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OUR MISSION: Compass Media strives to be a leader in Fitness, Health and Recreation information that educates and inspires readers through print, web, mobile, social media and events in Ohio and beyond.

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VISIT US ONLINE:



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# OHIO'S FIRST SUMMER RESORT

By Elaine Kish

*ALTHOUGH LESS THAN THREE SQUARE MILES IN SIZE, GENEVA-ON-THE-LAKE HOLDS THE DISTINCTIVE TITLE OF OHIO'S FIRST SUMMER RESORT.*

Located in Ashtabula County on the shores of Lake Erie, this picturesque area has an extensive history and offers something for visitors of all ages. During the summer months Lake Road, also known as "The Strip," is the center of the action with arcades, amusement rides, restaurants, nightclubs and live music. There are outdoor parks, walking and biking trails, golf courses, flea markets and wineries in the area, as well as swimming, boating, water sports and fishing on Lake Erie. An assortment of lodging is available year round with hotels, motels, cottages, cabins, beach houses, condos, bed and breakfasts and campgrounds, many of which have lakefront views and lake access, and some that are pet friendly.

With a lot of history surrounding local restaurants, you can experience some of the favorites as you start your morning with donuts at Madsen Donuts, first opened in 1938. Stop for lunch at Eddie's Grill, started in 1950 originally as a root beer and hot dog stand, and enjoy dinner at Mary's Kitchen Restaurant, serving home-style food for nearly 70 years. For fun, you can enjoy a tour of northeast Ohio wineries or play 18 holes at the Geneva-on-the-Lake Golf Course. One of the newest area attractions is FootGolf, also played on the golf course. FootGolf is a combination of soccer and golf that uses a soccer ball rather than a golf ball and golf clubs. The game is played by kicking a #5 soccer ball into a 21" cup in the fewest kicks/strokes possible from a tee box to the green. A family-friendly game for all ages, this 9-hole course is the first of its kind in the area.

Adventure Zone offers go-karts, miniature golf, bumper boats, batting cages, a rock wall, bungee tramp, twin ziplines and a merry-go-round. It's one stop for hours

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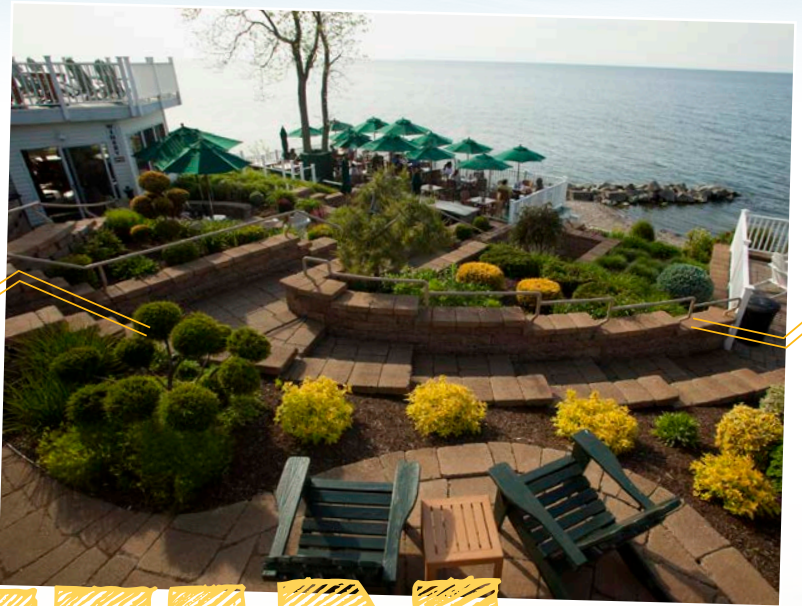
**THE LODGE AND CONFERENCE  
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RIDES, RESTAURANTS,  
NIGHTCLUBS AND LIVE MUSIC.**



# Local FAVES ON THE STRIP



# FUN FOR ALL AGES!





> CONTINUED

of fun for all ages. For those wanting to explore the area up close at their own pace, you can rent golf carts, surrey limos and bicycles by the day or hour. Water lovers can rent jet skis, kayaks or paddle boards at the Marina or at Breakwater Beach in the Geneva State Park. You can follow the Summer Fun Heritage Trail to learn some fascinating stories and history of Geneva-on-the-Lake. The Heritage Trail starts at Geneva State Park, and you will bike or walk past more than 20 buildings and sites marked with information commemorating places, events and people who have made this area a summer destination for families for over 140 years. The tour ends at Geneva Township Park. Located nearby is the Geneva State Park with a sand beach for swimming, picnic areas and a 3-mile hiking trail. Fishing is available from the shore or breakwall. Charter fishing boats and scenic cruises can be scheduled at the marina.

The Lodge and Conference Center at Geneva-on-the-Lake is part of the Geneva State Park and offers year-round accommodations with magnificent views of Lake Erie including standard hotel rooms, suites and lakeside cottages. Guests have access to bikes, skies, snowshoes, pools and hot tubs. The wine shuttle service offered out of The Lodge is a safe transportation option when visiting the many wineries in the region. This location is a popular choice for executive retreats, weddings and family get-a-ways. For more information about The Lodge at Geneva-on-the-Lake or to make a reservation, see

their website at [www.thelodgeatgeneva.com](http://www.thelodgeatgeneva.com).

The Lodge is scheduled to open the newest area attraction in August 2017; Lake Erie Canopy Tours will allow guests the aerial adventure of zipping through the treetops of Geneva State Park. The network of cables and sky bridges covering 25 acres will offer three options. The Zipline Canopy Tour is a guided 2-2½ hour experience including a side-by-side double zip, swinging bridges, tree top towers up to 60 feet tall and a daring freefall back to earth. The Challenge

Course is a 2-hour self-guided ride over 35 elements from easy to extreme. This course will have a continuous belay system for safety. A Kid's Challenge Course will be similar, but set closer to the ground, with short zips, climbing features and other activities.

Down the road, The Old Firehouse Winery hosts Craft Shows every Saturday from Memorial Day through Labor Day. Originally the first Geneva-on-the-Lake firehouse, the restaurant is decorated with firehouse memorabilia. The Winery makes several award-winning

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**THE OLD FIREHOUSE WINERY**

**Originally the first Geneva-on-the-Lake firehouse ... the winery makes several award-winning wines on site, so make sure to sample some when you visit.**

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wines on site, so make sure to sample some when you visit. On their patio next to the beach is a Ferris wheel. In 1956 the Ferris wheel became part of a local amusement park, Erievue Park. After its closure in 2007, the wheel was completely rebuilt and relocated to its present site where it is open daily during the summer, weather permitting. The Old Firehouse Winery holds the distinction of the only winery in the world with a working Ferris wheel.

Lakehouse Inn and Winery boasts an ever-changing menu of farm-to-table faire in their restaurant: Crosswinds Grille. With a calendar of unique events and a full-service spa onsite, this is a local favorite. ✨

## UPCOMING EVENTS!

**THE 2017 RIBS ON THE STRIP RIB BURNOFF** will start on **Friday, June 9, and continue through Sunday, June 11.** In addition to local restaurants, national competitors attempt to take the title using secret sauce recipes, cooking techniques, etc. Along with tasty food, live entertainment is featured all weekend.

**THE THUNDER ON THE STRIP MOTORCYCLE RALLY** is the largest of its kind in Ohio. **The 11th annual rally will be held September 7 - 10.** Thousands of bikers form the Thunder Bike Parade and all visitors can enjoy a weekend of live entertainment, good food and good fun.

*For more information about Geneva-on-the-Lake, go to [www.visitgenevaonthelake.com](http://www.visitgenevaonthelake.com) or to learn about the surrounding area, request a Visitors Guide at [www.visitastabulacounty.com](http://www.visitastabulacounty.com).*



# Know Your Protected Lands: Historical & Informative Prospective

To me, wilderness is the unknown. It is the most natural, pristine, organic, alive, and clandestine natural environment on Earth. Wilderness may be looked at as an undisturbed natural area that humans do not have control over. Without human dominance and minimal influence, wilderness is able to maintain its natural systems and ecological processes, ultimately allowing for ultimate freedom. I believe wilderness is full of mystery and secrets, but I also trust that it welcomes and accepts everyone. Wilderness is the essence of life, from the lush plant life and vibrant critters, to the colossal trees and mighty mountains, to the freedom of thought and movement.

That being said, "Wilderness" is a relative term and can mean many different things to many different people. For example, a high school student living in urban New York City, who rarely has the opportunity to experience forested land, may consider Central Park to be "wilderness," or even any wooded area. In addition, your average recreational day hiker may consider the Cuyahoga Valley National Park, or the Allegheny National Forest, or even the Brecksville Reservation to be "Wilderness." However, for a piece of land to truly be a "wilderness" means it is under the highest category of protected land created. In 1964 the Wilderness Act was signed into law which created the National Wilderness Preservation System and recognized wilderness as "an area where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain ([wilderness.nps.gov](http://wilderness.nps.gov))." Under the Wilderness Act, only Congress may



Cache National Forest - Utah



Grand Teton National Park - Wyoming



Redwood National and State Park - California

designate or change the status of a wilderness area.

Similar to other areas of protected land, designated wilderness areas have certain criteria they need to meet in order for Congress to actually appoint a section of land the title of a true Wilderness. However, unlike many other preserved lands, wilderness have a much more uncompromising standard that needs to be met: Permanent roads and commercial enterprises are prohibited and for the most part motorized equipment and vehicles, mechanical transport, temporary roads, and any permanent structures are not allowed. In addition, each wilderness area is meant to contain at least 5,000 acres of land, the land must regain a natural, untrammled appearance, and must not show signs of "man's" presence (ex. logging, clear cutting, manmade bridges, etc.). Other crucial factors in considering an area suitable to be a wilderness or not, can depend on the location of the area and whether or not it is conducive to the perpetuation of wilderness values. Things which must be considered are sources of noise, air, and water pollution, as well as unsightly conditions that would have an effect on the wilderness experience. Lastly, no more than 15 percent of the area can be made up of non-

native, planted vegetation.

As you can see, for Congress to appoint an area of land as a designated wilderness there are numerous, very strict, criteria that piece of land must fulfill. Despite this, the main purpose of a wilderness is to provide areas of land that retain their "primeval character and influence without permanent improvements or human habitation..." (wilderness.nps.gov). In other words, they are intended to maintain the most natural, pristine, organic, alive, and clandestine natural environment on Earth. With all this being said, it is important to know that when traveling or

planning a trip, wilderness areas are going to be the most secluded areas of land you can trek through. Now, for some people, this is exactly what they're looking for, but for others, absolute seclusion can be unmanageable and dangerous. Understand that in wilderness areas there are rarely any trail markers and often the trails themselves are severely unkept. For seasoned and experienced hikers/backpackers this isn't as big of an issue as it would be for others who are new to the activity. Whenever planning a trip, keep in mind your skill level and where exactly you'll be traveling.

For those of us who aren't looking for the ultimate, sequestered hiking trip, a second type of land to consider are the numerous National Forests all over the country. Under the Department of Agriculture, National Forests are managed to provide Americans with a wide variety of services and commodities and aim to provide recreational opportunities. Hunting, dispersed camping, ATV riding, and much more are activities often allowed in much of the National Forest land, usually for a small fee and no permits necessary.

Gifford Pinchot, an American forester and politician often known as the Father of Forestry and Conservation, helped to develop the National Forest system into

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what it is today. He, unlike other popular proponents of land and wilderness, such as John Muir, was in favor of a utilitarian view point toward the land. In other words, he supported wise use of land, planned development, and recreational activities that utilized the land.

The average American may not be all that familiar with designated wilderness areas or what specifically National Forests are, but more likely than not, they will to some degree know about the country's National Parks. These are the most popular pieces of protected lands in the country and in many cases the most spectacular, ranging from Yellowstone, to the Grand Canyon, to Yosemite, to the Everglades, Acadia, and many, many more. Unlike wilderness areas and National Forests, National Parks are housed under the Department of Interior, and focus mainly on strict preservation of land rather than recreational use. As a result, National Parks tend to be much more highly regulated with many more

rules. For example, hunting and off-road vehicles are generally prohibited, and permits are required for just about everything. In addition, National Parks are developed to serve larger numbers of visitors and provide more facilities for cars and easy viewing opportunities.

Unlike Pinchot, who was a conservationist and held utilitarian viewpoints, John Muir and others like him were

preservationists. They wanted protected lands to be off limits to lumbering, dam constructing, and recreational use, and aimed their efforts toward preservation of the land beauty. The historical background of both Gifford Pinchot and John Muir, and their beliefs, provide excellent illustrations of how both the National Forest Service and National Park Service maintain their protected lands. ✧



Olympic National Park - Washington



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**#9 ITALIAN NIGHT CLUB®**

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**#10 HUNTER'S CLUB®**

A full 1/4 pound of medium rare roast beef, provolone, lettuce, tomato & mayo.

**#11 COUNTRY CLUB®**

Sliced turkey breast, real wood smoked ham, provolone, and tons of lettuce, tomato & mayo! (A very traditional, yet always exceptional classic!)

**#12 BEACH CLUB®**  Sprouts\* optional

Fresh baked turkey breast, provolone cheese, avocado spread, sliced cucumber, lettuce, tomato and mayo!

**#13 GOURMET VEGGIE CLUB®**

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LET'S WALK TOGETHER:

# A Healing Journey with Total Health & Wellness

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With a vision to manifest a facility that would offer individuals an opportunity to heal through various mind and body options, Total Health and Wellness was created. Our mission is “Dedicated to the growth and wisdom of the “individual” by improving their overall health through integrating services to balance mind, body and spirit.” We, at THWC, believe in a holistic approach to healing and thus offer a variety of healing modalities. Our newly-remodeled and expanded facility located in Canton offers counseling services and meditation/mindfulness classes – for the mind; and massage therapy, reflexology, Reiki, acupuncture, and yoga – for the body.

#### **Counseling Services:**

All the therapists located at THWC believe in ‘walking with our clients on their journey’. If you often ask yourself “How do I keep ending up here?” perhaps THWC can help you find the answers. With over 15 years of experience, our professionally licensed therapists work with a wide variety of individuals who experienced traumatic events, anxiety, panic attacks, domestic violence, eating disorders, substance abuse, as well as those simply having a difficult time dealing with everyday stressors of life, just to name a few. However, not everyone is comfortable with traditional talk therapy, at THWC we now offer Expressive Art-therapy by a licensed art-therapist. (Nina Kucyk, Psy.D, PCC-S; Jennifer Mizicko, PCC, LSW; Theresa Carroll, PCC-S; Mari Lyn, PCC, ATR; Will Maxon-Kann, PCC-S)

#### **Meditation:**

Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing. – TNH

Sitting meditation is very healing. It is returning home to give full attention to and care for oneself. We



realize we can just be with whatever is within us—our pain, anger, and irritation, or our joy, love, and peace. We are with whatever is there without being carried away by it. Let it come, let it stay, then let it go. No need to push, to oppress, or to pretend our thoughts are not there. Observe the thoughts and images of our mind with an accepting and loving eye. We are free to be still and calm despite the storms that might arise in us. We let our mind become spacious and our heart soft and kind. After practicing sitting meditation, we often practice indoor walking meditation; one step with each in breath and one step with each out breath. THWC offers sitting meditation every Wednesday at 6:30 pm – 7:30 pm free of charge. Come and join...free instruction is offered. (Nina Kucyk Psy.D)

#### **Massage Therapy:**

Massage therapy (relaxation and neuromuscular) is well known as a stress reliever. It involves manipulation of the body’s muscular and soft tissue structure. It relieves pain and allows

injuries to heal. Knowing the body holds memories, we also value the healing that massage therapy offers to individuals who experienced trauma, anxiety, depression, muscles memories etc. Allowing oneself the opportunity for our body to heal, provides a well-rounded healing journey. (Tish Keszeg, LMT 330-209-7672) In addition to traditional massage therapy, THWC offers Thai Massage. Improving circulation, flexibility, and muscle tone, Thai Massage incorporates a combination of acupressure, energy work and yoga-like stretching for an invigorating and balancing experience. (Bob Goerke E-RYT 330-412-3695)

#### **Reflexology:**

The science of reflexology is based on the principle that there are reflex areas on the feet and hands that correspond to all organs, glands, and parts of the body. Basically, your feet are a mirror image of our body. Reflexology involves a non-invasive compression technique using the thumb and fingers on the reflex areas.

Some of the benefits of reflexology

are stress reduction, relaxation, improved blood circulation, lymphatic flow, sleep, oxygen and nutriment to cells, peripheral neuropathy as well as a compliment to cancer care to name a few. At THWC, our reflexologist brings many years of experience into your healing session. (Margie Stocker, Reflexologist, Reiki practitioner 330-323-7137)

**Reiki:**

Often described as palm healing or hands-on-body healing, Reiki therapy consists of the practitioner placing their hands lightly over the patient's body to facilitate the healing process. Treating the physical, emotional, mental and spiritual body through life force energy, Reiki promotes self-healing by the release of limiting conscious and subconscious thoughts and feelings. It is another good source of stress reduction and is beneficial for stress related ailments such as anxiety, depression, sleeping issues, mental clarity, as well as many more.

**Acupuncture:**

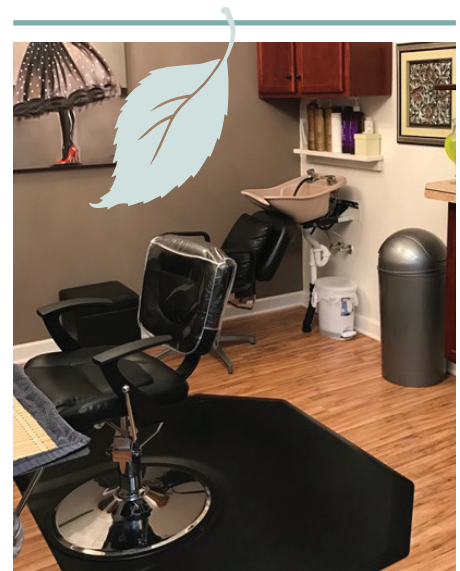
Acupuncture is a branch of traditional Chinese medicine which is recognized today as a medical procedure. The purpose of acupuncture is to balance the body's energy systems through the manipulation of informational energy, or Qi ("chee"). An interruption of Qi flow is the basis of all disease and dysfunctions.

Acupuncture seeks to restore this balance by stimulating correct acupuncture points. Not believing in a "one size fits all," our acupuncturist uses the Acugraph Meridian Evaluation Software, which allows to literally see the unique energy profile of the individual. This method helps make understanding acupuncture principals more user-friendly. The Acugraph exam only takes minutes but reveals an enormous amount of relevant information which then aids in creating a customized treatment for that session. Acupuncture needles are almost as thin as a human hair. Following a session, individuals report treatments are surprisingly relaxing. For more information visit the website [www.cantonacupuncture.com](http://www.cantonacupuncture.com). (Michael Vahila, Acupuncturist, LMT, Reiki Master 330-477-0777)

**Yoga:**

Yoga can transform and heal both the physical and psychological body. Through poses and breath-work, yoga helps achieve a peaceful and focused state of mind. Yoga poses challenge both body and breath in order to strengthen and lengthen them. This results in more oxygen reaching the cells; oxygen necessary for proper functioning. In order to practice yoga correctly and mindfully, it is best learned with a certified, trained and gifted teacher which you will find with all our teachers.

In addition, regular practice is also



vital. At THWC, we offer excellent teaching in a serene environment for as little as \$5/class, a fraction of the cost at other studios. Numerous affordable classes are available throughout the week allowing people to enjoy yoga as another part of their health and wellness program. (Mark Jones RYT 330-904-5961, Bob Goerke RYT 330-412-3695)

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# HEARING LOSS AND BRAIN FUNCTION

## Is There a Connection?

### **Can untreated hearing loss lead to Alzheimer's and dementia?**

*Numerous studies raise concerns and suggest a possible course of action. The risks of ignoring hearing loss go far beyond the inability to keep up with conversations or understand TV show dialogue. Multiple studies have linked untreated hearing loss to certain life-threatening co-morbidities, including the potential of developing Alzheimer's disease or other forms of dementia.*

Frank R. Lin, MD, PhD conducted a landmark study on the topic of hearing loss and cognitive decline. He concluded that while further research was needed to identify the mechanics of the interrelationship, there is little doubt that hearing loss increases the potential for an older adult to lose cognitive function. The study also indicated that the more severe the hearing loss, the greater the likelihood of developing a cognitive disorder, and the steeper the decline in mental function. However, even subjects with mild hearing loss were found more likely to experience dementia. Dr. Lin and his team conducted a follow-up study comparing changes in the brains of adults with normal hearing to those with hearing loss. After undergoing magnetic resonance imaging (MRI) exams every year for ten years, subjects who had at least a 25-decibel (dB) hearing loss displayed accelerated rates of gray matter shrinkage when compared to a control group with normal hearing. The parts of the brain affected included centers for processing sound and speech, memory, and sensory integration – similar to the damaged regions found in patients with Alzheimer's disease.

A more recent study led by Professor Helene Amieva took a closer look at how hearing aids could help reduce the negative impact of hearing loss on brain function. Participants with hearing loss had lower scores for cognitive ability at the beginning of the study than the control group with normal hearing.

However, those who wore hearing aids experienced a slower rate of decline in cognitive abilities that nearly

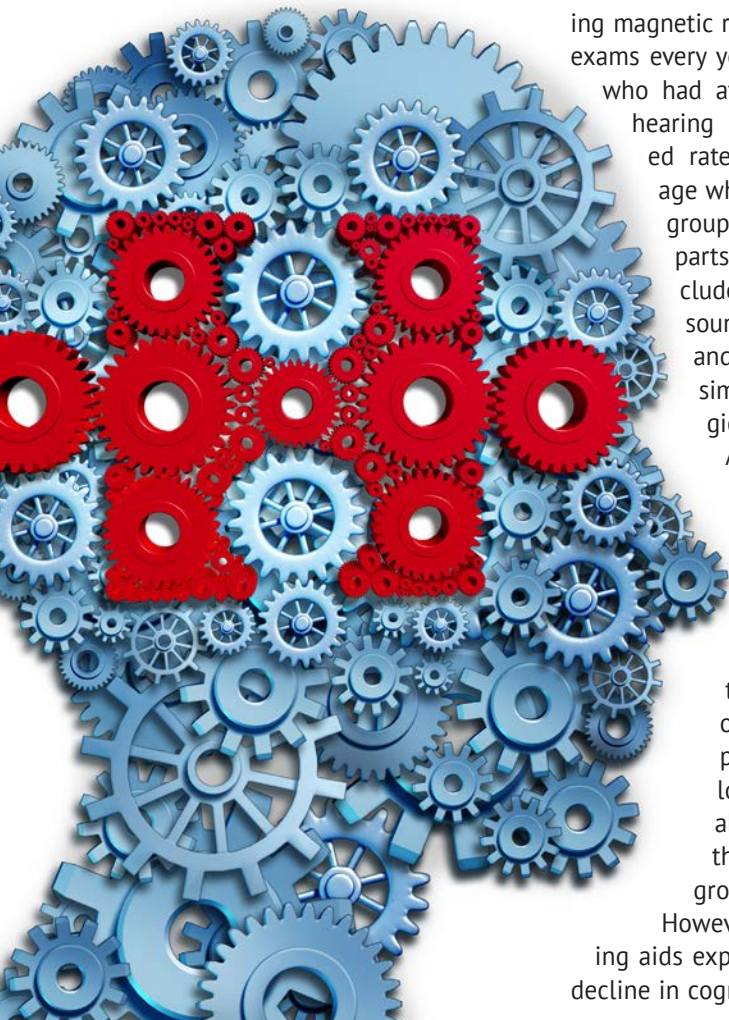
matched their naturally-hearing peers. Conversely, the participants with hearing loss who did not wear hearing aids experienced a markedly steeper decline in cognition. Another study conducted by Jamie Desjardins, PhD involved participants with hearing loss taking exams that measured memory, attention, and processing speed. They then wore hearing aids for two weeks and took the tests again. The results were compared and showed a significant uptick in percentages scored for recalling words and selective attention, and an increase in processing speed resulting in correct answers.

Don't wait – take action now to preserve your hearing and brain function. Most researchers agree that wearing hearing aids can help keep your brain healthy longer. This is especially true now that some hearing aids have been clinically proven to reduce listening effort, based on brainwave measurements. When you're no longer struggling to hear, your brain doesn't have to strain or redirect resources from other vital functions. You can enjoy social activities, conversations with friends and family, hobbies and physical exercise that keep body and mind active.

Many people with hearing loss wait an average of seven years after they are diagnosed to seek treatment, even though the sooner hearing loss is detected and treatment begins, the more hearing ability can be preserved. Considering early diagnosis and medical intervention can sometimes slow the progression of dementia or Alzheimer's disease, making it more important than ever to treat your hearing loss sooner rather than later.

Hearing aids do more than improve hearing – they could be the key to preventing brain atrophy.

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# From COUCH to MARATHON

By Jay T. Wittmann



ON A COOL WINTER DAY ABOUT FIVE YEARS AGO I realized something that would change my life forever. If I didn't start making better choices in life, there was a good chance I might not get to see my beautiful son grow up, and I certainly wouldn't be able to be active with him. In those days it was normal for me to wake up, get dressed, and go to work. I would sit at my desk all day and then come home to eat dinner. After dinner I would get down on the floor to play with my son...and fall asleep. My wonderful wife would then wake me up when it was bedtime for him. I'd

help get him ready, we'd say our prayers, and then I would head down to our room and go to sleep for the night. After several months of this routine and my son becoming increasingly mobile, I realized it was time for a change.

I like to say I took the "Forrest Gump" approach when I started running. One day I got up off the couch, headed to the bedroom, picked out my nicest pair of sweatpants, layered on several shirts and the only athletic shoes (a pair of heavy basketball shoes that were a couple years old), and headed out the door for a run. When I got back from

that first run I felt like I was on top of the world. I had always been an athletic kid, so I knew based on the effort I put out I must have run at least 4 miles which would have been about a 7-minute per mile pace. Sure I was tired afterwards, but man did it feel good. The next morning I set out to confirm just how far I had actually run. It was a far cry from the 4 miles I had expected. Turns out, I ran about 1.5 miles. In the past that would have been enough to make me say it wasn't worth it, but this time I was motivated by my little boy. So every day I would set out on that same path with the goal of making

it a little further before I had to walk. I read books, talked to friends who were “real” runners, and kept putting a plan together. The best advice I got was to find a training plan and follow it, even if I didn’t plan on running the race at the end. It would just help as a motivator.

Now you can find all sorts of on-

line training plans and one might think a couch to 5K plan would have been a good place to start. But remember when I said I took the “Forrest Gump” approach? No, I didn’t select a couch to 5K plan but went straight into training for a marathon. Yeah, a little crazy, but if I’m going to do something, I’m going all the way. To start, I got all the best gear from Achilles Running Shop in Mentor, Ohio. It soon became increasingly clear that I had to drop some weight to continue running since near 250 pounds was a bit heavier than an ideal weight for my 5’8” frame.

# From COUCH



One day I got up off the couch, headed to the bedroom, picked out my nicest pair of sweatpants, layered on several shirts and the only athletic shoes I owned, & headed out the door for a run.

Running wasn’t going to solve all my problems and I knew it was imperative to eat better. At that time I thought the four food groups were red meat, potatoes, beer, and ice cream. If that had been true, I had a very balanced diet. When I realized that those aren’t the real food groups, I joined the online Weight Watchers community for a year and started a competition with a co-worker to see who could lose the most weight. Now, anyone who knows me knows I HATE losing. So I was diligent. I adhered to the program, kept with my running plan and really worked hard to lose 2-3 pounds a week. A healthy and sustainable rate of weight loss that kept me motivated.

Over the course of the next several months I continued to see progress. From that first 1.5 mile run in February of 2012 where I stopped and

> CONTINUED

# to MARATHON

> CONTINUED

walked about 10 times, to October of that year, I lost over 60 pounds and trained for my first marathon. I ran the Columbus Marathon that year with the goal of completing finishing in less than 4 hours. The race was anything but easy, but I finished it. I loved running through that great city, seeing so many people coming together, all cheering each other on, and getting to run through the “Horseshoe” (the Ohio State University football stadium) for the very first time. All the funny race signs and great crowd support really helped keep me moving forward, and seeing my wife cheering for me on the route was truly inspiring. I finished the race in 3 hours and 38 minutes, far exceeding my goal.

At that point I could have checked it off my list and been very proud of myself, but I knew if I did that I would fall right back to where I was before I started. Plus, I knew I still hadn't lost all the weight I needed to be considered “healthy.” So I did what any crazy runner would do; I started a new training plan. As of today, I have run 7 marathons including qualifying for and running the 2015 Boston Marathon where I set my PR of 2:48 (that's holding a pace faster than 6:30 per mile for 26.2 miles) and the 2016 New York Marathon. Later this year I will be looking for a new PR at the Chicago Marathon.

In addition to running the marathons, I have lost 100 pounds and am very healthy and happy now. I can play with my kids whenever they want, I don't have problems with staying awake when I'm supposed to be playing with them and

For anyone saying “I wish I could run,” I will tell you,  
“You can.” It isn't always easy, but you can do it!

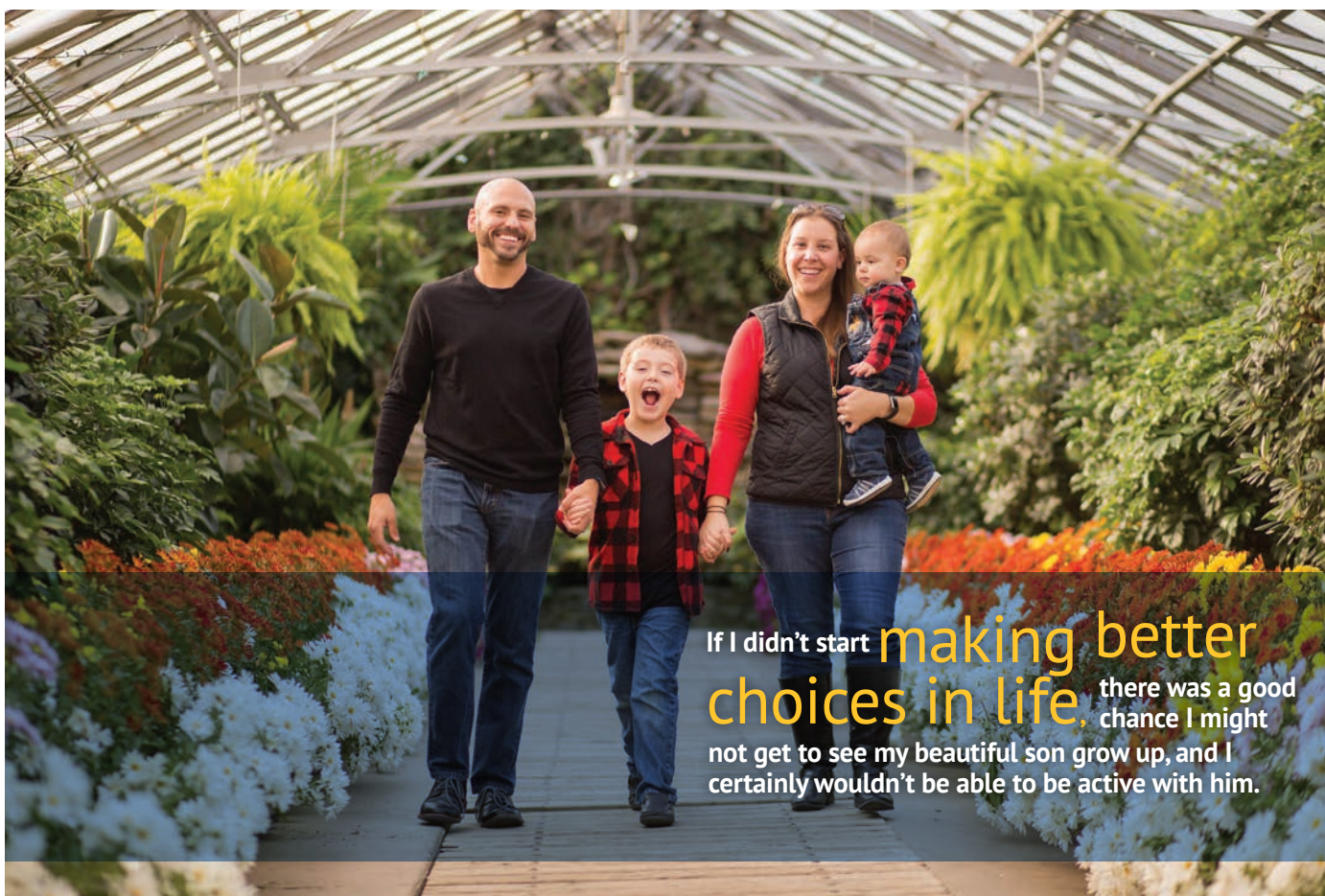
most importantly, I am part of their lives. Running became such a significant part of my life that my friends and I founded Great Lakes Race Timing. We time our own races and races for other organizations, provide training plans and coach-

ing for all levels of runners, and are always looking for fun and unique ways to continue building the running community.

For anyone saying “I wish I could run,” I will tell you, “You can.” It isn't always easy,







If I didn't start **making better choices in life**, there was a good chance I might not get to see my beautiful son grow up, and I certainly wouldn't be able to be active with him.



but you can do it! I know that the key is to find a selfish reason for the change. Mine started with wanting to be healthy enough to see my kids grow up, and now it's to improve my fitness. No matter what it is that motivates you, make sure you remind yourself why you are doing it. When you want that less healthy food option or you don't want to go to the gym, remind yourself why it's important that you make the right choice. Set a plan, find a support team to help you stay committed, and hold yourself accountable. You can do it, I know you can! ✨

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# THE EVER-CHANGING INDUSTRY OF GOLF

By Mary Vlahos

*THE GOLF INDUSTRY HAS SEEN DRAMATIC CHANGES OVER THE PAST FEW DECADES AS TRENDS TOWARD TECHNOLOGY, RESEARCH, AND CUSTOMIZATION HAVE HIT AN ALL-TIME HIGH.*

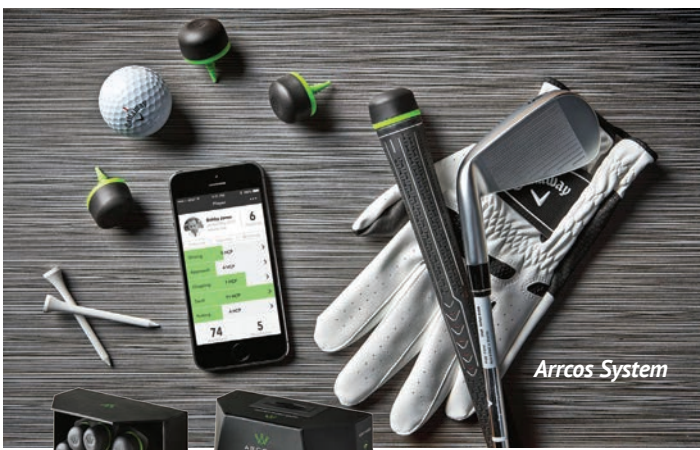
This has resulted in new, hot products emerging onto the market. The demographics of the game have changed as well, although we still have a long way to go to make it even more diverse. Another change in the golf industry is the playing field. The golf course is not the only place where golf is played and practiced anymore.

What direction will the golf industry be moving in the future? Every sport has been influenced by sports technology and research, and golf is no exception. There are machines to analyze your swing and products to help you eliminate your shortcomings. Swing analytics assist golf professionals in suggest-

ing specific club brands for your specific swing. You may think that custom clubs are more for experts than for beginners, but quite the opposite is true. The right custom clubs are equally as beneficial to a beginner as they are to the professional if not more so. Trying to adjust to clubs that are too long or too short, too stiff or too flexible would be harder for a beginner than for a pro. Foxy Golf, a family owned and operated business

with stores in Canton and Akron, has a Foresight Golf Simulator that has two high speed cameras to evaluate your swing and a wide selection of clubs for you to use. This allows you to see how each club impacts your swing. "Foxy Golf performs hundreds of custom club fittings a year," said owner Joe Durkin. "We carry all the major brands for you to try." If you are starting the sport, give yourself a fighting chance at succeeding and





*Oakley Prism Golf Sunglasses*

get fitted for clubs. It will make all the difference and avoid frustration.

What's hot in the golf industry right now? **Oakley Prism Golf Sunglasses** are specially made to help you see the differences in the textures of the grass enabling you to spot fairway and fringe transitions. The new **Arrcos system** has an app that automatically records and analyzes a golfer's swing in real time. This will help you correct any weaknesses during play. Golf shoes have had a redesign as well over the years to make them more flexible and grip better with more spikes on the ground.

The demographics of the sport of golf have changed. Thanks to the successful career of Tiger Woods, the diversity of the game has increased especially at the youth level. According to Forbes State of the Golf Industry 2016, the number of kids playing the game has gone up 20% since 2010. The First Tee program has 48% of their membership being ethnically diverse and 38% being female. Having golf as an Olympic Sport in 2016 has for the first time in a long time promoted the game to other countries. I see golf becoming even more of an international sport in the future. According to CNBC, only about 20% of the golf-playing population is female. That has actually remained unchanged for decades and was surprising to me. Golf is definitely the corporate sport, and playing golf could only assist up and coming female executives to break that glass

ceiling. Hopefully the current population of youth golfers will affect a change towards the positive and encourage more women to play the game.

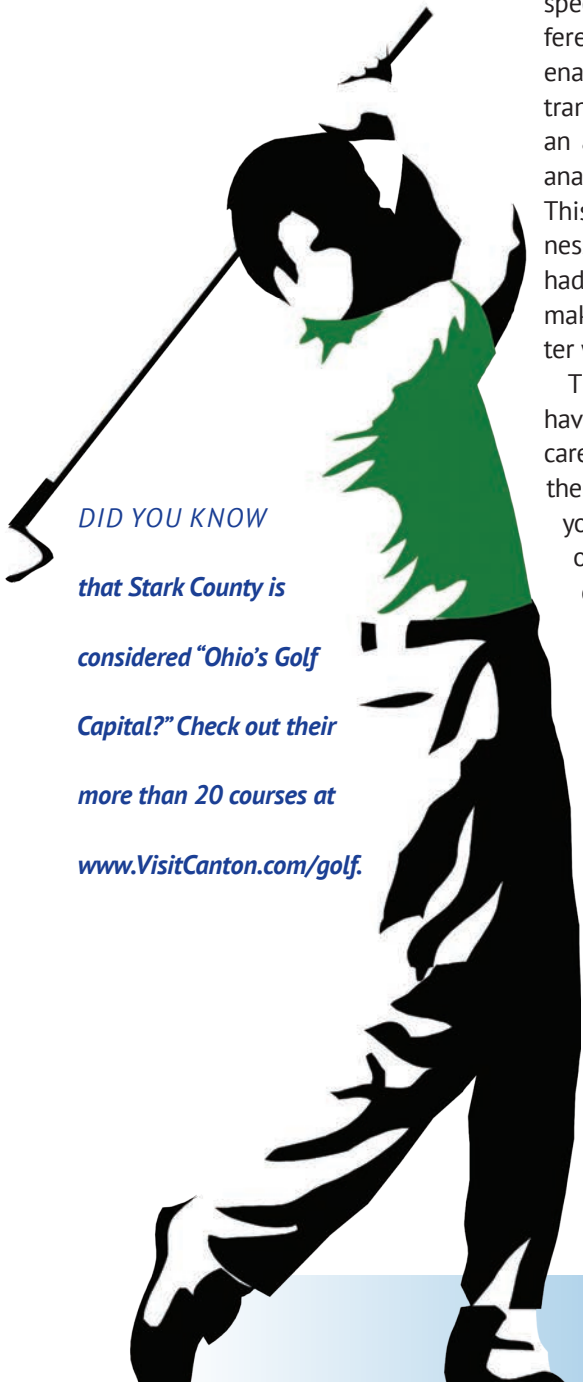
The golf course is not the only place you can play or practice golf. Indoor golf courses, driving ranges, and simulators abound in northeast Ohio. You can play an entire round of golf, work on specific aspects of your game, take lessons, or just hit the driving range. Golfers can practice 365 days a year in ideal conditions, although the traditional golf course is still the most popular place to play the game. There are many websites to help you locate golf courses in your area or out of town for a golf vacation; [www.golf.com/coursefinder](http://www.golf.com/coursefinder), [www.golflink.com/golf-courses](http://www.golflink.com/golf-courses), or [www.publiccourses.com](http://www.publiccourses.com). Did you know that Stark County is considered "Ohio's Golf Capital?" Check out their more than 20 courses at [www.VisitCanton.com/golf](http://www.VisitCanton.com/golf).

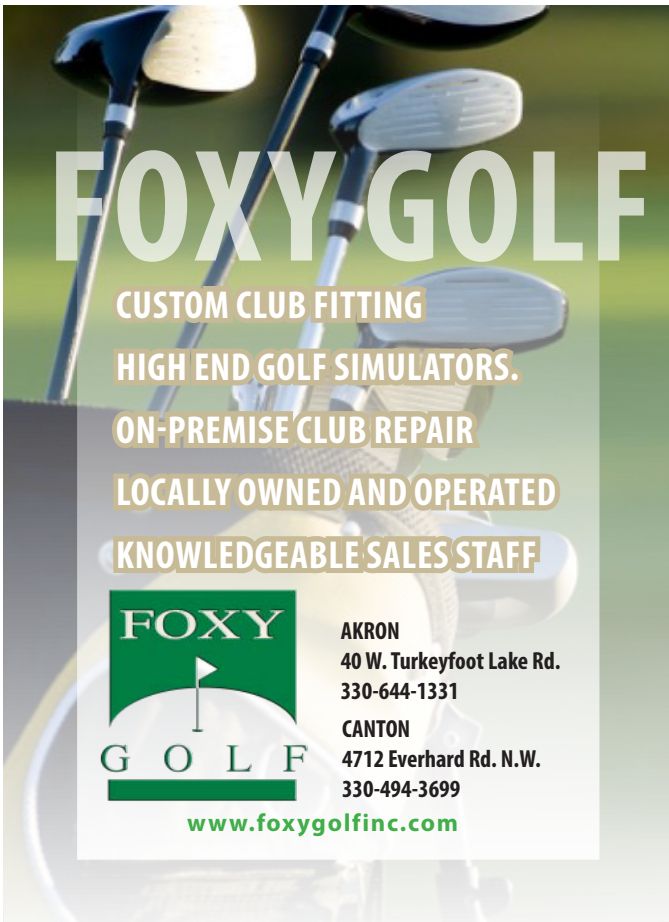
The future of the golf industry relies on the youth of America. "With all the young new talent on tour like Rory McIlroy, Dustin Johnson, Jordan Spieth and Jason Day, the game of golf is in a great place for future growth," commented Durkin.

The next generation will continue to add new technology and diversity to the game, as well as finally increasing the number of women playing the game. I believe we will see new and innovative ways to practice and play the game of golf in the future and products that are on the cutting edge of technology. So, get out there rain or shine and play through. ✨

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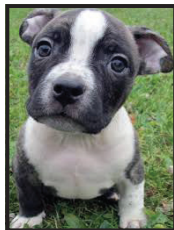
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# SLOW & STEADY Wins the Race

By Tyler Murphy, BEd., CPT



## CAUSES & AT-HOME REMEDIES

It's here! The end of winter has finally come to Northeast Ohio. If you are anything like me, the cabin fever was the real deal this year but nothing makes it disappear quicker than some good, old-fashioned outdoor activities. Running, hiking, playing different sports, or simply just running around in the backyard will make even the grumpiest winter fanatic crack a small smile. Far too often, however, people blow out of the gate too fast. Having over 10 years of experience in the medical field, I've seen firsthand that springtime is the prime time for overuse injuries due to our bodies not being well prepared for activity. Some of the most common overuse injuries that I have seen, which I will discuss more in-depth in this article, are plantar fasciitis and patellar tendonitis. We will review the causes and some simple, at-home adjustments and remedies that can help to fix or prevent these issues from ruining the start to your spring.

The first injury, and arguably the most common (or most commonly misdiagnosed), is **PLANTAR FASCIITIS**. The plantar fascia is a band of connective tissue that attaches your heel bone to your toe bones. This tissue helps to support the arch of your foot and often takes the brunt of the forces that we put through our feet. Plantar fasciitis, by definition, is inflammation or swelling of this tissue. It is more common in the middle-aged community but is also present in younger populations, especially with those who are on their feet for long periods of time, like athletes or soldiers.

When this tissue gets inflamed, it becomes very painful to walk, run, or even put weight through that heel. This pain can really put a damper on a beautiful, sunny spring day when all of your friends are heading out to the park for some outdoor fun. This inflammation basically comes from over-stretching the tissue without properly warming up. No one wants to miss out on these awesome excursions, so let's talk about some different ways to prevent plantar fasciitis from happening to you.

Stretching is going to be crucial to the health of your feet. When we sleep, our feet are relaxed in a pointed position with the tissue spending hours



## PLANTAR FASCIITIS AND PATELLAR TENDONITIS

in a shortened state. Getting up in the morning and taking our first steps puts the tissue in a strained state, quickly stretching what has been shortened all night. One of the first things we will want to do is to easily stretch the feet before hopping out of bed. This is probably the most beneficial preventative measure that you can take to avoid plantar fasciitis.

Sometimes, though, all the preventative stretching may not be enough to avoid it. In that case, I have a simple treatment that can be done at home to alleviate pain and help to move in the direction of healing. You'll need a plastic water bottle and a freezer. Fill the water bottle between a half and three quarters with water and lay it on its side in the freezer. When the water is frozen, take it out of the freezer and lay it on the floor in front of your favorite chair or couch. Place your foot on the bottle and roll it back and forth across the arch of your foot and up onto your heel. The ice will work to decrease some of the inflammation in your arch and the constant rolling motion will break up any adhesions or buildup in the tissue. This little therapeutic trick can be done any time during the day, but limit it to no more than twenty minutes at a time.

Another common injury that is seen in the springtime is **PATELLAR TENDONITIS**. Patellar tendonitis is an inflammation of our patellar tendon that connects the upper leg and lower leg, as well as holding the patella, or kneecap, in place. Also known as jumper's knee, patellar tendonitis is found most commonly in jumping athletes such as basketball and volleyball players, but can be found in anyone who is active, especially after a long period of time being inactive. The patellar tendon helps the knee to flex or bend when walking, climbing stairs, standing up from a chair, etc. Inflammation in this tendon can result in some pretty decent pain with daily activities and can completely sideline you from the fun activities.

Stretching is going to be another crucial tool for avoiding patellar tendonitis. The hamstring stretch will help to keep your knee from hyperextending and placing a lot of strain on the patellar tendon. Another stretch that can help to avoid or alleviate pain is the quadriceps stretch or, as some people call it, the flamingo stretch. Strength training can help to relieve or prevent patellar tendonitis. One strength training exercise that helps to build

strength in the quads is a straight leg raise. Lie flat and fully straighten at the knee, simply raise and lower the leg in a controlled manner for two sets of ten to start, building in frequency throughout the day as you get stronger.

Ice and elevation can help to reduce inflammation and pain on those days when it bothers you more than usual. If these measures are not enough to alleviate or prevent patellar tendonitis, there are some different types of braces and straps that you can get over the counter from any pharmacy or sporting goods store. The one that I have found to work best with former patients is the patellar tendon strap. This strap puts pressure on the tendon and reduces pressure through it and instead disperses the pressure through the strap.

\* \* \* \* \*

If either of these issues become problematic for you and can't be resolved with what I have laid out for you here, consult a physician or physical therapist for further treatment. Hopefully these tips and tricks can help you to enjoy nature as the weather changes and becomes warmer, and you can shake off that cabin fever. ✨



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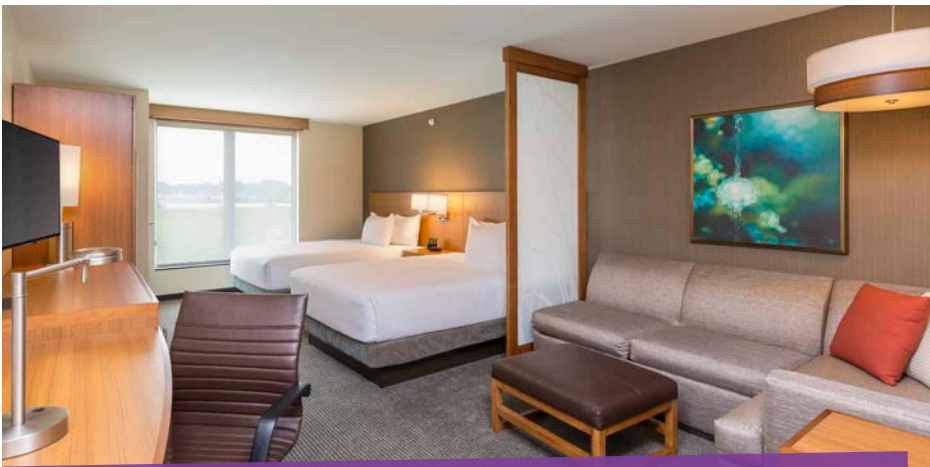
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## THE SECRET IS OUT ABOUT

# Tuscarawas County

By Tiffany Gerber

Photos courtesy of Tuscarawas County Convention & Visitors Bureau

Brides in Tuscarawas County have long had the unique opportunity to incorporate the area's history into their big day. But word is getting out to the rest of the world! With multiple venues for both wedding ceremonies and receptions, the area is a dream destination for a memorable day. Every small town in Tuscarawas County has a big story... which opens up multiple wedding options. Historic sites are available for affordable rental fees. For a spring or summer wedding, the garden at Historic **Zoar Village** offers a beautiful setting amongst heirloom flowers with a backdrop of historic buildings including the original village greenhouse.

The 1868 **Zoar School House** was built almost completely from materials found or created in the Village and is avail-

able for small receptions. Local caterers specialize in German-themed meals but offer a variety of menu choices. **Schoenbrunn Village**, Ohio's first European settlement and located in New Philadelphia, is made up of cabins reconstructed on the original foundations. The centerpiece of the village is the beautifully rustic Schoenbrunn Church. With soft natural lighting and the smell of beeswax candles and a fireplace, the church is a wonderful location for an old-fashioned wedding. A similar rustic church opportunity is available in the **Village of Gnadenhutten**, formerly a Christian Indian settlement, with a small reconstructed church.

The city of Dover is home to two gorgeous sites that are brides' favorites. **The Warther Museum** is home to the

beautiful carvings of Ernest 'Mooney' Warther whose Swiss heritage is celebrated with raised Swiss-style gardens, beautifully tended by Mooney's grandchildren and great grandchildren in the same style that his wife, Frieda, lovingly began. An open-air gazebo set against a backdrop of the gardens as well as a restored telegraph office and a caboose is a prime spot for weddings. The museum also offers areas for rehearsal dinners and receptions inside the museum. Just minutes away is the **J.E. Reeves Victorian Home**, a beautifully preserved home complete with the original family furnishings. Weddings can be held on the grounds with the home as a backdrop or in the original carriage house. The carriage house is also available for small receptions or showers





*Every small town in Tuscarawas County has a BIG STORY*

*... which opens up multiple wedding options.*

and brides can even choose to have vintage wedding dresses on display for the occasion.

**The Lighthouse Bistro**, located on the shores of beautiful Atwood Lake, is a perfect location for small weddings or events and the Atwood Queen Pontoon boat tour of the lake is headquartered just next door. At the gateway to Amish Country, bridal parties will find The Toolshed at **Breitenbach Vineyards** to be a photographer's dream for sunset weddings. Smaller weddings and events can also be hosted at the barn located next to **Der Marketplatz** also located on the Breitenbach property. For something a little different, weddings have been held in the gazebo at **Tuscora Park**, a community park with small amusement rides. The mini rollercoaster surrounds the gazebo and wedding photos look great staged on the antique 1928 Speilman Carrousel or the gondola-style Ferris wheel. Even The **Schoenbrunn Amphitheater**, home to Ohio's first outdoor drama "Trumpet in the Land," has hosted similar events.

When it comes to receptions, options range from rustic barns to state-of-the-art theaters and a few surprises in

between. **The Performing Arts Center at Kent State University** Tuscarawas Campus includes a theater as well as a lobby and balcony that can accommodate large wedding parties with elegant food service. In southern Tuscarawas County the **Old Main Street Museum** in Newcomerstown showcases a replicated downtown Newcomerstown circa 1908-1968 complete with a brick street where small weddings and events can be held and musical entertainment from gospel brunches to USO-style shows can add to a shower or rehearsal dinner. Tuscarawas County boasts several wedding barns including **The Z Barn in the Valley** (home to live peacocks) and **Rivercrest Farm**, passed down through generations and newly restored. Several other barn venues are also available in the area.

When looking for the perfect gown for the wedding party, locally-made wines or beers, custom caterers or florists, look no further than local businesses. In downtown Dover, **Lavender Bridal Salon** can customize a shopping experience for brides, bridesmaids, moms and flower girls. In addition, Lavender also offers tuxedo services. There are several options for tuxedo wear in the area as well. Tuscarawas County is home to several very unique local wineries in addition to the aforementioned

Breitenbach Vineyards; these include **Swiss Heritage Winery** located within an award-winning cheese house, **School House Winery** housed in a restored one-room school, **Yellow Butterfly Winery** located in a beautiful barn in the rural hills of southern Tuscarawas County, **Baltic Mill Winery** the area's newest winery that calls a former grist mill home, **Casella Winery** another school-house experience, and **YOLO** winery in downtown Dover home to a modern mingling atmosphere. Rounding out the list of wineries is **Silver Moon Winery** offering patrons the opportunity to design their own label and blend as well as bottling the finished product – perfect for wedding parties! Caterers ranging from Amish-style fare to locally-sourced meals created by professional chefs offer memorable dining options. Affordable lodging at multiple hotel properties and unique bed and breakfast stays round out a satisfying nuptial experience in beautiful Tuscarawas County. ✨

*For more information or for help finding a venue or services, maps or lodging information for wedding guests, or other inquiries, visit our website at [www.traveltusc.com](http://www.traveltusc.com) or contact the Tourism Manager of the Tuscarawas County Convention & Visitors Bureau at 1-800-527-3387.*



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# spring clean your

## 5-STEP APPROACH TO ACHIEVING ANY GOAL.

By Kim Wagler, BA, CPT

**On January 1 most people set out to accomplish a goal.** They are so determined to make this the year that they lose weight, save money, read more books, spend more time with family, etc. So why does December 31 roll around and most people haven't accomplished their resolutions? It is for lack of determination? Willpower? Commitment? While working with hundreds of different types of people as a personal trainer, I've found that those who do succeed with their resolutions do one thing that others forget to do. It is the single most important exercise you can do because without it, you are setting yourself up for failure.

Imagine you have a jar which represents your time. Now pretend you filled that jar with rocks (priorities), marbles (goals), and sand (leisure time). Most of us fill our jar first with priorities (rocks) like work, kids' events, personal hygiene, eating, etc. Then we add in leisure time (sand), which may consist of social media, TV, social events, etc. The problem comes when you try to add in those things required to meet your goals (marbles), and your life becomes a precarious balancing act. Eventually, an event or emotional day tips the jar just enough that the marbles/goals fall to the wayside, leaving you to go on just as you had the previous year.

In order to ensure success, we have developed a 5-step approach to achieving any goal. This requires putting your priorities (rocks) in your life (jar) first. You then add in only 1 or 2 goals (marbles) because more than 2 goals will become overwhelming and decrease your chance of success by 75%, according to research. Finally, you can add in your leisure time (sand) activities. If your sand overflows, you know there are some things you will need to cut out.

## STEPS to Succeeding in Any Goal:

### 1 TIME AUDIT

Facing the fact that you may be spending too much time in the wrong area is essential, but you won't know for sure until you check. So for two days (one normal week day and one normal weekend day), write down everything you do along with the time that you started and stopped the task. If you are incredibly motivated to take back your time, try and do this for an entire week. TIP: I tracked everything on my cell phone in the notes section to make it more convenient, and then at the end of the week I copied and pasted it to a word document and printed it out.

- **HIGHLIGHT IN GREEN** those priorities or things you cannot cut out of your life because the lives of others and yourself depend on it. Some examples are eating, grocery shopping, bathing, sleeping at night, hours spent at work, etc.

- **HIGHLIGHT IN YELLOW** those things you are doing to reach your goals. Examples are working out, meal planning or prepping, meeting with your accountability partner, etc.

# time

- **HIGHLIGHT IN BLUE** those things that you just aren't willing to give up. These might be kids' activities that they enjoy, volunteering, socializing with your friends, etc.

- **HIGHLIGHT IN ORANGE** the things that have become time wasters, such as social media, television, etc.

## 2 PURGE

After you've figured out exactly how and where you are spending your time, it is essential to "cut the fat." All the activities highlighted in green need to be placed into your schedule. I use a simple excel spreadsheet. Then, add the blue and yellow highlighted items in your schedule. If you still have space and you want to add in the orange items, you have to fill it in where you are able. Now make copies of this schedule and post it in your office, car, home, and planner so you can abide by it as much as possible.

## 3 CREATE A GAME PLAN THAT IS REALISTIC.

Start by figuring out exactly what you really want. I recently did a goal setting workshop for clients where I had them write how they want to feel. Then I asked them, "What must happen for you to feel that way?" This allowed them to figure out what they really wanted to achieve and that emotional connection is what will keep them motivated through the hard times. Using those couple extra minutes you've gained by eliminating those time wasters, set a goal that is realistic for that time frame. For example, if you wanted to start a workout program and you eliminated 30 minutes of television, then you can add in 30 minutes of exercise.

## 4 MONTHLY OR WEEKLY POWER HOUR:

Take one hour each week and break it into 20-minute sections. The first section is planning your personal week to make sure you accomplish your priorities and goals (green and yellow). The second 20 minutes can be spent organizing your work or family's schedule for the week as well as implementing your blue time. The final 20 minutes should be something that inspires you to keep pushing towards your dreams.

## 5 REVIEW YOUR GOAL DAILY!

While this step is absolutely essential, this is where most people fail because it is a daily thing and easy to skip. Reviewing your goal will keep it at the top of your mind. Will you be perfect all the time? Probably not, but you will be more successful if you are constantly reminded of what your goal is, why you want to achieve it, and the feeling you will have from accomplishing that goal. ✨



FOR More Help  
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If you are the kind of person that feels like you never have enough time, there are websites that offer numerous statistics on how "stuff" can rob you of your free time.

*Two of the websites to consult are:*

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**WEIGHT HAS ALWAYS BEEN AN ISSUE FOR ME, ESPECIALLY THROUGH MIDDLE AND HIGH SCHOOL. EVEN THOUGH I LIVED AN ACTIVE LIFESTYLE, IT WAS A CONSTANT STRUGGLE.**

I never had a good relationship with eating or self control. Fast forward a few years, and now I'm a married working mom of two with 20 plus pounds of extra weight to carry around. I was constantly tired, feeling depressed, and self-conscious about my post-baby body. It was so easy for me to put my kids, husband and work, before myself. In fact, I did it willingly. It was just another excuse. A way to justify not exercising and eating whatever I craved. I knew something had to change. I decided that if I was going to be the best mom and wife to my kids and husband, then I needed to work on myself.

That's why I joined Impulse for a 21 day challenge. I followed the provided meal plan, and I worked my butt off during bootcamps. If I was going to take an hour of my day

to myself, I was going to make it count. With the constant support of my husband and kids, I did just that! The first few workouts were tough, but I remained focused and followed through with determination. I did a complete 180 on my diet and lifestyle altogether. I didn't want this to be a short term thing. After the 21 days, I noticed some big differences in my physical appearance and also my attitude. I felt so accomplished and ready for more.

So often, as moms, we feel guilty taking time away from our kids and husband for ourselves. However, my transformation helped me realize how important the time away was. I feel like a better role model for my kids, and hopefully an inspiration too.



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# Don't Put Limits on Your Container Garden

By Danielle Wirick, MS, CSCS, FMSC

We all know that you can plant the usual tomato or pepper plant in a pot and get it to grow. But don't be limited in your container gardens. Below are just a few tips and ideas to get your creative juices flowing so you can produce a tasty, creative garden this summer.

## **DON'T JUST THINK POTS.**

Think grow bags, window boxes, railing containers, pallets, rolling carts, pots with wheels, elevated beds, and hanging planters. Different types of containers will give you the opportunity to have garden "space" when actual land is at a premium.

## **NOT SURE WHAT YOU WANT IN YOUR GARDEN?**

Predesigned kits like "Salad bar" or "Salsa" can be found locally at Home Depot and Lowes. Additional varieties can be found online at [www.gardeners.com](http://www.gardeners.com) or [www.burpee.com](http://www.burpee.com).

## **DON'T LIMIT YOUR GARDEN PRODUCE.**

Herbs, tomatoes, and peppers are great. But don't forget about potatoes, garlic, onions, all types of lettuce, beans, carrots, lemons, strawberries, and even corn. If it's a large plant, use a large container or look for varieties that are specifically suited to container gardens.

## **DON'T HAVE TIME TO CARE FOR YOUR CONTAINER GARDEN DAILY?**

Look for plants that are disease and drought resistant and use self-watering containers. Find all of them at local garden stores or online.

## **THINK ORNAMENTAL.**

Your garden can be beautiful, so use it to your advantage and plant ornamental vegetables among your flowers. Try Cimar-ron or freckles lettuce (similar to romaine), rainbow chard, red cabbage, purple broccoli, orange or purple cauliflower, and herbs like lavender and dill.



When it's time to harvest whatever you have planted, you'll be amazed at how easy it was to grow your own even with limited space. Now get some containers and some plants, and start growing. ✨

# WINE VS. WORK

By Maurice Floyd, CPT

**WINE**, some of us enjoy a glass or two occasionally, with a meal or on its own. We have heard before of the heart benefits that are associated with drinking red wine. Now as of late there are recent articles claiming that one glass can equate to an hour at the gym. In an era looking for simple and quick solutions, can we really drink to our health? So do we put down the jump rope and pick a bottle?

A brief overview of wine shows us that it is created traditionally through the fermentation of various grapes and yeast strains. In early medicine wine was widely used for the treatment of infected wounds, aiding digestive issues, managing pain, and other ailments. With the heart in mind, red wine can improve the balance of LDL, or bad cholesterol, to HDL, the good cholesterol. The anti-coagulant properties of alcohol in wine limit blood clotting. Theoretically, wine in moderation cleans up the blood by removing LDL from blocking arteries. This makes wine one of the oldest manmade remedies. While all of these benefits sound amazing, how does wine impact our fitness?

First of all, wine has its calories sourced mainly from sugar and alcohol, so the stronger or the particularly sweeter varieties will have more calories than the average wine. When initially ingested, alcohol raises blood sugar levels slightly, but the body channels all of its energy in trying to expel it and therefore all other processes



**IN AN ERA LOOKING  
FOR SIMPLE AND QUICK  
SOLUTIONS, CAN WE REALLY  
DRINK TO OUR HEALTH?**



# OUT

suffer, including glucose production, and the effectiveness of insulin, and the overall effect is a drop in blood sugar levels. With this in mind, the more you drink, the farther your blood sugar levels will plummet. Also, alcohol requires three different enzymes to break it down and be digested. These enzymes are alcohol dehydrogenase, catalase, and cytochrome; they work in tandem to keep the buildup of poison in our bodies. But as a result one of the byproducts, acetaldehyde, remains poisonous to our bodies, which requires our liver to then process alcohol before it can be stored as fat.

This does not bode well for us, because your body primarily feeds on what is in our system. The acetate from alcohol breakdown is given metabolic priority, which in turn pushes fat oxidation out of the equation. Fat oxidation breaks down lipids, or stored fat molecules into smaller parts, to be used as energy. If we stall the oxidation by consuming alcohol, we leave those fat molecules in their larger state, steadily stacking up. Now the sugar from the wine, when in your system, gets hydrolyzed, or broken down in a chemical reaction with water, into the carbohydrates fructose and glucose. The glucose starts out as a carbohydrate, but it gets quickly stored as fat. Fructose, however, gets metabolized through the liver and then converts to a fat. A standard 5 fluid ounce glass of red wine is approximately 106 calories, composed of 2.51 grams of carbohydrates, and white wine is 100 calories and 1.18 grams of carbohydrates.

With the sugar in wine being broken down into carbohydrates and fat, and the present carbohydrates in alcohol also being stored, we need to think before we drink. People who lead highly sedentary lives would need to add moderate levels of exercise of twenty minutes or more to accommodate the surplus of calories in one glass. Alcohol is also an appetite stimulant which is better when consumed with food rich in fiber and protein. This slows down the emptying time of the stomach and potentially decreases the amount of food consumed. However, this does not mean we should eat less to drink more wine. Also worth mentioning is the fact that people tend to reach for more grease and starch-laden foods when inebriated, increasing caloric intake even more than the wine alone!

What this boils down to is that a balanced lifestyle of exercise and healthy eating habits far outweigh the benefits of downing a couple of glasses of wine a day. Those who drink wine should look for better meal choices and pursue healthy activities to offset the extra calories. This also means that there is no reason for nondrinkers to start sampling wine for the health benefit; there are other choices available to manage a healthy lifestyle. Lastly, when drinking, be smart and responsible at all times. ✨



## HEALTH BENEFITS OF WINE

Historically, archeologists have been able to date grape cultivation and wine making back to sometime between 6,000 and 4,000 BC. During that period, however, only aristocrats, royalty and members of the clergy enjoyed wine. Through the ages, wine has become a popular drink for all of society. Each year there are new debates about the health benefits of wine. Here is some of the latest information from studies conducted around the world. These benefits come from moderate wine consumption, defined by the American Heart Association as one to two four-ounce glasses a day.



*Studies have shown that moderate wine drinkers reduce the risk of cardiovascular disease, including heart attack, ischemic (clot-caused) stroke, peripheral vascular disease, sudden cardiac death, and all cardiovascular causes. Additionally, studies have shown a reduced risk of type 2 diabetes, as well as a lower risk of cataracts and colon cancer. Studies have also shown that moderate wine consumption promotes longevity and slows brain decline.*

For a unique wine-related experience, visit GERVASI VINEYARDS in Canton where you can walk the grounds right next to the rows and rows of assorted grapevines. They offer complimentary winery tours on Saturdays where you will learn how wine is made from start to finish. They also have wine tastings and you can enjoy lunch at THE CRUSH HOUSE before or after your tour. For more information about Gervasi Vineyards call 330-497-1000 or visit their website at [www.gervasivineyard.com](http://www.gervasivineyard.com).

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# THANKS, not "Sorry"

By Kim Wagler, BA, CPT

## FIRST OF ALL, I WANT TO SAY I AM SORRY FOR THE ARTICLE YOU ARE ABOUT TO READ.

I hope I don't offend any of you. I feel the need to share this topic and I hope that some of you will benefit from it. If this isn't something you were expecting to read or you are not interested, again, I'm sorry in advance.

Being in the service industry as a trainer, I come into contact with lots of different people. Our clients range from stay-at-home moms to CEOs and business men and women to kindergarten teachers all the way up to high school teachers. Either way, each person who walks through our door is different and has different experiences from day to day. Some come in ready to work, some are stressed and need a release, some walk in feeling defeated from an emotionally and physically taxing day. So, trainers experience a lot of unique moods, some being easy to work with and others being difficult. I've noticed that, because of my role and wanting to be sure that I provide the best experience each time I interact with my clients, I tend to apologize a lot. Oftentimes I don't even know what I am apologizing for. After trying to become more aware and implementing a different response, I began to see changes in how others responded to me.

"I'm sorry" is a phrase most of us are familiar with, and some may even incorporate it in our daily vocabulary quite a bit. This simple phrase can carry numerous heartfelt meanings and compassion towards someone who may be grieving or struggling. "I'm sorry" can express a great deal of genuine remorse for a wrongdoing and to own up to a mistake that's been made. How-

ever, this little phrase can also place a big burden on some when used in another context such as our day-to-day communication.

The use of "I'm sorry" in its simpler form tends to cause the phrase to lose its value or meaning. It becomes overused and instead of demonstrating a high level of compassion and care for others, it begins to take on a sense of negativity by the user. This can occur when the phrase "I'm sorry" is being inserted by the user after an action of theirs. Using "I'm sorry" in this context is stating that they are in the wrong or that they feel less of themselves and need to apologize. The negative portrayal of themselves to the recipient will now be a reflection of what is an acceptable view of the user. The recipient automatically has a negative feeling attached to whatever the situation may be or to the user just because the user stated that the action was wrong. Or the user has just positioned themselves as lower or lacking in confidence, creating doubt in their abilities. One way to avoid this negative reaction would be to switch the phrase "I'm sorry" to "Thank you."

## HERE ARE A FEW EXAMPLES ...

- I'm sorry for being late. – *Thank you for waiting for me.*
- I'm sorry I'm in such a horrible mood today. – *Thank you for being here for me, you've really helped make my day better.*
- Sorry to interrupt but, – *Thank you for taking the time to work with me and help me.*
- I'm sorry I can't come. – *Thank you for the invite.*
- I'm sorry I'm not very good at this. – *Thank you for allowing me the opportunity to get the hang of this.*
- I'm sorry this is so confusing or difficult to understand. – *Thank you for being patient as I try to explain this properly.*

The point of rearranging some of our vocabulary is not only to increase our own value in our self and to remove negativity in our own life, but in others as well. Negativity spreads quickly, like a virus, but so can appreciation, gratitude and joy. Being intentional with the use of "thank you" or any other phrase that promotes positive feelings can spread through you and to others. This can increase the chance of a better outlook on your day-to-day experiences as well as enhance your relationships with others.

Making these small changes doesn't mean the phrase "I'm sorry" is erased from your vocabulary. There are certain times when it is necessary to say that you are sorry for an action in order to not be rude. Just become more aware of the apology and whether it is out of habit or out of necessity. We don't want to "cry wolf" and then find our sincere apologies are not received as authentic. I'm sorry if this took too long to read; just kidding. Thank you for your time. ✨

# Soak Up Some



# Vitamin D

By Adria Bergeron

Ohio's weather is unpredictable. This past winter is certainly proof of that fact. One thing is certain, however; winter will end, spring will arrive and Ohioans will welcome the season with open arms. When a little warm air and sun make an appearance, people are outside riding bikes, taking walks and working in the yard. Nice weather and improved mood are not just a coincidence. Vitamin D, "aka the sunshine vitamin," fights depression, boosts weight loss and improves your overall health.

If you're looking for a place to absorb some of this sunshine, the Muskingum Watershed Conservancy District (MWCD) manages 54,000 acres for public use; 16,000 acres of water surface and 38,000 acres of land cover 20% of the State of Ohio. The lakes and their surrounding lands offer some of the best recreational areas in the state for hunters, anglers, boaters, swimmers and hikers – or for someone who just wants to kick back and relax while enjoying the beautiful scenery and wildlife.

TRAILS ARE A GREAT PLACE TO FEEL FULLY SURROUNDED BY NATURE, AND TO SEE AND LEARN ABOUT WILDLIFE. Whether you are interested in a leisurely stroll or heading out for miles, trails are an important amenity the MWCD is continuously working to improve and are available for public access at all of their facilities. If you haven't been to Atwood Lake in a while, it's worth the trip. A newly developed paved trail and walking bridge at Atwood Lake Park is open for business! The new trail connects the Marina West and the outer camping sites to the Welcome Center and the main park. Additional features of this 10-foot-wide paved trail include a 242-foot scenic bridge over part of Atwood Lake and installation of a canoe and kayak launch adjacent to the Welcome Center parking lot. Over 4.5 miles of dedicated trails are available throughout the park.

M  
W  
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D



*Muskingum*

*Watershed*

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> CONTINUED

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> CONTINUED

The Buckeye Trail winds around the State of Ohio for nearly 1,444 miles and is headquartered near the shores of Tappan Lake in Harrison County. If heading out on horseback is more your speed, nearly 88 miles of horse trail connecting Pleasant Hill Lake Park to Malabar Farm State Park and Mohican State Forest is suitable for riders with all levels of experience. The park's primitive equine camping area offers campsites large enough to accommodate both truck and trailer, and highline is available for the horses.

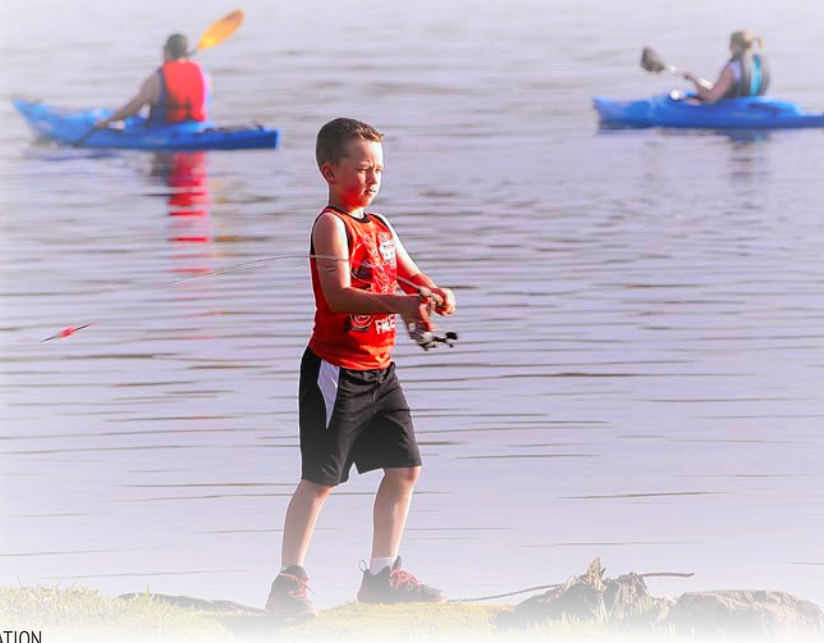
LAKES ARE A GREAT PLACE TO SOAK IN THE BEAUTY OF NATURE, WHETHER FROM THE SHORE OR FLOATING ON A BOAT. Atwood, Charles Mill, Clendening, Leesville, Piedmont, Pleasant Hill, Seneca and Tappan Lakes are all managed by the MWCD. They are available for public use and offer a variety of options to accommodate numerous interests. Clendening, Leesville and Piedmont Lakes are known for peace and quiet, undeveloped shorelines and excellent fishing. The horsepower limit is low, keeping the water calm and the fish biting. Pleasant Hill, Seneca and Tappan Lakes are great for those looking to take a leisurely boat ride or to crank up the speed with horsepower limits of 399 or greater. Atwood and Charles Mill Lakes are most popular with sail boating enthusiasts and for leisurely cruises.

CAMPING AND CABINS INVITE VISITORS TO EXPERIENCE THE TRUE BEAUTY OF NATURE where campfire stories can be shared with friends and family under the stars, and the sound of chirping birds can be heard when you awake. Ranging from full hook-up to primitive campsites or fully-equipped vacation cabins to the basic camper cabins, the MWCD facilities are equipped to meet the needs of all guests. ✨



*MWCD facilities are equipped to meet the needs of all guests.*

*Clendening, Leesville and Piedmont Lakes are known for peace and quiet, undeveloped shorelines and excellent fishing.*





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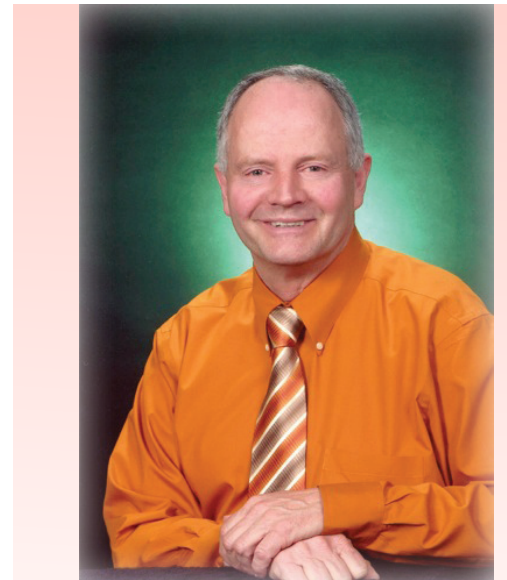


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# OUTLOOK FOR THE 2017 REAL ESTATE MARKET

*November's election results have thrown a once predictable 2017 slightly off kilter, and made forecasting the market a little trickier. However, the biggest headlines of 2016 will undoubtedly continue to influence the real estate market. The general consensus is that home buying should remain strong in 2017 and that we will continue to see a definite seller's market.*

## HOME PRICES

In 2016, home prices appreciated beyond expectations, with national prices increasing above the previous 2006 peak. While sales are slowing slightly, homebuyer demand is increasing and unemployment rates remain low. For those reasons, experts predict prices will continue to climb in 2017 but at a slower pace.

## MORTGAGE RATES

Rates approached record lows in 2016, but in the end crept above 4% for the

first time in two years. However, rates continue to remain historically low. How rates will change under President Trump is unclear. Before the election most financial experts predicted a Hillary Clinton win that would carry on the policies of the Obama administration and result in a slight interest rate increase in December. That didn't happen. A few scenarios could play out. If the Trump administration cuts government spending dramatically, it could spike fears of a recession and contribute to another year of low interest rates. However, if President Trump's economic growth plans instead cause inflation, the

accelerated economic growth could cause interest rates to begin rising faster.

## HOUSING SUPPLY

Declining housing supply was a defining issue in 2016. In markets like Akron and Canton, declining inventory created a sellers' market with price appreciation and lightning-speed selling timelines. In 2017, we should see an increase in supply thanks to new home construction. Existing homes will likely remain in short supply, though, because of a phenomenon called "rate lock"—homeowners who locked in at a mortgage rate below 4% are unlikely to want to upgrade to a larger home at a higher interest rate.

## MILLENNIALS

Last year showed that Millennials are finally ready to enter the housing market. More Millennials are expected to buy a first home in 2017, according to the National Association of Realtors. And as it turns out, many of those buyers were holding off because they were saving up





towards a down payment. That means those first-time buyers aren't necessarily interested in starter homes but the move-up property.

## GENERATION Z

We've been trying to understand the buying habits of the Millennial generation for years now, but it's time to turn our attention to Generation Z. They're teenagers now, but the first of the Gen Zers will turn 18 in 2017, so they're on the cusp of entering the housing market. These buyers are coming of age with low interest rates, decent job prospects and rising wages, which means they're going to be a lot different than the generation that came before them. All signs say this is a generation that values homeownership, with a majority of these teens stating they want to own a home.

## SURBAN LIVING

We're all familiar with the ubiquitous mixed-use developments that allow residents to live, work and play in the same neighborhood. This year, you'll hear them rebranded as "surban" developments. With an attractive blend of urban and suburban living, this lifestyle is growing in popularity. Essentially, existing suburban neighborhoods are adding urban amenities to provide that



*Of course, only time will tell, but the general consensus is that home buying should remain strong in 2017.*

live-work-play environment outside the city's core. Those who choose to live in these dense communities of townhouses, apartments and single-family homes can often walk to work as well as walk to the grocery store, parks and entertainment venues, all while taking advantage of strong public schools.

## NEW TECHNOLOGY

Here's a development you may not have anticipated: the rise of drones. Some real estate trendsetters have used drones in the past to capture aerial views of properties, but their use is expected to increase dramatically now that the Federal Aviation Administration has approved commercial use of these unmanned aerial vehicles. Real estate agents can use these flying cameras to show off properties with more than an acre of land or those with a unique landscaping feature. ✨

*Article courtesy of Tammy Grogan and Associates – Cutler Real Estate. For more information, contact them at 330-491-4126 or consult their website at [www.tammygrogan.com](http://www.tammygrogan.com).*

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Josh King is an interior designer who takes pride in his ability to transform spaces by bringing ideas and inspirations to life. With over a decade of experience in the industry, he has developed a keen eye for creating awe-inspiring surroundings. Josh's detail oriented, client-focused approach makes him flexible and super fun to work with. Carey Cutting is a premium remodeling contractor and interior designer whose mission is to create interiors with a fresh perspective that uniquely reflect the client's personality and desires. Her personal design style consists of a balance of natural, vintage, and modern

materials and décor. Carey is also adept at finding creative ways to help budget-conscious clients design their dream spaces. Together, these two individuals make up Wisteria Staging & Design.

They visit a seller's home for a Walk and Talk Consultation. Using a "buyer's eye," principles of good design, and expert knowledge of what's trending, the team develops a plan to prepare the home for market with a goal of selling quickly for top dollar. The strategy varies by neighborhood and market conditions, but staging a house to appeal to the maximum number of buyers can make a huge difference in how fast that home sells. The plan may include depersonalizing, decluttering, clarifying any spaces that may confuse buyers, thoroughly cleaning, painting, changing out lighting and/or plumbing fixtures, partial to full renovations, replacing flooring, adding or removing window treatments, etc. Keeping the customer's timeline and budget in mind, a proposed to-do list is presented. Only items that offer a positive return on investment are suggested.



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determine which of the personal furnishings and belongings should be removed and what should be used for staging. Wisteria Design & Staging has a numerous assortment of furnishings they can use to highlight the home's strengths and appeal to a broader demographic. Use of these furnishings is included in the staging fee for a predetermined period of time.

### WHY PROFESSIONAL HOME STAGING IS IMPORTANT

- ◆ **The sale price will be higher.** According to the National Association of Realtors, the average staging investment is 1-3% of the asking price and will generate a return of 8-10%.
- ◆ **The longer your home is on the market, the lower the selling price.** STAGE FIRST to get the highest offers. Homes that sell in the first 4 weeks average 1% more than the listing price, 4-12 weeks average 5% below list, 13-24 weeks average 6.4% below, and over 24 weeks lose 10%.
- ◆ **Most sellers cannot view their home objectively.** If you can't see objectively, you can't package effectively. A staging professional can get your home in its most advantageous condition for showing.
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- ◆ **Only 10% of home buyers can visualize the potential of a home.**
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# SARTA Outreach Specialists

■ *By Kristie Petty-Cox*

When most people think about jobs at Stark Area Regional Transit Authority (SARTA) they think of bus drivers. SARTA has a lot of bus drivers or coach operators; however, there are a many other vital jobs. Have you ever heard of our Outreach Specialists? They are a key part of our community outreach by providing Travel Training, representing SARTA on committees, attending community events and much more.

In mid-2009, SARTA was awarded grant funding that specifically focused on training seniors and Proline users annually on the use of SARTA's fixed route services. With this grant funding, SARTA created a Travel Training Program and launched it in January 2010. It quickly became popular with current riders and those interested in becoming riders. As a result, the program evolved into what we have today which teaches riders how to:

- *Use our Fixed Route and Proline Services*
- *Use GoLine for booking Proline trips*
- *Utilize SARTA's Schedules and Google Transit to plan trips*
- *Use SARTA's FREE PinPoint and its features to receive real-time transit information*
- *Locate and transfer to other buses*
- *Pay fares and purchase tickets and passes*

We developed the Travel Training Program to be approximately one-hour sessions in group settings. They are done at Libraries, SARTA's office, county offices, schools, social service agencies, churches or any other facility that would like to have a session.

For those who request or require more in-depth fixed route training, we offer one-on-one sessions. These are normally done once a trainee has completed a group session; however, there are times when we review the material covered in a group session while doing a one-on-one training. One-on-one sessions can be done in many ways; however, the most beneficial to the trainee is to have the Outreach Specialist assist the trainee in planning a trip they would normally take. For example, the Outreach Specialist and a trainee will plan and take a trip from their home to work or a store and then back. There are also times when a current rider will request assistance in planning and taking a trip they have not done before. Our Outreach Specialists are happy to assist until the rider is familiar and comfortable using our fixed route services. For riders who are familiar with using our Fixed Route services and just need a little assistance with planning a trip, our Outreach Specialists can assist them over the phone.

For riders who utilize our Proline Services, we offer one-on-one train-

ing sessions. The rider learns how to book and cancel trips by phone or with GoLine, our trip booking system, how to board the bus either by the wheelchair lift or the stairs, how to pay your bus fare and purchasing passes/tickets. Like with our fixed route one-on-one sessions, there are times a Proline rider requests or requires additional assistance when planning and taking a trip. In those cases, our Outreach Specialists will work with the trainee to plan and take their trip (just like with the fixed routes trainees).

Since launching our Travel Training Program in 2010, our Outreach Specialists have provided confidence and knowledge about our Fixed Route and Proline Services, the state of the art technologies available to the riders and our various programs to over 16,000 riders! Our training program has become so well known among our transit industry peers that they now are contacting us seeking advice on building and improving their training programs. Due to the popularity of our Outreach Specialists (and our Travel Training program) our Outreach Specialists are often invited to participate on various committees that are working to improve the lives of Stark County residents. A few committees our Outreach Specialists are involved with are Project Homeless Connect, The Homeless Collaborative, Citizens

*For additional information about services visit the website at [www.SARTAonline.com](http://www.SARTAonline.com) or call 330-477-2782.*



*I ENJOY GOING OUT IN THE COMMUNITY AND MEETING AND TALKING TO DIFFERENT PEOPLE AND RECEIVING THE SATISFACTION OF HELPING OUT AN INDIVIDUAL. – Z. KAPRON*

*I ABSOLUTELY LOVE MY JOB AS AN OUTREACH SPECIALIST! KNOWING THAT I CAN MAKE A DIFFERENCE IN SOMEONE'S LIFE IS VERY REWARDING. – E. FONTES*

**SARTA Outreach Specialists LOVE WHAT THEY DO!**

Circle, Veterans Task Force and Safe Communities

Throughout the year, Stark County hosts various events geared to seniors, job seekers, kids, students, outdoor enthusiasts and much more. If you have attended any of the events held, you may have spoken with one of our Outreach Specialists at the SARTA booth/table. At these events, they answer questions, inform the community on SARTA's transportation services, provide valuable feedback on the community's needs and programs as well as give out fun promotional items. Some of the community events they participate in are:

- Project Homeless Connect
- JFS Senior Forum
- Senior events
- Family fun events
- Trunk or Treat in Massillon and Canton
- Back to School Events
- Community Parades
- University and College Orientations
- Stark County Fair

When our Outreach Specialists are not out and about in the community they are:

- Managing our National Transit Database (NTD) passenger counts that are reported to the Federal Transit Administration (FTA). This is required by FTA to be done throughout the year.
- Communicating information out to riders on our social media sites, PinPoint, the monitors at each transit center and website.
- Coordinating training presentations for all the 5th grade classes in Canton City for their Career Development program.
- Providing guided tours of SARTA's facilities to area schools who are interested in learning more about SARTA's operations.

Our Outreach Specialists really are the face of SARTA, in addition to the Coach Operators in the community. ✨

*I HAVE A PASSION FOR PUBLIC TRANSPORTATION. MY ROLE AT SARTA (OUTREACH SPECIALIST COORDINATOR) ALLOWS ME TO PERSONALLY BRING POSITIVE CHANGE TO PEOPLE'S LIVES AS WELL AS OUR LOCAL COMMUNITIES. TO MANY OUR SERVICES MEANS THE DIFFERENCE BETWEEN HAVING A SOCIAL LIFE OR LIVING IN SOLITUDE. I WORK IN A PROFESSION THAT CAN STAVE OFF POVERTY, RESIST RECESSION, AND SAVE THE PLANET. WHAT AN HONOR AND AWESOME RESPONSIBILITY TO BE PART OF SUCH AN INNOVATIVE BUSINESS.*

**– J. THOMPSON**





# The Do's & Don'ts



# VOLUNTEERING

By Mary Vlahos



*Volunteering can be a confusing prospect and it's important to find the volunteer position and organization that is right for you. What volunteer opportunities are out there, and how do you find them? How do you know which opportunity is right for you? What benefits can you get out of volunteering? These are all important questions that you need to answer to make volunteering a truly rewarding experience.*





*A LinkedIn study showed that over 41% of employers valued volunteer experience as much as paid work experience.*



Sometimes finding a volunteer opportunity is easy. There is a friend or family member that's involved and reels you in, or it's for a cause close to your heart. My bother has two daughters that were born premature and that lead me to volunteer for the March of Dimes. Other times it's not that easy. One website that will help match you up to the right volunteer opportunity is [www.volunteermatch.org](http://www.volunteermatch.org). You can browse general categories like children and youth, technology, community, crisis support, the list goes on. There is also a calendar of events you can browse through if you are looking to volunteer at a specific time of year.

### COMMUNITY COUNTS

If you're very community oriented, your local county convention and visitor's bureau often has volunteer opportunities for you. Visit Canton, in Stark County, has many volunteer opportunities at [www.VisitCanton.com/partners/volunteers](http://www.VisitCanton.com/partners/volunteers). There you will see a list of events and descriptions of job duties. You can also sign up for your specific interests and be notified when new events or opportunities arise. You can volunteer to help with events such as a community festival, a youth sporting event, or even a marathon. There are also industry associations that are always looking for event volunteers. There are state associations and organizations tied to every profession. If you're looking for something that is career oriented, that's a great place to start.

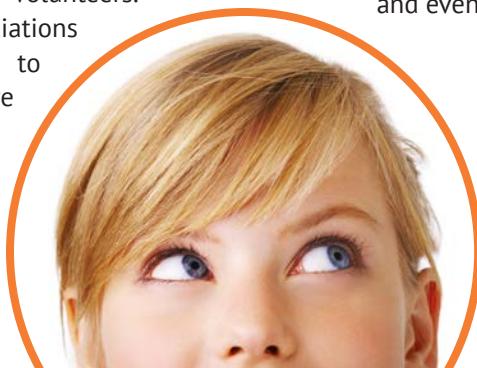
### LIST IT

Finding the right opportunity for you can be a challenge. Make a list of skills you have that an organization could use. Maybe you've helped out on a silent auction, or you're great at accounting, or skilled at writing. See how those skills match up to what organizations need. Next, think about what you want to commit timewise and when. If you're super busy at work during the summer, a summer festival is probably not for you. How much time can you spend per week? Ask that question before you commit to volunteering. Pulling out of a volunteer commitment, because you've realized half way through that it requires too much time, can really hurt an organization that is depending on you. Does the volunteer position require something, like heavy lifting, that you're not capable of doing? Determine exactly what's involved with regards to time and duties, and you and the organization will benefit greatly. Finding something you have a link to, or a passion for, will make the experience that much more enjoyable. Knowing you helped a cause that is near and dear to your heart can make volunteering rewarding and even fun!

### CAREER BENEFITS

We all volunteer for altruistic reasons, but it doesn't hurt to also get something out of it. If you are volunteering for an industry organization, the benefit is obvious – networking and advancing your career. Another way to advance your career is to find a volunteer position that will provide you with experience or a skillset that you don't already have. For example, if you want experience in sales, find an opportunity that will allow you to solicit donations. That's an amazing resume builder. If you want experience in management, offer to manage a subgroup of volunteers or be a committee chair. You can work your way up to event chair and manage the entire event! A LinkedIn study showed that over 41% of employers valued volunteer experience as much as paid work experience. There is also a website that can assist you in finding a job in the non-profit world, [www.idealisticareers.org](http://www.idealisticareers.org). Your calling may actually be to work for the non-profit you volunteer for.

The utmost benefit, of course, is in knowing your donation of time has helped an organization make a difference. Charity begins at home. Go out in your community and volunteer! It's not someone else's duty, it's yours. ✨



*Finding something you have a link to, or a passion for, will make the experience that much more enjoyable.*

# GET READY FOR SPRING TRAINING



WHAT LOCATION  
IS CLOSEST  
TO YOU?

**BOARDMAN**  
755 Boardman-Canfield Rd.  
Youngstown, Ohio 44512  
Phone: (330) 758-8708

**COLUMBUS**  
Short North 662 N High St.  
Columbus, Ohio 43215  
Phone: (614) 222-0900

**LODI FACTORY OUTLETS**  
9911 Avon Lake Rd  
Burbank, OH 44214  
Phone (330) 948-7653

**MASSILLON**  
115 Lake Ave. NW  
Massillon, Ohio 44718  
Phone: (330) 832-9999

**MENTOR**  
8791 Mentor Ave.  
Mentor, Ohio 44060  
Phone: (440) 290-0185

**CANTON**  
4667 Dressler Rd. NW  
Canton, Ohio 44718  
Phone: (330) 649-9870

**GAHANNA**  
1245 North Hamilton Rd.  
Gahanna, Ohio 43230  
Phone: (614) 478-3361

**LYNDHURST**  
5114 Mayfield Rd.  
Lyndhurst, Ohio 44124  
Phone: (440) 449-8508

**MEDINA**  
122 Public Square  
Medina, Ohio 44256  
Phone: (330) 725-5918

**TOLEDO**  
4190 Levis Commons Blvd.  
Perrysburg, Ohio 43551  
Phone: (419) 931-8484



[secondsoleohio.com](http://secondsoleohio.com)





# THE AKRON RUBBERDUCKS

## 2017 SCHEDULE

APRIL							JUNE							AUGUST						
SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT
						1					1 6:00PM @ALT	2 7:05PM REA	3 7:05PM REA			1 7:05PM HFD	2 7:05PM HFD	3 12:05PM HFD	4 7:05PM @REA	5 6:35PM @REA
2	3	4	5	6 6:35PM @BOW	7 6:35PM @BOW	8 2:05PM @BOW	4 2:05PM REA	5	6 7:00PM @PDR	7 7:00PM @PDR	8 11:00AM @PDR	9 7:05PM @NH	10 7:05PM @NH	6 2:05PM @REA	7 6:35PM @REA	8 7:05PM NH	9 7:05PM NH	10 7:05PM NH	11 7:05PM BNG	12 7:05PM BNG
9 2:05PM @BOW	10 6:35PM @TRE	11 6:35PM @TRE	12 6:35PM @TRE	13 6:00PM @ALT	14 6:00PM @ALT	15 1:00PM @ALT	11 1:05PM @NH	12	13 7:05PM HBG	14 7:05PM HBG	15 7:05PM HBG	16 7:05PM PDR	17 7:05PM PDR	13 2:05PM @BNG	14	15 7:00PM @TRN	16 12:00PM @TRN	17 7:00PM @TRN	18 7:05PM @RICH	19 6:05PM @RICH
16	17 6:35PM @REA	18 6:35PM @REA	19 6:35PM @REA	20	21 6:35PM @ALT	22 2:05PM @ALT	18 2:05PM @PDR	19	20 7:05PM @REA	21 7:05PM @REA	22 7:05PM @REA	23 7:05PM @RICH	24 6:05PM @RICH	20 12:05PM @RICH	21 7:05PM HBG	22 7:05PM HBG	23 12:05PM HBG	24 7:05PM @ERIE	25 7:05PM @ERIE	26 7:05PM @ERIE
23 2:05PM @ALT	24 6:35PM @BNG	25 6:35PM @BNG	26 6:35PM @BNG	27	28 7:05PM @BOW	29 6:35PM @BOW	25 12:00PM @RICH	26 7:05PM @ERIE	27 7:05PM @ERIE	28 7:05PM @ERIE	29 12:05PM @ERIE	30 7:05PM @BOW	27 1:35PM @ERIE	28 6:30PM @HBG	29 6:30PM @HBG	30 6:30PM @HBG	31 7:00PM @HBG			
30 2:05PM @BOW																				

MAY							JULY							SEPTEMBER						
SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT
	1 6:35PM @BNG	2 6:35PM @BNG	3 12:05PM @BNG	4 6:35PM @ALT	5 6:35PM @ALT	6 6:35PM @ALT						1 7:05PM @BOW							1 7:05PM @ERIE	2 7:05PM @ERIE
7 7:05PM @ALT	8 6:35PM @TRE	9 6:35PM @TRE	10 10:35AM @TRE	11 6:35PM @BNG	12 7:05PM @BNG	13 1:05PM @BNG	2 2:05PM @BOW	3 7:05PM @BOW	4 7:00PM @HBG	5 6:30PM @HBG	6 7:00PM @HBG	7 7:05PM @ALT	8 7:05PM @ALT	3 5:05PM @ERIE	4 1:05PM @ERIE	5	6	7	8	9
14 1:05PM @BNG	15 6:35PM @RICH	16 10:35AM @RICH	17 10:35AM @RICH	18	19 7:05PM @HFD	20 6:35PM @HFD	9 2:05PM @ALT	10 ALL-STAR BREAK 12 MANCHESTER, NH	11 6:35PM @BNG	12 12:05PM @BNG	13 7:05PM @ERIE	14 7:05PM @ERIE	15 7:05PM @ERIE							
21 1:35PM @HFD	22 8:00PM @ALT	23 8:00PM @ALT	24 10:30AM @ALT	25 10:30AM @ALT	26 6:35PM @BOW	27 6:35PM @BOW	16 1:35PM @ERIE	17 6:35PM @BNG	18 6:35PM @BNG	19 1:05PM @BNG	20 7:05PM @RICH	21 7:05PM @RICH	22 7:05PM @RICH							
28 6:35PM @BOW	29 1:05PM @BOW	30 6:00PM @ALT	31 8:00PM @ALT				23 2:05PM @RICH	24 7:05PM @BNG	25 7:05PM @BNG	26 12:05PM @BNG	27 7:05PM @BOW	28 7:05PM @BOW	29 6:35PM @BOW							
							30 2:05PM @BOW	31												

WESTERN DIVISION	<ul style="list-style-type: none"> <li>Akron RubberDucks</li> <li>ALT Altoona Curve</li> <li>BOW Bowie Baysox</li> <li>ERIE Erie SeaWolves</li> <li>HAR Harrisburg Senators</li> <li>RICH Richmond Flying Squirrels</li> </ul>	<ul style="list-style-type: none"> <li>BNG Binghamton Rumble Ponies</li> <li>HFD Hartford Yard Goats</li> <li>NH New Hampshire Fisher Cats</li> <li>PDR Portland Sea Dogs</li> <li>REA Reading Fightin' Phisls</li> <li>TRN Trenton Thunder</li> </ul>	<ul style="list-style-type: none"> <li>HOME</li> <li>AWAY</li> <li>FIREWORKS</li> </ul>
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GET YOUR TICKETS

**TODAY!**

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AKRONRUBBERDUCKS.COM





# TREKKING TAKEOVER PROGRAM



ALL STYLES. ALL COLORS. MAY 2017



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