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The News - Messenger

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Creativity and CrossFit



Locals take advantage of CrossFit 1926, at 2711 Hayes Avenue in Fremont. JILLIAN CRAIG/CORRESPONDENT

Many gyms went virtual to feed off one another's energy

Special to Fremont News-Messenger
USA TODAY NETWORK

FREMONT — The COVID-19 pandemic brought a lot of frustration for bars and restaurants, but the fitness industry also felt the sting of shutdowns and restrictions.

Many gyms were closed for three months or longer due to the pandemic that was spreading like wildfire in Ohio during spring and fall.

When his gym was forced to close March 16, 2020, Tom Price was frustrated he did not have an opportunity to make that decision himself. While the

doors to CrossFit 1926 remained shut, Price rented out equipment for members to use for home workouts.

"We had a pick-up day where people could come in and get anything they wanted that we had in our gym. We just signed it out, we put down who it was [and] what they were getting so we knew when they brought it back we were getting everything that they took," Price said. "They were taking dumbbells, kettlebells, med balls, bikes, rowers— anything they get their hands on trying to do something at home."

Price and Jarrod Hunt, co-owner of CrossFit 1926, were not financially struggling as much as other business owners were at the time of the shutdown because each has a job outside of the work they do at the gym; Price owns The Cookie Lady and Hunt is the CEO of Wynn-Reeth.

Renting equipment, virtual workouts

Along with renting equipment, CrossFit 1926 held virtual workouts via Zoom, which gave a workout option for members who did not have equipment at home. When gyms reopened May 26, 2020, Price and Hunt had moved into a new location across the street from the old gym, which allowed for easier social distancing.

From the start of their business nearly three years ago, Price and Hunt enforced equipment cleaning and disinfecting after workouts. Because of his position as CEO at Wynn-Reeth, Hunt was able to acquire cleaning supplies during a cleaning supply shortage to use for the gym.

See **CROSSFIT**, Page 2A

Fortress, city partnering to help the homeless

Daniel Carson Fremont News-Messenger
USA TODAY NETWORK

FREMONT - Every day, Cathy Twining steps out of the city's Community Fortress shelter and is on the street for 12 hours.

She's been in Fremont since March, but can't find a one-bedroom apartment in her income range.

So, near 70, homeless and with nowhere else to go, she stays at the downtown Fremont homeless shelter from 7 p.m. to 7 a.m.

Once the shelter closes, Twining mostly passes the time at Birchard Public Library during the day until Community Fortress reopens at night.

"It's hard to be on the street 12 hours a day," Twining told Fremont City Council members at a July meeting.

The COVID-19 pandemic has pushed the city's homeless numbers up over the past 18 months, although the daily occupancy at Community Fortress is only slightly higher than it was in February.

Heightened awareness of homelessness

Both Community Fortress board president Marma Malcolm and Mayor Danny Sanchez feel there's more of a heightened overall community awareness regarding Fremont's homeless population since the shelter opened its Birchard Avenue location downtown in 2019.

With the shelter open now for a couple of years and Fortress guests out during the day, they're more visible to the average person and downtown business owner.

A new "tent city" has also sprung up this summer at the former East Side Kroger site on North Fifth Street, with a handful of homeless residents staying there.

Sanchez said he doesn't think there's significantly more homeless residents in Fremont than in the past, even with the increased visibility.

The mayor said there haven't been a lot of criminal complaints, although Sanchez acknowledged he did respond to a recent non-criminal complaint regarding homeless people and loitering issues in the downtown area.

He's hopeful that, based on recent conversations he, Police Chief Dean Bliss and Mircea Handru, executive director of the Mental Health and Recovery Board of Seneca, Sandusky and Wyandot Counties, have had with Community Fortress officials, there will be more future services available for Fortress residents who need transportation or mental health assistance.

See **SHELTER**, Page 4A

DeWine to keep staff with FirstEnergy ties

Jessie Balmert Cincinnati Enquirer
USA TODAY NETWORK

Gov. Mike DeWine won't fire two staff members over their ties to Akron-based FirstEnergy, which recently admitted to bribing state officials, despite Democratic demands.

Democratic lawmakers Rep. Casey Weinstein, of Hudson, and Jeff Crossman, of Parma, say DeWine's adviser Laurel Dawson and Director of Legisla-

tive Affairs Dan McCarthy need to go.

"It's past time for them to go and for DeWine to come clean," Weinstein said. "It's a privilege to serve in a taxpayer-funded job. These two don't deserve it."

Democrats also sought documents on how DeWine and his administration handled the passage of House Bill 6, a \$1

billion bailout of two nuclear plants, and the appointment of Public Utilities Commission of Ohio Chairman Sam Randazzo.

"It's up to DeWine and (Lt. Gov. Jon) Husted to come forward with all the information and let the public judge for themselves whether or not they engaged in any wrongdoing," Crossman said

See **DEWINE**, Page 4A



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USA TODAY

Notes: Trump urged Justice officials to declare that the 2020 Presidential election was 'corrupt'. 8A

Weather

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M. sunny. Forecast, 2A



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