eCourier**

REVIEW TIMES
ReviewTimes.com • eReview Times

To be included on the website, nonprofit organizations may submit an online form. There is no charge to be included.

12-PIECE MEAL



\$24.99

Includes 12 pieces of mixed chicken or breast strips, 3 large sides and 6 biscuits

LEE'S
Famous Recipe Chicken

MAKE YOUR NEXT PARTY A HIT!
ORDER A LEE'S PARTY PLATTER TODAY. CALL FOR DETAILS.

427 Tiffin Avenue, Findlay, OH
419-422-3770

2-PIECE BREAST STRIP COMBO

\$4.99

Includes 1 Breast, 1 Individual Side, Biscuit, and Drink

JUMBO BONELESS WINGS CUP-TO-GO

Includes all white meat Jumbo Boneless Wings and a dipping sauce

\$3.89

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

LIVERS OR GIZZARDS MEAL

Includes livers or gizzards, coleslaw, mashed potatoes & gravy and a biscuit

\$4.99

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

3-PIECE BREAST STRIP MEAL

Includes 3 breast strips, 2 individual sides and a biscuit.

\$5.49

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

2-PIECE MEAL

Includes leg, thigh 2 individual sides and a biscuit

\$4.99

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

LARGE SIDE

With purchase of any Family Box or Family Meal

\$1.99

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

BREAST MEAL

Includes chicken breast, coleslaw, mashed potatoes & gravy and a biscuit

\$4.49

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

8-PIECE MEAL

Includes 8 pieces of mixed chicken, 2 large sides and 4 biscuits

\$17.99

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

2-PIECE SNACK

Includes 2 pieces of chicken and a biscuit.

\$2.99

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

COUNTRY FRIED STEAK MEAL

Includes country fried steak, coleslaw, mashed potatoes, & gravy and a biscuit

\$4.99

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

JUMBO BONELESS WINGS FAMILY MEAL

Includes 20, all white meat Jumbo Boneless Wings, 2 large sides and 4 biscuits

\$17.99

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

16-PIECE BOX

Includes 16 pieces of mixed chicken

\$19.99

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

10% OFF

ANY PARTY PLATTER
50 pc or larger, must be ordered 24 hours in advance

Valid only at participating Lee's. Buy up to 6 at this price with this coupon. Not valid with any other promotional offer or coupon. Expires 6/30/20

LEE'S
Famous Recipe Chicken

ARE YOU GETTING

Enough Sleep?

Getting enough sleep is important for people of all ages to stay in good health. Learn how much sleep you need.

People often cut back on their sleep for work, for family demands, or even to watch a good show on television. But if not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, type 2 diabetes, high blood pressure, heart disease and stroke, poor mental health, and even early death.

Even one night of short sleep can affect you the next day. Not only are you more likely to feel sleepy, you're more likely to be in a bad mood, be less productive at work, and be involved in a motor vehicle crash.



What About Sleep Quality?

Getting enough sleep is important, but good sleep quality is also essential.

Signs of poor sleep quality include feeling sleepy or tired even after getting enough sleep, repeatedly waking up during the night, and having symptoms of a sleep disorder (such as snoring or gasping for air). Better sleep habits may improve the quality of your sleep. If you have symptoms of a sleep disorder, such as snoring or being very sleepy during the day after a full night's sleep, make sure to tell your doctor.

Tips for Better Sleep

Good sleep habits (sometimes referred to as "sleep hygiene") can help you get a good night's sleep. Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices such as TVs, computers, and smart phones from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime
- Don't use tobacco.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

What should I do if I Can't Sleep?

It's important to practice good sleep habits, but if your sleep problems continue or if they interfere with how you feel or function during the day, you should talk to your doctor.

Before visiting your doctor, keep a diary of your sleep habits for about ten days to discuss at the visit. Include the following in your sleep diary, when you:

- Go to bed.
- Go to sleep.
- Wake up.
- Get out of bed.
- Take naps.
- Exercise.
- Drink alcohol.
- Drink caffeinated beverages.

Also remember to mention if you are taking any medications (over-the-counter or prescription) or supplements. They may make it harder for you to sleep.

www.cdc.gov



HOW MUCH SLEEP DO I NEED?

How much sleep you need changes as you age.

The American Academy of Sleep Medicine and the Sleep Research Society recommend:

Age Group Recommended Hours of Sleep

INFANT

4–12 months

12–16 hours per 24 hours (including naps)

TODDLER

1–2 years

11–14 hours per 24 hours (including naps)

PRE-SCHOOL

3–5 years

10–13 hours per 24 hours (including naps)

SCHOOL AGE

6–12 years

9–12 hours per 24 hours

TEEN

13–18 years

8–10 hours per 24 hours

ADULT

18–60 years



7 or more hours per night

COLD STONE CREAMERY

INTRODUCING

ONLINE ORDERING FROM CREATIONS™ TO CAKES

Order online at ColdStoneCreamery.com, call or come in for take-out, or search for us with your favorite delivery partner!

Don't Forget

Father's Day
 June 21 



PB Dough Delight™

NEW!
PEANUT BUTTER COOKIE DOUGH ICE CREAM

Peanut Butter Pretzel Time™

Reese's
Peanut Butter Ice Cream Cup
 by COLD STONE®

NEW!



16.7624 © 2020 Kahala Franchising, L.L.C. All rights reserved. Valid at participating locations. The REESE'S trademark and trade dress are used under license.

Visit www.ColdStoneCreamery.com to Order Online!



\$2 OFF

any pack of REESE'S Peanut Butter Ice Cream Cups, Ice Cream Cupcakes or Ice Cream Cookie Sandwiches
 Not Valid For Online Ordering/ Mobile Ordering



Valid only at participating US locations, while supplies last. At order, must surrender paper coupon or present digital coupon. Coupon not reusable. 1 coupon per person, per visit. Customer pays all applicable taxes. Not valid where prohibited by law, for online/mobile orders, or with any other offers or if copied, altered, sold, or transferred. Internet distribution strictly prohibited. Cash value 1/100c. The REESE'S trademark and trade dress are used under license. 16.7624 © 2020 Kahala Franchising, L.L.C. All rights reserved.

Expires 6/30/20 PLU # 199

FREE

Buy One Like It®, Love It® or Gotta Have It® and Get One FREE (of equal or lesser value)
 Not Valid For Online Ordering/ Mobile Ordering



Free item of equal value or less, limited to one Like It®, Love It® or Gotta Have It® Ice Cream, Shake or Smoothie. Waffle products and extra Mix-ins available for additional charge. Valid only at participating US locations, while supplies last. At order, must surrender paper coupon or present digital coupon. Coupon not reusable. 1 coupon per person, per visit. Customer pays all applicable taxes. Not valid where prohibited by law, for online/mobile orders, or with any other offers or if copied, altered, sold, or transferred. Internet distribution strictly prohibited. Cash value 1/100c. 16.7624 © 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 6/30/20
--	--	-------------------------------------	---	---------------------------

\$3 OFF

any Cake
 (excludes Pies, Petite Cakes, Cupcakes & Cookie Sandwiches)
 Not Valid For Online Ordering/ Mobile Ordering



Valid only at participating US locations, while supplies last. At order, must surrender paper coupon or present digital coupon. Coupon not reusable. 1 coupon per person, per visit. Customer pays all applicable taxes. Not valid where prohibited by law, for online/mobile orders, or with any other offers or if copied, altered, sold, or transferred. Internet distribution strictly prohibited. Cash value 1/100c. 16.7624 © 2020 Kahala Franchising, L.L.C. All rights reserved.

Expires 6/30/20 PLU # 211