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Discover 419

January 2025

New year, new mindset

Consider all aspects of wellness when making your resolution

By Elizabeth Clauss

The holiday season has come to an end, and the joy of festive celebrations with family and friends has given way to a time of reflection for some. We're faced with a blank canvas full of possibilities — promises and goals we make to ourselves to do things differently or better than the year before. Common aspirations include fitness goals and career ambitions. This year, however, consider reflecting within: focus on your wellness and well-being. Make a resolution to nurture your mind, paving a way to a healthier, more balanced you.

So, how do you prioritize wellness? In addition to the weight loss and healthy eating goals many include in their New Year's resolutions, finding time for activities like making art and practicing yoga can

also offer pathways to mental wellness. And opportunities to explore these outlets can be found right here in the 419.

Not sure where to start? You don't need to be experienced to benefit from these practices.

"My favorite kind of person is the one that walks in and says, 'I can't do this. I've never done this. I can't paint at all.' And I think, okay, challenge accepted. That is my favorite kind of customer — someone that thinks they'll never be able to paint something. Let's go on this journey together," said Bonnie Schimmoeller, owner of Let's Create. "It's really about the journey of what they're making and creating, not the end result."

Bonnie said she "began crafting before crafting was ever cool." She previously

owned a DIY studio and taught a variety of classes, including crochet, glass and resin art, mixed media, painting, water colors and acrylics. Unfortunately, like many other small businesses, the aftereffects of COVID led to Bonnie closing her studio. She now



Bonnie Schimmoeller, owner of Let's Create. Photo provided.

Continued on page 3

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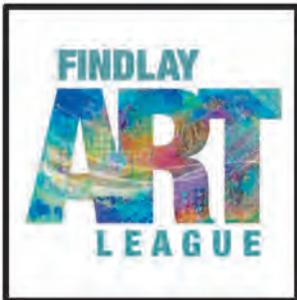
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JANUARY/FEBRUARY CLASSES [Register at www.findlayartleague.org](http://www.findlayartleague.org)

Parent & Child "Play-in-Clay" Wheel Throwing-Saturday, 9-11 am, January 4; Tuition: \$100 (for two), all materials provided, all skill levels welcome. Instructor: Cindy Meadows

Beginning Pottery Wheel Throwing-Wednesdays, 7:00-9:00 pm, January 8, 15, 22, 29, February 5, 12; Tuition: \$190, all materials provided, all skill levels welcome (18+).
Instructor: Marcie Allen

Intermediate Pottery Wheel Throwing-Thursdays, 7:00-9:00 pm, January 9, 16, 23, 30, February 6, 13; Tuition: \$200, all materials provided, beginning skill level required (18+). Instructor: Marcie Allen

Young Adult Pottery, Ages 7-17-Saturdays, 9-10:30 Wheel & 10:30-noon Glazing, January 11, 18, 25; Tuition: \$150, all materials provided, all skill levels welcome.
Instructor: Cindy Meadows

Reframed-Giving New Life to Old Frames-Tuesdays, 7:00-9:00 pm, January 14, 21; Tuition: \$50, bring your own art or photo to frame, all frames and framing materials provided, all skill levels welcome (18+).
Instructor: Marie Smith

Watercolor Winter Mountain Landscape-Sundays, 6:00-8:00 pm, February 2,9; Tuition: \$90, all materials provided, all skill levels welcome. Instructor: Jennifer Doyle

POTTERY PARTIES

Looking for a fun event with friends, family, or coworkers? Plan a Pottery Party!

2 hours of clay time, projects picked up 3-4 weeks after the party. Contact the Findlay Art League at findlayartleague.org for details and to schedule day and time.



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teaches private classes and works with a variety of nonprofits, where her true passion lies — providing the healing therapy of art to institutions such as Cancer Resources and 50 North, both in Findlay.

“The healing part of art is the journey of creating, having that safe space to create and explore emotions. Even painting emotions can create self-awareness about whatever headspace someone is in,” said Bonnie. “Art can force you to feel deeper than what you could ever verbalize. You don’t have to say anything to feel the deepest — whether it’s sadness, happiness or celebration. I think you can feel those almost stronger when it’s not verbalized.”

Bonnie added that it’s easy to go down a rabbit hole of staying in a negative headspace. By creating or viewing art, you can help pull yourself out of that mindset. You can start with the dark and gloomy emotions and work your way toward happiness and light.

“Art does things for your soul that everyday medicine just can’t do. I wish more people had access to the healing arts.”

Whether practiced alone or in a group environment, art can be a powerful tool for mental health. Creating art in solitude offers an inner escape and a silencing of the mind. “Art doesn’t have to be time consuming,” Bonnie explained. “You can sit down and do something in five to ten minutes and still have great benefits. It doesn’t have to be hours on end. It’s about the journey, not the result.”

Group art classes can provide a sense of community and shared experience. Both approaches foster a sense of creativity and encourage mindfulness.



Peggy Dillon guides a yoga class at Hot Yoga. Photo provided.

“Some people can be very quiet and not say a single word in my classes,” said Bonnie, “At the end of the class, they will come up to me and thank me, and I’ll respond, ‘But you never said anything?’ And that is okay — it doesn’t mean they’re not absorbing what’s going on or participating to the fullest. That’s the nice thing about art — everyone participates in their own way.”

For those intimidated or afraid of not being artistic enough, Bonnie said, “Many people think they need to create a masterpiece, but it’s really about the journey.”

In a fast-paced world where stress is often unavoidable, yoga can be a great tool in supporting mental health. Blending physical movement, breathing and meditation, yoga provides a holistic approach in dealing with anxiety and stress.

“The focus of yoga is mental health. It is cultivating mindfulness and being present with your breath. It is deep introspection and allows people to cultivate those skills,” said Peggy Dillon, owner of Hot Yoga Findlay, 330 S. Main St.

Peggy teaches a variety of courses centered on physical movements (Asana), breath (Pranayama) and mindfulness. Students are encouraged to take ownership of their health by developing tools tailored to helping them build not only physical but emotional and mental health. Most classes are taught using infrared lighting, hence the name “Hot Yoga Findlay.” The lights are designed to stimulate the nervous system while reducing stress and anxiety.

“I think of yoga sometimes like medicine. Not everyone needs the same medicine so

you can’t teach one pose for all people that have experienced trauma in their lives, that isn’t going to work for everyone,” said Peggy. “We’re all different so there’s a lot of experimenting. Today one pose may work, tomorrow it may not. That’s why it’s so important to have different poses in your routine.

Peggy’s main focus at her studio is mental health. “It’s not going to work unless you try. Yoga is not about flexibility. It’s more mental flexibility than it is physical,” Peggy explained.

The Ember Workshop, a trauma-sensitive course she offers, helps individuals that have experienced major trauma down to the troubles of day-to-day life. Other courses are tailored to dealing with anxiety and depression, and how to manage them when life gets challenging.

“The key with yoga, meditation, breathwork or any of these practices, is that you need consistency for it to work,” said Peggy. She also stressed the importance of not habituating your yoga practices. Repetition of the same poses can lead to disengagement and no longer being fine-tuned to your body, she said.

Many people may be hesitant to try yoga or meditation due to a lack of time in their own lives. Peggy, however, suggests just giving yourself five minutes a day.

“It’s really important that it doesn’t have to be a 30-minute session, even though five minutes doesn’t seem like enough, it’s the start. If five minutes is all you can commit to, then commit to it. It might not seem like enough time, but it’s just the beginning,” she said.

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changes and changes to perception. Synthetic THC preparations have been used for addressing chemotherapy-induced nausea and vomiting. According to The National Center for Biotechnology Information, additional uses for THC include pain relief, particularly for fibromyalgia. There has been some research into THC's uses for moderate-to-severe obstructive sleep apnea. A recent laboratory investigation indicated THC also might inhibit the proliferation of breast cancer cells, but more studies are needed.

CBN: CBN often is understood as a weaker version of THC that results when THC components break down with age, says WebMD. It is about 25 percent less effective than THC. CBN has not been studied as widely as THC or CBD, but some of its potential uses include pain relief, sleep aid and even as a neuroprotective substance. A 2016 study published in *Neural Regeneration Research* found cannabinoid compounds like CBN can delay the progression of amyotrophic lateral sclerosis (ALS) to prolong survival.

Lasting effects? Although cannabinoids are turning up regularly now, especially as many areas have legalized marijuana usage, experts still do not fully know the short- and long-term effects of use. Furthermore, dosage may be confusing and there may be inconsistencies in purity depending on the manufacturer. It is up to the consumer to weigh the pros and cons of trying treatment with products derived from cannabis.

A beginner's guide to CBD, CBN, and THC

A growing number of consumers are turning to products derived from cannabis plants to treat an array of conditions. Formulations include gummies and other edibles, tinctures, vapes, and even beverages. When shopping for such products, particularly as a novice, consumers may encounter so many abbreviations referring to the active substances in these products that it can be confusing to get things straight. Here's a look at cannabis and what distinguishes various products from one another.

Understanding cannabis Hemp and marijuana are close cousins and come from the same species of a flowering plant in the Cannabaceae family. The major difference between them lies in how much of a certain cannabinoid each contains, advises Healthline. Hemp contains 0.3 percent or less of psychoactive tetrahydrocannabinol (THC) than marijuana, which has higher levels of THC (more than 0.3 percent). Because the THC in hemp is so

low, it's unlikely to get a person high.

Differentiating cannabinoids Cannabis contains a variety of cannabinoids. THC is one such cannabinoid, and for a while that was the one most known for its ability to produce euphoria and other desired feelings. The other top four include: cannabidiol (CBD), cannabigerol (CBG), cannabiol (CBN), and cannabichromene (CBC). Each has unique properties and potential health uses. This article explores CBD, THC and CBN, which are increasingly found in over-the-counter supplements.

CBD: CBD seems to be everywhere today, from pills to lotions. Harvard Health says animal studies and self-reports or research in humans suggest CBD may help with anxiety, treating childhood epilepsy, insomnia, chronic pain, addiction, and inflammation.

THC: THC delivers psychoactive experiences that may cause users to experience time distortion, sensory

LOCAL EVENT CALENDAR

JANUARY

JANUARY 5



FUNDAY SUNDAY

1-3:30 pm Mazza Museum 201 College St, Findlay

Make it a Funday Sunday at the Mazza Museum! Enjoy art activities, games, hands-on educational stations, interactive activities and more. This month join to have lots of fun with LEGOs. Registration is requested, but not required.

JANUARY 9



JAMES AND THE GIANT PEACH

Fort Findlay Playhouse 300 W. Sandusky St, Findlay

Opens January 9: Fort Findlay Playhouse presents James and the Giant Peach, running **January 9-12, 16-19, 23-26**. This family-friendly musical brings Roald Dahl's classic to life with a vibrant score by Tony-nominated Pasek and Paul and a whimsical book by Timothy Allen McDonald. Tickets are available now at fortfindlayplayhouse.org.

JANUARY 10



CHILLED AND DISTILLED

6-9 pm Toledo Zoo 2 Hippo Way, Toledo

Escape the cold at Malawi Event Center located at the Toledo Zoo! Sample various cocktails along with gourmet small plates curated by our award-winning catering team. Tickets include admission, parking, a souvenir cup, hors d'oeuvres, five drinks, and entertainment! Event is rain or shine. Some aspects of the event may be outside. Please dress accordingly. **Members \$70. Non-members \$75.** Tickets are non-refundable. All participants must be age 21 or older. Valid ID required.

JANUARY 11



SECOND SATURDAY

Findlay and Hancock County

On the Second Saturday of each month, get out and show some love for our small business owners. Explore local shops, cafes and eateries, and find gifts, lattes and sweet treats, among many other things.

JANUARY 18

Turn to Stone
A Tribute to ELO



TURN TO STONE: A TRIBUTE TO ELO

7:30 pm Marathon Center for the Performing Arts

Turn to Stone: A Tribute to ELO brings Electric Light Orchestra's biggest hits to life in an unforgettable performance at the Marathon Center for the Performing Arts in Findlay! Relive the magic of the 1970s with a live string section, dazzling light show, and authentic '70s attire. Sing along to classics like "Don't Bring Me Down," "Mr. Blue Sky," "Turn to Stone," and so much more. Purchase your tickets now at mcpa.org!

JANUARY 20



MARTIN LUTHER KING JR DAY

Martin Luther King Jr. Day honors the life and legacy of Dr. Martin Luther King Jr., a pivotal leader and the chief advocate for nonviolent activism during the Civil Rights Movement. His tireless efforts challenged racial discrimination in federal and state laws, paving the way for equality and justice. On this day, we celebrate his profound impact on civil rights and reflect on his enduring message of hope, unity, and peaceful change.

JANUARY 24



JO DEE MESSINA

7:30 pm Marathon Center for the Performing Arts

Country music star Jo Dee Messina is coming to the Marathon Center for the Performing Arts in Findlay! Known for her breakout hit "Heads Carolina, Tails California," Jo Dee has earned nine No. 1 hits, sixteen Top 40 singles, and recognition from the ACM, CMA, and GRAMMY Awards. You don't want to miss this unforgettable performance!

JANUARY 25



WINTER FESTIVAL

Hancock County Fairgrounds 1017 E. Sandusky St, Findlay

Save the Date! Get ready for a fantastic event featuring local vendors, delicious food, refreshing drinks, and live music. This exciting gathering is brought to you by the Hancock County Senior Fair Board and False Chord Brewing Company. Stay tuned—more details will be announced soon. Mark your calendar and join us for an unforgettable day of community and entertainment!

This information was pulled from community websites and was considered current at press time.

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

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GAHANNA, Ohio (December 2024) — Power outages can be unpredictable, but you can control how you prepare for them. Each storm and outage is different, though, and there are times when customers may be without power for an extended period.

“Always plan ahead and don't wait until for an actual outage,” said AEP Ohio Director of Operations Matt Bennett. “Make sure you have a backup power source and an emergency kit and have a plan of where

to go in case of an extended outage.”

Here are some helpful tips to safely power through an extended outage.

Do's

Do have an emergency kit, especially if you or someone you live with has a health condition and have a backup plan in case of an extended outage.

Do check on your neighbors and the elderly to see if they're OK.

Do report the outage by contacting your power company. AEP customers can report outages by

visiting AEPOhio.com/Outage.

Don'ts

Don't use stoves, ovens or grills to heat your home. If using a temporary heating source, follow the manufacturer's guidelines for installation and use.

Don't burn charcoal indoors – it releases poisonous carbon monoxide.

Don't panic. If you see a downed line, stay as far away as possible from it and anything it may be touching. Call 911.



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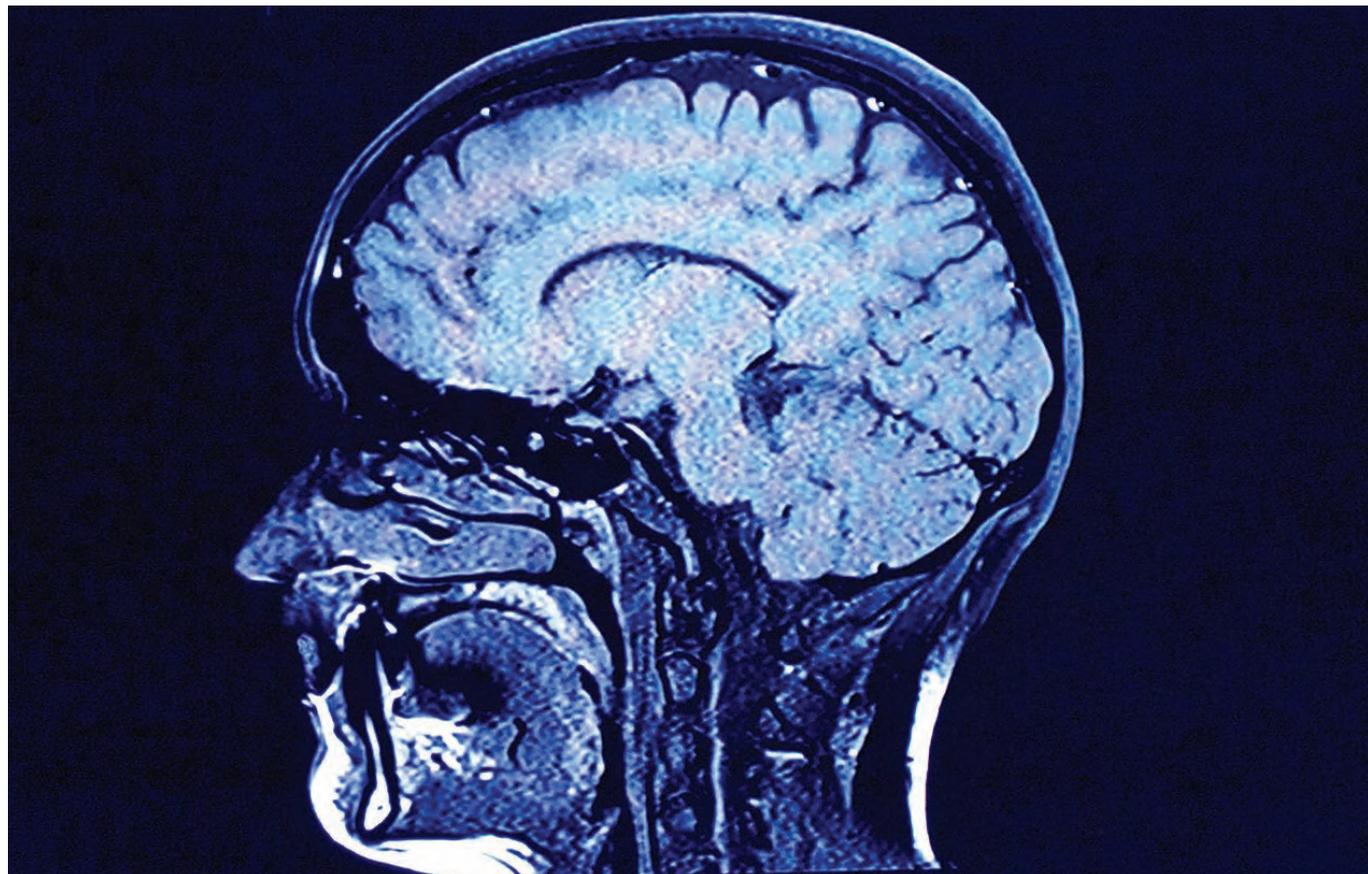
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5 New Year's resolutions to benefit the brain



Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.

Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider.

1. Get moving:

Exercise does the body good and even positively affects the brain. The American Academy of Neurology has found aerobic exercise may play a significant role in reversing and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of neurology at Boston

University, also says aerobic exercise releases growth factors in the brain, which can help grow new brain cells.

2. Start a new hobby. When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a cognitive standpoint, indicates The Healthy, a Reader's Digest brand.

3. Make more time for fun.

Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.

4. Practice mindfulness more often.

Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too often people are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.

5. Eat a better diet.

The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at Deakin University School of Medicine in Australia.

By making brain health a priority when coming up with New Year's resolutions this year, individuals can benefit for years to come.

THE BEST OF THE BEST

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Beer Selection	Findlay Brewing Company
Cocktails	The Bourbon Affair
Craft Beer Selection	Findlay Brewing Company
Margarita	Oler's Bar & Grill
Sports Bar	Fricker's
Wine Selection	The Wine Merchant

Arts & Entertainment

Event	Flag City Balloon Fest
Event Venue	Hancock Hotel
Family Entertainment	Hancock County Fair
Live Music Venue	Marathon Center for the Performing Arts
Local Band	Reunion Band
Trivia Night	Fern Café

Auto

Auto Body Shop	Brad's Body Shop
Auto Detailing	Tidy Rides Findlay
Auto Mechanic Shop	Fields Service
Car Sales Team	LaRiche Chevrolet-Cadillac
Car Wash	Flag City Auto Wash

New Car Dealer	LaRiche Chevrolet-Cadillac
Oil & Lube Center	Tuffy Tire & Auto Service Center
Tire Center	Cooper Service
Used Car Dealer	LaRiche Chevrolet-Cadillac

Beauty

Hair Salon	Journey Salon & Day Spa
Kids' Haircut	Untangled Hair Salons
Manicure/Pedicure	DREAM Nails & Spa

Mens' Haircut	Larry's Hair Styling & Tanning
Tanning Salon	Sun Express Tanning Salon
Tattoo Shop	Black Sheep Tattoo

Food & Dining

Appetizers	Findlay Brewing Company
Asian Food	Hunan Gardens
Bakery	Fort Findlay Coffee & Doughnut Shoppe
BBQ	Miller's Meats, BBQ & Catering
Breakfast	Dark Horse Restaurant
Burger	Beckett's Burger Bar
Coffee	Fort Findlay Coffee & Doughnut Shoppe
Deli	Main Street Deli
Donuts	Fort Findlay Coffee & Doughnut Shoppe
Fast Food	Chick-fil-A
Fish	Captain D's
French Fries	Five Guys
Ice Cream	Dietsch Brothers
Italian Food	Rossilli's Restaurant
Local Dining	Dark Horse Restaurant

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Sushi	Japan West
Tacos	Oler's Bar & Grill
Vegetarian/Vegan Food	Circle of Friends Restaurant
Wings/Boneless	Fricker's

Health & Wellness

Golf **Hillcrest Golf Club**
Health and Fitness Center **50 North**
Health Store **Apple-A-Day**

Martial Arts Studio **Academy of Martial Arts Studies**
Massage **Journey Salon & Day Spa**
Yoga **50 North**

Healthcare

Chiropractic Practice **Kirk Chiropractic**
Dental Practice **Doty Dental - Dr. Aaron Doty**
Eye Care Services **Eyes on Main - Findlay**
Hearing Aid Center **Findlay Hearing Center**
Medical Practice **Blanchard Valley Medical Associates**

Pharmacy **Kroger**
Physical Therapy Center **NWO Orthopedics and Sports Medicine**
Podiatry Practice **NWO Orthopedics and Sports Medicine**
Urgent Care **Physicians Plus Urgent Care**

Home Care & Services

Carpet Cleaning Company **Xtreme Carpet Care LTD**
Concrete Company **VanSant Concrete**
Construction Company **Garlock Brothers Construction**
Electrical Company **Beltz Home Service Co.**
Flooring Company **Xtreme Flooring Solutions**
Heating/AC Company **Tom Hiatt's Plumbing & Excavating**
Home Builder **Garlock Brothers Construction**

Home Improvement Center **Menards**
Landscaping Company **S&S Landscaping & Tree Service**
Lawn Care Services **USA Lawn**
Paint Store **Sherwin-Williams Paint Store**
Pest Control Company **Mauger Exterminating Co.**
Plumbing Company **Tom Hiatt's Plumbing & Excavating**
Roofing Company **J. Alexander Roofing**

Pets

Boarding **VCA Findlay Animal Care Center**
Dog-Friendly Business **Findlay Brewing Company**
Pet Grooming Services **Pampered Pooch Salon & Spa**

Pet Supplies **Omni Feed and Supply**
Veterinary Office **Flag City Mobile Vet**

Professional Services

Bank **Huntington Bank**
Child Care Center **Almost Home Infant Care & Preschool Education**
Credit Union **Hancock Federal Credit Union**
Customer Service **Chick-fil-A**
Funeral Home **Coldren-Crates Funeral Home**
Hotel **Hancock Hotel**
Insurance Agency **Hitchings Insurance Agency, Inc.**

Law Firm **Whitman Law Office, LLC**
Mortgage Services **Guaranteed Rate**
Nonprofit **City Mission of Findlay**
Place to Work **Journey Salon & Day Spa**
Professional Photographer **Keepsake Portraits**
Real Estate Agency **Key Realty Findlay**
Realtor **Scott Keller | Key Realty Findlay**
Senior Living/Assisted Living **Birchaven Village**
Service Club **Findlay Moose Lodge #698**
Tax Prep Services **Coward, Pinski & Associates LLC**

Shopping

Bedding & Mattress **Rettig Furniture & Mattress**
Clothing Store **Kohl's**
Farm Supply Store **Tractor Supply Co.**
Floral Shop **Sink's Flower Shop**
Furniture **Rettig Furniture & Mattress**
Garden Center **Garden Central**
Gift Shop **RooBarb Studios**
Grocery Store **Meijer**

Jewelry Store **Michael Eller Diamonds**
Local Store **Brinkman's**
Outdoor Furniture **Granary Gift & Furniture Barn**
Shoe Store **Dave's Running Shop**
Smoke Shop **The Attic Smoke Shop & Glass Art**
Sporting Goods Store **DICK'S Sporting Goods**
Thrift/Resell Store **Habitat For Humanity Restore**

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