

The Buzz Book *LLC Volume 14 No. 1

The Duzz Dook auc is published in March, June, September and December.

No part may be copied or reprinted without permission of the publisher.

Ann Hosman Worden

Editor/Publisher

ann@buzzbookonline.com

GERI RYAN
Office Manager
office@buzzbookonline.com

VICKI SELHORST
Graphic Designer
graphics@buzzbookonline.com

MILTON & SUSAN DEANER

Benefactors

HONEY BEES

CHRIS ALEXANDER
KATHY CHIRDON
LAURIE PRESSEL
JIM WORDEN
SUZY WORDEN

Information on advertising ann@buzzbookonline.com

While we believe our advertisers are among the best in the region,

The Buzz Book *uc
does not guarantee their products and/or services.

The publisher reserves the right to refuse advertising.

419-874-8346

The Buzz Book *uc

133 W. Second Street Perrysburg, Ohio 43551 office@buzzbookonline.com

Bee part of the
Spring Duzz Book
out March 1st
OVERTISING DEADLINE IS JANUARY 13

Get info and sale announcements on **f**

FAVORITE THINGS

When I think of my favorite things, my mind drifts to time spent with favorite people or interesting people, and to those times when my mind can wander without too much attention to tasks that need to be checked off my list.

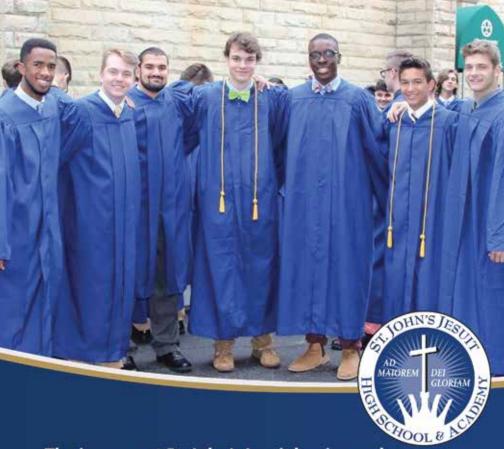
When I was young, my favorite things might have been riding my bike, cartwheeling down the sidewalk, or lying under a big oak tree staring up into its branches. I also loved making cookies with my mom and raking leaves with my dad, which was always followed by an autumn bonfire. As a teen, I'm sure my favorite things included friends: making pizza, watching movies, getting ready for dances (always better than the dances themselves!) and anticipation of things to come. As a young mom, I thoroughly enjoyed listening to my toddlers singing from their beds and having sweet conversations with themselves early in the morning. What I wouldn't give to hear that again!

Now with kids grown, my husband and I have welcomed my mom into our home and I always look forward to sharing a cup of tea with her at the end of the day, or just sitting with her as she drifts to sleep. Embracing moments of love, and wonder, of nature, and stolen time, is my favorite thing.

Here's wishing that you find your favorite things or people and relish special moments.

Happy Holidays!





The journey at St. John's Jesuit begins and ends with the celebration of the Eucharist.

Everything in between is purposeful in challenging our students to be the ideal Graduate at Graduation: loving, intellectually competent, religious, open to growth, committed to doing justice.

It's what drives our mission as Jesuit educators. Every day. Developing men for others.

St. John's Jesuit High School

Northwest Ohio's premier Catholic Jesuit High School educating young men since 1965.

www.sjjtitans.org

WINTER SPORTS: GO FOR THE GLOW!

By Kathy Chirdon

Get outdoors and play! The cold, crisp air is exhilarating, and exercising outdoors in winter offers a host of physical benefits. Sure, you'll get your blood pumping, but you'll burn more calories than exercising indoors just keeping your core temperature up. An outdoor workout also boosts feel-good brain chemicals, and should the sun be shining, your mood gets an extra pick-me-up. Additionally, research shows you may be less susceptible to catching a cold or the flu.



Wood County Parks District (pg. 36) offers many inspiring cold-weather options, from popup snowshoeing programs (add your name to an interest list and you'll be contacted when a group is going out) to ice skating (signs are posted when the ice is thick enough), to sledding and cross-country skiing.

Jamie Sands, volunteer services and communications specialist at WCPD, says check the park website for winter skills classes. She also reminds us that the 13-mile Slippery Elm Trail is not plowed in winter to allow for cross-country skiing and snowshoeing.

TIMES ENJOYED

By Ann Elick, hand picked in the 419 (see pg. 27)

Things change as you get older. Both my husband and I are retired, but his idea of what do with our time is different than mine. He wants to travel—ALL the time. I love traveling, but with my business (after retirement), my travel is within the 419 area, to flea and vintage markets, finding everything from worthless to priceless. There are so many flea and vintage markets in our area from spring through the first few weeks of December. Although these local travels might not be worthy of the bucket list, they are always fun and my hubby admits he likes these shopping trips too.





New-Order &
OFF-THE-RACK STYLES

Get to know us:

@TheGownShopRack
@TGSREALBRIDE

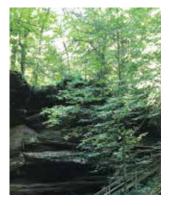


PERRYSBURG, OHIO |419.679.GOWN

SCENTS OF A SIMPLER TIME

By Jeff Scheff, Mortise & Tenon (see pg. 11)

The smell of fall is one of my favorite things. Spending as much time as I have in Ohio's Amish Country, the smell of fall is different there. In Amish Country, the distinctive smell of burning coal, the sharp tang of a crisp frosty morning, freshly spread manure, or the sweaty smell of a lathered horse all rush to meet my nose. Inside their shops, fresh cut oak, cherry and walnut compete for my olfactory attention. Even the occasional smell of pipe tobacco wispily rising from



an ole' daughty's pipe (Pennsylvanian Dutch for grandfather) as he walks around a shop checking on his grandchildren, reminds me of a simpler time. This season, take the time to smell life going on around you. Put the cell phones down and take a walk in the woods and smell the fresh fallen leaves. Start a fire in the fireplace. Or drive to Woodville and smell the freshly finished solid wood furniture we offer and who knows, we might even be brewing some mulled cider.



Favorite Things for Winter

PEOPLE MOVE US!

By Marissa Muniz, Wood County Historical Center & Museum (see pg. 12)

Our favorite things at the Wood County Historical Museum are the people! We would not be who we are without our great volunteers, members, and visitors. Our volunteers are our ambassadors for the Museum and help make our events successful. We love our supporters!



FAVORITE THINGS

By Heidi Locknane, LMT, Body & Sole Massage and Reflexology Center (see pg. 27)

When asked about Heidi's favorite things? Her response was "buying books from Gathering Volumes and donuts from Baker's Kitchen...and of course, a massage with reflexology and aromatherapy!"









KINDNESS COUNTS

Want to have a friendly neighborhood? Here's a consensus of friends' wisdom.

- Be a good neighbor. Bring dinner to someone who has just had a baby, moved in, or been sick.
- Don't gossip.
- Share phone numbers so you can check in on each other, return a package delivered to you by mistake, or find a babysitter or caregiver.
- Help, before asked, if a neighbor is struggling to shovel snow or mow the lawn. Just show up and help.
- Keep your property tidy, trash out of site, decorations to a minimum and lawn mowed (hopefully not while they are entertaining outside).
- Take the time to chat—a smile and a wave go a long way! Building a community takes time, try a holiday tea or an old-fashioned summer picnic—no time like the present to plan!

CHOOSE YOUR OWN ADVENTURE

By Jamie Sands, Wood County Park District (see pg. 36)

Choose your own adventure with the Wood County Park District. The 13-mile Slippery Elm Trail is not plowed in winter, making it accessible for cross-country skiing and snowshoeing. When you see "skating permitted signs", outdoor ice adventures abound. Whee! My favorite winter thing.



Beginner Yoga & Pilates Workshops in January. Holiday shopping with unique and on trend finds!

SIGN UP ONLINE OR OVER THE PHONE tonicmaumee.com | 419-794-4044

MENTION THIS AD FOR \$5 OFF YOUR PURCHASE



PET FOOD AND PLASTIC

By Kathy Chirdon

Ever notice how your cat or dog goes "off" his kibble and then eagerly gobbles up the same brand of food from a newly opened bag? Do you store the dry kibble in a plastic bin? Dry food contains fats that can become rancid, spoiling the food and degrading the plastic. Animals, with their acute sense of smell, are rightfully repelled by the odor and can become ill should they eat the food. You're better off buying a small bag and dropping the entire bag into the container or using a glass or stainless steel container with a tight-sealing lid.





Quality Furniture. Fresh Designs. Affordable Pricing.

- Room Layout & Design
- Custom Window Treatments
 - Artwork & Accessories
- Wallpaper & Paint Selection
 - Fabric & Wood blinds
- · Fabric & Re-upholstery
- · Free Delivery to Toledo Area

Monday-Friday 10-6 | Saturday 10-5 419-424-1757

hutchisonff@aol.com www.hutchisonfinefurniture.com

> 3520 North Main Street Findlay, Ohio



SIDE-BY-SIDE REJUVENATION

By Chris Alexander

You have a BFF, or two, or three, and celebrating the bond of friendship takes center stage during these sparkling days of winter. The holidays give the welcome push to rejoice in so many ways, and Cindi Britt of **Salvatore Capelli** (pg. 41) encourages us to take the positive incentive and "give the gift of an experience with one of our seasonal treats."

Winter is a perfect time for this. Cindi stresses that during the cooler months hair and skin become dry and giving them a boost makes sense. "Rejuvenate with one of our many hydrating treatments. Peppermint, orange, and almond are just a few replenishing oils we offer in our facials, manicures, pedicures, and conditioning treatments."

And as for sharing the joy, she says, "If you're interested in spending time with your loved one or bestie, you can book pedicures, manicures, massage, or hair appointments side-by-side!" Share the season of joy and make merry!







COMPOSTING MADE EASY

Save trips to the composting bin by collecting your veggie and fruit scraps in a handy little bucket that you can keep on vour kitchen counter. Toss in your eggshells, coffee grounds and teabags too! Find one that has a charcoal filter that fits into the top to keep smells at bay and wide opening for ease of dumping into the bin. You'll be amazed at what lovely dirt you can make! For tips on composting, visit the 577 Foundation in Perrysburg. For bins, visit Ralph's Joy of Living in Tiffin or Fremont.

Favorite Things for Winter



MORTISES TENON FINE AMISH FURNITURE

105 W. Main Street • Woodville, OH (15 miles East of Perrysburg on Route 20)

(419) 849-3412 facebook.com/themortiseandtenon





Offer solid at perfoquating above smill Q1/31/18.

But wild will other offers or decounts, purchase of gift sents. One-solid rugs, or consumation. One-solid or existence.

11



UNIQUE GIFTS FOR HOUDAYS, WEDDINGS, SHOWERS, BIRTHDAYS & MORE

Independent Living | Assisted Living | Healthcare | Memory Care

HERE'S TO THE CRAZY ONES

Carolyn Byersdorf (**Decorating Den**), one of our Buzz Book favorites, shared this inspirational bit on Instagram. Now we are sharing with you.

"Here's to the crazy ones, the rebels, the troublemakers, the round pegs in the square holes...the ones who see things differently – they're not fond of rules...You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things...they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do."

- Steve Jobs





CREATE YOUR FAVORITE SPACE!

By Margo Hertzfeld, Rosy Glow Aromatherapy (see pg. 51)

Create a warm and cozy space for joyful cold months activities: reading, watching favorite movies. journaling, crafting, cooking. Support and enhance that atmosphere with essential oils. A diffuser is the best way to create your own unique mood! A good diffuser, usually costs around \$40 or more. but should last years. Make sure it has auto shut-off or even better a timer. Diffusing for one hour is more than enough. Fantastic essential oils for a cozy and inspired home include: Cinnamon, Frankincense, Clove, Sweet Orange, Ginger and Lavender, 5-10 drops of any combination of these will not only bring the cozy, but also lead to calming, immune support and uplifting benefits, too! Happy Diffusing!





martinandmartinins.com 419.691.5471



LIFE . HOME . CAR . BUSINESS



65 YEARS OF CHILDREN'S THEATRE

By Laurie Pressel

Since 1954, Children's Theatre Workshop (CTW) has given area youth the chance to experience the joy of the performing arts. This year CTW celebrates its 65th anniversary in the Toledo community.

"We provide a creative outlet for young people. We let kids know it's 0.K. to be a little weird, it's O.K. to make-believe." said Trina Friedberg, development and education outreach coordinator.

CTW offers inclusive programming for young people ages 3 to 18 from all backgrounds, cultures and lifestyles. Each year, the non-profit serves over 450 youth from dozens of area schools and homeschool cohorts. Children are grouped by age into a theatre company—Early Stage for ages 3 to 6;

Players for ages 7 to 9; Ensemble for ages 10 to 12; and Teen for ages 13 to 18.

Students take classes in the spring and fall that cover a variety of performance art topics, from character development to theatre terminology, set design to playwriting. They can then audition for a role in a CTW production. Each year, CTW stages eight full productions and up to 12 smaller productions where students can showcase what they've learned. "Our shows give students

> hands-on experience," said Friedberg. "It's a chance for students to take what they've learned and put it in action."

> Productions in recent vears have included "Little Mermaid," "Little Women," and "Moe the Terrible." Teen participants have the opportunity to write and produce their own shows They've explored topics like mental health and the opioid epidemic in their recent creative works.

CTW operates on the belief that theatre gives students a well-rounded education, imparting skills in empathy,

teamwork, communication, responsibility, leadership and more, said Friedberg. "We enjoy strong support in the community. And we plan to continue to provide a safe space and quality education—a place where kids can let loose and be themselves."



Greyson Dillman as Jack the Frog and Violet Kirkland as Rose Red in the The Adventures of Rose Red (Snow Whites Less Famous Sister)



Jacob Geiger, Isaac Slater, and Felicia Famularo in Mo the Terrible (written by Ensemble Company students)

BETTER TOGETHER

the best in contemporary regional art | downtown sylvania



fuller art house 5679 main street

SAVE 10% OFF

Offer expires 2/28/2019.

select window treatments

hudson gallery 5645 main street



RESIDENTIAL AND COMMERCIAL DESIGN

Dreams Can Come True!

This is the year to make your dream home a reality. Let us help you design the home of your dreams. I am devoted to creating both beautiful and functional spaces, by guiding my clients through an easy and convenient design process, all in the comfort of your own home. Whether it's a full room makeover or a few simple items to complete your vision, I have the resources and expertise to make your dreams come true.



Carolyn Beyersdorf, IIDA Owner/Interior Designer 419.345.7069 cbeyers1@gmail.com carolyn.decoratingden.com



CUSTOM WINDOW TREATMENTS | FURNITURE | LIGHTING | FLOOR COVERINGS | ACCESSORIES

Favorite Things for Winter

STRATEGIES FOR HEALTHFUL HOLIDAYS

By Kathy Chirdon



It's supposed to be the most wonderful time of the year, but for many women it is also the most overwhelming. Moms have always been the ones responsible for perpetuating holiday rituals and creating the magic, and we frazzle our nerves with the effort. We end up exhausted, reaching for ubiquitous cookies and candy, refilling our wineglasses, and overeating at holiday meals.

Jennifer Pfleghaar, DO, FACEP, of PflegMed integrative medicine in Perrysburg, says that awareness is central to preventing holiday burnout and making deleterious food choices.

"Awareness is such an important part of our overall health! Being aware of what we put into our body is crucial for optimal health. How many times have you mindlessly eaten a bag of chips or cookies while watching TV? Or grabbed an extra slice of homemade pie at Christmas dinner? Or how about all the treats that appear in the office break room this time of year? Bringing heightened awareness to our senses while we are eating and SLOWING down will work wonders. You may also drink a full



glass of water, take a short walk or try a 4-7-8 breath technique [inhale for a count of 4, hold your breath for a count of 7, and exhale for 8] before you dive into comfort eating. You might not actually need those comfort foods after trying one of these tips."

Dr. Jen also advocates practicing meditation to become more aware. "Consistent daily meditation is key, even if it's only for 5 minutes," she says. "When you find yourself too busy, remember to calm your mind, slow your breath, and discover the joy of the season again!"

Need more pointers? Follow Dr. Jen online at *pflegmed.com*, on Facebook at PflegMed, and on Instagram at *integrativedrmom*.







CAREER CENTERS CAN DO IT

By Kathy Chirdon

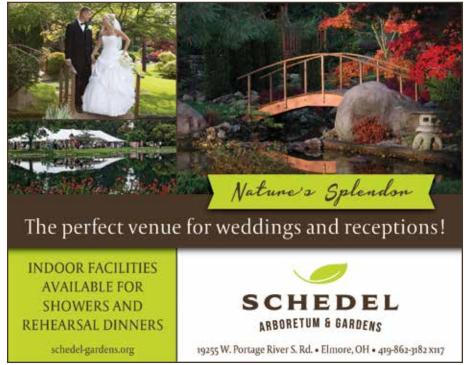
Penta Career Center (pg. 57) helped George the Labradoodle look his best for the holidays! Dog grooming and day care are among the many low-cost services—supervised by professional educators in career labs—offered by Penta to the public. Other areas include auto collision repair, auto service, construction projects, computer-aided design, computer repair and troubleshooting, hair and spa services, graphic design, preschool, culinary, gas and diesel equipment repair, floral arrangements, public safety (parking and traffic control), and welding (ornamental and fabrication projects).

Visit *pentacareercenter.org/CommunityServices.aspx* for appointments and cost information.

Findlay's Millstream Career Center (*millstreamcc.org*) provides services to the community, as well.



Penta senior Katlynn Zakorczennyj pampered George with a three-step bath, ear cleaning, nail trim, brush out, teeth brushing, and haircut.



Favorite Things for Winter

FAVORITE THINGS

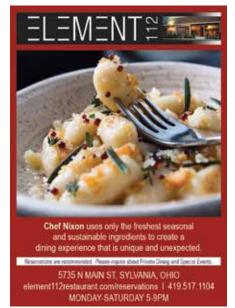
We enjoy traveling to Europe to shop for antiques both for our home and our River House Antiques & Fine Arts shop. We also enjoy fine wine and great food. Lastly, I really enjoy helping my clients turn their homes into their sanctuary.

By Christine Neuman & Joe Goodell

Avant Garde Designs and River House Antiques & Fine Arts (see pg. 7)









COOKING TIPS: THINGS I LEARNED FROM DIANE ROGERS (SYD & DIANE'S)

By Ann Worden



- Beat eggs 120 times for a creamy texture when making an omelet.
- When making pie dough, it's best to chill the dough overnight before constructing.
- If your recipe calls for pastry flour, you can make your own. Measure a cup of flour, take out 1 ³/₄ tablespoon of the flour and replace it with 1 ³/₄ tablespoon of cornstarch.



- Got a shell in your cracked eggs?
 Use the remnants of the larger shell
 to fish out the cracked piece. It acts
 like a magnet.
- Need to be sure your farm fresh egg is a large size? Farm fresh eggs can be irregular in size. Use a scale, it should equal 2 ounces (56.7 q).
- Needing to weigh a liquid but wondering how to delete the weight of the vessel? Place your empty container on the digital kitchen scale. Push the TARE button (sometimes labeled Zero), then add the liquid. The weight of the container will be deducted, giving you only the weight of the liquid.
- Making a quiche with mushrooms or onions? Cook them first until nearlydry before adding them to the egg mixture.
- Always label foods for your refrigerator or freezer: what it is, how much it weighs, date made. You always THINK you will remember, but really eh, not so much! This causes lots of science experiments and wasted space.

WARM WELCOMES

My favorite thing: The smiling faces that greet you behind every local shop counter, when you walk in every restaurant, or when you're experiencing each local attraction – it cannot be beat!

By Alissa Preston, **Visit Findlay!** (see pg. 39)



OPEN MONDAY-SATURDAY 11AM • CLOSED SUNDAYS www.venturasmexican.com

CONVERSE AND CONNECT

By Laurie Pressel

Are your holiday gatherings lively and conversational or does everyone have their noses buried in electronic devices?

Vertellis—which means "tell me more" in Dutch—is a popular Dutch card game designed by Millennials who were tired of people being disconnected and wanted to get family and friends engaged in meaningful conversations.



Below are a few sample questions from the game. Try these out around the Christmas or New Year's Eve dinner table this year. Better yet, buy the game!

- What will you do for the first time in your life this year?
- Of which personal achievements of the past year are you most proud of?
- What are the 3 things that gave you the most energy?
- With the knowledge you have now, what would you have done differently?
- What has kept you up at night?

POP, FIZZ, CLINK!

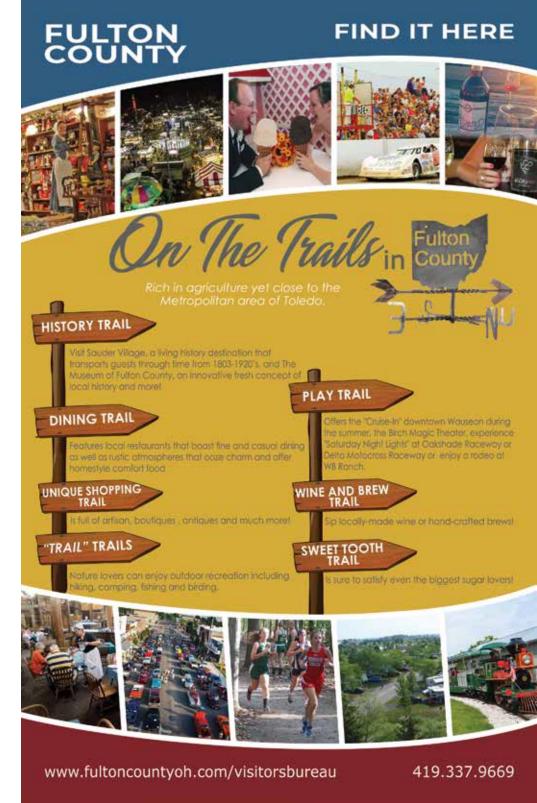
Thanks Julie Harbal of Packer Creek Pottery for this tip!

Need to chill a bottle of champagne quickly? Fill a bucket with a half a cup of water and enough ice to submerge your bottle of champagne, add a generous amount of salt. The salt will help to draw the heat out of the champagne bottle, chilling it faster. Five minutes later, your bubbly will be chilled and ready to serve!



BAKING GIFTS?

Making your favorite pie, bread or casserole? Give it in our Baker Basics glass bakeware. Our glass bakeware is simple and functional yet beautiful and makes a great hostess gift. By Holly J. Egan, Libbey Outlet (see pg. 46)



COMFORT FOOD

By Chris Alexander

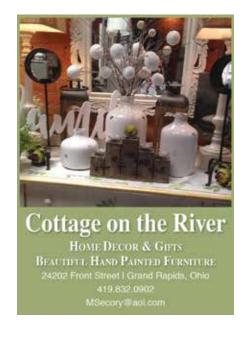
It's cold. It's snowy. The wind is whipping around the backyard. Maybe it's even that battleship gray that NW Ohio specializes in. Where to turn for a bit of warmth? We asked some of our great supporters what their personal comfort dish is. Their answers were pretty instant. Here are their thoughts.

- A big bowl of chicken noodle soup.
 Mike Pendleton, Once Upon a Tyme Antiques
- Chicken and dumplings! I learned to make it from my mother-in-law and it's my husband's favorite dish. Gayle Walterbach, Coyote Bead
- A big old dish of mac and cheese. Always a good one. Jody Combs, RooBarb Studios
- I love soup. Chicken, rice and vegetables. My kids liked my soups...that's how I got them to eat their vegetables. It still works for me. Bridgette Clay, All Good Things
- Chili over spaghetti. Sprinkled cheese on top. My Mom and I used to have it.
 It's always a comfort. Judy Roth, Pesky Squirrel Antiques & Collectibles
- Vegan mac and cheese. It's potatoes, onions, carrots in a cashew base.
 Want the recipe? Dani Fuller, Fuller Art House
- A hearty Shepard's Pie (recipe from Irish Rovers) and warm tapioca pudding.
 Ann Worden, Buzz Book





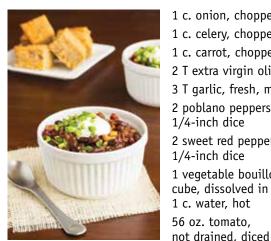






VEGETARIAN CHILI

By Diane Rogers, Syd & Diane's (see pg. 27)



1 c. onion, chopped 1 c. celery, chopped 1 c. carrot, chopped 2 T extra virgin olive oil 3 T garlic, fresh, minced 2 poblano peppers, 1/4-inch dice 2 sweet red pepper. 1/4-inch dice 1 vegetable bouillon cube, dissolved in 1 c. water, hot

56 oz. tomato.

2 T chili powder

1 T cumin powder

1 t cayenne pepper, more or less to taste

2 c. sweet corn, if fresh, approx. 2 ears, off cobb

1 lb. mixed dried beans soaked overnight, then simmered in water until tender with

2 cloves garlic, 3 or 4 whole cloves, the skin of the onion and celery tops

salt and pepper, to taste

sour cream, grated aged white cheddar, & chopped green onion for garnishing

Instructions

- 1. Heat oil on medium heat and add onion, celery, carrot and garlic. Cook until soft.
- 2. Add seasonings and stir to mix. Add rest of ingredients, bring to boil, and then turn down to simmer. Simmer for at least 2 to 3 hours stirring occasionally. If more liquid is necessary, add V-8 or tomato juice to thin. This soup should have a thick consistency. Add salt and pepper after cooking as not to toughen beans. Add more chili powder and cumin to taste after soup cools down.
- 3. Before serving, drizzle a bit of extra virgin olive oil on each portion and top with sour cream, grated aged white cheddar and chopped scallions.

SOUL-SAVORING STROLL

By Sister Sharon Havelak, Sisters of St. Francis (see pg. 53)

The Sylvania Franciscan campus is a favorite walking space in any season. Strolling among the beauty of 100 year-old trees, pines with fresh-fallen snow or the peaceful Portiuncula Chapel, it is a soul-savoring experience for nature lovers.





Favorite Things for Winter







SydandDianes.com diane@sydanddianes.com





"A party without a cake is just a meeting." Julia Child





BRODAVA MARKS 10 YEARS OF BRINGING OUT BEAUTY

By Kathy Chirdon



Crissy George started her successful Brodava Salon in June 2009. She sits at a table made by Denu Gavris, of the Dada studio in Bowling Green.

Crissy George's goal is to make everyone who walks through the door of her salon feel welcomed and blessed. The owner and master stylist of **Brodava Salon** (pg. 6) in Perrysburg declares that her "first job is love!" Her other primary motivation as she celebrates 10 years at her location at 742 W. Boundary St., Suite B, is "making people feel good about themselves."

While she insists that running a business is her secondary mission, Crissy says she finds satisfaction in all aspects of her operation. Starting as "a girl with a prayer," her salon now employs 17 team members.

Crissy trains her stylists herself through a very personalized associate program: "I take so much joy in watching the stylists grow, helping them refine their skills and achieve their dreams." In addition to

teaching Jacques Dessange French cutting, Crissy brings in "platform" artists quarterly to educate stylists on advanced color. Crissy's secret for maintaining a happy and successful staff is to "hire them for their hearts, and after that it's easy." And she still loves working behind her chair, building relationships with her clients as she reveals their beauty.

"Hair is and always will be my passion," Crissy says. A local (Toledo-area) girl, Crissy trained at the Bumble and Bumble University in New York and in Chicago.

Bring your hair-care concerns to Brodava, and you'll receive a prescriptive resolution from your stylist, combining on-trend cuts, transforming treatments, and luxurious products. Brodava sells Kérastase, Bumble and Bumble, and L'Oréal Professionnel.

Satisfied customers are a testament to the salon's success. Long-time client Geri Ryan says, "Crissy gives a great cut. My hair is always easy to style myself — looks like I just walked out of the salon. Then add the great Kérastase products, which I use exclusively, and it's a no-brainer."

Lest you assume being a small-business owner leaves no time for personal pursuits, know that Crissy is also a wife and mom to two active teenagers, and she recharges after her busy days by spending time with her family. The salon name — Brodava — is a combination of her children's names: Brody and Ava.



Favorite Things for Winter







SLOW-COOKER CURRIED VEGETABLE STEW

By Kathy Chirdon



In the heart of winter, a bowl of vegetable curry—easy, comforting and satisfying—will melt the chill away. While the history and origin of curry—the stew as well as the yellow spice powder—are complex, curry dishes have been enjoyed worldwide for centuries. The first American cookbook published in 1824 included a curry recipe.

The spice powder is usually a mixture of turmeric, coriander, cumin, chili peppers and fenugreek, but no two prepackaged curries are the same. For dramatically more flavorful spices, it is worth seeking those available at specialty shops. Lisa Palmer, owner of Bowling Green's **Calico, Sage & Thyme** and the newly opened **Tea Thyme** (pg. 19), says her shop offers "a signature blend of our own curry. It's heavier on the turmeric than some blends, and it's yummy!" (It can't hurt to add more turmeric to your diet during cold and flu season—medical studies point to its potential health benefits.)

Ingredients:

- 1 Tbsp. olive oil
- 1 medium onion, diced
- 2 potatoes, diced
- 1 Tbsp. salt
- 1 Tbsp. curry powder (or more to taste)
- 1 Tbsp. brown sugar
- 1 Tbsp. ginger, peeled and grated
- 2 or 3 cloves garlic, minced
- 1/8 tsp. cayenne pepper (optional)
- 2 cups vegetable or chicken broth
- 2 cans chickpeas, drained and rinsed
- 2 red or green bell peppers, diced
- 1 medium head cauliflower, cut bite-size
- 1 28-oz. can diced tomatoes with juice
- 1/4 tsp. black pepper
- 1 small bag baby spinach
- 1 cup coconut milk

Instructions:

In a large skillet over medium heat, sauté onion in olive oil. Add potatoes and half the salt and sauté about 5 minutes. Stir in curry, brown sugar, ginger, garlic and cayenne; then immediately add ¼ cup of broth, scraping up browned bits from the bottom of the pan. Transfer this mixture to a 6-qt. or larger slow cooker. Add all other ingredients except spinach and coconut milk: stir to combine. Cover and cook on HIGH for 4 hours or until vegetables are tender. Stir in spinach and coconut milk; cover and cook until spinach wilts. Serve alone or over pasta. Recipe may be halved for a smaller slow cooker or prepared in a soup pot over low heat on your stovetop.

Adapted from Cooking Light.



#Living LOCAL

WE LOVE OUR COMMUNITY

Buckeye Broadband has been investing in northwest Ohio communities for more than 50 years. Because our employees live, work, and play here, we believe in taking care of our home towns with the same care we give to our customers. Each year we give thousands of dollars in contributions to local nonprofit arts, education, and human services organizations, helping

further their work and missions. We empower our employees to contribute their passion, time, and financial contributions to dozens of local programs including charity walks, arts events, children's causes, and more every year. Together, Buckeye Broadband employees make a difference in the lives of the families and neighbors who live in their communities.



Ronald McDonald House



Opera on Wheels, Toledo Opera



Cystic Fibrosis Foundation 5k Walk



Seagate Foodbank



Be on the lookout for our new Buckeye Rewards Jeep at local events. You can win great prizes and rewards!



Start saving money today by downloading the rewards app. Shop online at one of 4,000 participating merchants to earn credit off your next Buckeye Broadband bill.*

Visit www.buckeyebroadband.com/rewards to start saving today.





WARMING THE WORLD ONE CUP AT A TIME: GEORGETTE'S GROUNDS NOW ROASTED LOCALLY

Maumee's best cup of coffee just got even better.

Georgette's Grounds & Gifts began roasting its beans locally in October, providing a morning brew – or a cup at any time of the day - that's served at the peak of freshness.

Georgette's in Uptown Maumee has teamed up with Stephen Beam,

a professional roaster and owner of BrickHouse Roastery. After Beam roasts the beans in small batches at BrickHouse in Perrysburg, they are quickly packaged in nearby Maumee, then delivered to Georgette's and retail shops around Northwest Ohio. This offers coffee lovers a fresher bean than those that are mass-roasted, shipped across the country, and stored on pallets and shelves for long periods of time, said Beam.

The fresher the roast, the better the taste experience, Beam said. Additionally, like wine, coffee varies greatly in taste, aroma, and guality, Beam said.

"We can cup three or four different coffees, and you will taste the difference."

Since 2005, Georgette's has served up breakfast, baked goods, lunch, and its award-winning carrot cake, along with its coffee sourced from small farmers around the globe. The coffee shop and its adjoining gift shop are part of Maumee-based nonprofit **Sunshine Communities**, which supports people with developmental disabilities. To learn more visit *georgettes.org*.



SWEET TREATS

By Karla Miltello, Summer Kitchens (see pg. 17)

One of our favorite things is a tiny treat with big flavor! Our La Maison d'Armorine all-natural Salted Butter Caramels are made with real butter and Guerande sea salt. They are a perfect little sweet with your tea or coffee and make a delightful favor for a friend!



packercreek pottery

NORMAL GALLERY HOURS Mon-Fri 10am-5:30pm Sat 10am-4pm

> OPEN SUNDAY Through December 11am-4pm

103 E. 8th Street Genoa, OH 43430 (419) 855-3858

322 Louisiana Avenue Perrysburg, Ohio 43551 (419) 806-1355

packercreekpottery.com





JONES & COMPANY

Have your stockings personalized now or after Christmas.

JONES JONES

jonesthread.com 419-874-9604

NEW ADDRESS CALL FOR DIRECTIONS

YOU CAN BE HAPPIER

By Chris Alexander

Can you raise your happiness quotient? Matthew Solan of Harvard University's Men Health Watch says research suggests 40 percent of people's happiness comes from the choices they make. One of the longest-running studies on happiness found specific traits and behaviors linked with increased levels of happiness.

Among findings, older people tended to focus more on what's important to them, and didn't sweat the small stuff to the degree they did when they were younger, according to Harvard Study of Adult Development director Dr. Robert Waldinger. It may be that older adults are better about letting go of past failures. "They tend to realize how life is short and they are more likely to pay more attention on what makes them happy now."

The Harvard Study found a strong association between happiness and close relationships with spouse, family, friends, and social circles. Get happier by focusing on positive relationships and letting go of negative people in your life, or at least minimize interactions with them. By the way, volunteering, which gives a sense of purpose, raises your degree of happiness. Get out and help someone.

- Harvard University



Favorite Things for Winter

AVOID NAGGING YOUR PICKY EATER

By Chris Alexander

Pressuring kids to eat food they don't like and picky eating go hand-in-hand, says Julie Lumeng, director of the University of Michigan Center for Human Growth and Development and a physician at C.S. Mott Children's Hospital.

Lumeng's research group found that coercion can cause meal-time tension and could damage the parent-child relationship. The study appeared in the journal Appetite.

Nowadays, appetite researchers prefer the terms choosy or selective over the term picky. Lumeng notes we don't

call selective adults picky, but we hold kids to a different standard even though taste is at least somewhat hardwired and beyond our control to change at any age.

"The takeaway here is that pressuring children to eat needs to be done with caution, and we don't have much evidence that it helps with much. As a parent, if you pressure, you need to make sure you're doing it in a way that's good for the relationship with your child," said Lumeng.





BAKE THESE FOR YOUR SWEETIE

By Kathy Chirdon

While a perfect Valentine's Day treat for your partner, kids, or friends at the office, these chocolaty cherry thumb-print cookies are also a nod to George Washington, whose Feb. 22 birthday is now celebrated in many states on President's Day:

Monday, Feb. 19. And no, Washington didn't really chop down a cherry tree and admit his wrongdoing to his father—that story was made up by biographer Parson Mason Weems (1759–1825) in an attempt to demonstrate Washington's honesty. But we cannot tell a lie... these cookies are scrumptious enough to serve to a president!



CHOCOLATE-COVERED CHERRY COOKIES INGREDIENTS

1 1/2 cups all-purpose flour

1/2 cup unsweetened cocoa powder

1/2 tsp. salt

1/4 tsp. baking powder

1/4 tsp. baking soda

1/2 cup unsalted butter, room temperature

1 cup sugar

1 egg

1 1/2 tsp. vanilla

1 10-oz. jar Maraschino cherries (about 48); juice reserved

6 oz. semisweet chocolate chips

1/2 cup sweetened condensed milk

INSTRUCTIONS

Preheat oven to 350°. Beat butter and sugar on LOW until fluffy; beat in egg and vanilla. Mix flour, cocoa, salt, baking power and soda together in a large bowl, and then gradually add to creamed mixture until well blended. Make 1-inch balls of dough and place on parchment-paper-lined cookie sheet. Press a deep thumb-print in the center of each cookie, and place a cherry in each thumb-print. For frosting, combine chocolate chips and sweetened condensed milk in a small saucepan, stir over low heat until chocolate melts. Add about 4 tsp. of reserved cherry juice. Spoon 1 tsp. frosting over each cherry. Bake about 10 minutes or until slightly firm. Cool on wire rack.

Adapted from Old Farmer's Almanac.



Visit Findlay this winter for a unique shopping experience at our downtown galleries and one-of-a-kind boutiques. Then stop and unwind at our delectable dining establishments for a fabulous meal or for cocktails and wine with friends. We promise you that unforgettable moments are waiting for you at VisitFindlay.com





THE POWER OF YOGA

By Phoebe Sloan, **Tonic** (see pg. 8)

Warming up at Tonic with a power yoga or Barre class is my favorite winter thing to do. It's so nice to stay after and chat with folks, grab a coffee, and do some shopping. Always a warm and welcoming environment!

KEEP YOUR HAIR HYDRATED AND STATIC FREE!

By Cindi Britt,
Salvatore Capelli Hair
Spa and Beauty Lounge
(see pg. 41)

Indoor heat can dry out your hair causing static and unruliness. To avoid, stay hydrated by using Pureology Hydrate shampoo and conditioner topped off with the Leave in Colour Fanatic spray. Glazing and biweekly conditioning treats will also help prevent the static and unruliness. Enjoy winter without the static!

STOCKINGS HUNG BY THE FIRE

By Kathleen Jones, **Jones & Co.** (see pg. 35)

As far back as I can remember, we have always had individual Christmas stockings. My mom made ours from felt with lots of beads and figures. We always hung them up on Christmas Eve. Now I am a



mother and grandmother. I have made all of our stockings, but unlike the ones my mother made, mine have only embroidery and each person's name is embroidered on them. I love seeing them all hung over the fireplace. In my mind's eye, I can still see the ones my mother made for the five of us all those years ago.

TIS THE SEASON TO BE JOLLY

By Chris Alexander

In a time of the year marked by good feelings, it's interesting to note that thousands of minds and millions of dollars have been spent chronicling what actually makes us happy.

There's even a World Happiness Report—a landmark survey of the state of global happiness. The 2018 World Happiness Report ranked 156 countries by their happiness levels, and 117 countries by the happiness of their immigrants. The happiest countries were Finland, Norway, Denmark, Iceland and Switzerland.

Considering the amount of snow, ice and lack of sunshine those five countries boast, we Northwest Ohioans can only say, "huh?" Is it the fine quality of the cocoa in their hot chocolate? Do they specialize in roaring fires and hot toddies? How about the softest of blankets and fuzzy slippers? The gentle tingle of sleigh bells?

We'd guess the doorway to happiness—in these countries and here in Northwest Ohio— involves loved ones, work that satisfies, friends who understand you and faith that sustains you. Everything else is just stuff. Be happy this winter.

Favorite Things for Winter

Tinkling laughter,

And bright crystal vases,

All of the jewelry, snug in our cases

Sparkling diamonds in beautiful rings,

These are a few of our favorite things.

By Mandy Seeger, Broer Freeman (see pg. 35)



When you have the right financial advisor, life can be brilliant.

What matters most to you in life? It's a big question. But it's just one of the many questions I'll ask to better understand you, your goals and your dreams. All to help you live confidently—both today and well into the future.



Michael L. Price, CFP, CRPC; CIMA* Private Wealth Advisor - CERTIFIED FINANCIAL PLANNER* Practitioner 419,842,8428

2727 N Holland Sylvania Rd, Ste K, Toledo, OH 43615 michael Lprice@ampf.com - ameripriseadvisors.com/michael Lpri



Be Brilliant.

Ameriprise Financial Services, Inc. Member FINRA and SIPC, © 2018 Ameriprise Financial, Inc. All rights reserved.



WE WOULD LIKE TO WELCOME BLUSH ESTHETICS TO OUR TEAM



FILLERS AND LASER TREATMENTS

HYDRAFACIAL: Purifying, cleansing, exfoliating,

mild facial peel and a full-face infusion of nutrients. All under 30 minutes.

HAIR COLORING, SMOOTHING AND PERMING SPECIALISTS
NAILS, FACIALS, COOL LIFTING, MASSAGES, MAKEUP, LASHES & BROWS

419-873-5483 | 4105 Chappel Drive | Levis Commons | Perrysburg

WARM UP WITH A CUP OF TEA

Bv Laurie Pressel



January is National Hot Tea Month. Did you know that tea is the second most consumed beverage in the world, coming in behind water?

It's no wonder tea is popular. Tea offers health benefits like antioxidants, it contains less caffeine than coffee, and the variety is unmatched. There are green teas, white teas, oolong teas, rooibos teas, and herbal teas—which are called tisanes because they don't actually contain dried tea leaves. There are hundreds of tea flavors mellow fruits like strawberry, peach, apricot and black currant, and rich spices like vanilla and cinnamon.

Gretchen Fayerweather from Clara J's Tea Room in Maumee offers these tips for brewing a perfect cup of tea:

- Heat water in a glass container, not metal.
- A good rule of thumb is one teaspoon of loose-leaf tea for every 8 ounces of water.
- Steep green teas 2 to 3 minutes; black teas 3 to 5 minutes; and herbal teas up to 10 minutes. Steep too long, however, and your tea will end up tasting bitter.
- Never flavor your tea with cream. Use sugar, milk, or honey. However, don't automatically add sugar to your tea. Taste it first, because you may discover you don't need it.

Clara J's Tea Room has dozens of varieties of loose-leaf, high quality tea sourced from Harney & Sons Fine Teas. In addition to Clara J's, you can also visit **Tea Thyme** at Calico, Sage and Thyme in Bowling Green and the Swan House Tea Room in Findlay for "proper tea" with your girlfriends and to purchase tea and tea supplies.

Popular Teas at Clara J's Tea Room:

- 1. Raspberry #1 requested herbal tea
- 2. Paris a black tea flavored with black currant and vanilla with a hint of caramel
- 3. White Christmas a white tea flavored with almond, cardamom, and vanilla

Popular Teas at Tea Thyme:

- 1. Ginger Peach a black tea with hints of ginger and peach
- 2. English Breakfast a blended black tea
- 3. Red Raspberry herbal tea

Popular Teas at Swan House:

- 1. Swan House blend a black tea flavored with cinnamon and vanilla
- 2. Almond Cookie a green tea flavored with almond
- 3. Vanilla Chai a creamy black tea with a texture similar to hot chocolate

◄ PROMEDICA **MUSEUM OF NATURAL HISTORY**



BIODIVERSITY: THE VARIETY OF LIFE IN THE WORLD

Visitors can expect to experience Ohio 13,000 years ago, touch live animals, walk through a two-story sensory-rich tropical greenhouse, feel like a fly on the wall in a 24x larger than life oak forest and much more! SPRING



EXCELLENCE IS VISION AT PRIVATE SCHOOLS

By Chris Alexander

"The Future of Jobs," a report by the World Economic Forum, suggests that 65% of children entering elementary school will work in a job that doesn't even exist today. So how do we prepare kids for such an unknown future? Many of the region's private schools bring a special educational emphasis to the table. (The winter season is when most of these schools hold information nights and entrance exams for the next school year.)

"We educate and form the whole person—mind, body, and spirit." Chris Knight, vice president, COO of **St. John's Jesuit High School and Academy** says the male academy and prep school offers an unparalleled holistic experience. "Rooted in 500 years of Ignatian spirituality that has infused Jesuit ministries around the world, we go beyond academics and activities. We educate and form

the whole person—mind, body, and spirit. Each student has an individualized plan that recognizes his gifts and needs. We couple academic rigor with support. Our A+Learning Center is a model for comprehensive support of all students through tutoring, psycho-educational testing, and intervention."

Lynn D. Casto, Maumee Valley Country Day Head of School, says the independent college-preparatory school serving preschool through twelfth grade "intentionally creates a community committed to developing the whole child at each developmental stage of the educational journey. We take the time to get to know each family and each child so that we can encourage and support our students to reach their finest. Through differentiated learning and the ability to select one's own path, each Maumee Valley education is unique."

Natalie Schiets, principal of **Solomon Lutheran School** in Woodville, says, "The Christian foundation taught at Solomon creates students who are caring, strong leaders. Fostered daily, Solomon students learn moral values and character building skills. They partake in stewardship activities and acts of mercy. The experience instills a sense of pride and their superb inner qualities become apparent by their actions and tremendous success."

Mary Werner, president of **St. Ursula Academy**, says, "St. Ursula Academy prepares young women for college, and most importantly, for life. We accomplish this through rigorous academics with proven results, in a faith-filled, positive learning environment. Our all-girl experience puts girls at center stage and fosters leadership, self-confidence, sisterhood and lifelong friendships. SUA has a proud 164 year tradition of serving young women and their families in our community."

Favorite Things for Winter

SWIMMING SANTA

By Chris Alexander

Just when you think the **Toledo Zoo** couldn't do Christmas any more inventive than the million lights sparkling all over the park, just imagine Santa Claus swimming in the 178,000-gallon aquarium.

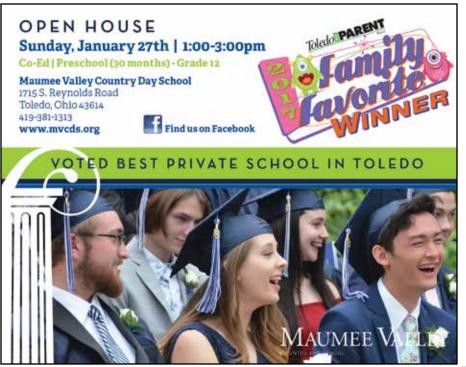
It's not clear which one of us got a bigger kick out of the Jolly Old Elf climbing into the water, the kids or the grandparents. It's a spectacle to add to your holiday fun list. Check times at the Zoo website toledozoo.org.



FAMILY LOVE

By Denise Martin, Martin & Martin Insurance (see pg. 13)

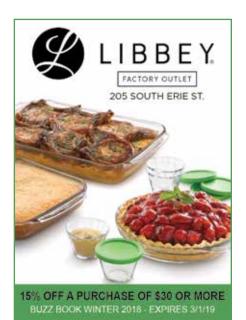
Holidays are a great time to continue traditions with your family and make new memories as well. I love baking with my grandchildren. I have small aprons, rolling pins and lots and lots of sprinkles.



CONFUSED ABOUT MEDICARE? I can help! Call me!

SUZANNE KASAP
Independent Broker | Major Carriers









Nature-Lover Gift Packages

By Kathy Chirdon

- A class at **The 577 Foundation** is balm for the house-bound tree-hugger. Past winter program topics have included garden planning, crafts incorporating dried flowers and leaves, and using herbs for health and cooking. Create an account at *577.foundation.org* to be alerted of upcoming classes (they fill fast!).
- Top-quality bird feeders and food from Nature's Corner bring winged beauty to the backyard all season.
 The store also offers easy-care indoor plants, pots, fertilizers and potting mixes; terrariums and fairy garden supplies; and all manner of gifts for the gardener.
- Consignment shopping helps the planet! You'll find mint-condition pre-owned clothing (many designer labels), accessories, and other treasures at **Change of Seasons** (pq. 7) in Perrysburg.

THE

Season

• Do you know someone who loves to observe nature, learn and enjoy stunning gardens? Give the gift of a membership to **Schedel Arboretum & Gardens** (pg. 18) schedel-gardens.org and the **Toledo Zoo** (pg. 43) toledozoo.org.



Entertainment Package Ideas

By Laurie Pressel

COMFORT QUEST (Total cost: \$60)

Don't get stressed by the craziness of the holidays. Spend a day of comfort and joy. Start with a proper tea, squeeze in some shopping, and end with popcorn and a screening of a holiday classic.

- \$50 qift certificate to **Clara J's Tea Shop**, Maumee
- 2 tickets to the 1946 classic movie "It's a Wonderful Life," Dec. 14, 7pm, Valentine Theatre (tickets \$5)

TROPICS TO NORDIC (Total cost: \$75-145)

Start the evening with delicious margaritas and Mexican

fare, followed by a wonderful Toledo Symphony concert featuring a world class violinist and music inspired by the icy landscapes of Northern Europe.

- \$25 gift certificate to **Ventura's**
- 2 Tickets to TSO concert, "Nordic Air," Jan. 11-12, 8pm, Toledo Museum of Art Peristyle (tickets from \$25-\$60)

CELTIC CRAZE (Total cost: \$85-95)

Connect to your Irish Roots! Dine on traditional Irish fare, then experience a unique music group with a style dubbed "celtgrass."

- \$25 gift certificate to Logan's Irish Pub, Findlay
- 2 Tickets to We Banjo 3 concert, Jan. 24, 8pm, Marathon Center for Performing Arts (tickets from \$30-\$35)

SAVOR SOPHISTICATION (Total cost: \$133-193)

Stimulate your taste buds with a gourmet meal, then enjoy the ballet!

- \$75 gift certificate to **Element 112**, Sylvania
- 2 tickets to The Russian National Ballet's Cinderella, Jan. 9, 7:30pm Valentine Theatre (tickets from \$29-\$59)

Pampering—The Ultimate Gift

Does anything say Merry Christmas, Happy Valentine's Day or Happy Birthday better than a massage or a facial? Nothing compares to having a great back rub, hot stone massage or the delight of having essential oils gently applied to your skin.

Heidi Locknane of **Body & Sole** chuckles when we ask for the best pampering package offered at her downtown Perrysburg studio. "How about a special package for Buzz Book readers?" "Of course!" we replied.

She says you can book online and use the **PROMO CODE BUZZ BOOK FOR \$20 OFF** the works: signature massage, facial and paraffin dip. She says the \$150 package will mean extraordinary "pampering" for anyone lucky enough to receive such a gift. The two biggest gift-giving times at Body & Sole are Christmas and Mother's Day. "People just know there's nothing like a treat of pampering," Heidi explains.

Making It Special

By Chris Alexander

THE

Season

Looking for the perfect heartfelt gift? We asked Buzz Book advertisers for suggestions and we know you'll enjoy their ideas. Stop into a local shop for fine quality goods and lots of holiday spirit.



Our personalized necklaces are great gifts. Design one with a special word or a phrase someone uses a lot. It says you really thought about the present. Also, we can make ones with kids' names and their birthstone.





THE

Season

OF

Bring back a memory. We have so many neat, old things. A candy dish like Grandma used to have. Old toys can be a hit. We also have new things—our candles can rekindle a memory with their delightful scents.

- Judy Roth, **Pesky Squirrel Antiques & Collectibles** (pg. 55)



Christmas-themed Alverno tiles by Sister Jane Mary (whose work is on murals throughout Lourdes University) are wonderful gifts. They're also reasonably priced. The Holy Aromas soaps and creams the Sisters make are also nice gifts.

- Bridgette Clay, All Good Things (pg. 53)

The little paintings we carry are artsy, cool and not a big investment. They are really popular gifts.

- Dani Fuller, Fuller Art House (pg. 15)





Our handmade jewelry is really something special. We have pieces by many artists, as well as pieces I've made myself. – Gayle Walterbach, Coyote Bead (pg. 41)

To suggest the right gift I'd interview the customer so I know the likes of the person they're buying for. Do they like ornate, primitive, Victorian furniture, pottery, crocks? We have a cross section of so many things it's tough to suggest just one thing. Come in and we'll help you pick out the right gift.

- Mike Pendleton, Once Upon a Tyme Antiques



OHIO PRESIDENTS YOU OUGHT TO KNOW

By Kathy Chirdon



There are eight from Ohio... can you name them? The only other state that can claim that number is Virginia, and the two states bicker over who owns the nickname "Mother of Presidents." Here are our presidents with a fact or two about each. There will be a quiz.

William Henry Harrison (March-April 1841)

He delivered a 2-hour inauguration speech in a cold, driving rain, fell ill and died a month later.

Ulysses S. Grant (1869-1877)

Swept into office following his brilliant Civil War military career. Commonly reputed to be an alcoholic; however, modern historians say that while Grant was not a teetotaler, his purported drinking problems were the result of a smear campaign by political rivals.

Rutherford B. Hayes (1877-1881)

Lost the popular vote but won the Electoral College by one (contested) ballot. The Rutherford B. Hayes Presidential Library & Museums in Fremont also includes our 19th president's 31-room mansion, Spiegel Grove, and the gravesite of President Hayes and first lady Lucy Webb Hayes. Sleigh rides through Spiegel Grove are offered Dec. 26-31, 1-4pm.

James A. Garfield (March-Sept. 1881)

The third president in a row from Ohio! Tragically gunned down by a deranged assassin after only 6 months in office. The beautiful Garfield Memorial is a highlight of Cleveland's Lakeview Cemetery.

Benjamin Harrison (1889-1893)

Grandson of another president, William Henry Harrison. Commanded an Indiana regiment in the Civil War.

William McKinley (1897–1901)

His foreign policy added Puerto Rico, Guam, the Philippines and Hawaii as "possessions" of the U.S. Assassinated by an anarchist during his second term.

William Howard Taft (1909-1913)

Handpicked by Teddy Roosevelt to be his successor but lost his re-election bid and became Chief Justice of the Supreme Court.

Warren G. Harding (1921-1923)

If he had not died in office of a heart attack, Harding may have been forced to resign due to the Teapot Dome Scandal.

Favorite Things for Winter

WARM IT UP WITH LIGHTING

By Carolyn Byersdorf, IIDA, **Decorating Den Interiors** (see pg. 15)

In the winter, daylight turns to dusk in late afternoon. Lamps are a great way to add light and a little pizazz to your room. Did you know the average living room needs at least 4-5 lamps to be well lit?

To keep your room cozy with appropriate lighting, give me a call.



MARGO HERTZFELD
Certified Wellness Therapist

Holistic Aromatherapy Reflexology Flower Essence Therapy Bespoke Perfumery 419-360-0169

LOCATED AT TURNING POINT CHIROPRACTIC R

The Toledo Clinic Medicine
Caring for Newborns to Seniors

James D. Diethelm MD Ryan Szenderski PA-C

419.473.2273

7640 W. Sylvania Ave. Suite C2 | Sylvania, Ohio 43560

Welcoming New Patients

Same day appointments available with our physician assistant.



IN THE MOOD FOR ROMANCE

By Laurie Pressel

February is the month to celebrate love. Snuggle on the sofa with your sweetie (and a glass of wine) and watch a romantic movie or listen to some love songs.

10 MUST-SEE ROMANCE MOVIES

- 1. It Happened One Night (1934)
- 2. Casablanca (1942)
- 3. Roman Holiday (1953)
- 4. An Affair to Remember (1957)
- 5. When Harry Met Sally (1989)
- 6. Sleepless in Seattle (1993)
- 7. While You Were Sleeping (1995)
- 8. The Holiday (2006)
- 9. The Proposal (2009)
- 10. Beauty and the Beast (2017)

10 BEAUTIFUL LOVE SONGS

- 1. Perfect Ed Sheeran and Andrea Bochelli
- 2. Can't Help Falling in Love Elvis Presley
- 3. Maybe I'm Amazed Paul McCartney
- 4. Something The Beatles
- 5. Wonderful Tonight Eric Clapton
- 6. Have I Told You Lately Rod Stewart
- 7. Annie's Song John Denver
- 8. If Bread
- 9. Baby I Love Your Way Peter Frampton
- 10. Love Me Tender Elvis Preslev



We're here from your first toothbrush.

Healthy smiles start at a very young age



Sylvania Pediatric Dental Care

Specialists in comprehensive dental care for infants, children, and teens

419-882-7187

5860 West Alexis Road Sylvania, Ohio 43560 www.SylvaniaPediatricDentalCare.com



Sisters of St. Francis 6832 Convent Blvd Sylvania OH 43560

419-824-3749 www.allgoodthingsosf.org

Crafted by our Sister Artisans

Hours: Tuesday - Friday 10:00 AM - 5:00 PM Saturday 10:00 AM - 2:00 PM

AilA HE

December 7, 2018

Make and Take Hand-made
Christmas Cards - \$10

1-3 PM

January 11, 2019
Make and Take a Paper Bead
Pendant Necklace - \$15
1-3 PM

February 1, 2019
Make and Take Valentine
Cards- \$10
1-3 PM

February 8, 2019
Make and Take a HandPainted Silk Scarf- \$25
1-3 PM

RSVP: 419-824-3749

Christmas Blessings! Happy Yew Year!

Bring in this ad for 10% off your entire purchase. Expires 3-15-19

Located in Madonna Hall near Queen of Peace Chapel, All Good Things features items that support the mission of the Sisters of St. Francis, Sylvania, OH



BE HEART HEALTHY

By Laurie Pressel

Make a New Year's Resolution to be heart-healthy by reducing the amount of sugar and sodium you consume each day. Here are some tips on how to do it from the American Heart Association.



Reduce sugar:

- Cut back on the sugar and syrup you add to your drinks and food like tea, coffee, oatmeal, cereal and pancakes. Cut the amount in half, then wean from there.
- Skip the soda and sweetened fruit juices. Drink plain water with a slice of lime, lemon, cucumber, etc.
- Eat fresh fruit—it's delicious, healthy and can cut your craving for sweets.
- If you eat canned fruit, choose ones flavored in natural juice.
- When making desserts like brownies or cookies, cut back the sugar in the recipe by one-third or one-half.
- Try using unsweetened applesauce instead of sugar in some recipes. Also, try flavoring with extracts—almond, vanilla, orange, lemon, instead of sugar.
- Look at labels when shopping and choose the products with less added sugar.

Reduce sodium:

- Track your daily sodium intake by reading labels. Aim for under 2,300 milligrams a day (1,500 is ideal). Most Americans consume 3,400 milligrams a day!
- Skip the salt shaker—don't add extra salt to your food.
- Search for labels marked sodium-free, reduced sodium, or light in sodium.
- Eat fresh fruit, vegetables, whole grains, nuts, fish, poultry and low-fat dairy products, and reduce the amount of canned or processed food products you eat.

LOVING THIS TOWN

By Kristie Bigler, **Downtown Fremont Inc.** (see pg. 17)

Visit Downtown Fremont and you'll love the restaurants, the retail shops filled with hidden treasures and the friendly business owners who help you with whatever you need. From the twinkling of the pole lights to the flourishing planters, you'll be reminded to Think Fremont!

Favorite Things for Winter







Handmade Foods of the World

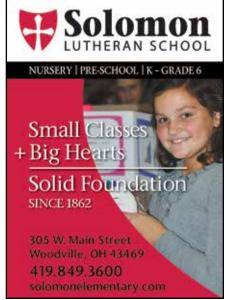
Cricket West - 3143 W. Central Ave. Toledo, OH. 43606

BUSINESS HOURS: Mon: 11am-9pm Tues-Fri: 11am-10pm Sat: 4pm-10pm

www.calvinostoledo.com facebook, twitter, instagram: 419-531-5100 @calvinostoledo

CATERING - PRIVATE PARTY ROOM - WINE & BEER





FROSTING FRESH COOKIES

By Julie Harbal, **Packer Creek Pottery** (see pg. 35)

Decorating cookies is a fun experience shared with friends and family. Cut down on prep time by pre-making the sugar cookie cut outs, then freeze them unfrosted. Pull them out when friends and family stop by for a fun activity over coffee and conversation, or for a girls' night!



WARM UP ARTFULLY

By Tara Outten, Firenation (see pg. 20)

Warm up with fire this winter! There's nothing better than experiencing glass hands-on with an instructor at Firenation! Seasonal and Blown Experiences available online. And while you're here, shop our Holiday stress-free environment finding all of those hard-to-buy-for gifts made locally!





Be Brilliant.

When you have the right financial advisor, life can be brilliant.

Gregory W. Wagoner, CFP®, MBA, CLTC

Certified Financial Planner™ Practitioner



Wagoner, Wagoner & Associates
A private wealth advisory practice of
Ameriprise Financial Services, Inc.

5954 Renaissance Place, Suite D Toledo, OH 43623 Tel: 419.842.8488 gregory.w.wagoner@ampf.com ameripriseadvisors.com/gregory.w.wagoner

Ameriprise Financial Inc., Member FINRA and SIPC® 2016 Ameriprise Financial, Inc., All Rights Reserved



TLC FOR YOUR FAMILY PHOTOS

By Laurie Pressel

Is your phone overloaded with digital images? Do you have print photos scattered in drawers, scrapbooks and closets? Your family memories deserve a little TLC and organization. While it's a daunting task, it can be accomplished with a plan and some dedicated hours.

Step 1: Decide on an organization system for your photos. A popular option is to create folders for each year, then sub-folders under each year by month or family event (birthdays, anniversary, vacation, etc.).

Step 2: Gather all your print photos in one place. Discard any low-quality photos. Sort the photos in piles according to your system.



Step 3: Invest in archival-quality photo boxes to store your print photos once they are organized.

Step 4: Consider scanning in your print photos so you have a digital version.

Step 5: For your digital images, follow the same process as the print photos. Create folders and sub-folders on your computer.

Step 6: Sort through the digital images and delete any low-quality photos. Drag the photos into the file folders you set up.

Step 7: Explore and decide on a back-up system for your digital images. If they are stored on a computer and the computer dies, you're in trouble. Options include an external drive or account with a storage service such as Dropbox.

THE GIFT OF MEMORIES



When your kids are born, reserve them an email address. Over the years send them photos, notes, kid-isms, stories, photocopies of their achievements, etc. On their 18th birthday give them the password!

COMFORT FOR A COLD

Feeling stuffy? Have a cold, the flu or allergies makes for tough sleeping. Peppermint, Eucalyptus and Silver Fir essential oils have decongestant properties—just inhaling the scent from the bottle will open your airways! For longer lasting relief use a diffuser with all three essential oils for an hour at bedtime. These common but mighty oils will help cleanse your air and support your immune system to boot! Go chat with Margo at Rosy Glow Aromatherapy.



I want a doctor who treats me like a person, not a number. That's why I choose The Toledo Clinic.

The Toledo Clinic is the only physician-owned, physician-led healthcare organization in the region, which gives my doctor a greater say in my care. Plus, with 185 physicians practicing in over 40 different specialties in more than 60 locations, my whole family has access to expert care when and where they need it.

The Toledo Clinic. When you choose well, you just feel better.



ToledoClinic.com | 419.473.3561

What's Buzzin' this Winter

~ DECEMBER ~

Until December 31

Don't miss this family favorite! Lights Before Christmas at the Toledo Zoo is the area's brightest holiday tradition, fun for all ages. The 2018 edition features over one million lights and 200 illuminated animal images. Sun-Thurs 3-8pm and Fri-Sat 3-9pm. The Zoo remains open for one additional hour after the gates close. toledozoo.org

1

Roaring 20's Gala Fundraiser for the Wood County Historical Center, features light grazing, 20's inspired cocktails and mocktails, entertainment and a tour of the museum's WW1 and Leisure Time

Exhibits. woodcountyhistory.org



1-16

Holidays in the Manor House at Wildwood Preserve will put you in the holiday spirit! The 30,000 square foot home is beautifully decked out for the season by dedicated volunteers. 10am-8pm. 5100 Central Avenue, Toledo. toledometroparks.com

4

Pick up some one-of-a-kind gifts during the **Holiday Open House** at **All Good Things**. 6832 Convent Blvd, Sylvania. *allgoodthingsosf.org*

5

Make your gifts extra-special with handmade gift wrap! A class at the Hands-On Studio at the Toledo Botanical Garden will teach you how to make several sheets of wrapping paper using a variety of stamping and printing techniques. Cost \$30. Call 419-902-6800 for info.

7

Join the fun at the First Friday
Art Walk in downtown Sylvania's
Red Bird Arts District from 5pm8ish. Explore art, listen to live
music, shop at local stores and
dine at local restaurants.

7-8

Learn about Christmas traditions of the past at Sauder Village in Archbold. Yuletides of Yesteryear: Holiday Lantern Tour features a trolley ride, cookie decorating, crafts, carols and more with interactive, fun demonstrations. Tours last approximately 90 minutes and depart every half hour from 4pm to 8:30pm. Reservations required. \$13 adults, \$7 children, free for children 5 and under. saudervillage.org





8-9

A holiday tradition you need to experience—Toledo Ballet's Nutcracker. Exquisite dancing, breathtaking scenery, and beloved score performed by the Toledo Symphony. Sat. 2pm and 7pm, Sun. 2pm. Stranahan Theater. Ticket info at toledosymphony.com.

2

Learn how to make a **Fused Glass Snowman**. The Hands-On Studio at the Toledo Botanical Garden is sponsoring this beginner-friendly class. Cost \$30. Call 419-902-6800 for more info.

9

Still looking for gifts or decorations for the holidays? Find them at the **Toledo Craftman's Guild's Winter Festival of Crafts.** Franciscan Center at Lourdes University, Convent Blvd., Sylvania. Free admission and parking. 10am-4pm. toledocraftsmanauild.org

Head to the Carter Historic Farm in Bowling Green for the Wood County Park District's Heritage Holiday. Enjoy carols on the player piano, cooking decorating, ornament making, hot drinks and other activities for the whole family! Free and open to the public. 1-4pm, 18331 Carter Road, Bowling Green.

14

It's simply not Christmas without a viewing of the 1946 Frank Capra film starring Jimmy Stewart and Donna Reed. Watch the Christmas classic "It's a Wonderful Life" on a big screen at the Valentine Theatre. Tickets just \$5. 7:30pm. valentinetheatre.com

15

Pause from the bustle of the season and pay tribute to veterans who made the ultimate sacrifice. Gather at the cemetery with National Wreaths Across America to help place wreaths on military graves. 11:30am, ceremony at noon. Toledo Memorial Park Cemetery & Mausoleum, 6382 Monroe St., Sylvania.

20

Celebrate the holidays with the final **Art Loop** of 2018. Use public transit in new and exciting ways to explore downtown Toledo. This month's event features last minute gifts and shopping at local businesses and with local artist vendors. 5:30-9pm.

20-21

The HeART Gallery Nativity
Festival at the historic 192-year old St. Paul's Lutheran Church in downtown Toledo features beautifully displayed nativities, decorated trees, and a collection of homemade Christmas cards spanning 80 years. Event includes "Sips and Dips" and live music. Fri. 5-8pm and Sat. 11-2pm. Groups may reserve a special visit heartgalleryandstudios.com

20 - 23

Your little ones will love **Disney on Ice: Frozen** at the Huntington Center. Discover the full story behind Anna and Queen Elsa! huntington.centertoledo.com



21

It's the Winter Solstice—the longest night of the year and the first day of winter. Mark the occasion with a night hike at the Wildwood Preserve Metropark in Toledo. 6-7pm.

Do you believe in Santa Claus?
The classic 1947 film "Miracle on 34th Street" will turn you into a true believer. Watch it at Classic Movie Night at the Hancock County Historical Museum. 7pm.
422 W. Sandusky Street, Findlay.
Popcorn and refreshments provided.

26-31

Take a **horse-drawn sleigh ride** through the grounds of Spiegel Grove at the Rutherford B. Hayes Library & Museums in Fremont. Visit *rbhayes.org* for more info.

31

Toledo Zoo Noon Year's Eve.Little ones can't stay up until midnight, so celebrate during the day! Fun activities leading up to the ball reaching its peak at noon! 11am-1pm. Visit toledozoo.org/noon-years-eve for more info and ticket prices.



~ JANUARY ~

9

Don't miss the National Russian Ballet's production of Cinderella at the Valentine Theatre. A full two-act ballet, Cinderella features exquisite dance, jubilant music, lush scenery, and hilarious double-roles of the wicked stepsisters. 7:30pm. Visit valentinetheatre.com for ticket info.

11-12

Grammy award-winning violinist Augustin Hadelich is back for his second performance with the Toledo Symphony. What a sensational talent! Nordic Air features music inspired by the icy landscapes of Northern Europe. Fri. and Sat. 8pm. Toledo Art Museum Peristyle. toledosymphony.org

19

Warm up at the **5th Annual Winter Brewfest** at Fifth Third
Field, a premiere outdoor event in
downtown Toledo. Sample more
than 250 craft beers and ciders
from 50 breweries around the
country. Tasting stations along
the concourse are covered. \$55
VIP ticket, \$35 advanced general
admission (\$45 at the door),
\$25 designated driver. 5-9pm.
For All-Star Winter Brewfest tickets,
call 419-725-4367 or order online
at hensvilletoledo.com.

24

We **Banjo 3** originated a musical style called "celtgrass"—a blend of old-world tradition straight out of Ireland with authentic Americana. Known for their artistry, We Banjo 3 is a group to see! 8pm. Marathon Center for the Performing Arts in Findlay. *marathoncenterarts.org*





What's Buzzin' this Winter



26

Spend an evening laughing at **Comedy Jam** sponsored by the University of Findlay. Featuring professional comedians who've appeared on Comedy Central, BET, and the Tonight Show with Jimmy Fallon, this PG-13 show promises to be wickedly funny. 8pm. Marathon Center for the Performing Arts in Findlay. *marathoncenterarts.org*

26-27

If you're planning a wedding this year, don't miss the "Superbowl of All Bridal Shows" at the Stranahan Theatre & Great Hall in Toledo. 1-5pm. Tickets \$10 online or at the door.

~ FEBRUARY ~

1

Visit Wood County Historical Center's new exhibit. For Comfort and Convenience: Public Charity in Ohio by Way of the Poor Farm. woodcountyhistory.org

7-10

Check out the latest and greatest automobiles and automotive technology at the **Greater Toledo Auto Show.** A don't-miss event for automobile lovers! Thurs. 3-9pm; Fri. 12-9pm; Sat. 10am-9pm; Sun. 10am-5pm. SeaGate Convention Centre, 401 Jefferson Ave. Order tickets on-line or buy at the door. *toledoautoshow.org*

8-9

Fun for the whole family at the **BG Chillabration**. Ice carving demonstrations, children's activities, live entertainment, chili and soup cook-off, and more! Fri. 10am-9pm; Sat. 9am-11pm. *visitbgohio.org*

Valentine's

15, 16, 17

Thinking of remodeling a room or building a new home? Check out the **HBA House and Home Show** at the SeaGate Convention Centre in downtown Toledo for inspiration! Fri. 3-8pm, Sat. 10am-8pm, Sun. 10am-5pm. Tickets are \$10 at the door, or get discount tickets in advance for \$5 (locations TBD). Kids 12 and under are free. toledohba.com

Jones & Jones Ltd. Antiques & Fine Art

The Guest Rooms at Jones & Jones—A Charming B&B 114-116 W. Indiana, Perrysburg, Ohio 419.874.2867



Antique Furniture Repair and Refinishing

507 Main Street • Genoa, Ohio 419.855.8226

www.antiquefurniturerepair.net

22-24

Love gymnastics? **Elevate the Stage** is a unique, podium-style gymnastics competition featuring Level 2-10, Xcel, Open and NCAA sessions. Huntington Center and SeaGate Convention Center in Toledo. Visit *elevatethestage.com* for more info.

23

Bring your seeds and get ready to swap! It's Toledo GROWS 15th annual community-wide Seed Swap. The free event features free packets of seeds, workshops, informational displays, raffles, networking and more. 3pm, Scott High School, 2400 Collingwood Blvd. 419-720-8715. toledogrows.org

23-24

Cabin Fever—Art, Craft and Gift Marketplace at the Lucas County Fairgrounds is the place to go if you have, well, cabin fever! Shop a wide selection of vendors selling arts, crafts, food, and more. Sat. 10am-5pm, Sun. 11am-4pm, admission \$4-\$5.

Feb 25 - March 3

Yum, it's time for dinner!

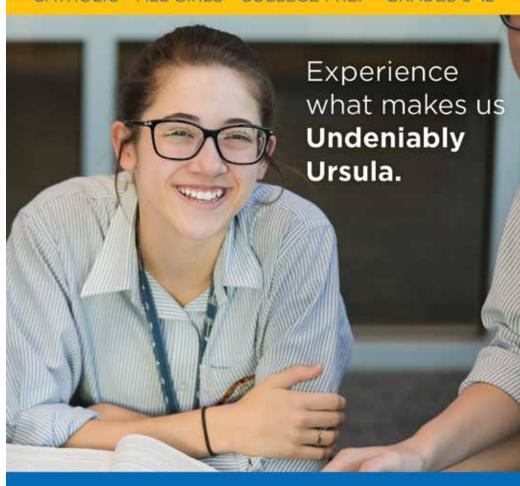
Restaurant Week Toledo (RWT) is one of the largest food events in the area. Enjoy specially priced meals at over 40 locally-owned restaurants throughout the greater Toledo area. It's a great opportunity to try someplace new, or try a new dish at your favorite place. RWT also supports the youth programs of Leadership Toledo with every meal purchased from participating restaurants.

28

Catch **Toby Mac**, a Grammy award-winning Christian musician at the Huntington Center. Tickets start at \$18. huntington.centertoledo.com

ST. URSULA ACADEMY

CATHOLIC • ALL GIRLS • COLLEGE PREP • GRADES 6-12



NOW ENROLLING

Schedule your **Arrow for a Day** visit and private tour of our newly renovated building.

Call (419) 329-2209 or visit toledosua.org

UNDERSTANDING, plus YOUR OWN PERSONAL EXPERT



Dean Bailey, MD



Lorrie Elchert, DNP

Meet Dr. Dean Bailey and Family Medicine Nurse Practitioner, Lorrie Elchert, DNP. Our family medicine specialists are experts in your care. No urgent care could ever hope to match that level of understanding. So even when you don't feel good, you'll feel better. Welcome to a warm and friendly experience. Welcome to health, *plus* care.

Now accepting new patients.

