

Special Olympics athletes ball alongside local celebrities

By Taiah Douglas taiahdouglas@thecourier.com

Blanchard Valley Center will host its fifth annual celebrity basketball game month in commemoration

Disabilities **Awareness** Month.

Organizers say the game aims to unite the community fun, slightly through a competitive game basketball featuring Hancock Special Olympics County athletes and local celebrities.

The basketball game is free to attend, and will begin at 7 p.m. March 29 in the Findlay High School gymnasium. Doors will open at 6:30, and the Aktion Club will run concessions with

pizza, popcorn and candy.

The idea for the celebrity basketball game began in 2016 as an outlet to create awareness for those living with developmental disabilities.



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Continued from Page 1

According to Nadine Weininger, quality services manager for Blanchard Valley Center, organizers decided a basketball game would serve as a fun, engaging way to draw attention to the organization while drawing in the public.

Celebrities participating in the basketball game are from various organizations businesses and across Hancock County, and are selected by leaders at Blanchard Valley Center. A few of the celebrities from this year's lineup include Doug Jenkins from Findlay-Hancock the County Chamber of Commerce; Eric Depinet of the Findlay Fire Department; and real estate agent Scott Keller of Key Realty, which is also the sponsor of this year's T-shirts.

Game night MC's are Judge Reginald J. Routson of the Hancock County Common Pleas Court; alongside Dustin Sullivan, host of the Hello Hancock! podcast on Spotify.

The evening will offer

of all ages, including a drum performance by Pantasia Steel Band; Special Olympics cheerleaders appearing alongside squads from Findlay McComb high schools' and cheerleaders; and a flash mob. To receive the link with the choreographed dance for the flash mob, contact Weininger at

entertainment for individuals nweininger@blanchardvalley.org of all ages, including a drum or 419-422-6387.

For more information about the game or to get involved, contact Weininger or visit the Blanchard Valley Center Facebook page. To access T-shirt order forms, visit blanchardvalley.org and click "Celebrity Game T-Shirt Order Form" under the Calendar tab.





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CLASSES

Beginning Pottery Class on the Wheel - Tuesdays, 7:00 to 9:00 pm, March 1, 8, 15, 22, 29; Tuition: \$125, all materials included, all levels welcome. Instructor: Eliseo Escobedo

Introduction to the Pottery Wheel and Hand Building - Wednesdays, 7:00 to 9:30 pm, March 23, 30, April 6, 13; Tuition: \$80, all materials included, Beginner level. Instructor: Marcie Allen

Beginning Pottery Class on the Wheel - Thursdays, 7:00 to 9:00 pm, March 3, 10, 17, 24, 31; Tuition: \$125, all materials included, all levels welcome. Instructor: Eliseo Escobedo

Beginning Pottery Class on the Wheel - Sundays, noon to 2:00 pm, March 6, 13, 20, 27, April 3; Tuition: \$125, all materials included, all levels welcome. Instructor: John Lavender

Introduction to Clay Hand Building - Saturdays, 1:00 to 3:00 pm, March 5, 12, 19, 26, April 9; Tuition: \$80, all materials included, all levels welcome. Instructor: Kelli Farrand

Floral Watercolor Painting - Wednesdays, 7:00 to 8:30 pm, March 9, 16, 23, 30; Tuition: \$50, all materials included, all levels welcome. Instructor: Janealla Killebrew

Figure Drawing - Mondays, 7:00 to 9:00 pm, March 14, 21, 28; Tuition: \$10/session (for model fees), bring your own drawing materials. Organizer: Dan Lerma

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Peanut butter can be found in kitchen cabinets across the globe. And whether you're fond of peanut butter and jelly sandwiches or prefer peanut butter smeared on toast, chances are you can find a jar of this beloved spread in your pantry.

While flavor might be the foremost reason people keep jars of peanut butter in their pantries, the nutritional value of peanut butter should not be overlooked. So just how healthy is peanut butter? The following are some notable reasons to pick up a jar of peanut butter and add more peanuts to your diet on your next trip to the grocery store.

- Peanut butter is loaded with study antioxidants. from researchers at the University of Oslo in Norway found that peanuts contribute significantly to dietary intake of antioxidants. That's a notable benefit, as the body needs more antioxidants than it can provide on its own. Antioxidants are chemicals that interact with free radicals and neutralize them, thereby preventing the damage they can cause. The National Cancer Institute notes that cell damage caused by free radicals may play a role in the development of cancer.
- Peanut butter can benefit your cholesterol levels. A 2015 study

published in the Journal of Food Science and Technology noted that peanuts are an excellent source of resveratrol, phenolic acids, flavonoids, and phytosterols that block the absorption of cholesterol from diet. Maintaining healthy cholesterol levels is an essential component of cardiovascular health.

• Peanut butter may reduce risk for type 2 diabetes. The Harvard School of Public Health notes that numerous studies have shown that people who routinely consume nuts or peanut butter in their diets are less likely to develop type 2 diabetes than people who rarely eat nuts.

It's important that consumers recognize that the aforementioned benefits largely refer to peanuts and not necessarily peanut butter. As a result, when choosing peanut butter, shoppers should not consider all jars one and the same.

When shopping, consumers should look for peanut butters made from just peanuts. The more ingredients listed on the label, the less healthy the peanut butter likely is. The American Heart Association notes that a diet that's high in sodium can increase one's risk for heart disease and high blood pressure, so look for a peanut butter that's unsalted. The sodium

content of some peanut butters may be very high, which may only negate the many health benefits of eating peanut butter.

Sugar is another ingredient to watch out for when buying peanut butter. Some manufacturers may include extra sugar to boost the flavor profile of their peanut butters, so keep an eye out for sugar content, which tends to be high in flavored varieties of peanut butter.

Peanut butter can be a nutritious addition to anyone's diet. But peanut butter should be eaten in moderation and consumers should recognize that not all peanut butters provide the nutritional value they're looking for.





THAI PEANUT NOODLES

- 1/4 cup crunchy peanut butter
- 3 T low-sodium soy sauce
- 1 T toasted sesame oil
- 2 T packed brown sugar
- 1/2 tsp chili paste (or more if you like spicy)
- 1 T rice vinegar
- 2 garlic cloves, minced
- 1/4 tsp ground ginger
- 3 T water
- 8 oz. noodles linguine
- Green onions, chopped finely for garnish
- Toasted sesame seeds for garnish

Cook linguine according to instructions on the package. Drain. While the noodles are cooking, whisk all ingredients (at room temperature) for sauce in a small bowl. Make sure the sauce is smooth and the peanut butter mixed well with all ingredients. Taste and add more chili paste, if desired. Heat all sauce ingredients in a pan over low to medium heat. Pour over noodles and toss to coat. Garnish noodles with chopped green onions and toasted sesame seeds. Serve immediately.

*You can add thinly sliced vegetables or cooked chicken breasts or shrimp to make the dish more filling.

EASTER MONSTER COOKIES

- 1/2 cup pastel color M&M's
- 1/2 cup semi-sweet chocolate chips
- 1 stick butter, softened
- 12 oz. creamy peanut butter
- 1/2 tsp. vanilla extract

Preheat the oven to 350 °F. Line cookie sheets with parchment paper or nonstick baking mats.

Combine eggs and sugars. Mix well. Add the salt, vanilla, peanut butter and butter. Mix well. Stir in the M&M's, chocolate chips, baking soda and oatmeal. Drop by tablespoons 2 inches apart onto the prepared cookie sheets.

Bake for 8-10 minutes. (do not overbake) Let stand for about 3 minutes before transferring to wire racks to cool. Makes about 3 dozen cookies.

- 1/2 tsp. salt
- 1 cup granulated sugar
- 1 1/4 cups light brown sugar (packed)
- 3 eggs
- 2 tsp. baking soda
- 4 1/2 cups quick-cooking oatmeal (not instant)











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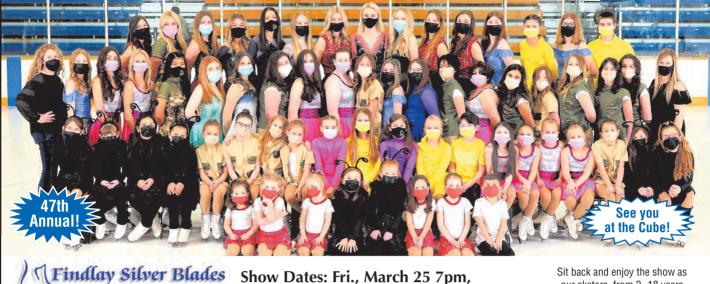
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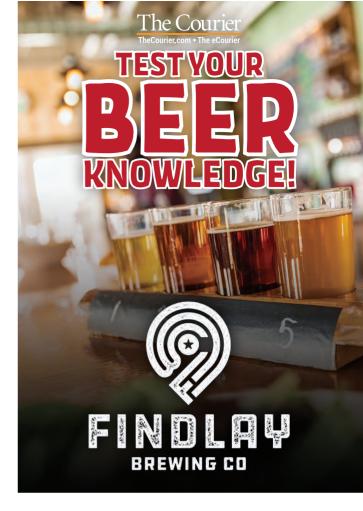
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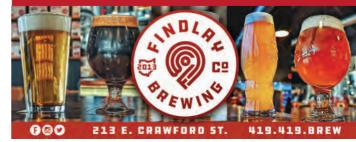
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Opening date set for Hogrefe Building

Big celebration planned for landmark's rebirth

By ANDY OURIEL

ouriel@sanduskyregister.com

SANDUSKY

A vision five years in the making fully comes into focus on Saturday, March 19.

Spouses Meghan and Rick Hogrefe circled this date on their calendars, coinciding with when they'll unveil the Hogrefe Building in downtown Sandusky to community members.

"What I think is very exciting is that this building is a new page in history," Meghan said.

She continued: "There is so much that the Hogrefe Building represents. To me, it represents economic development and the next wave of entrepreneurs building their own legacies in the downtown Sandusky historical footprint. I look at our tenants in the Hogrefe Building and the tenants in The Marketplace Downtown, and this is their time, and it's their legacy, too."

Opening day celebration

Rick previewed what attendees of the opening day celebration, on March 19, can expect:

■ The block party: "There will be music and entertainment from 10 a.m. to 10 p.m. The block party will be from the end of the Hogrefe Building on Columbus Avenue to the corner of Columbus and Market Street and the end of the Marketplace to the same corner on Market. We are closing off the entire corner of Columbus and Market as well. The party zone is the area all along our building fronts on Columbus and Market. We will have acts on all day and finish with the Dave Matthews

Tribute Band at 7 p.m. to 9 p.m."

- The second stage: "We will also have a second venue in the Noble Court that will also have entertainment from 10 a.m. to 10 p.m. at least."
- The performers: "Musical acts include Paul Franks, Mark Wilkens, Steve Brownell, Ethan Hoffman, A string quartet with musicians from the Firelands Symphony Orchestra, Hooked Like Helen and a Dave Matthews tribute band."
- The businesses: "All the Marketplace businesses will be opened for extended hours and will have specials."
- The food and drinks: "We are going to have food carts/trucks and arts and crafts vendors. Drinks, beer and wine will be available at the new Noble Court and served in DORA (designated outdoor refreshment area) cups so legal to take anywhere downtown. We will have a beer cart near the main stage."
- The weather: "The main stage will be outside. We will have tents and heat lamps to keep people warm if the weather is inclement. Please bring a chair. We will be selling blankets for those who forgot theirs."
- The activities: "The Sandusky Children's Museum will have a science presentation for the children at 10 a.m. and at various times of the day."
- The first-floor tour: "The first-floor hallway will be open to the public all day. It will be a nod to local history just like the Marketplace is. I am busy writing all the narratives now. We will display the artifacts we found as well as a lot of history we found surrounding those items. It connects directly to the Marketplace, so there will be plenty to see and do inside besides the music and

vendors outside."

- The upper-floors tour: "We are limiting the number of visitors to the second and third floors to just 500 people. We will have tenants in the building already and don't want to disturb them too much. We are selling tickets for \$5 each with all proceeds going to the children's museum. The tours will be limited to 12 people each, one tour every 15 minutes from 10 a.m. to 6 p.m. You will tour the Reminger Law Office and several of the apartments upstairs. We will also take you to the rooftop deck. I would get a ticket soon since a third of them are already gone. Only about 350 remain."
- The tickets: "Tickets can be purchased through our Noble Axes online reservation system at nobleaxes. com/book-online."

Breaking down the blueprint

Rick and Meghan bought this property, formerly known as the Cooke Building, on Jan. 5, 2017.

Since then, they've invested \$12 million into the site. It breaks down with \$8.5 million coming from their personal accounts and the rest covered by local and state government funding sources.

The Hogrefe Building mirrors its predecessor, the Cooke Building, which fell into a dilapidated state and couldn't be saved due to decades of neglect from past owners.

In an effort to honor history, Rick and Meghan aggressively pursued plans in recreating the Cooke Building's look. For instance, during the building process, crews replicated the former structure's shape and dimensions.

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The Hogrefe Building, totaling about 30,000 square feet, stands three stories tall and reach 45 feet, just like the Cooke Building did.

Within the structure, people can expect the Hogrefe Building to house a mixed-use site for retail, office and residential uses. It will also connect to the adjacent Marketplace at Cooke complex.

Before the Hogrefes went forward with construction work, they obtained a special permit from Sandusky's government. Back then, and ever since, the administration continues to express its full support of this project.

"The site of the Hogrefe Building is so important to our downtown, and the city committed to working with the Hogrefes in a public-private partnership to ensure that the new building will contribute to the vibrancy of downtown Sandusky for many decades, and centuries, to come," city manager Eric Wobser said.

Who are the tenants

Rick also spoke about who's occupying space in the Hogrefe Building:

- Reminger Co. "has taken the entire second floor under a 10-year lease."
- "We have already rented out four of the apartments and are in conversations regarding others. We have seven apartments left at this time."
- "The commercial spaces are lagging, as always. We are now starting to have serious conversations. One potential deal fell through, recently unfortunately, a victim of the continuing pandemic. H2 Property Management will have an office in the new building on the first floor. It seemed like the right place for our own office."

Three commercial spaces remain, ranging between 1,000 square feet and 3,200 square feet.

"All have storefronts on Columbus Avenue, and two of them connect directly to the Marketplace via the internal hallway," Rick said. "We are considering the first floor to be part of the Marketplace Downtown, actually, since it connects. We hope to fill the spaces with complementary businesses. We see both buildings acting as one downtown destination. The effect on the Marketplace itself is already apparent. All of the businesses are gearing up for the grand opening of the Hogrefe."

Rick then revealed one fresh business aspect he's excited to show off.

"One major new announcement is the opening of the Noble Court in March in time for the grand opening," he said. "We are opening doors from the courtyard in the Hogrefe Building to Noble Axes and to Noble Crafts in the basement next door. These doors will enable us to create an outdoor patio area where we will be able to serve alcohol. Think of walking around a corner in the downtown district and finding a hidden oasis of craft beer and music. We are very, very excited about this."

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