

Winter 2019-2020

PRICELESS



the Buzz
BOOK

*A guide to the very best
in Northwest Ohio*

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NOT EVERYONE IS EXCITED FOR WINTER IN OHIO, ESPECIALLY IF IT'S A GRAY DAY. BUT HERE'S WHAT I ♥ ABOUT WINTER:

Great excuse to stay in with a great book and beautiful music • Without guilt, I can binge watch all of my pre-recorded shows, with popcorn that has too much butter and too much salt • A quiet walk at the Norma Stark Memory Garden & Labrynth in Perrysburg clears my mind • A bit of culture at the beautiful Valentine Theatre in downtown Toledo or the Peristyle Theater at the Toledo Museum of Art is magnificent, I am also a big fan of the events at the Stroede Center for the Performing Arts in Defiance • I can finally set up that puzzle on my dining room table – will it take days, weeks? Who cares? • Or grab a pal and visit small town shops that are not familiar to me • A potluck with friends is soul-satisfying • Making cookies with a little one is always fun, then visiting an elderly friend with our bounty tops the day, hoarding a few for myself of course!

If all else fails, the addictive game of solitaire can keep me busy for hours.

Embrace the beauty of winter!



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TRY FOREST THERAPY FOR BETTER HEALTH

By Laurie Wurth Pressel

Spending time in nature can positively impact your mental and physical health. Forest bathing—shinrin-yoku—is a practice that started in Japan in the 1980s and is growing in popularity in the United States, including in Northwest Ohio.

Kimberly High, a certified forest therapy guide, who works at Metroparks Toledo, explains that forest therapy is immersing yourself in the forest or natural area to reap the healing benefits. “The forest is the therapist; guides open doors,” she says.

Many plants and trees emit phytoncides, organic compounds with antibacterial and anti-fungal properties, to help protect them from disease and insects. Scientific studies show that when people breathe in these chemicals it helps to boost their immunity, according to Kim. In addition, being surrounded by nature can activate



Photo: Metroparks Toledo

the parasympathetic nervous system—known as the “rest and digest system” and reduce the harmful health effects of the sympathetic nervous system—“the flight or fight” system. “Forest therapy can help with inflammation, chronic stress, anxiety, insomnia, autoimmune diseases, and a whole host of other disorders including high blood pressure,” says Kim.

Kim recommends that people spend ½ hour at least two times a week in the forest or other natural area. Do this in every season, even winter. The key, she says, is not to have any other agenda while you’re there. “Wander or find a spot to sit and just be present. Pay attention to the web of life unfolding around you and take that in,” she said. “While it’s something anyone can do, it’s harder to stay attentive to the present tense than what you think.”

In today’s hectic, technology-driven world, most people struggle to be “present,” and that’s where certified forest therapy guides come into play. According to the Association of Nature & Forest Therapy, guides help to facilitate safe, gentle walks and provide instructions—referred to as invitations—for sensory opening activities along the way.

Kim has worked at the Metroparks for many years and spends a lot of time outdoors. Yet, forest therapy was life-changing for her, she says. “It triggers a lot of things, and I had no idea how positively it would impact me.”

If you are interested in forest therapy, check out Metroparks Toledo’s schedule of events on-line. Kim guides a forest therapy program every month beginning in 2020. In addition, you can check out the Association of Nature and Forest Therapy Guides and Programs at natureandforesttherapy.org.



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LIVEN THINGS UP WITH THE "NAME GAME"

By Judy Lang

If you ever need an impromptu game to brighten up a gathering, the "Name Game" is a no-fail crowd pleaser that can be created on the spot. All you need to have on hand are slips of paper, pens and a large bowl. Your guests will do the rest of the work and have fun while they're at it.

What is the "Name Game"?

Sometimes described as verbal charades, the object of the "Name Game" is to present oral clues that describe a person or character. Though players cannot say any part of the person's name, they can say or do anything else to help their team guess the answer.

The fun (and ease) of this game is that the players control the content and set the level of difficulty. Prior to game play, they are the ones who write the names on folded slips of paper, typically 15 or 20 per player. The names can be of any person or animal, living or dead, real or fictional, local or internationally known. The only rule: at least one other person in the room must know who the person/character is.

How to Play

Divide into two teams. Each player has one minute when it's his or her turn. A player from team A picks a name from the bowl and describes the secret name by giving gestures and oral clues (without mentioning the name). If their team guesses, the player draws again until his/her minute is up. If unsuccessful, the name goes back in the bowl. Then team B goes for one minute. Play goes back and forth each with each player taking a turn until all strips are gone. Whichever team has the most name slips wins.

Customize for the Occasion

This game can be changed up for a variety of occasions. For Valentine's Day or a wedding shower, for example, the names can all be those of famous couples. For Mother's or Father's Day, the names of famous dads or moms. Topics can also be limited to movies, books, sports, etc. to appeal to the specific interest of your group.

HAVE FUN RIGHT NOW!

Find a partner, provide them clues and see how many names they can guess in one minute.

Remember: You cannot say aloud any part of the name written on the paper.

- Popeye
- Oprah Winfrey
- Jimmy Kimmel
- Marie Kondo
- Beyonce
- Princess Elsa
- Tom Clancy
- Colonel Sanders
- Maya Angelou
- Johnny Appleseed
- Anderson Cooper
- Jamie Farr
- Tom Brady
- Morris the Cat
- Marie Kondo
- The Tooth Fairy



WARM UP WITH HOT GLASS

By Tara Outten, Firenation (pg. 34)

Come on out to **Firenation** to watch Glassblowing Tuesday-Friday, or create your own blown glass at one of our scheduled Experiences! Look online for our 2020 Blown and Seasonal Glass Experience dates. Private Events also available. firenation.com



A vertical rectangular logo with a blue and white striped background. At the top is a small bee icon. Below it is a large, stylized letter 'B' inside a blue circle. The text "BEE for the DAY" is in a serif font, with "BEE" in blue and "for the DAY" in black. Below that, "WEDDING CONSULTING" is in a bold, sans-serif font, followed by "& EVENT COORDINATING" in a smaller font. A black banner with white text says "Now Booking for 2020!". Below the banner are the phone number "419-270-4359", social media icons for Pinterest, Facebook, and Instagram, the email "info@BeeForTheDay.com", and the website "www.BeeForTheDay.com".



BONDING OVER BOOKS

By Judy White

For many, reading in and of itself is a rewarding activity. For book club members, reading opens the window to a whole new world of fresh ideas, shared fun, and enduring friendships.



Former Toledoan, Claire Guisfredi, explains, "In 2008, I started a group, and it's still going strong. Since my move to Grand Rapids, Michigan, the leadership has changed, yet many of our original members remain."

Claire continues to attend as many monthly meetings as possible and enjoys the camaraderie as much

as the lively book discussions. While members represent a diverse group of women with views that aren't always in sync, the club allows for those differences to be expressed in a safe and welcoming environment. "We truly support and learn from each other," says Claire.

Six to 10 of the 14 established book-club members usually attend, and everyone takes turns hosting the event. A light dinner is served, along with a glass or two of wine, around 6:30 p.m. Some meetings run late, with members talking about more than the selected book. They may choose to talk about what's going on at work or with their children, for example. "Because close friendships have developed over the years," says Claire, "we are always happy to listen and share our own experiences."

Claire recommends that people who love books, having fun, and enjoying friendships old and new should consider starting their own book club. Don't know where to begin? You will find lots of free resources online and at your local library. With cold weather outside, it's time to relax inside with a warm group of friends to talk books and more.

"There are no faster or firmer friendships than those formed between people who love the same books."

THE GIFT OF MUSIC

By Peg McDonald,
Defiance Community
Cultural Council (pg. 53)

Wrap up a gift certificate from the Defiance Community Cultural Council for any of their soul-satisfying events at the Stroede Center for the Arts. Tickets are only \$10. For more info visit defiancearts.org.



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Sunday, January 19
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& DAVE THE CELLIST**
Friday, January 24
7:30pm



BIG BAND SOUND
Saturday, February 15
7:30 pm

An advertisement for Bonita Bead Boutique. It features a close-up of various beaded necklaces and jewelry. The text includes the business name, services offered like jewelry repair and redesign, and the location and contact information.

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An advertisement for Angel 101. It features a large, stylized green letter 'A' and a bouquet of white flowers. The text lists various gift items and provides the location and contact information.

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An advertisement for Change of Seasons Posh Women's Consignment Shop. It features a woman wearing a red blazer and a pink dress. The text describes the shop as a boutique offering the finest clothing and accessories, and provides the owner's name and contact information.

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BASKETS OF GOODNESS

By Laurie Wurth Pressel

A basket of goodies can lift the spirits of a loved one, neighbor, family member or friend. They are fun to give and receive because they contain several thoughtful gifts packaged into one. Shop thrift stores and sales for low-cost wicker baskets or plastic containers. Set a budget for how much you want to spend and plan on adding several items to each basket. Here are some ideas for what to include for different occasions.

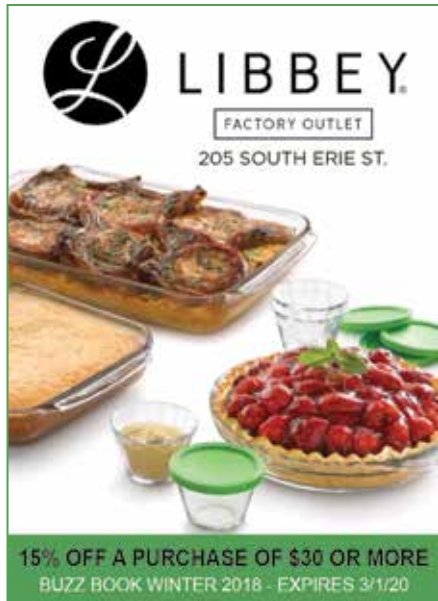
For someone under the weather or facing a serious illness: homemade soup; crackers; cough drops; mints; hand lotion; lip balm; magazines; movie DVDs; meditation/prayer book; slipper socks; cozy throw; bathrobe; note of encouragement.

For family with new baby: a complete meal—casserole, salad, bread, dessert; board books; rattles; teething; onesies; diapers (all sizes); baby wash or lotion; baby blanket.

For party hostess: bottle of wine; specialty chocolates or mints; jar of local jam, honey, or relish; candle; seasonal dish towel; hand soap.

For college student: \$5 gift cards to assorted restaurants/coffee shops; granola bars; gum and mints; peanut butter or cheese crackers; water bottle; warm socks; roll of quarters; hats; gloves; microwaveable macaroni and cheese.

For member of the military: bag of roasted nuts; beef jerky; powdered drink mixes; energy bars; candy; books; crossword puzzles; bar of soap; deodorant; small flashlight; sunscreen; batteries; handwritten notes.



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FESTIVE OLIVE WREATH

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INGREDIENTS

- Assorted fresh herbs such as rosemary, dill, parsley, thyme, bay leaves, marjoram, and sage. You can use a mixture of herbs or go with just one variety if you like.
- A pint of fresh assorted olives, some stuffed, some not.
- 10-12 red marinated peppers, I used sweet peppadews.
- 1 cup (give or take) cubed Greek feta cheese (look for imported feta made with sheep's milk).



INSTRUCTIONS

1. Arrange herb sprigs in an overlapping fashion to form a wreath on a large platter.
2. Top with the olives, cheese, and peppers.
3. If you like you can add a small bowl of olives in the center of the platter.



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HIBERNATE AND REFLECT

By Amy Lynn,
Momma Tarot (pg. 61)

I love winter in northwest Ohio because it evokes a feeling of slowing down and giving yourself permission to hibernate and reflect. Amy Lynn suggests that the tarot is the perfect tool to help us discover what our soul is urging us to do for personal growth during this cold dark time of the year.

Join Amy Lynn for
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WHY I LOVE WINTER!

Kate Philabaum,
St. Paul's Lutheran
Church, HeART Gallery
(pg. 48)

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soft warm sweaters,
Crisp clean air and
time to write letters

Reading books,
baking pies

Hoping the weather
will keep us dry.




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CHERISHED TRADITIONS DURING WINTER SOLSTICE

Rebecca White-Schooner, Schooner Farms (pg. 19)

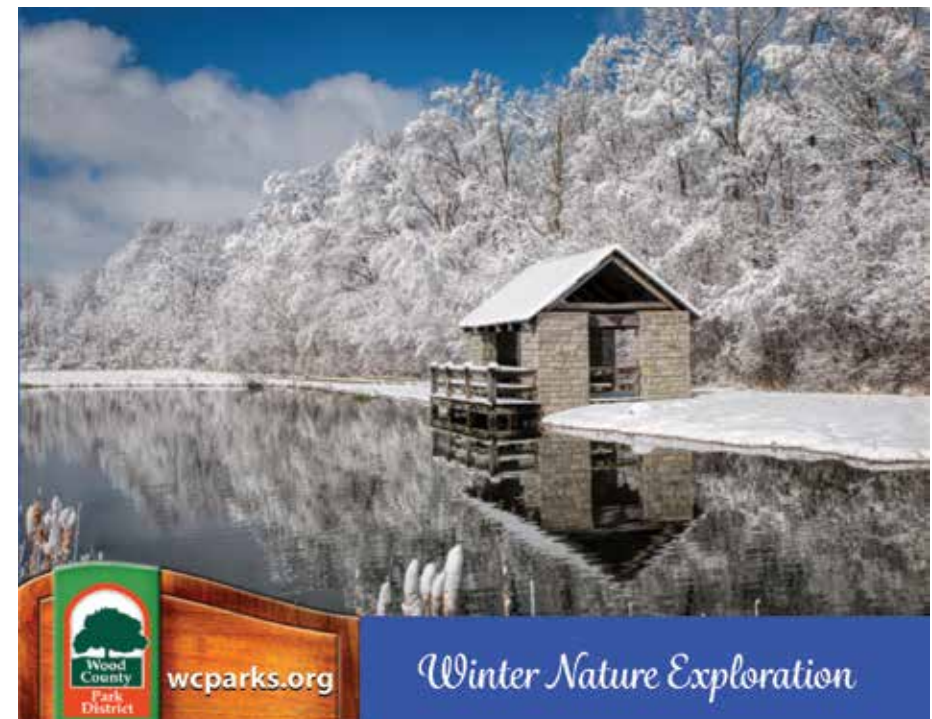
Enjoying cherished traditions and creating new ones is one of the many things we love about winter. Start a new family tradition at **Schooner Farms** this holiday season on the Winter Solstice with a walk around our Great Serpent mound lit with 1,000 luminaries. Warm up by the bonfire and snack on s'mores after your stroll. It's a nice relaxing event during the hustle and bustle of the holiday season.

Here are some fun Solstice facts:

Mistletoe, holly, and ivy were gathered in their magical potency by moonlight on Winter Solstice Eve, then used throughout the year in Celtic, Baltic and Germanic rites.

The term "solstice" comes from the Latin words *sol* (sun) and *sistere* (to stand still) because, during the solstice, the angle between the Sun's rays and the plane of the Earth's equator (called declination) appears to stand still.

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HOW TO GET YOUR "PLANT FIX" IN THE WINTERTIME

By Laurie Wurth Pressel

The winter landscape can be starkly beautiful at times, especially after a fresh snowfall, but that's little consolation to gardeners who crave green. If your spirit feels lighter around living plants, here are five ways to get your "plant fix" during the long months of winter.

Visit an indoor conservatory. It's like stepping into summer! Breathe in the smell of plants and soil, explore the gorgeous and exotic plants, and enjoy the warmth of the sun through the glass panes. Check out the Ziems Conservatory at the Toledo Zoo, the Franklin Park Conservatory and Botanical Gardens in Columbus, the Krohn Conservatory in Cincinnati, and The Glasshouse at the Cleveland Botanical Garden. And for a smaller, sweet treat, visit the 577 Foundation's Conservatory in Perrysburg.

Grow herbs on your windowsill. As an added benefit, herbs smell wonderful and can flavor your cooking. Chives, rosemary, oregano, parsley, sage and thyme are all easy to grow indoors on a sunny window.

Add houseplants to your home. After the Christmas decorations come down, your home can look dull and bare. Houseplants add a touch of life and help to clean the air of toxins. **Nature's Corner** (pg. 21) and other local greenhouses are stocked with easy-care houseplants in January and February. Try philodendron, pothos ivy, spider plant, English ivy, peace lily or aloe (which can be used to heal minor skin burns). Water houseplants with distilled water, but don't over water, and spritz with a fine mist of water once or twice a week.

Force bulbs indoors. Paperwhites, amaryllis, tulips, hyacinth, and daffodils can add color and wonderful fragrance to your home when forced in pots indoors. Some bulbs need to be chilled for a few weeks in the refrigerator and some require a special planting medium. Consult instructions beforehand.

Start a garden file. Browse through seed catalogs and gardening magazines to your heart's content. Keep a file with the pictures, plants and garden design ideas you'd like to try in the spring. Just gazing at pictures of colorful plants and daydreaming about spring will lift your spirits—no matter the weather outside!



SNOWSHOEING!

By Jamie Sands,
Wood County Park
District (pg. 15)

We love the **Wood County Park District's** pop-up snowshoeing programs in winter. When the world is quiet under a white blanket and crisp air, we delight to find fresh wildlife tracks in the sparkling snow. Join in the fun!





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THE GIFT-GIVING DILEMMA

By Laurie Wurth Pressel

What do you give the person who has everything? You can rack your brain and browse shops for hours and still come up empty. Here are some ideas that are sure to please even the pickiest and most difficult people on your Christmas list.



- A donation to the person's favorite charity, with a small note or card letting the person know.
- Two concert tickets to an upcoming music or theatre performance. Check out the offerings at the Toledo Symphony; Stranahan Theatre; Valentine Theatre; Marathon Center for the Performing Arts in Findlay; Masterworks Chorale Toledo; Defiance Community Cultural Council and the Ritz Theatre in Tiffin.
- Annual membership—consider the Toledo Museum of Art; Heritage Sylvania; Schedel Arboretum & Gardens; Wood County Historical Society; Hancock County Historical Museum; Rutherford B. Hayes Presidential Library & Museums in Fremont and the Toledo Zoo. Members receive benefits like discounted or free admission, discounts at the gift shop, and access to special programs throughout the year.
- Monthly clubs—most allow you to opt for 3-month, 6-month, or 12-month subscriptions. The recipient receives a specialty package in the mail every month, which can be a lot of fun. There are clubs for fruit, flowers, art kits, books, jewelry, wine, meals and more!
- Food basket with local goodies. Everyone needs to eat!
- Two movie tickets with a bag of specialty popcorn.
- Pair of gloves; soft throw; candle or reed diffuser; matching hand lotion and soap. Everyone can use more of these items. Search for a high-end or interesting brands.
- Gift card. To make it more meaningful, get a gift card from a locally-owned store or restaurant. You will then be giving the person an experience of shopping or eating somewhere interesting and fun!

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WINTER TRADITIONS

By Denise Martin,
Martin & Martin
Insurance (pg. 14)

The cold weather affords us time to appreciate the traditions that winter brings. Family time with board games and puzzles, diving into a good book and enjoying a night by the fire. Focus on self-care!



Winter Solstice Luminaria Walk



DEC. 20-22, 2019

Go for a night time walk around the Serpent Mound & Labyrinth on evenings surrounding the winter solstice. Enjoy a bonfire afterwards!

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PHOTO CLASSES CAN HELP MAKE BETTER PHOTOS

By Patti Robb

Do you enjoy photography as a hobby? Perhaps you are a blogger or social media influencer who wants to improve the photos you post. Maybe you aspire to be a professional photographer. Whatever your reasons, if you are serious about photography and want to get more from your camera and take better photos, you might try taking a photography class.

You can enroll in a class online or take a traditional class at a brick and mortar location. Online classes can be ideal for people who don't have the time or schedule to take classes, but for many people face-to-face interaction with the instructor or others in the class will be important to the learning experience. Regardless, photography classes are a great way to learn basic skills such as camera operation, composition, focus, and lighting. If you already know the basics, classes on how to get more from your camera for better photos can take you beyond the fundamentals.



Kohne Camera and The Print Refinery, located in Perrysburg, is the only full-service camera store in northwest Ohio that offers photography classes taught by staff or local professionals. Not only can you purchase your camera equipment locally, but Kohne's staff is devoted to all things photography. If they aren't in the store, you can often find them shooting photos in one of the parks, or editing photos on the computer.

"We offer entry level and specialized photography classes, and everything in between," says Lori Rupp, co-owner and operator of Kohne Camera. "Our classes offer a little bit of everything for every type of photographer. We offer classes on a monthly basis and cover a variety of topics," she adds.

In addition, Kohne has recently added The Print Refinery to its business. "We celebrated 30 years of business by remodeling our store and re-branding as The Print Refinery. Not only can you get what you need to take great photos, you can also order prints online or in person from any device, process film you may have discovered hiding in a drawer, and create a whole host of gifts using your own photos," adds Lori.

Whether you are looking to make better memories or to make a bigger profit from your photography, taking a photo class can assist you in improving your focus and expanding your vision. Sign up today!

You can find a list of available photo classes online at kohne.com or register on Facebook or Instagram. Kohne Camera and The Print Refinery are located in the Country Charm Shoppes, 120 W. South Boundary Street in Perrysburg.


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THE RHYTHM OF THE SEASON

By Margo Hertzfeld, Rosy Glow Aromatherapy (pg. 25)

The ancient Indian health philosophy of Ayurveda calls us to listen to the season's rhythm and how it changes our energy and needs. Using warming essential oils like ginger, fennel and black pepper are instinctive tools to stave off winter's chill. Listen to your body and diffuse or dilute these oils for benefits like renewed energy, increased blood flow and healthier digestion!

"Love isn't a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly the way he or she is, here and now." – Fred Rogers

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Though the term “charcuterie” refers to the art of making cured or smoked meats, a charcuterie board is so much more than salami or prosciutto. It is a feast for the eyes that features a variety of bite-sized morsels with flavors that are savory, salty, spicy and sweet. It can be used as an impressive appetizer or an entire meal and, best of all, requires no cooking!

The foods on a great charcuterie board will have an array of textures and colors, and typically will include:

- Cured meats such as salami, prosciutto and sausage;
- Several types of cheese, with varying flavors, shapes and textures;
- Different styles of crackers and breads;
- Fruits, such as dates or dried apricots, grapes and berries, melon, apples or orange slices;
- Olives, pickles, cherry tomatoes, cucumber slices or other vegetables;
- Nuts and other salty treats;
- Jams, mustards and spreads that complement the items above.

Build It and They Will Rave!

It may seem a bit overwhelming to put together an attractive display. So do plan to spend a little time “getting it right” and use these tips for stress-free assembly:

- Select a tray and add small bowls for sauces, nuts, olives, tomatoes or other items. Place them on your tray first and spread them out.
- Place cheeses on the platter next, in several different locations. Include a wedge, slices or cubes and perhaps a round of brie.
- Use the bowls as anchors for other items to lean on—or to be stacked around—building out from each one.
- Fold individual pieces of meat into quarters and place them upright on the tray. This makes them look more festive and they also are easier to pick up and eat.
- Finish up when your display looks bountiful, has plenty of color and is irresistible.

Charcuterie boards assembled and photographed by Kirsten Sfaelos.



THERE’S NO PLACE LIKE HOME

By Hutchison Fine Furniture (pg. 36)

Winter brings us home for the holidays where we look forward to decorating and entertaining family and friends. When the holidays are over, our favorite sofa beckons us to curl up to unwind. There is no place like home!

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START A CHRISTMAS TRADITION

By Laurie Wurth Pressel

Traditions build family connections and create wonderful memories for children. Here are some favorite traditions from our Buzz Book friends:

Abby Anderson and Jody Combs, mother/daughter owners of RooBarb Studios, Findlay

"Our family has a Christmas Eve tradition that has remained constant since the 1980s. South Main Street residents in Findlay always set out luminaries on Christmas Eve. We have dinner at a local restaurant and then drive down Main Street to enjoy the beautifully decorated Victorian homes with their luminaries shining brightly. In the past (a holiday secret known to a few), Santa would come riding around the corner in a holiday-decorated antique fire truck around 8pm. He'd stop in front of the Court House to pass out candy canes to any little ones fortunate enough to be standing on the Court House steps. The truck hasn't been around the past few years, but our now-grown kiddos certainly remember those magical nights."

Vicki Selhorst, graphic designer of Buzz Book, Elmore

"When our boys were little, we started the tradition of buying them each a Christmas ornament when we were on vacation. Some are locale-specific, like a lobster boat with Santa as the captain from Maine and a moose from Canada, while others feature a favorite sport or activity or are personalized with their name. They each have their own little Christmas tree in their room that they can decorate and make as gaudy as they want. I started this tradition so they will have a collection of ornaments for their first Christmas tree when they move out someday. And most importantly, so they won't make 'momma's tree' look bad!"

Kathleen Jones, owner of Jones & Company, Perrysburg

"We started our Christmas Eve dinner over 30 years ago. The dinner included my in-laws visiting for the holidays, my family, and friends who did not have family close by. When we moved to Perrysburg in 1985, we invited our neighbors the Kramers and we became part of their Christmas tradition, too. Then we added the Hamiltons and the Weiss families. One year we had 35 people for a sit-down dinner and the kids outnumbered the adults! We have so many wonderful memories with great friends and it has meant a lot to my kids. Now that my sons are grown and married with a few grandchildren thrown in, we can only get everyone together every other year. 2020 will be my year to have everyone and I can't wait!"



Patti Robb, Buzz Book contributor, Toledo

"I had been giving ornaments to my step-daughter each Christmas since I married her father in 1993. Our son joined the family in 1998, so when getting Kelsey's ornament that year, I purchased him a small airplane with Santa as the pilot. I put his initials and the year on the bottom. The next year, he loved playing with his Santa plane so much, I followed up with Santa riding on a bear. The next year, Santa was on a bicycle. I have purchased a Santa on some form of transportation every year since (and always put his initials and date on the bottom). He now has Santa on a rocket ship, in a golf cart, riding a hot air balloon, on a ship and on a motorcycle. When we travel, I search to find something stamped with the locale's name. We have Santa on a surfboard from Hawaii, Santa in a canoe for Northern Michigan, and Santa in a fishing boat for North Carolina. I love this tradition because I know he enjoys getting these ornaments and it is fun trying to find something unique and different each year. We still put them out every year, but eventually I will put them away for him to have when he is ready for his own place. I know he will keep these ornaments forever, and I like knowing I have instilled in him a love of tradition."



WHAT'S THE BEST GLASS FOR WINE?

By Kathy Chirdon

While there are many different kinds of glasses for many kinds of wine, most households need only one set of all-purpose glasses that can be used for reds and whites without thinking about it. For Ann Kisin, representative for Vintage wine distributor, that glass is the Libbey Kentfield Estate Signature (**Libbey Glass Factory Outlet**, pg. 10). "I like that it has a thin lip," Ann says, "yet, it is not so delicate or expensive that I have to worry about breaking it."



Other important factors in choosing an everyday glass:

- It must be clear, so that nothing interferes with the display of the wine's color.
- It should be big enough to allow the wine to breathe and to enable aficionados to swirl without sloshing.
- Its stem must be long enough for a comfortable grip, so that the temperature of the wine won't be altered by the warmth of your hands.

A good glass will make your wine-drinking experience a little more pleasurable, and a nice set of stemware is always a well-received gift.

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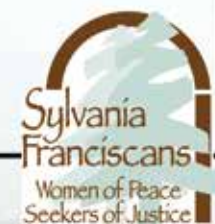
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HEARTS LOVE THE MEDITERRANEAN DIET

By Kathy Chirdon

Delicious food that has stood the test of time and will keep you healthy for years to come is the heart of the Mediterranean diet. February, National Heart Month, is a great time to learn about this eating/lifestyle plan.

Ranked 2019 Best Diet Overall by U.S. News & World Report, the MedDiet scores big for heart health and longevity. It may lower your blood pressure and cholesterol and help you manage diabetes, and it's effective for weight loss, especially combined with regular exercise and portion control.



The MedDiet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. Meals are built around plant-based foods — vegetables, fruits, herbs, nuts, beans, and whole grains. Seafood (including mackerel, herring, sardines, albacore tuna, salmon, and lake trout) is central to the Mediterranean diet. While dairy, poultry, and eggs are OK in moderation, red meat is eaten only occasionally. Olive oil is the primary source of added fat and is substituted for butter. A glass or two of red wine, especially in the context of enjoying meals with others, is often listed as an option.

Many health professionals acknowledge the diet's host of health benefits. Registered Dietitian Nancy Flaherty at Toledo Clinic appreciates the evidence-based science behind the MedDiet's No. 1 ranking, and she promotes it to her patients: "It is a healthy way to eat! You want to plan your diet around whole grains, fruits, vegetables, nuts and nut butters while avoiding trans fats, or hydrogenated fats in processed foods."

Nancy cautions against using the internet as a source of nutritional information. "Many articles are based on trends — not scientific evidence — and do not promote heart-healthy foods," she says. One example she cites is the popularity of coconut oil. "The AHA, WHO, and the FDA advise limiting or avoiding coconut oil consumption due to its high level of saturated fat, which is 82%."

Nancy heartily agrees with the MedDiet's recommendation of daily physical activity. "Cold weather needn't suspend our fitness routine," she says. "Exercise will keep us healthy and happy throughout the winter months." When it's practical, get outdoors this winter for hikes, cross country skiing, sledding, or just playing in the snow. Tennis, pickle ball, swimming, and ice skating are available indoors, and this is the perfect time to try dance lessons or a new exercise class.

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WILL YOU MARRY ME BROWNIES

Photo and recipe printed with permission from: theviewfromgreatisland.com

Recipe adapted from King Arthur Flour.

This easy chocolate dessert is deceptively simple and surprisingly persuasive. Sometimes, all you need is love and a really decadent chocolate brownie.

INGREDIENTS

- 4 large eggs room temperature
- 1 and 1/4 cups cocoa powder I used a combination of regular and Dutched (Hershey's Special Dark)
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp espresso powder
- 1 Tbsp vanilla extract
- 2 sticks 1 cup unsalted butter
- 2 and 1/4 cups granulated sugar
- 1 and 1/2 cups all purpose flour
- 2 cups a 12 ounce bag semi sweet chocolate chips
- powdered sugar for dusting optional



INSTRUCTIONS

1. Preheat oven to 350F, lightly butter a 9x13 pan
2. Beat the eggs with the cocoa powder, salt, baking powder, espresso powder, and vanilla until smooth and well combined.
3. Melt the butter in a medium saucepan and stir in the sugar. Cook, stirring constantly, on medium low heat, until the mixture almost comes to a simmer, but not quite (don't let it bubble.) Stirring constantly helps the sugar to dissolve.
4. Pour the hot butter into the egg mixture, gently beating or whisking well to combine. You aren't looking to incorporate any air into the batter, so don't use too much elbow grease!
5. Blend the flour and the chocolate chips into the batter. Turn into your prepared pan and spread out evenly.
6. Bake for about 28-30 minutes, or until dry on top and the edges are starting to look cooked and are just slightly pulling away from the sides of the pan. Cool on a rack.
7. Dust the cooled brownies with powdered sugar if you like.

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EXPERIMENT WITH NEW RECIPES THIS WINTER

By Karla & Karrie, *Summer Kitchen Interiors* (pg. 21)

Winter months are the perfect time to experiment with recipes and we love trying new ones out with our Thornburg & Company Preserves! Here is an easy appetizer to take to your next get-together.

PINWHEEL PRESERVES

Using a large tortilla, spread plain cream cheese covering almost to the edges. Spread Thornburg & Company Pear Preserves over the cream cheese. If you'd like, you can add chopped pecans over the preserves and roll the tortilla up and cover. Place in fridge to chill before slicing (making it easier to slice). Once sliced, arrange on a tray and serve.



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A NAP WILL DO YOU GOOD

By Carolyn Beyersdorf, *Decorating Den Interiors* (pg. 50)

As we navigate through another hectic holiday season who couldn't benefit from heightened productivity and clearer focus? Did you know a short nap of 20-30 minutes can provide these benefits? If your sofa is sagging, the cushions are lumpy and the upholstery is worn, consider investing in luxury furniture. Contact Carolyn Beyersdorf, IIDA to customize your furniture for that long winter's nap.



"Nothing is so strong as gentleness, nothing so gentle as real strength." - Saint Frances de Sales

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WHITE BEAN DIP AND SPREAD

Photo and recipe courtesy of Diane Rogers of Syd & Diane's



Soak dried white cannellini beans in plenty of water overnight. Drain, and put the beans in a large pot with a bay leaf and a 1/4 teaspoon of baking soda. Cover with water by 3 inches. Simmer until very tender, approximately 1 hour. Cool beans in liquid. Reserve a 1/2 cup of liquid before draining. Put beans in a blender (preferred over a food processor, if possible). Use some of the reserved liquid to thin if necessary. Add a couple fresh cloves of garlic, salt, white pepper and a pinch of thyme. Pulse a couple times, then add a generous amount of good Extra Virgin Olive Oil. Taste and adjust.

Best served room temperature (not cold). Season accordingly. Enjoy!



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CONVERSATION STARTERS

By Laurie Wurth Pressel



'Tis the season for parties and small talk with casual acquaintances and strangers. Are you a pro at keeping the conversation flowing, or do you make a few observations about the weather and slink off to the restroom? Here are 20 "conversation starters" to help even the most introverted person shine at a holiday gathering.

1. What was the high point and the low point of your week so far?
2. Have you binge-watched any good television shows recently?
3. Are you a cat person or a dog person and why?
4. If you could live anywhere in the world, where would you choose?
5. What's the best present you have ever received?
6. If you could eat only five foods for the rest of your life, what would they be?
7. What hobbies would you enjoy if you had more time?
8. What are your favorite foods to cook?
9. Are you planning to make any New Year's Resolutions this year?
10. Have you been working on any interesting projects lately?
11. Are you a morning person or a night owl?
12. If you could eat at only one restaurant your entire life, which one would it be?
13. Who do you most admire and why?
14. What was your worst holiday mishap?
15. Who would you not want to be stuck with in an elevator?
16. If you could be transported back in time, what time period would you choose?
17. What skill do you wish more people took the time to learn?
18. What makes you happiest and what makes you angriest?
19. What trend or social convention from the past do you wish would make a comeback?
20. What is something that you've learned with age?



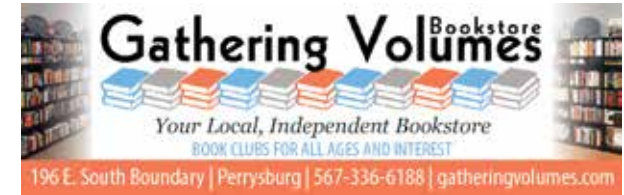
AN IRISH TOAST FOR YOUR NEXT PARTY

*"May your troubles be less, and your blessings be more,
and nothing but happiness come through your door."*

TIP TOP SILVER

By Ruth Neal, Extras
by Maams (pg. 22)

Make your silver shine this winter. Line a bowl with aluminum foil, add baking soda, your silver and pour boiling water over it all. Remove after 1-3 minutes, rinse under cool water and dry with a soft cloth.



THE VILLAGE OF ELMORE NEEDS YOUR SUPPORT IN 2020!

By Vicki Selhorst

Many of our Buzz Book readers frequent the quaint village of Elmore to explore Schedel Gardens, and to shop at Whimsy & Blue, Crafty Needle Yarns, Once Upon a Tyme and Bench's Greenhouse & Christmas Shop. We are blessed to have so many advertisers from this small community that is located just 20 miles southeast of Toledo.



Next year, beginning in February 2020, the historical OH-51 bridge will be closed for approximately 6-8 months. This necessary construction is not only beneficial for the safety of residents and visitors, but it will also provide a beautiful entrance into the village with lookouts built into the new bridge that will provide stunning views of the Portage River.

Please help us in spreading the word regarding the traffic detours (shown right). When you make your way out to Elmore in 2020 you will be supporting the small businesses that make places like Elmore and northwest Ohio such a great place to live and visit.



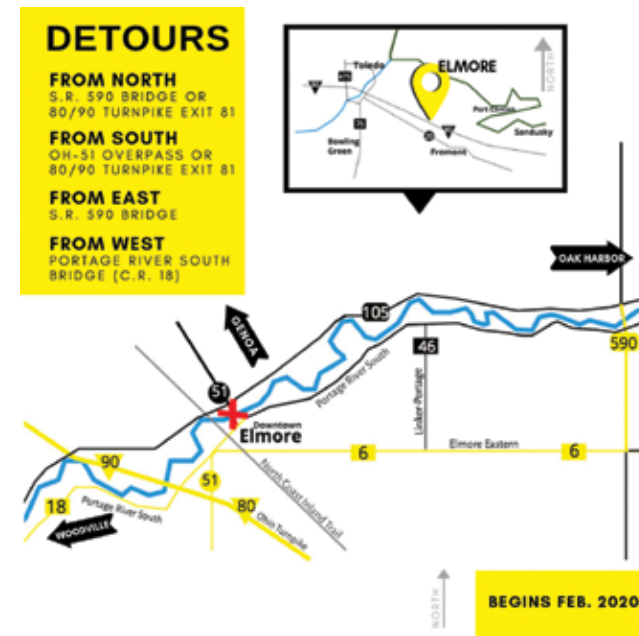
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HEY, GOOD LOOKIN', WHATCHA GOT COOKIN'?

By Judy White



With apologies to Hank Williams, how about cooking up something good with family and friends?

Whether you're unsure about adding clove or a clove of garlic to your home-made soup, or you can prepare a holiday dinner blindfolded, there's always more to learn about cooking and lots more ways to have fun while you're doing it.

In Toledo, Foodology offers "recreational cooking classes for all ages, occasions, and skill levels." In each hands-on class, a classically trained chef teaches participants how to prepare several seasonal dishes and international meals. Of course, the best part is sitting down with the group to enjoy what you've prepared—and you get to take home the leftovers! (And have I mentioned there's no grocery shopping or kitchen clean-up required?) 'Tis definitely the season for "Winter Soups," a budget-friendly class for beginners. When it's freezing outside, what could be better than enjoying a big warm bowl of pure comfort food?

Maumee resident, Chef Liz Donaldson, also teaches private classes at Maumee Kitchen & Bath and can accommodate up to 30. She loves Italian, especially pasta! Check out opportunities starting up again in January. You may know Liz as the Perrysburg Walt Churchill's Chef or from past experiences as Fresh Thyme's Chef or The Anderson's Cheese Monger. When you love food, you find the best opportunities.

Ann Worden, publisher of The Buzz Book, enjoys cooking classes with friends and family. "I have taken three classes offered by Diane Rogers (Syd & Diane's). Loads of fun and you come away with some terrific tips. She is one great Chef! And you can host an intimate class for friends in your own home and she will demonstrate/and or cook," says Ann.

Or here's another option. Sign up for the "Chef's Table" at Element 112 in downtown Sylvania and watch the staff, directed by Chef Nixon, prepare your meal through the glass partition. Take a tour of the kitchen and drill your wait staff about all of the superb dishes!

Cook away and get ready for lots of compliments on your new-found cooking talents.



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YOU ARE MOM'S POWER OF ATTORNEY – NOW WHAT?

By Sarah J. Corney, Partner, RCO Law (pg. 45)

Your loved one has just returned from the lawyer's office, asking (or telling) you to serve as their power of attorney. So, what does that even mean?

Powers of attorney are documents appointing someone to make decisions on the grantor's behalf. While they are also used in matters involving business, custody, long-term traveling, and imprisonment, they are most often used as an "estate planning" or "disability planning" tool. Why? Because only a power of attorney OR a court-appointed guardian can legally make health care or financial decisions on behalf of an incapacitated adult. So, if your loved one has signed a power of attorney, they are planning ahead to avoid court involvement if they are ever physically or mentally unable to handle their affairs.

There are two general types of powers of attorney: health care or financial. An agent under a health care power of attorney serves as the decision-maker for health care matters. In most cases, the duties and authorities of the health care power of attorney "spring up" if and when the grantor of the power is unable to make their own decisions. Although a grantor of the health care power of attorney can restrict the types of decisions that their agent can make, the health care powers are generally broad.

A financial power of attorney, on the other hand, can be very limited or very broad, depending on why it was created. Though a limited power of attorney is used for specialized circumstances (such as attending a real estate closing on someone's behalf), a general (broad) power of attorney is more likely what the grantor signed when they met with a lawyer to prepare an estate plan. Most often, a general financial power is durable, meaning that it is valid as soon as it is signed, and continues to be valid unless or until it is revoked or the grantor of the power of attorney dies. Even though it is likely valid now, most often the lawyer will advise you not to use it until the grantor's physical or mental health has declined to the point where they need someone to manage their financial matters on their behalf.

If you are serving as someone's power of attorney, you owe that person a legal duty to act in their best interests. In the case of a financial power of attorney, you are only permitted to use the loved one's resources to provide for their needs, unless the document provides broader authority to make gifts.

When the grantor dies, the power of attorney becomes invalid. Once you have learned of the death, you must cease using the power of attorney immediately or risk civil lawsuits or criminal consequences. There are a separate set of laws and documents that will come into play after the death.



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BE HAPPY – WATCH BIRDS

By Nature's Corner (pg. 21)

Looking for a winter pick-me-up? Put a bird feeder outside your window and watch your mood lift. A British study found that those who watched birds had increased feelings of well-being. And those who studied and knew more about the feathered friends received even more value from their observation. Check out the many feeders at Nature's Corner and enjoy the winter watch.



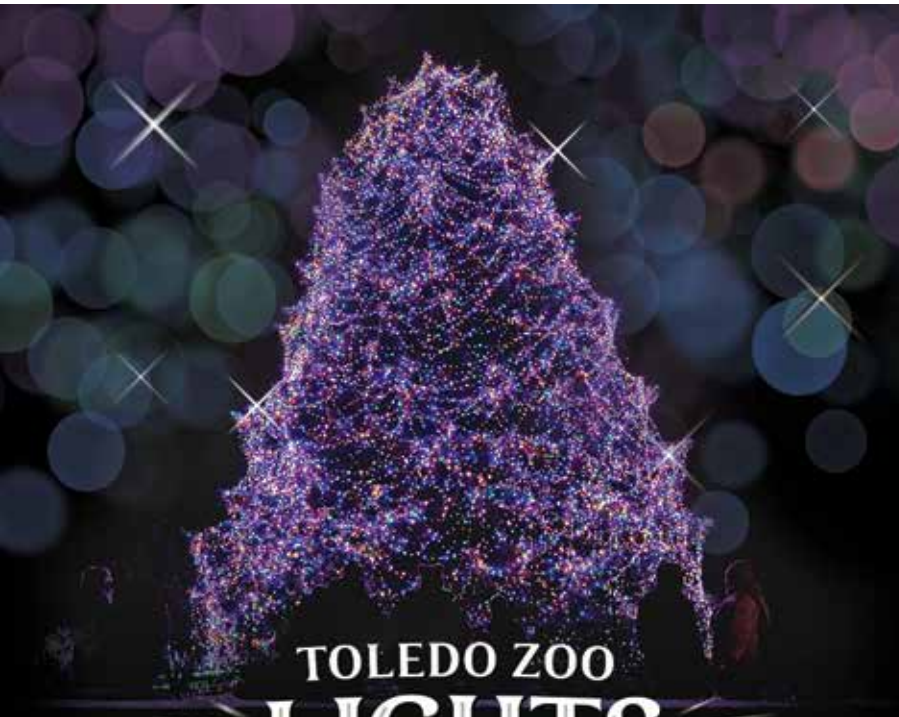


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ANIMAL FUN FACTS

My pick for the greatest book for kids and adults alike is *The illustrated Compendium of Amazing Animal Facts* by Maja Safstrom (also great for car ride chatter.) Visit **Gathering Volumes** (pg. 38) for your copy. Check out a sampling to the right!



Owls have three eyelids. One for blinking, one for sleeping and one for cleansing the eye!

A Beavers' teeth are orange and never stop growing!

Sea Horses are the slowest fish in the world, live in pairs and travel holding each other's tails!

Pandas eat up to 100 pounds of bamboo in a day!

Some Butterflies never eat anything as an adult because they don't have mouths. They live on the energy that they stored as caterpillars!

A group of Kangaroos is called a mob.

Crocodiles do cry tears when they eat but they don't chew. They swallow stones that help them grind their food in their stomach.

A group of Ravens is called a conspiracy.

Badgers dig up to 50 exits in their underground dens!

Sea Otters hold hands when they sleep, so they don't float away from each other.

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DEWEY'S BEEF BRISKET

Who is Dewey? Here's the story: Allison Perz, executive director of the Mareda Center (themaredacenter.org/home), wanted to call her grandma Dolly, because her grandma loved "Hello Dolly!" However, she mispronounced "dolly" as "dewey." Many grandchildren later, the name stuck and so Grandma Dewey it was! All her grandchildren cherished her as a fabulous entertainer and cook and have enjoyed this family favorite for 40 years. Allison suggests that you try this served on small Hawaiian rolls for lunch, or as a main dish with garlic mashed potatoes for dinner, or with eggs and a dash of hot sauce for a spicy/sweet delight in the morning!

First:

Seal juices by searing both sides of a floured, 5 lb. beef brisket.

Place in a large Pyrex dish.

Preheat oven to 350 degrees.

Mix the following in a glass bowl until dissolved:

- 4 Tbsp soy sauce (low sodium is OK)
- 4 Tbsp brown sugar
- 12 oz pineapple juice
- 1 envelope Lipton's Dehydrated Onion Soup

Carefully pour over the meat, spreading the onions on top. Wrap in LOTS of wide foil all the way around the dish covering top, bottom, and sides of the dish.

Bake at 350 for 2-1/2 hours. Then, turn the oven off and leave brisket IN the oven to continue cooking overnight (or at least 8 hours.) **DO NOT OPEN THE OVEN DOOR.**

Remove from oven, place on carving board and slice when cool. Place back in juices and refrigerate. Reheat (only the portion needed for your serving) for 1/2 hour at 260 degrees.

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Kindnesses

Reprinted with permission from author Danusha Laméris

I've been thinking about the way, when you walk down
a crowded aisle, people pull in their legs to let you by.
Or how strangers still say "bless you" when someone sneezes,
a leftover from the Bubonic plague. "Don't die," we are saying.
And sometimes, when you spill lemons from your grocery bag,
someone else will help you pick them up.
Mostly, we don't want to harm each other.
We want to be handed our cup of coffee hot,
and to say thank you to the person handing it.
To smile at them and for them to smile back. For the waitress
to call us honey when she sets down the bowl of clam chowder,
and for the driver in the red pick-up truck to let us pass.
We have so little of each other, now. So far from tribe and fire.
Only these brief moments of exchange.
What if they are the true dwelling of the holy,
these fleeting temples we make together when we say,
"Here, have my seat," "Go ahead—you first," "I like your hat."

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MAXIMIZE YOUR DOLLARS AND YOUR WARDROBE BY CONSIGNMENT SHOPPING

By Patti Robb

Are you someone who likes to find one-of-a-kind items? Does hunting for a great bargain get your heart racing? Maybe you have a special event to attend and don't want to spend a lot of money on something you will only wear once.

Whatever gets you out shopping, locally-owned consignment stores are a great option. Not only do they reduce waste and promote reuse, customers benefit from pre-loved and brand new items at low prices.

"We sell new and like new designer clothing, shoes, handbags, jewelry, and more," says Betty Hill, owner of **Change of Seasons** (pg. 9) shop in Perrysburg. "We are very selective with our merchandise, and many of our customers are pleasantly surprised at the number of never-been-worn items we have available," she adds.

Consignment shopping is a fun way to shop if you have a small budget and are looking to maximize your dollars. The stores are generally smaller, with more personal service available, and the inventory is constantly changing. Unlike the franchised resale shops that are often crammed with merchandise, you will find many more upscale, unique items in an atmosphere that is clearly more boutique than second-hand store.

Opened more than 18 years ago in Perrysburg, Change of Seasons has moved a few times and is now located on Main Street in downtown. The shop carries a mix of styles in all sizes, including plus size. "Along with our usual items, we sell all types of formal wear, including mother-of-the-bride dresses," says Betty.

"There is value in walking into a shop, being greeted and treated special, touching the fabric, trying on the merchandise and getting in a little shopping therapy without breaking the bank," says Katherine Stark, owner of the newly opened **Bella River Boutique** (pg. 12) in Maumee. "Online shopping is certainly convenient, but not nearly as satisfying," she adds.

Located on River Road in Maumee, Bella River Boutique was created to fill a void in Maumee. "There isn't a shop like ours in the immediate Maumee area," says Katherine. Although she is not new to the consignment business, having previously owned a home furnishings store, Katherine's interest in opening Bella River Boutique stemmed from her dislike of 'fast fashion.'

"I'm not a fan of disposable clothing filling our landfills, or the low wages paid to many of those working in the clothing industry," she says. "Bella River's goal is to offer beautiful, high quality, and timeless pre-owned merchandise at affordable prices in a unique boutique atmosphere."

Whether you're a seasoned shopper or just like to see what's out there – Change of Seasons and Bella River Boutique are worth checking out. "Recycle and upcycle – it's good for the soul and good for the earth," says Katherine.

GET COZY

By Tamie Tehensky,
Ethan Allen Retail (pg. 43)

Hello winter, time to get cozy! Snuggle up with a warm, silky-soft mohair throw and rest your head on a luxurious fur pillow. It's a time for comfort & warmth, for good food and for talks beside the fire. Winter is the time for home.



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HELP YOURSELF BY HELPING OTHERS

By Judy White

“What is the essence of life? To serve others and to do good.” Spoken by Greek philosopher Aristotle more than 2,300 years ago, this ancient question shows that giving back to the community is hardly a new concept.

We all know that volunteers can make an immeasurable difference in the lives of others. But did you know that volunteering can benefit your health and enhance your own sense of well-being?

More specifically, volunteering can help you live your best life by:

- **Providing a sense of purpose.** For example, making and donating handmade shawls, blankets, and hats not only help keep babies, children, and cancer patients warm, it keeps your hands busy and can warm your heart, too!
- **Encouraging you to stay physically and mentally active.** A Mayo Clinic study found that many volunteers report better overall physical and mental health than do non-volunteers.
- **Reducing your stress levels.** By spending time in service to others, people feel a sense of meaning and appreciation—both given and received—which can help alleviate stress.
- **Decreasing depression.** Getting together with friends and developing new relationships by participating in shared activities have been shown to decrease depression and lift spirits—especially on chilly, overcast winter days.
- **Helping you live longer.** An analysis of data from the Longitudinal Study of Aging found that volunteers have lower mortality rates, even when controlling for age, gender, and physical health.

– Source: *The Mayo Clinic Health System*

There is no shortage of ways you can choose to make a difference. If you're looking to find volunteer opportunities that match your interests, skills, and availability, check out this comprehensive site, and start helping yourself as well as others!

volunteermatch.org



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YOGA POSE OPENS YOUR HEART

By Kathy Chirdon

A regular yoga practice strengthens your heart in the physical sense, but it also supports a healthy, open, emotional “heart.” Yogis believe the heart chakra—one of the major energy centers—is related to love, compassion, grace, and peace.

Camel pose (ustrasana), and other back-bending poses, or “heart-openers,” are said to balance the heart chakra, relieving tension and blocked emotions. If chakras aren’t your thing, you’ll still benefit from Camel. It stretches your desk-bound spine and chest muscles, enhances blood circulation and digestion, and relieves stress and anxiety.

Yoga instructor Kelly Milewski, RYT-200, says it’s important to take your time attaining Camel, just as camels are known for their slow, methodical way of moving. Here are her step-by-step instructions (and, as always, clear yoga poses with your doctor, especially if you have mobility or lower-back issues):



- Kneel on the floor with your knees hip-width, thighs perpendicular to the floor. Rotate your thighs inward slightly, but don’t harden your buttocks. Press your shins and the tops of your feet firmly into floor.
- Rest your hands on your lower back, fingers pointing down, as though you are putting your hands in your pockets. Or, use fists to support your lower back. While maintaining your perpendicular thigh position, inhale and lift your heart by pressing the shoulder blades together. Your head may hang back, but if that bothers or fatigues your neck, look forward, and tuck your chin slightly.
- For a greater challenge (see image next page), move into the full pose by leaning back, dropping your hands behind you, reaching for your heels. Be sure to move front to back, keeping hips square without twisting. You can also try curling your toes under, elevating your heels for an easier reach.

- Stay in either pose for five or six breaths, allowing the chest to soften and broaden. To exit, bring your hands onto the front of your hips, engage the abdominals, inhale and slowly lift the head and torso up. If your head is back, lead with your chest to avoid dizziness. Rest in Child’s pose.



Camel pose may also be done in a standing position—hands on back with elbows pointing back, legs hip distance, hips slightly forward—to counteract fatigue and poor posture at work, while waiting in line, when gardening, before or after a workout, even at the airport. Think of Standing Camel more as a heart opener/chest expansion rather than a backbend to protect the low back. Expand through the collarbones, lift your chest, and open your heart.

“Real health is a sense of joy and fulfillment, an appreciation of living. The many different facets of our lives contribute to our overall health.”

Chinese Medicine looks at the big picture, showing us that health problems cannot be viewed in isolation.” – Stephan Chmelik

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TO DIE FOR SIDE DISH

By Ann Worden

I attended a birthday party for a friend's mom. A superb local caterer, Cindy Gehring Bunch had prepared some of the dishes. I had never had grits, but this birthday girl was southern, so her daughter just HAD to include this family favorite. My, Oh, My!! So glad that she did – I had three servings!!

CORN, BACON AND GRIT GRATIN CASSEROLE



- 12 strips of bacon (cut bacon in half lengthwise, then chop into small pieces)
- 10 scallions chopped—both green and white parts
- 1 large onion-finely chopped
- 8 C. frozen corn (I prefer white, but you can use whatever you like)
- 2 C whole milk (do NOT use skim or 2%)
- 1 C heavy cream
- 1/4 C of quick cooking grits
- 1 C shredded Monterey Jack cheese
- 1/2 C shredded sharp cheddar cheese
- 1 stick of butter
- 1 can of French-fried onions
- 2 tsp cayenne pepper
- 6 tsp of salt
- 2 tsp of ground black pepper

Cook the bacon, remove from pan but leave the drippings. Melt the butter in the drippings and turn up the heat to medium high. Add the onion and half of the chopped scallions. Sauté until soft, about 6 minutes. Add the corn and cook for another five minutes. Add the milk and cream and bring to a boil. Add the grits, cayenne, salt and pepper. Reduce the heat and let simmer until thickened. Remove pan from stove and stir in cheeses.

Butter a 11 x 9" pan. Pour in the mixture. Add the cooked bacon and remaining scallions to the top and bake at 350 degrees for approximately 20 minutes. Take out and add the French Fried Onions and put back in oven for another 10 minutes.

Serve and enjoy!

Thank you, Cindy Gehring Bunch for sharing.

THE SILENCE OF SNOW

By Katherine Stark,
Bella River Boutique (pg. 12)

There is nothing more beautiful than the first big snowfall to slow Mother Earth down. I love to take that quiet time to walk the streets of uptown Maumee and take in the glistening trees then stop to patronize one of the local eateries who I can always count on to be open.



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What's Buzzin' this Winter

~ DECEMBER ~

Until December 31

Lights Before Christmas at the **Toledo Zoo** is the area's brightest holiday tradition. The 2019 edition features more than one million lights, the award-winning Big Tree, and more than 200 illuminated animal images scattered throughout the zoo. Sun-Thurs 3-8 pm and Fri-Sat 3-9 pm. Zoo members receive free admission Sunday-Thurs and one free admission on a weekend. Non-members \$20 adults, \$17 kids and seniors. The Zoo remains open for one additional hour after the gates close. toledozoo.org

6

Join the fun at the **First Friday Art Walk** in downtown **Sylvania's Red Bird Arts District** from 5pm-8ish. Explore art, listen to live music, shop at local stores and dine at local restaurants.

6-7

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 4-8:30pm. Reservations required. \$13 adults (\$11 members), \$7 children (\$6 members), free for children 5 and under. saudervillage.org

7

Mrs. Claus Saves the Day, a free presentation by The Children's Theatre of Cincinnati, at the **Stroede Center for the Arts**, Defiance. defiancearts.org

7-16

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. Take a self-guided tour of 32 displays with volunteers on hand to answer questions. 10am-8pm daily. 5100 Central Avenue, Toledo. toledometroparks.com

7

Christmas at the Peristyle featuring the Toledo Symphony, Toledo Opera Chorus, and Toledo Symphony School of Music students. Come enjoy a spectacular Christmas concert and a visit from Santa! 3pm. Ticket info at toledosymphony.com



Head to the **Wood County Historical Center Log Cabin** in Bowling Green for **Christmas in the Cabin**. Visit with costumed interpreters and partake in early Christmas traditions, such as handmade ornaments and tree decorating! Free and open to the public. 1-4pm. woodcountyhistory.org

8

Pick up gifts and decorations to make the holidays brighter! It's the **Toledo Craftman's Guild's Winter Festival of Crafts**. Franciscan Center at Lourdes University, Convent Blvd., Sylvania. Free admission and parking. 10am-4pm. toledocraftsmanguild.org

13-14

Create an unforgettable holiday memory at the **26th Annual Victorian Christmas Dinner** sponsored by the **Hancock Historical Museum** in Findlay. Victorian ladies see to every detail, from the decorations to serving the four-course meal. Carolers and instrumentalists provide entertainment. Limited space available. 6:30-9:30pm. hancockhistoricalmuseum.org

14

The **6th Annual Winter Brewfest** at **Fifth Third Field** bills itself as the coolest outdoor event of the season. Sample more than 250 craft beers and ciders from 50 breweries around the country. Tasting stations along the concourse are covered. \$60 VIP ticket, \$35 advanced general admission (\$45 at the door), \$25 designated driver tickets include an all-you-can-eat buffet. 5-10 pm. For All-Star Winter Brewfest tickets, call 419-725-4367 or order at hensvilletoledo.com

14-15

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

16

The acapella singing sensation **Straight No Chaser** is performing a holiday concert at the **Stranahan Theater**. 7:30pm. Tickets range from \$39.50-\$69.50. stranahantheater.com

19

Light Up Toledo! is the final **Art Loop** of 2019. Use public transit in new and exciting ways to explore the creative spaces of downtown Toledo. Purchase last minute gifts and shop at local businesses and art vendors. 5:30-9pm.

What's Buzzin' this Winter

19-22

The **HeART Gallery Nativity Festival** at the historic **St. Paul's Lutheran Church** in downtown Toledo features more than 100 Nativities and 30 decorated themed seasonal trees. Holiday food gifts will be for sale by local vendors. A holiday baking class and live music will be announced in early December. Groups may reserve a special visit. heartgalleryandstudios.com

20 & 22

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**. Friday viewing at 7:30pm and Sunday viewing at 2pm. Tickets just \$5. valentinetheatre.com

21

Don't miss the **Toledo Symphony Christmas Concert** in the beautiful **First Congregational Church**, 2315 Collingwood Blvd., Toledo. 3pm. Tickets \$15. Call the church office at 419-243-6248 for tickets.

It's the **Winter Solstice**—the longest night of the year and the first day of winter. Mark the occasion with a **mid-day hike** at **Oak Openings Metropark**, 4139 Girdham Road in Swanton. Meet by the Mallard Lake Area. 11am-noon.

23

Celebrate Black History Month with the 30th annual performance of the **Toledo Symphony** at **St. Martin DePorres** at 5pm. Advance tickets \$20, and \$25 at the door. stmartindeporrestoledo@gmail.com

25

On **Christmas Day**, take time to reflect on the peace of the winter season. Take a **Nature Walk** and observe the gifts of nature. Warm up with Sassafras tea afterwards in the Window on Wildlife. **Wildwood Preserve Metropark**, 5100 Central Avenue, Toledo. Meet by the main park entrance. 3-4:30pm.

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. Let the countdown to 2020 begin! Little ones can't stay up until midnight, so celebrate during the day. Celebrate at the stroke of noon with the rising of the zoo's recycling ball, a cascade of biodegradable confetti, apple juice toast, and chorus of 'Auld Lang Syne.' 11am-1pm. Visit toledozoo.org/nooneyearseve for more info and ticket prices.

31

Celebrate **New Year's Eve in Port Clinton**, the "Walleye Capital of the World," with the **Walleye Drop**. Every New Year's Eve the village drops a 600 pound, 20-foot, fiberglass walleye named Wylie Jr. from the sky to ring in the new year. Festivities leading up to midnight include live music, contests and games. Described as a very "unique experience." 3pm-midnight. Free and open to the public.

~ JANUARY ~

11

Enjoy Mozart in the afternoon at the **Toledo Symphony's Symphonic Surprises** concert at the **Valentine Theatre**. Concert also features works by Hayden and Stravinsky. 2pm. Ticket info at toledosymphony.com

14

Learn about the **Health of Lake Erie** at Topical Tuesdays at the **Way Public Library** in Perrysburg. 7pm. waylibrary.info

18

Try a little hot jazz to take away the winter chill. **Toledo Jazz Orchestra** presents **Latin Jazz on a Winter Night** at the Valentine Theatre. 8pm. Tickets \$28-\$38 at valentinetheatre.com.

19

Explore the night sky with a naturalist. **Star Struck: Deep Sky Objects** takes place at **Bend View Metropark** in Waterville. 7-9:30pm.

Prince Hill Duo 7pm, **Stroede Center for the Arts**, Defiance. Tickets \$10 at defiancearts.org



24

Abigail Stauffeer & Dave the Cellist, 7pm, **Stroede Center for the Arts**, Defiance, Tickets \$10 at defiancearts.org



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What's Buzzin' this Winter

25-26

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 available online or at the door.



28

The **National Ballet Theatre of Odessa** presents **Romeo and Juliet** at the **Marathon Center for the Performing Arts** in Findlay. Fifty-five ballet dancers will bring this tragic love story to life! 7:30pm. Ticket info at mcpa.org

31

Get your groove on for the **Denny Schaffer Winter Dance Party!** The event at the **SeaGate Center** will benefit Veterans Matter—an organization that supports homeless veterans. 8pm-midnight. More details at veteransmatter.org/dance

~ FEBRUARY ~

1

It's **Snow Ball Family Fun Night** at the **Way Public Library** in Perrysburg! Enjoy fun activities with a snow theme, including bingo, snowball toss, snowman stacking, make-and-take crafts, Frosty's photo booth and more. 7pm. waylibrary.info

6-9

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

7-8

Head to Bowling Green for the "coolest" event in Northwest Ohio this winter. The **BG Winterfest Chillabration** features ice carving demonstrations, children's activities, live entertainment, chili and soup cook-off, and more! Friday 10am-9pm; Saturday 9am-11pm. winterfestbgohio.com

7-9

Knitters, spinners and weavers can spend the weekend at **Sauder Village** in Archbold learning new techniques, catching up with friends, and sharing ideas. The **Knitting and Fiber Arts Retreat** offers 1-day, 2-day or 3-day options depending on your schedule. More information at saudervillage.org



9

Put your baking and decorating skills to the test. **Caked—A Decorating Contest** at the **Way Public Library** in Perrysburg features 2-person teams competing to decorate a cake using supplies and tools provided by the library. Judges are looking for creativity and taste! Registration required. 3pm. waylibrary.info

14, 15, 16

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! Get tickets in advance or buy at the door. Kids 12 and under are free. toledohba.com

15

Big Band Sound, 7:30pm, **Stroede Center for the Arts**, Defiance. Tickets \$10. defiancearts.org

21-22

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 Centre** in Toledo. Visit elevatethestage.com for more info.

22-23

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. Saturday 10am-5pm, Sunday 11am-4pm, admission \$4 - \$5.

24-March 1

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 many 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.

29

The **Glass City Wine Festival** is Toledo's premier wine, food and shopping event. VIP and general admission tickets available. The **SeaGate Convention Center**, noon-9pm. eriepromotions.com

Bring your seeds and get ready to swap! It's **Toledo GROWS 16th Annual Community-wide Seed Swap**. The free event features free packets of seeds, workshops, informational displays, raffles, networking and more. Noon-3pm, **Scott High School**, 2400 Collingwood Blvd. 419-720-8715. toledogrows.org

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