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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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To participate, please contact: [sales@FollowCompass.com](mailto:sales@FollowCompass.com)

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# Holiday SWAP Ideas

By Kim Wagler, BA, CPT

*With the commitment to surviving the holidays I want to really impress upon you the importance of portion control. You can trade out as many dishes as you want but without controlling those portions, you will still gain weight. That being said, I would like to share with you some of my favorite holiday foods and what I've used to become healthier during the holiday season.*



## Starbucks Peppermint Mocha

(420 calories, 64g sugar)

Using my trusty Keurig, I've exchanged this for Twinings Pure Peppermint tea; no calories, no sugar, and tons of benefits. For pumpkin lovers, add a touch of nutmeg and cinnamon to your coffee grounds before brewing.

## Hot Chocolate or Egg Nog

(minimum of 120 calories/cup, 20g sugar)

YERBA MATE COCOA will cost you only 4 calories a cup and give you so many added benefits of tea plus you can sweeten it up a bit with stevia or honey.

## Cutout Cookies with Frosting

(150 calories, 16g sugar)

GLUTEN-FREE SUGAR COOKIES with BASIC (BUT YUMMY) FROSTING makes me feel good about spending a day cooking with my kids and letting them taste our creations.

(RECIPE FOLLOWS)

## Chex Mix

(124 calories for 1/4 cup, 13g sugar)

SWEET 'N' SPICY MAPLE NUGGETS will allow you to snack guilt free.

(RECIPE FOLLOWS)

## Chocolate Covered Candies

(200+ calories)

After overindulging one too many times on chocolate covered peanuts, pretzels, marshmallows, etc., I found this ORGANIC COCOA-COCONUT GEM TRUFFLES recipe.

(RECIPE FOLLOWS)

## Apple Pie

(280 calories, 15g fat)

These EASY BAKED APPLES can be the hit of your holidays by allowing your guests to add the topping of their choice. Choose from cinnamon, honey, nutmeg, and much more to create the perfect holiday dessert.

(RECIPE FOLLOWS)

## Appetizers

(500+ calories)

Most people go to a party and eat an entire meal in dinner rolls, cheese and crackers, dips, and more. Skip those and head straight for the VEGGIES AND BLACK BEAN SALSA DIP. Packing in fiber before a heavy meal will make you feel full faster and keep your appetite under control.

## Crab Cakes

(150 calories, 500mg sodium)

SHRIMP COCKTAIL is a must at holiday parties. Stay light on the cocktail sauce and you have a great source of protein without the guilt.

## Cranberry Sauce

(110 calories, 20g sugar)

Although this side dish has not been a tradition in my family, I never realized how much sugar it had until I checked the ingredients. Try my recipe with some lean white turkey. I promise it will be a hit. (RECIPE FOLLOWS)

# Holiday SWAP Ideas

> CONTINUED

## Stuffing

(150 calories, 470mg sodium)

No one was impressed the first time they saw QUINOA STUFFING instead of traditional bread-based stuffing. But after one bite they were sold and have asked for it every holiday since.

(RECIPE FOLLOWS)

## Mashed Potatoes

(300 calories)

SWEET POTATOES with 1/3 of the calories will give you more fiber and still has the sweetness that you want.

(RECIPE FOLLOWS)

## Green Bean Casserole

(250 calories, 450mg sodium)

Even your kids will love these BRUSSELS SPROUTS and the best part is they are going to be the easiest thing you make this holiday. They are great as appetizers or as a main dish.

(RECIPE FOLLOWS)

# SWAP Recipes >>

## GLUTEN-FREE SUGAR COOKIES

### Ingredients:

- 3 cups blanched almond flour
- 1/2 tsp Celtic sea salt
- 1/4 tsp baking soda
- 1 pinch nutmeg
- 1/2 cup coconut oil, melted
- 1/4 cup agave nectar
- 1 tbsp orange rind

### Directions:

In a large bowl combine almond flour, salt, baking soda and nutmeg. In a smaller bowl, mix together coconut oil, agave and orange rind. Mix wet ingredients into dry ingredients. Separate dough into 2 balls and place each on a piece of parchment paper. Cover each ball of dough with another piece of parchment paper and roll out to 1/8 inch thickness. Place in freezer for 30 minutes. Use cookie cutters to cut out cookies. Bake at 350 degrees for 5-7 minutes. Cool and serve. Makes 32 cookies.

## BASIC (but yummy!) FROSTING

### Ingredients:

- 1 cup sifted confectioner's sugar
- 1/2 tsp vanilla extract (can use peppermint, orange, almond or other extract if desired)
- Almond or coconut milk
- 2 tbsp unsweetened cocoa powder (only if making chocolate frosting)
- pinch of salt

### Directions:

Whisk together the sugar (and cocoa if desired), extract and liquid by gradually adding the liquid, a teaspoon or so at a time. Continue adding liquid until the frosting is the consistency you need for your cookies. The thinner the frosting, the better if you are drizzling it over a cake or cookie; the thicker it is, the better if you want to have a firmer coating.



## BLACK-BEAN SALSA DIP (vegan, gluten-free)

### Ingredients:

- 1-2 tsp minced garlic
- 1 (15-oz) can organic black beans, drained and rinsed well
- 1/2 cup fresh salsa
- 2 tbsp fresh lime juice
- 1/2 cup fresh cilantro, roughly chopped
- 1 1/2 tsp ground cumin
- chili pepper, fresh or dried, to taste
- sea salt and freshly ground pepper, to taste
- fresh cilantro for garnish

### Directions:

Measure all ingredients into food processor, except sea salt and pepper. Process until smooth. Season to taste and transfer to serving bowl. Garnish with fresh cilantro. Makes about 2 cups.

## CRANBERRY SAUCE

### Ingredients:

- 1 cup fresh orange juice
- 1 tsp minced fresh ginger
- 1 tsp minced orange zest
- 1/4 tsp cinnamon
- 12 oz bag of fresh or frozen cranberries
- 1/2 cup crushed pineapple
- 1/2 cup honey

### Directions:

Bring orange juice, ginger, zest and cinnamon to a boil on high heat in a medium saucepan. Rinse cranberries and add once liquid is boiling. Reduce heat to medium and cook uncovered for about 10 minutes. Add crushed pineapple and honey. Remove from heat and cool. Makes 2 cups.

## QUINOA STUFFING

### Ingredients:

- 4 cups vegetable stock
- 2 cups quinoa
- 1/4 cup olive oil
- 1 butternut squash – peeled, seeded, and diced
- 2 small zucchinis, cut into 1-inch cubes
- 1 bunch green onions, chopped
- 1 cup diced dried apricots
- 1 cup dried cranberries
- 1 cup chopped fresh parsley
- 1 lime, juiced, or to taste

### Directions:

Bring vegetable stock to a boil in a saucepan, reduce heat to low, and stir in quinoa. Cover pan and simmer until quinoa absorbs the liquid, 10 to 15 minutes. Remove from heat. Heat olive oil in a large skillet over medium heat. Cook and stir butternut squash and zucchinis in the hot oil until slightly browned, about 10 minutes. Stir quinoa into the vegetables and gently mix green onions, apricots, cranberries, and parsley into the stuffing. Drizzle with lime juice to taste.

## BAKED SWEET POTATOES

### Ingredients:

- 2 tbsp olive oil
- 3 large sweet potatoes
- 2 pinches dried oregano
- 2 pinches salt
- 2 pinches ground black pepper

### Directions:

Preheat oven to 350 degrees F. Coat the bottom of a glass or non-stick baking dish with olive oil, just enough to coat. Wash and peel the sweet potatoes. Cut them into medium size pieces. Place the cut sweet potatoes in the baking dish and turn them so that they are coated with the olive oil. Sprinkle moderately with oregano, and salt and pepper (to taste). Bake in a preheated oven for 60 minutes or until soft. Makes 4 servings.



> CONTINUED



## BRUSSELS SPROUTS

### Ingredients:

- 1 pound Brussels sprouts
- 1 tbsp extra-virgin olive oil
- 1/2 teaspoon kosher salt (more to taste)
- freshly ground black pepper
- fresh lemon juice (optional)

### Directions:

Position a rack in the center of the oven and heat the oven to 475 degrees. Line a heavy-duty rimmed baking sheet with parchment. Trim the Brussels sprouts, then halve them lengthwise. In a medium bowl, toss the sprouts with enough of the olive oil to coat generously, the salt, and a few grinds of pepper. Turn the Brussels sprouts out onto the baking sheet and arrange the pieces so that they are evenly spaced and lying on a cut side. If the pieces cover the baking sheet sparsely, arrange them toward the edges of the baking sheet for the best browning. Arrange cut side down on baking sheet. Roast until the sprouts are tender and browned, about 15 minutes (no need to turn them). Return the Brussels sprouts to the bowl in which you tossed them with the oil, or put them in a clean serving bowl. If they seem a bit dry, drizzle them with a little oil. Season to taste with salt, pepper, and lemon juice, if desired.

## SWEET 'N' SPICY MAPLE NUGGETS

### Ingredients:

- 4 cups raw nuts (combine almonds, pecans, walnuts, etc.; use your favorites)
- 1/2 cup unhulled sesame seeds
- 1/3–1/2 cup maple syrup or unprocessed natural honey
- 1/2–3/4 tsp sea salt
- 3/4–1 tsp each of ground cinnamon, ginger and cardamom powder
- 1/2–3/4 tsp cayenne or crushed chili pepper flakes, to taste

### Directions:

Preheat oven to 300–325 degrees. Line large baking sheet having 1 to 2-inch high sides with parchment paper. Combine nuts, sesame seeds, maple syrup or honey, and seasonings in large bowl, stirring well. Spread out evenly onto baking sheet and bake 15–20 minutes, stirring occasionally. When finished baking, stir nuts again and let cool. Makes 14–16 servings of 1/4 cup each.

## ORGANIC COCOA-COCONUT GEM TRUFFLES

### Ingredients:

- 2/3 cup organic cocoa powder (or raw cacao powder)
- 1 cup almonds, ground
- 1/4 cup organic coconut, small flakes
- 3/4 cup pitted fresh medjool dates or boxed soft dates (found in produce section)
- 3 tbsp extra-virgin organic coconut butter, gently warmed to melt
- 1/4 tsp sea salt
- soft hemp seeds, to roll balls in or to sprinkle on bars, if desired

### Directions:

Combine cocoa powder, ground almonds and coconut flakes in large food processor. Add dates, coconut butter and sea salt; purée until mixture sticks together. If needed, add a little more melted coconut butter or dates to adjust texture to desired stickiness and level of sweetness. Roll into 1-inch balls or 2-inch patties, or press into 8 x 8-inch square baking dish and cut into bars. Roll balls/patties in hemp seeds, or sprinkle seeds over bars. Chill for at least 1 hour. Can be stored in refrigerator or freezer for 2–3 weeks. Tip: Soaking/sprouting the almonds for 8 hours removes some of the enzymes that inhibit nutrient absorption. Makes approximately 24 truffles; if bars are preferred, fills one 8 x 8-inch baking dish.

## EASY BAKED APPLES

### Ingredients:

- Large apples
- Optional toppings: maple syrup, honey, nuts, dried cranberries, cinnamon, nutmeg, or brown sugar

### Directions:

Core apples and bake at 350 degrees for 20 minutes. Remove from oven and top with the topping of your choice. For a great holiday party, place all the toppings out and let your guests create their own dessert. ✨



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# EXPERIENCE

# Splash Lagoon



*By Elaine Kish*

**A GREAT WINTER ESCAPE...WITH SO MUCH TO OFFER!  
AN ENTIRE WEEKEND OF FUN WITHOUT EVER HAVING**



W

ant to experience what it feels like inside a hurricane or a cyclone? Well, you can do just that at Splash Lagoon Indoor Water Park Resort in Erie, Pennsylvania. This indoor water park offers much more than just the normal tipping bucket, water slides and wave pool. With 97,700 square feet and a ceiling reaching 6 1/2 stories high, it is one of the largest water parks in the country. More than 3 million people have visited since its opening in 2003 and it recently placed in the top 10 on the national list of “Top 25 Water Parks” by TripAdvisor. We recently visited Splash Lagoon and were pleasantly surprised with its large variety of activities.

Splash Lagoon has three hotels directly connected to the water park, as well as four additional hotels less than half a mile away with shuttle service provided. On arrival, we were welcomed by David at the front desk as we checked in to the Holiday Inn Express. After a quick trip to check out our room, store our luggage and change into swimsuits, it was off to the water park.

Hard pressed to decide what to try first, the **CYCLONE** was a favorite of all. For one or two riders at a time on an inner tube, they launch through a tube into a bowl of spinning water. After a few trips around, they splash down into a pool below. Another favorite was **HURRICANE HOLE** where you will blast down the tube at 40 mph landing in the huge bowl, circling around feet-first before being dropped into the 6-foot deep pool below.

There are five other water slides, each with their own individual appeal. **PYTHON PLUNGE**, **SHARK ATTACK** and **BIG KAHUNA** give riders their choice of single or double riders on tubes and body slides going both

> *CONTINUED*

TO GO OUTSIDE

# EXPERIENCE

## Splash Lagoon

> CONTINUED

inside and outside the building before splashing down into a pool. After climbing to the top of the five-story **TIKI TREE HOUSE** which has twelve levels of activities, you can slide back down to land on the **BLACK HOLE** or the **MAUI WOWIE**. The **TIKI TIPPING BUCKET** is 48 feet high and dumps 1,000 gallons of water at a time. When the horn sounds, you can hurry to the target area to get drenched or move out of the way to escape the shower.

### A little R & R

When it's time for a little relaxation, grab a tube and get into the **LAZY RIVER**. While cruising along you are treated to an array of local art, an assortment of fish decked out in various colors. After that you can choose a shower by going under the waterfall or avoid it by going around. Another great area is the **WILD WATERS WAVE POOL**. The largest indoor wave pool in the Eastern United States, 200,000 gallons of water provide waves six feet high with six different wave patterns. In the wave pool area is the **AQUA TUMBLER**. A giant rolling ball, riders enter the center of the sphere and attempt to stay upright while maneuvering what seems to be an endless loop. Admission to the water park is required and there is an additional charge for this activity.

In **ADVENTURE BAY**, guests can test their agility crossing the pool on the lily pads or organize a game of water basketball with friends. **MONKEY SHINES ISLAND** is an area for smaller guests to have fun. It has smaller slides, a shallow pool, fountains, water activities and baby swings. Splash Lagoon has a total of three whirlpools. The **FROG POND** is open to all ages and kids will enjoy being splashed by the

colorful array of "LeapFrog" fountains. **THE LAVA POOL** is also a whirlpool for everyone. The third whirlpool, **PARADISE COVE**, is a secluded area for adults to have quiet time, away from the rest of the water park. Guests must be 21 and older to enter this area.

Splash Lagoon has several areas adjacent to the water for food and beverages. From full-service dining to a quick snack, from family beverages to adult beverages, there is something for everyone. The **LAGUNA GRILL** serves an assortment of burgers, chicken fingers, tacos, pizzas, salads, lunch combos with fries and drinks, kids' meals including the favorite macaroni and cheese, and ice cream novelties. The **SWEET SHOP** offers hand-dipped ice cream cones in an assortment of flavors. The **SOGGY DOLLAR BAR** offers snacks, as well as alcoholic and non-alcoholic beverages, and the **ISLAND OASIS TIKI BAR** offers alcoholic and non-alcoholic beverages.

### Splash-free Fun

Another unique feature of Splash Lagoon is the **TREE TOPS INDOOR ROPE COURSE**. Open to ages 4 years and older and a minimum of 48" tall, this attraction offers a test of balance as you climb three stories high over the water park below. You can walk a tight rope, balance on the bridges and follow the balance beams. Participants are harnessed and connected to a rail above to prevent falls and enable them to climb to higher levels to attempt the 19 separate chal-

lenges. Street clothes and shoes are required for this adventure and although admission to the water park is not necessary to participate, there is a charge which allows climbers 30 minutes of activity. The **TREASURE ISLAND FAMILY ARCADE** contains more than 100 games so every member of the family can find their favorite. After some friendly competition, tickets earned can be redeemed for some take-home treasures at the arcade redemption center.

After a full day of water activities, we changed into our clothes and decided to visit **HOOCH & BLOTTO'S SPORTS BAR & GRILL** for some bowling. Located adjacent to Splash Lagoon and new to the area, this unique establishment is equipped with eight lanes offering several choices of "boutique bowling." Lanes rent by the hour and are equipped with bumpers if needed for those less proficient in the game. Smaller pins are attached to strings to reset which is a comedy in itself and the balls are smaller and lighter than regular bowling balls, at about the size



of a softball. Regular shoes are worn on the lanes and kids are welcome.

We chose to play “YouToons.” Prior to beginning, all players take pictures of themselves at the bowler console. Then, as you bowl you can watch yourself turn into a fun character on the screen, complete with comments about your game. Hooch and Blotto’s has all the amenities of a sports bar. They feature craft beers and a large assortment of food including appetizers, sandwiches, wraps, burgers, pizzas and full entrees. They also have the prerequisite 120” projector screen and 70” and 80” flatscreen TVs for watching the games.

Also adjacent to Splash Lagoon is Northwestern Pennsylvania’s largest Laser Tag facility. Guests must wear dry clothing and proper footwear to participate. All sessions are 10 minutes long and children must be at least 6 years old as they are required to wear a heavy vest to play.

Splash Lagoon Indoor Water Park Resort welcomes birthday parties and groups, and a banquet room is available for corporate events. All overnight packages include tickets to the water park and day passes are available.

Our room at the Holiday Inn Express was very clean with comfortable sleeping accommodations for six in two queen-size beds and a pull-out sofa bed. We had an amazing large Jacuzzi tub for a relaxing soak. A full breakfast was included which featured hot foods of eggs, sausage, pancakes, oatmeal and cinnamon rolls, as well as cold cereals, fruit, yogurt, bagels, and pastries.

Splash Lagoon Indoor Water Park Resort offers a great winter escape. With so much to offer, once you arrive and check in, you can have an entire weekend of fun without ever having to go outside. For additional information or to make reservations, visit their website at [SplashLagoon.com](http://SplashLagoon.com). ✨



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# THE FLU SEASON IS APPROACHING

## Be prepared and get vaccinated

Leaves are changing color and a chill is in the air – not to mention coughs, runny noses and sneezes. Fall is here, and with it comes the advent of flu season, which means it's time to get your annual flu immunization. Influenza, or the flu, is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and, in some cases, lead to complications that result in hospitalization or death.

The best way to avoid getting the flu is to have an annual flu vaccination, according to the Centers for Disease Control and Prevention, or CDC. Flu vaccines are offered in many locations, including doctors' offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools. Health experts recommend that adults and children receive a flu vaccination well ahead of the flu season. Seasonal flu activity can begin as early as October and generally peaks in the U.S. in January or February, but can continue to occur as late as May.

The flu vaccine is made from a virus that has been killed. That means you can't catch the flu from a flu shot. When this virus is injected through a flu shot

your body's immune system recognizes that a foreign substance is present. It then makes antibodies, which are proteins that attach to the virus. These antibodies signal the immune system to attack and destroy the virus. The process of antibody generation and building of immunity takes about two weeks. After that, if a live virus enters your body, the immune system can recognize it, respond and destroy it. Since the flu virus changes every year, last year's antibodies won't protect you from this year's flu. That's why an annual flu vaccine is necessary.

This season's flu vaccine is designed to protect against the influenza viruses that research indicates will be most common. Most flu vaccines, called trivalent vaccines, are made to protect against three flu viruses. For the 2016-2017 flu season, they are influenza A (H1N1) virus; influenza A (H3N2) virus; and influenza B virus. In addition, this season, there are flu vaccines developed to protect against four flu viruses. These quadrivalent vaccines protect against the same viruses as the trivalent vaccine, as well as an additional B virus.



## WHAT'S NEW THIS FLU SEASON?

**According to the CDC, here are a few new things this flu season:**

- *Only injectable flu shots are recommended for use this season.*
- *Flu vaccines have been updated to better match circulating viruses.*
- *There will be some new vaccines on the market this season.*
- *The recommendations for vaccination of people with egg allergies have changed.*



# WHO SHOULD GET VACCINATED?



## WHO SHOULD GET VACCINATED?

Everyone who is at least 6 months of age should get a flu vaccination this season, according to the CDC. It's especially important for some people to get vaccinated, including:

- people who are at high risk of developing serious complications such as pneumonia if they get sick with the flu
- people who have certain medical conditions, including asthma, diabetes, and chronic lung disease
- pregnant women
- children younger than 5 years of age, and especially those younger than 2
- people 65 years of age and older
- people who live with or care for others who are at high risk of developing serious complications, including household contacts and caregivers of infants less than 6 months old and healthcare personnel

## WHO SHOULD NOT GET VACCINATED?

Some people should not get a flu vaccination without first consulting their doctor. These include:

- people who have had a severe reaction to a flu vaccination
- children younger than 6 months of age
- people who have a moderate-to-severe illness, with or without a fever. They should wait until they recover to get vaccinated.

In addition, anyone who has ever had a severe allergic reaction to eggs or has had a severe allergy to any part of this vaccine should talk with their doctor before having the vaccination. The flu vaccine is not guaranteed to prevent the flu, but minimizes your chances of contracting the flu virus. And, if you do get the flu, the vaccine helps to minimize the symptoms.

This information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information to facilitate conversations with their physician. ✧



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## Stark Area Regional Transit Authority (SARTA) has become a National Leader in the use of **ZERO-EMISSION** Technology for Transportation ■ By Kristie Petty-Cox

**I**n 2011 SARTA began perusing grant funds to build a state-of-the-art Zero Emissions fleet. Today we have a state-of-the-art Hydrogen Fueling Facility, which recently completed construction, and two of ten Hydrogen Fuel Cell buses. Construction of the \$1.6 million fueling facility was funded by the Ohio Department of Transportation (ODOT), the Federal Transit Administration (FTA) and from local sales tax contributions of about \$100,000.

In the spring we accepted delivery of two of our ten Hydrogen buses. They are currently being used for research and testing at Ohio State's Center for Automotive Research and Altoona Bus Testing and Research Center at Penn State in Altoona, PA. Our willingness to enter into agreements for this type of research and testing is one of the primary reasons we were able to obtain the federal and state funding that is paying for the entire cost of the first two vehicles. Normally, we would be required to have a 20% local match to purchase the buses; however, the Federal Transit Administration (FTA) match is not required because of the agreements we have with Ohio State and Penn State. That means a savings of more than \$1.6 million dollars for us and taxpayers. The cost of the fuel cell buses are being funded by \$20 million in state and federal grants.

Our new Hydrogen Fueling Station functions like the system we use to refuel our fleet of Compressed Natural Gas (CNG) vehicles. The hydrogen system consists of:

- A tank that stores the pressurized hydrogen after it is delivered by a tanker truck
- A high-pressure buffer storage system which delivers gaseous hydrogen to the vehicle tank
- A compressor that pressurizes hydrogen

- A refrigeration system that pre-cools the hydrogen gas being dispensed

The hydrogen dispenser looks similar to a gasoline dispenser. Most dispensers have two hoses, one for H35 (5,000 psi) and one for H70 (10,000 psi). These are not interchangeable; a driver cannot connect the H70 nozzle to a vehicle with a H35 tank. Putting hydrogen into a fuel tank is similar to dispensing CNG or filling a propane tank and sounds like filling a tire with air. The driver connects the nozzle to the vehicle's receptacle to form a tight seal. If the seal isn't complete, the fuel won't flow. Once the connection is firm, fuel flows from the storage cylinders into a cooling unit in the dispenser and into the vehicle's tank. If the vehicle uses H70, the hydrogen first passes through a boost compressor to increase the pressure from 5,000 psi to 10,000 psi. When the tank is full, the dispenser stops. Filling a tank with hydrogen takes about the same amount of time as filling a gasoline tank.

So, what made us decide to actively participate in the hydrogen fuel cells? Well there are a few reasons:

- Our involvement will enable us to cut our fuel costs by as much as fifty percent in the years ahead.
- Our involvement reinforces our position as trailblazers in the use of green technology to fuel public transit that is zero emission vehicles and emits only water from the tail pipe.
- Our involvement with the project will drive investment, research, business development and job creation here in Stark County and across our state.
- Furthermore, the FTA states that for every fuel cell-powered bus put into service in the U.S. it could reduce the carbon released into the atmosphere by 100 tons annually and eliminate the

need for 9,000 gallons of fuel every year over the life of the vehicle! *The U.S. Department of Transportation estimates that for buses running on diesel fuel, the savings is more than \$37,000 per year, per vehicle.*



"The fact is, that the nation and the world continue to search for clean alternatives to fossil fuels," Conrad stated. "We want to be at the forefront of commercializing this technology because transit systems, businesses and private citizens will begin to utilize fuel cell-powered vehicles featuring components and technology developed and manufactured in Stark County and Ohio. Hydrogen is a practical, safe, cost-effective and environmentally friendly alternative to traditional fuel. We believe our innovative program will make Stark County and Ohio the focal point of what will undoubtedly be a growing and dynamic industry."

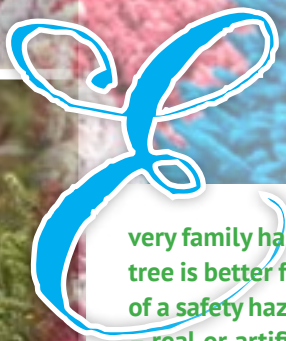
In early 2017, Penn State and Ohio State will complete their testing and return the buses to us. We will then put them into service here in Stark County. The remaining eight buses will begin to arrive the beginning of 2017 with the last bus being delivered in late 2018. When all ten vehicles join our fleet, SARTA will become the third largest operator of Hydrogen Fuel Cell buses in the United States and the largest outside California. ✨

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



# THE GREAT CHRISTMAS TREE DEBATE

## REAL OR ARTIFICIAL:



Every family has dealt with it. The debate about which tree is better for the environment, which tree is more of a safety hazard, and which tree is more convenient – real or artificial? Lots of questions to explore and some surprising answers. When my children were growing up we hiked out to the tree farm to cut down the family Christmas tree. It was an outing that sometimes included the current family dog or an area festival that was going on at the time. Cutting down a Christmas tree was a family tradition, and I have the pictures and videos to prove it. Every tree was unique and smelled amazing. I, of course, had the final word on the tree we chose. Now I have an artificial tree as requested by my children who were done with trudging through tree farms when they reached their late teens. Which one is right for your family?

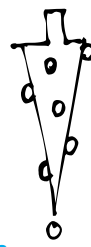
The first debate is which one is better for the environment. Isn't cutting down millions of trees every year bad for the environment? No, evergreen trees are grown on farms like every other crop. After a tree is used, it can be turned into mulch. Trees that are cut are replaced by a new crop of trees. Oftentimes evergreens will grow in soil that will not support most crops, and like everything green, they clean the air.

# Which is Better?



Artificial Christmas trees contain Poly Vinyl Chloride (PVC) and though they are reused for several years, they cannot be burned because of the chemicals, and plastic does not break down. The winner by far on this topic is the real tree.

By Mary Vlahos



WHICH ONE IS BETTER FOR THE ENVIRONMENT?

HOW DO YOU DUST AN ARTIFICIAL TREE?

WHICH ONE IS A SAFETY HAZARD?



HOW DO YOU FIND A CHRISTMAS TREE FARM?

Which one is more of a safety hazard? According to the National Fire Protection Agency between 2009 and 2013 there were over 210 annual home fires where Christmas trees were the first ignitors. I must confess that I sometimes forgot to water my real tree and it became dry and brittle, a real hazard. In order to avoid this you need to check the water level of your tree daily, and get a fresh cut tree or have the tree vendor put a fresh cut on the bottom. This allows your tree to absorb water easily. Artificial trees are not exempt from hazards. The dust that accumulates on an artificial tree year after year can be flammable as well. How do you dust an artificial tree? The biggest hazard of an artificial tree is the chemicals used to make it. According to the National Christmas Tree Association over 85% of artificial trees come from China where manufacturing laws are not as stringent as in the US. In addition to the PVC we talked about, trees tested have also contained levels of lead and arsenic. If you have a pre-lit tree you can also add mercury, cadmium, and chromium to the list of chemicals. It's important to keep children and animals away from artificial trees and the chemicals they contain. This debate winner may not be as clear on this topic, but I still think the real tree wins out.

Artificial Christmas trees have always been thought to be more convenient than real trees. There is no shopping for the right tree every year, cutting down a tree, hauling it back to your house, then disposing of it afterwards. There is however the storage factor. It's a large box to store year after year. That's not the issue with a live tree. Is shopping and cutting down a live Christmas tree every year a chore or a family adventure? It's all what you make of it.

Artificial tree or live tree – which one is right for your family? I encourage families to try a live tree that they cut down themselves at least once. Make a day of it. Walking through a tree farm in the snow is like a fun family hike in the woods, and tree farms allow dogs. If you don't want to saw the tree down yourself, most farms will do it for you. You can also purchase a tree bag. It's a large bag you put around your tree stand before inserting your live tree. After the season is over, pull the bag up over the tree and your carpet won't be full of needles when you drag your tree out of the house.

How do you find a Christmas tree farm? That's the easy part. You can search by zip code or city at [www.ohiochristmastree.org](http://www.ohiochristmastree.org). If you want to make your Christmas tree hike even more fun, opt for a tree farm that has extras like horse drawn carriage rides, live Christmas music, fireplaces, gift shops with holiday décor, and even Santa. The top Christmas tree farms according to NE Ohio Family Fun are listed at <https://northeastohiofamilyfun.com/christmas-tree-farms>. The Ohio and National Christmas tree websites also have tips on how to care for live trees. Whichever type of tree you decide to get, follow fire safety rules on the National Fire Protection Association website [www.nfpa.org](http://www.nfpa.org). Have a happy and safe holiday season. ✨



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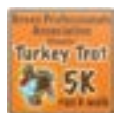


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*this Holiday Season:*  
**gain  
Confidence  
(not  
weight)**

*By Courtney Butterfield, RDL*

**H**olidays tend to be extremely stressful for people; from making plans, to rigid obligations, overwhelming shopping crowds, and back-to-back holiday parties with food...yes...lots of food. I understand how easy it is to feel not so wonderful at this most wonderful time of the year. The best advice I give my clients to manage their weight over the holiday season is to gain confidence and reduce stress.

Stress eating can sabotage even the best efforts to manage weight. When you are stressed, adrenal glands release a hormone called cortisol, and cortisol increases appetite. As a result, this increases the motivation to eat, and often those foods are of high caloric value but low nutritional density. Stress also affects food preferences. High fat and high sugar foods seem to inhibit the stress response, and this contributes to cravings for "comfort foods." The catch is, consumption of calorie-rich foods may make us feel better and function better, but it's bad for long-term health.

So how do you gain confidence and manage your weight this holiday season? *Here are 10 ways to keep you on track.*

**1 REDUCE STRESS.** Exercise and essential oils are great ways to accomplish this for immediate results. Researchers studying depression have found that certain citrus fragrances and lavender boost feelings of well-being and alleviate stress by upping levels of norepinephrine, a hormone that affects mood. Find your favorite oil and enjoy.

**2 RESTRICT, NOT ELIMINATE.** Telling yourself “I can’t have this or that” is only going to create a feeling of deprivation, which leads to overeating later on. Social gatherings require strategic planning. Holiday eating doesn’t call for abstinence from favorite foods. It does require being more conscious of what, when, and how we’re eating and how we may be sabotaging ourselves.

**3 FOCUS ON THE PEOPLE NOT THE FOOD.** Yes, this is a tough one. Societal norms place a large emphasis on the food, and little emphasis on memories being made. Make it an effort to build lasting memories with the ones you love and remind yourself ‘eat to live’ not ‘live to eat.’ The food will always be around, so focus on family and friends, where time is a precious gift.

**4 DO LESS, ENJOY MORE.** We go overboard to please others during the holidays. Take care of yourself by saying no at least once—and maybe more. Prioritize your workouts, book club, etc., and don’t try to squeeze in more holiday than you can handle.

**5 DON’T DIET.** As a dietitian, my biggest pet peeve is the word ‘diet.’ I feel our society places too much pressure on what not to eat. Shifting these negative thoughts into positives can empower you to make healthier choices. There is no magical diet pill that will miraculously keep you from gaining weight. Instead, invest time and energy in the community, and fill your heart with love from helping those in need, and not your tummy.

**6 LEARN TO SAY NO.** During my consultations with clients, I teach them mindful eating. Mindful eating is eating slowly, fully tasting the food, appreciating every bite, being conscious of what you’re putting into your body, savoring but not overdoing. If you truly are not hungry and someone offers you another piece of pie, learn to say no. “I’ve had enough, thank you.” Or “Thanks. I’m just not hungry right now.”

**7 CHEW YOUR FOOD.** We can become easily distracted and again, mindlessly eat. Try to count up to 15-20 chews per mouthful. That will really slow you down.

**8 PLAN BEHAVIOR BEFOREHAND, AND PLAN IT SPECIFICALLY.** If going to a place of feasting (holiday, buffet, free lunch, etc.), make a specific plan for what you will allow yourself to do. For example, plan to eat a good portion of protein, one starch, and lots of green vegetables. With your plan, you can then acknowledge the urge to overeat, but not give in. Be sure to make a specific plan before the event and not on an empty stomach.

**9 MUNCH ON SOME GUM.** This is a huge trick I use during events. After I’ve enjoyed my selection, I will chew peppermint gum. Seeing other people eating and drinking sometimes makes you want to eat when not hungry. Keep your mouth busy with some gum.

**10 DON’T THINK YOU BLEW IT.** If you get to a point where you think you have eaten or drank more than you intended, do not immediately think you blew it and should just give in to everything for the rest of the night. Tell yourself that you realize you are more than satisfied now and choose to continue your night happily. Choose to care for yourself by listening to your body and enjoying the rest of the time without drowning yourself in the candy bar. ✨

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# MIRRORING MIRRORING

By Danielle Wirick, MS, CSCS, FMSC

HAVE YOU EVER BEEN TO AN EXERCISE CLASS AND HAD THE INSTRUCTOR SCRATCH HER HEAD AND YOU INSTINCTIVELY SCRATCH YOUR HEAD

TOO? You see two women talking at lunch and you think that the events being discussed have happened to both of them because their facial expressions, emotions and gestures mimic each other. Have you ever been watching football and when there's a tackle you instinctively flinch almost as if you feel it? These are all part of the behavior of mirroring that can help you make the healthy life you want.

Wikipedia defines mirroring as “The behavior in which one person copies another person usually while in social interaction with them. It may include miming gestures, movements, body language, muscle tensions, expressions, tones, eye movements, breathing, tempo, accent, attitude, choice of words or metaphors, and other aspects of communication.” At Intelligent Fitness, our personal trainers use mirroring all the time to monitor our client's behaviors. If we want you to move faster during your workout, we move and talk faster. If we want you to slow down (because no one likes it when you throw up in the middle of the workout), we will slow down, lean on a piece of equipment, ask you a question. You might think we're moving so fast because we had a bit too much caffeine, or slowing down because we must be tired. But in reality we are getting you to do what we need you to do to make your workout successful.

Be confident, smile, stand tall and act like you know what you're doing.

Confident people are happy and

CONFIDENT PEOPLE ARE HAPPY AND

## HOW CAN YOU USE **MIRRORING** TO IMPROVE YOUR HEALTH?

### BODY POSITIONS

On an individual basis you can mirror certain body positions tied to an emotional state so you begin experiencing the feelings that are attributed to that state. It can be as simple as forcing yourself to smile and feelings of happiness will occur. On another level, you can use it to feel more confident. As an example, have you ever noticed how the healthy people at the gym just walk in and exude confidence? They walk tall and seem to know where they are going; they say hi, smile and look at everyone. Why can't you do that? You might not have any idea where you are going and not know a soul in the place, but it doesn't matter. Your confidence level will be higher and others will gravitate towards you if you mirror the confidence you have seen in others.

### FRIENDS & FAMILY

"YOU ARE THE AVERAGE OF  
THE FIVE PEOPLE YOU SPEND  
THE MOST TIME WITH."

This next concept of mirroring is what I consider the "friends and family" position. Who do runners hang out with? Last time I checked it was with other runners. If you see an obese individual at the mall are you more surprised if the rest of the family is overweight or obese or if they are thin and fit? So if you want to be a runner, hang out with runners. If you are overweight, your friends and family are probably overweight as well. Jim Rohn, an author and motivational speaker, said, "You are the average of the five people you spend the most time with." Think of your circle of friends and family. If you want to be different than them, then you have to stop being around them and choose another circle. This is where everyone panics and says, "I can't give up my best friend" or "My husband and kids are overweight also, what do I do?" It doesn't mean that you have to dump your friends and join a 7:00 am running club, or divorce your husband and leave your kids. But it does explain why all those contestants on the TV show the Biggest Loser are whisked away to the Ranch to lose all that weight but tend to gain the weight back when they return to their normal life.

With this knowledge, I want you to utilize Mirroring to the fullest. Be confident, smile, stand tall and act like you know what you're doing. Confident people are happy and attract other confident people. And those are good people to have around you in times of intense change. Then, look hard look at your friends and family. If your husband is thin, but unhealthy, your kids are overweight and glued to their video games, or your friends are overweight, be their mirror. Get your husband on board – no one wants their wife to do more pushups than they do. For your kids, if you get away from the TV or computer and do some else – read, exercise, cook, play a game – they will surprisingly follow along. Look for friends that are active and ask to join them. What about those friends who don't have the same health goals as you? Sometimes you need to leave them and sometimes you have to avoid certain situations with them. No one "needs" to go to dinner to catch up. Go for a walk at a local park, go shopping, have them over for coffee, or bring them to a workout. If they can't be with you without food involved, then they don't really want to be with you. Accept it and move on.

It can be a tough reality to change, but if you use mirroring to help you reach your health and fitness goals, it will happen. ✨

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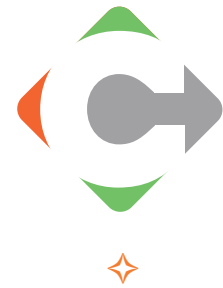
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# SPAS FOR THE WINTER MONTHS

**IMAGINE** relaxing in the warm water, the jets massaging your tired muscles, as you watch the snow softly falling all around. Think an outdoor spa would not be used during the winter months? Think again. It's one of the best times of the year to enjoy a spa. In fact, owners say they use their outdoor spa during the winter months as much or more than they do in warmer weather.

A spa can benefit both the body and the mind. Users experience better sleep after soaking before bedtime. Endorphins are released and the heat increases blood flow resulting in stress relief. Sports enthusiasts report less muscle and joint soreness the next day when they soak in the spa after a game or workout. Spa therapy is often recommended for knee and back problems, reducing the need for pain medications. Arthritis sufferers know that

regular spa sessions give their joints strength and flexibility by providing warmth, massage and buoyancy.

*The spa will also be a family gathering area. What better place to share the events of the day than a totally relaxing atmosphere.*

Can't get to the gym for your workout? You can turn your spa into an aquatic gym. You will find that you can complete numerous exercises using shoulders, core, arms, and legs in the warm water. Torso twists, squats and stretching can all be accomplished in the spa. Another benefit, after your exercise routine, you are already there for a good long soak to relax those muscles and destress.

The spa will also be a family gathering area. What better place to share the events of the day than a totally relaxing atmosphere.

With two area locations, Ferrall Pools & Spas has a large selection of spas in all sizes and shapes. For more information, visit their website at [www.ferralpools.com](http://www.ferralpools.com). ✨

# great LAKES

By Doug Kish, MA



Looking for a place where the kids can have fun and still learn something? Then the Great Lakes Science Center in Cleveland, Ohio is the place to go. Our recent tour of the Science Center was a learning experience. Their mission statement is “To make science, technology, engineering, and math come alive” and with three floors of displays and interactive experiments, they are certainly succeeding in that endeavor.

Prior to even entering the facility, there are exhibits which demonstrate the use of advanced energy technologies in the region. Their landmark wind turbine reaches 150 feet into the air demonstrating how wind power can create energy. The wind turbine provides about 7% of the facility's annual electrical needs. The turbine contains parts from local companies who use it to monitor and test their materials, and to make changes necessary to improve performance. WindWorks is a permanent art



installation surrounding the wind turbine. It features two concrete pathways positioned so the shadow of the turbine aligns with them twice each day. On the spring and fall equinoxes, the shadow precisely matches the outline of the paths at solar noon. The 300-foot solar energy canopy located at the main entrance contains 156 photovoltaic panels which provide the power necessary to light all of the Science Center's exhibition space for one hour. Over the course of a year, it produces an

average of 100 kWh per day which is equal to the average electrical use of four homes.

After collaboration with the NASA Glenn Research Center, in 2010 the NASA Glenn Visitor Center was relocated to the Science Center. In this area you can get up close and personal to space artifacts from the past, present and future, including the actual 1973 Skylab 3 Apollo command module. You can see a moon rock brought back to Earth on the Apollo 15 mission and learn how astronauts work and live on the International Space Station. Taking your photo in a spacesuit is a must, after which you can climb inside a full scale model of a Mercury capsule. See a performance of “Liftoff!” on the Discover Stage, showing how you get to space by first getting off the ground. Science educators roam the area engaging visitors in hands-on activities. On occasion, former astronauts visit the Center to speak about their experiences, answer questions and give autographs.

Live science demonstrations throughout the day invite visitors to participate and learn about space,

aeronautics, and electricity. There are various Big Science Shows, and young people are invited to visit the Cleveland Creates Zone maker exhibit where they can invent, design, and create various items. The BioMedTech Gallery contains interactive exhibits, videos and educational displays focusing on the latest medical technologies and how they relate to our lives. Information is available about ca-

School is the result of a partnership between the Cleveland Metropolitan School District and the Science Center. Focusing on STEM education (science, technology, engineering and math), the school exposes students to design and implementation practices scientists and engineers use as they learn to become innovators, logical thinkers and inventors. Their unique curriculum incorporates Science

conversion will allow access to new films and lower operating costs. Movies will be changed periodically and theater tickets will remain a separate charge. Admission to the Science Center is not required to attend a movie.

The Café on the lower level offers a variety of foods ranging from snacks to full meals, and beverages. In addition, there is the Science Store with an array of take-home experiments and souvenirs to remember your visit. Located in the North Coast Harbor area, adjacent to the Science Center is the Steamship *William G. Mather*. This restored 618-foot ship allows visitors to experience what life was like on a working Great Lakes freighter. Originally built in 1925, you can see the cargo holds, brass and oak pilot house, elegant guest quarters and four-story engine room. The Great Lakes Story exhibits on board include interactive experiences about how the Great Lakes were formed, the environmental threats they now face, and how science and technology is used to help restore the health of these lakes. Tours are available from May through October and tickets can be purchased at the Science Center.

The Great Lakes Science Center is a non-profit organization funded by the citizens of Cuyahoga County through Cuyahoga Arts and Culture, grants, funds, and corporate and individual gifts. They have several membership packages available for individuals and families which include unlimited admissions, complimentary/reduced parking rates in the attached parking garage, unlimited theater tickets, free additional guests, 10% discount at the Science Store and Café, and a monthly e-newsletter, to name a few.

**For information about membership packages and to see a list of the current exhibits, educational programs, and Cleveland Clinic Dome Theater movies, see their website at [GreatScience.com](http://GreatScience.com). ✨**



reers in the biomedical field.

The Polymer Funhouse for children ages 7 and under is an area for youngsters to interact with polymers. They can climb into the ball pond with thousands of colorful balls, go into the light house and experiment with lenses, a periscope and kaleidoscope, have fun with the costumes in the dress-up area, or relax in the literacy corner. The outdoor area, Port Polymer, features a variety of hands-on water-themed exhibits. Children can climb on a paddle-wheel boat constructed mostly of recycled polymer-based materials. There is a water wheel and balancing bucket, water fountains and water turbines. The outdoor portion is open Memorial Day through Halloween, weather permitting. The Science Phenomena area is where we spent quite a bit of time. Here visitors explore electricity, magnetism, light, optics, motion, mechanics, sound and resonance with more than 100 hands-on experiences. For example, you can form a tornado, take a virtual flight on the Sky Glider and make light dance under a plasma ball.

Few people realize that there is a high school located at the Great Lakes Science Center. The MC<sup>2</sup> STEM High

Center resources, exhibits and programs to turn scientific theory into reality. School is in session year-round as students attend classes for four ten-week sessions over the year, each followed by a three-week break. Their custom-built classrooms are located on the ground level of the Science Center.

At the time we visited, Reinberger Hall, the special exhibitions gallery, had several smaller versions of 2016 Summer Olympic events in track and gymnastics. Visitors were encouraged to participate in a mock event for an Olympic competition experience. On our visit we saw *The Last Reef: Cities Beneath the Sea* on the 6-story domed screen in the OMNIMAX Theater. It was an underwater journey through coral reefs and sea walls, featuring the anemones and crustaceans that live in those areas of the ocean. The movie theater was scheduled to close on September 5 for a significant makeover, including a serious projection upgrade. Scheduled to reopen in mid-October, the theater will be known as the Cleveland Clinic Dome Theater featuring the world's first giant dome cinema laser system. All new seats and new carpeting will complete the renovations. The digital

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Snow is beautiful – when you don't have to shovel it! Move into Woodside Terrace Apartments and you can enjoy all the beautiful sights of winter without having to deal with the cleanup of snow and ice. Enjoy taking a walk in the great outdoors on the walking trails abutting the property. Your pet will enjoy playing outside too in the fenced dog run – the perfect area to exercise your pet safely during inclement weather.

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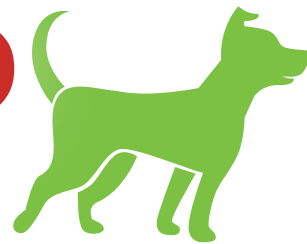


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SNAP of NE Ohio offers a low cost spay/neuter service for dogs. For details call 330-484-7898.

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### **The Animal Attic Resale Store is 36!**

The Animal Attic Resale Store opened in November 1980 as a way to help fund our low cost spay neuter program.

We thank our supporters for their donations, our dedicated staff of volunteers and Animal Attic customers who visit to find new treasures they can't live without! While the store cannot totally subsidize our program, proceeds from sales are a huge part of our financial health and success.

We've come a long way, and with your continued support this little store will continue to help SNAP provide financial assistance for cat and dog spay / neuter surgeries for years to come!

*Donations of new and next to new items, along with collectibles and vintage items, are accepted during the Attic's business hours. VISIT US AT: 3124 9th SW Canton OH 44710 330-455-2001*

*Spay Neuter Assistance Program-SNAP OF NE OHIO (formerly known as Animal Protection Guild) is an all volunteer, non-profit organization under section 501 (c) (3). SNAP offers a low cost spay neuter program for cats and a low cost spay neuter program for dogs of low-income families to the community to help alleviate the horrific problem of pet overpopulation. SNAP also promotes and educates the public about the importance of spaying and neutering all companion animals.*

### Low Cost Spay & Neuter Program

**Cat Info 330.649.0443  
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Spay Neuter Assistance Program

Formerly Animal Protection Guild

### FEATURED PICS:

RESCUE ANIMALS "JASPURR" "ABBY",  
"RACHEL" AND "IZZY"



WEDDING CONSULTANTS



# THE ANSWER TO STRESS-FREE WEDDING PLANNING

By Carol Thrasher

Photos by Terry Horner Photography

**D**on't destroy the beautiful experience of planning your wedding by letting all the details stress you out. Avoid starting your post-wedding comments with "I should have done more," or "I should have planned better." Get a professional consultant's help from the very beginning ... even as early as your engagement.

A consultant can take the worries, stress and anxiety off your shoulders and carry that weight for you, or at least share it with you. A consultant becomes your "right-hand" by being familiar with all aspects of your needs. Meet and interview prospects and choose the one you feel most comfortable with ... you're going to spend a lot of time together throughout the planning phase of this important event in your life. With an experienced consultant, the advice you get will be priceless and will eliminate the "I should have's."

Even before you choose your consultant, your brain is being bombarded with questions going around and around. Is everything going to be okay? Are we doing this right? Have we forgotten anything? How will everyone know what to do, where to be, and when? Do I look okay? Will the photos turn out? Will my guests have a good time? Will the food be good? What if

something goes wrong at the last minute? Handling all this is exactly what a bridal consultant does. It's their job and most do it very well because they've done it many, many times before. They've already learned what works and what doesn't.

Once you've decided that it's a smart idea to hire a bridal consultant, how do you find a good one? First, a bridal consultant is just that – a consultant. They are experts, but they are advisors, not dictators. They work for you. In fact, good ones will assure you at the outset that it is indeed your wedding, a reflection of your personal style, preferences, culture, and traditions. If the consultant doesn't subscribe to this all-important philosophy, steer clear.

Secondly, and related to the first, a good consultant is a good listener. They welcome your thoughts and ideas, and then offer appropriate suggestions that complement or even expand upon your wishes. Final choices should always be yours.

Back to the experience part. The most highly recommended and respected bridal consultants have extensive knowledge and experience in the wedding industry. Equally important, they

should be personable, yet businesslike. They should be able to develop and maintain a rapport, a sense of synergy, and an air of authority with the service people they recommend and hire for you (the florist, photographer, dressmaker, caterer, and so on). This combination will get you the best services, the best quality, and the best prices.

*Here are some additional tips on the roles bridal consultants play and how they can serve you:*

**BRIDAL EXPERT** – A true wedding specialist. Has a keen sense of wedding traditions, etiquette, and social graces. Knows what should happen when, but can also help you find creative solutions that put your unique signature and personality on your ceremony and reception. Is in tune with a wide range of resources, from caterers and reception sites to dressmakers and florists.

**SUPERVISOR** – Is exceptionally organized. Understands deadlines and schedules. Exudes confidence and shows grace under pressure. Acts as the critical link between you and all your wedding professionals. Makes sure everything happens on time and per your

> CONTINUED



requirements. Is an ace troubleshooter. Knows how and when to rattle cages and get results.

**FINANCIAL ADVISOR** – Understands the importance of budgets. Understands that money doesn't grow on trees. Can get you the most value for your dollar. Knows current price ranges for a wide variety of services. Has the inside scoop on where to get the best quality, workmanship, and creativity at the best price.

**COUNSELOR** – Has a warm, understanding personality, and puts you at ease. Is there for you when things get complicated or overwhelming. Treats you, your fiancé, your family, and friends with the utmost respect.

The consultant should be there to take the time to answer all your questions, no matter how small or trivial. We talked to several new brides and asked them what some of their early questions were. *Here are a few of their questions, along with answers from their consultants:*

**QUESTION:** *At least three of my friends want to have separate showers – one being a co-ed shower. My bridal party will be invited to all of them, but they can't afford gifts for each shower. I still want them to come, so what should I tell them?*

Answer: Normally, you include your attendants in all wedding showers and that can be a strain on their finances. However, let them know that you really want them to attend and, traditionally, they are

not expected to take a gift to each event. However, if they're uncomfortable about not having a gift, they can bring small tokens of friendship, or go together jointly on the gifts.

**QUESTION:** *How do we let everybody know where we are registered or that we prefer cash gifts?*

Answer: Tradition still holds today that including this information in your invitations is inappropriate, even tacky because you're emphasizing that their gift is more important than their presence at your wedding events. However, it is ok to include your registry information in shower invitations. When asking for cash, the only polite way to do this is by letting your family know that you would prefer a cash gift. They can then pass on this information to others that ask what your gift preferences are. Or if you are saving for your honeymoon or for a down payment on a house, check out the registries that are available through travel agents and mortgage lenders. Then you can include them on your list of registries you send with your shower invitations.

**QUESTION:** *How soon do I need to send thank you notes? Can I use e-mail instead?*

Answer: Get these out as soon as possible, at least within two or three months after receiving the gifts. Your guests deserve a more personal thank you than an e-mail. Ask your husband to help with this task. After all, he shares the gift.

**QUESTION:** *My parents are divorced. Where should we seat my mother and*

*stepfather and my father and his girlfriend?*

Answer: Simply stated – separately. Traditionally, the mother and father of the bride are seated in the front row or pew. In these situations, your mother and stepfather take this position. Her immediate family, which includes your grandparents and aunts and uncles, are seated in the row behind them. After escorting you down the aisle, your father will take the next row back with his wife or girlfriend and any family members. At the rehearsal dinner and reception, remember to seat them at different tables, even across the room from each other if you foresee any complications caused by hard feelings. Hopefully, if this is the case, they will put aside their personal feelings for the day.

**QUESTION:** *My mom and dad are paying for this wedding, but the guest list for my groom's family is way over our estimate. Can we ask his family to help pay the additional expenses?*

Answer: It's acceptable today for the two of you, and both families to share the cost of your events. If you all decide this in the very beginning, it will work out very well. If not, it's best that you all get together to discuss the additional cost and how it could affect what you may have already planned, e.g., the location chosen may not be able to accommodate more guests, etc. In your discussion, it's really not polite to ask them to pay the added expense, but in most cases, they will offer to do so. At that time, you may accept their offer graciously.

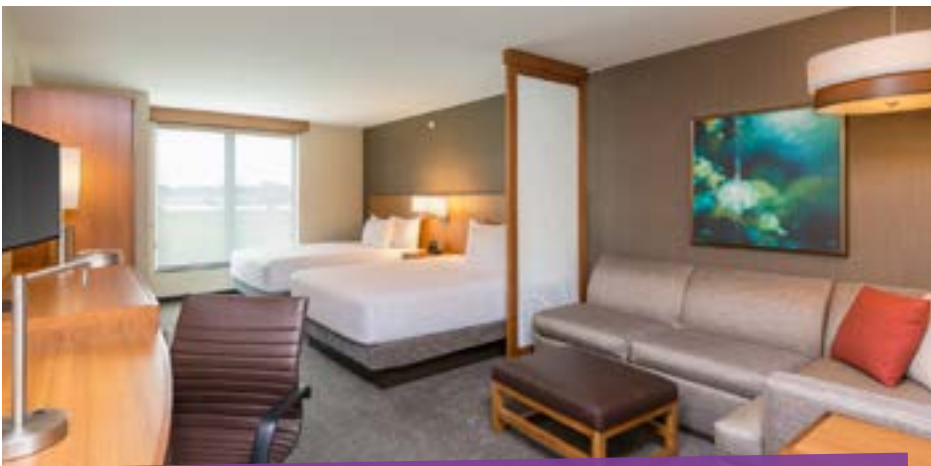
A true professional bridal consultant can answer these types of questions and more. And they can help turn all your plans and dreams into a stress-free, unique, and glorious wedding that you and your guests will remember forever. ✨

weddings

Article courtesy of Akron-Canton Weddings Magazine.







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# Studio Arts & Glass



**Handblown Glass, Handmade Jewelry, Leaded Glass Art & Glass Decorations** will be featured at the **35<sup>th</sup> annual Studio Arts & Glass Holiday Open House**. Started in 1982 by co-owners Robert and Wendy Joliet, they are known for custom designed leaded glass windows and skylight creations. However, Studio Arts & Glass is also credited for restoring the great seal of Ohio at the State house in Columbus. "Historic restoration of church windows is a large part of our business," says Robert Joliet. Stained glass is one of the most beautiful and elegant forms of art.

Stained glass is one of the most beautiful and elegant forms of art.



Upon entering the store, shoppers are greeted by the resident security staff of furry, 4-legged creatures who are easily distracted from their duties by some friendly petting and scratching. With nearly everything hand-crafted in the United States and Canada, they offer handblown glass from artists Luke Adams of New England and Rollin Karg of Kansas. Original, one-of-a-kind jewelry creations by artist Michael Michaud of New York feature sterling silver, brass, copper and bronze set with pearls and semi-precious stones. These creations are displayed in 1890-era jewelry display cases. Prices of these fun creations are very affordable, ranging from \$30 to \$300. And, of course, an extensive array of stained glass lamps and panels designed by resident artist Robert Joliet will be available.

During the Open House, the Christmas Wonderland room will feature as many as 15 decorated trees, some of which will hang from the ceiling. Trees will

feature themes such as crystal, Santa and Woodlands. Handblown glass balls are the favorite tree decoration and contrary to the “Don’t Touch” policy of many stores, shoppers are encouraged to remove and purchase decorations from the trees. The staff, which currently consists of 25 people, will then add new items daily, making it a continuous tree trimming party. After the holidays, the glass ball ornaments can be hung in windows or displayed on stands for year round enjoyment.

From November 4 through November 23, 2016, shoppers can take advantage of a 20% discount on an extensive selection of handmade, one-of-a-kind pieces. Browse through their showroom of diverse items while you enjoy holiday refreshments and find those “special” gifts for the people on your Christmas list. You’ll likely find something for yourself, too, and will want to take advantage of the savings. With complimentary gift bags and wrapping, easy parking and access,

shopping couldn’t be easier.

Studio Arts & Glass will offer Holiday Centerpiece Classes in December. Participants will learn design techniques and create a beautiful centerpiece using fresh Williamsburg-inspired materials including fresh and dried fruit, cinnamon sticks, pine cones and Boxwood. The cost is \$48 per person and all materials are included in that price. The Friday, December 9 class from 6-8 pm could be a great “Girls Night Out.” Enjoy a glass of wine with your friends while you create a beautiful decoration for your home. The class on Saturday, December 10 from 10 am to noon is open to all ages.

---

**Extended holiday hours** will be Monday – Friday, 9-8; Saturday, 9-6; and Sunday, 11-5. Studio Arts & Glass is located at 7495 Strauss Avenue, NW, in North Canton, Ohio. *For additional information or for directions to their store, see their website at [studioartsandglass.com](http://studioartsandglass.com).*



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# HOLIDAY *cele*

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*Christmas in The Country*  
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**November 11**

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**December 2 and 3**

*Journey to Bethlehem* – Walnut Creek  
Township – Various businesses



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# ★ EVENTS Calendar

## Historic Zoar Village & Fort Laurens

**November 6  
1 pm**

*Veteran's Day Ceremony and Luncheon – Fort Laurens*

**November 6  
3 pm**

*Veteran's Speaker Series – The Bonus Army with Kevin Kern – Fort Laurens*

**November 19  
11 am**

*Free Speaker Series: Abigail Adams Living History (Jessica Michn) – Fort Laurens*

**December 3**

*Free Speaker Series: Victorian Christmas Music (Babs Uhl) – Zoar*

**December 3 and 4**

*Christmas in Zoar – Zoar*



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**November 12 – 20  
11 am – 8 pm**

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# OGLEBAY'S ANNUAL WINTER FESTIVAL OF LIGHTS

**R**ecognized for years as one of the nation's largest light shows, Oglebay Resort & Conference Center in Wheeling, West Virginia comes alive again at their annual Winter Festival of Lights starting November 11, 2016. Thousands of glittering lights will illuminate the night through January 1, 2017. Whether an annual outing for the family or the start of a new tradition, the show offers fun for all ages. "Guests will enjoy over 80 larger-than-life still and animated light displays," said Steve Hilliard, Wheeling Park Commission President & CEO. "From The Twelve Days of Christmas to the animated LED Light Tunnel, this outing is sure to bring joy, laughter and a bit of magic to your holiday."

In addition to Oglebay's multiple shops located throughout the park, the new **CHRISTMAS AT CRISPIN** area offers one-of-a-kind decorations, ornaments, and holiday collectibles. Additionally, from November 25 to December 23, 2016, visitors can choose the perfect Christmas tree. The Boy Scouts of America will sell freshly-cut Christmas trees in

the parking lot of the Christmas at Crispin area. Additionally, the holiday-themed train and hay wagons will offer rides daily, weather permitting, as well as the fun of a holiday straw maze.

The **PINE ROOM** at Oglebay is transformed into a holiday wonderland of trees, wreaths, centerpieces and swags, all decorated by area designers and available for purchase. Items will be displayed from November 11 through November 19, 2016. Along those same lines, the Pine Room will house a collection of trees each representing a different culture or ethnic background from December 1 through December 31, 2016. In the **CLUB ROOM** there will be gingerbread house displays, winter family photo-ops, caroling and entertainment, together with holiday snacks and treats available for purchase from November 11, 2016 through January 1, 2017.

Over 100 years ago the summer estate of Earl Oglebay began a tradition of generous hospitality. Today, Oglebay encompasses 1,700 acres of year-round recreational opportunities and excellent overnight accommodations while retaining its picturesque natural beau-

ty. For generations, families, groups and individuals have enjoyed the year-round traditions and spirit that make Oglebay unique.

Started in 1985, the Winter Festival of Lights covers more than 300 acres over a six-mile drive throughout the resort. It has been listed as one of the 10 Best Christmas Light Displays in the US according to AOL Travel. Featured on the *American Bus Association's* list of Top International Events, it was named as a top 100 event by *Eventcrazy.com* and was recently listed as one of the top 200 events in the country by *Discover America*. Viewable Sunday through Thursday until 10 pm and Friday and Saturday until 11 pm, a per car donation is requested which is valid for the entire festival season. Trolley tours are also offered several times each night starting from Wilson Lodge. Overnight packages and a variety of dining options during the Festival of Lights are available at Wilson Lodge. For more information, call 877-436-1797 or to book your stay, visit their website at [www.oglebay-resort.com](http://www.oglebay-resort.com). ✨





# FOOD & FAMILY

THE IMPORTANCE OF VALUING

## THE FAMILY DINNER

By Hannah Alderfer, BA, CPT, FMSC

**FOOD IS NOT ONLY A FUEL.** Food is not just for your taste buds either. Food can do so much more. Being a personal trainer and having completed a degree in exercise science, I rarely go a meal without thinking what I might create to make it healthier for those eating it. Being an avid runner, I have always been aware of the foods going into my body. Like many of you, I feel slightly bad when I give in to a sweet splurge and feel oh-so-proud when I make a healthy meal. In my naivety, however, I often fail to recognize the full value of food. I appreciate a colorful plate of healthful variety; I thank God for the bounty before me, yet I frequently fail in the effort to truly enjoy the food or those I am eating with or be thankful for its origin. I eat, oftentimes, too quickly. I think more (or not enough) about the nutrients than I do the pleasure or the company with which I am eating. Most of us rarely question the effort that goes into the preparation of the meal. Or what it means to gather together and pause for a moment to enjoy the people we are eating

with. It is my ultimate goal to value all the benefits food has to offer; especially in the way that food brings people together.

A lot of people see food as an enemy or a supplement to good health—don't eat this, try this new vitamin rich "blank" or stay away from "you name it." It can become very confusing and sometimes frustrating. How can we better appreciate the simple act of eating? Instead of focusing on food's nutritional value (or lack thereof) only, try re-educating yourself to see food as life-giving, pleasurable, and a way to show love to your friends and family. Stop using food as a reward or punishment. Food and eating is a time to connect with family and a way to educate them about how to eat right. In fact, family dinners provide ways to get your family to eat more fruits and vegetables, try new foods, and control portions... a loving act in itself because you are caring for the health of your family. When offering a plate of food to the hungry, as many people will do throughout the year, think about the way in which the food speaks of care to those eating it. This simple action of feeding others has a way of connecting people in a unique way; a prepared meal and dinner table tells those about to partake of their importance to you. Gathering around a table to dine is not as common today, but

still very necessary for this reason. Eating is a time to rest, to relax, and to respond to those who sit beside you. As described in *The Spirit of Food*, a collection of writings on food and eating, one chapter depicts the waning family dinner as a way of loving, "It is sad how foreign it is to sit unhurriedly, to eat lovingly crafted food attentively, and to have meaningful, personal conversations during meals... Offering our hospitality is a medium of grace that opens hearts to deeper things. It is a simple way of loving."

When you eat, realize that much more than a physical process is happening in your body. Try to grasp all the benefits of food—that it is much more than a fuel, pleasure, or diet tool. Food is a gift that can bring friends and families together to share in the nourishment of tasty food and the love of one another. Take a moment at your next family meal to reflect on the goodness found as you sit around the table with your loved ones and join together in good food and fellowship. ✧





*FOOD IS A GIFT THAT CAN BRING FRIENDS AND FAMILIES*

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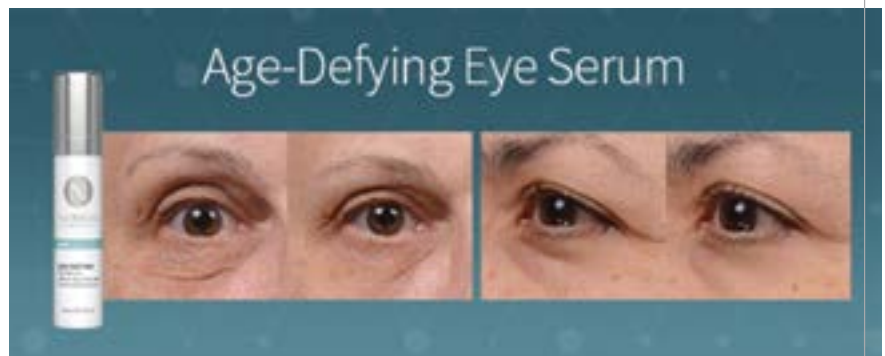
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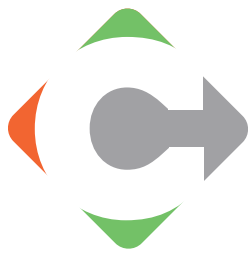
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## THE WINE AND GOLD CELEBRATION ROLLS ON

### Cavaliers and Charge Are Back in Action

By Sean Wyatt

**I**t finally happened. After decades of close calls, “rebuilding,” futility, and everything in between, sports fans in Northeast Ohio finally knew the feeling of what it was like to be winners. Not just the feeling of having a good season, but the feeling of having “the” season; the one that generations had been waiting for; the moment that they finally would know the feeling of being a championship city.

After the Cavaliers overcame a 3-1 deficit in the NBA Finals to become World Champions, the city of Cleveland and all of Northeast Ohio knew what it felt like to finally be on top of the sports world. The celebration didn’t stop after the downtown Cleveland parade that seemingly saw the entire state of Ohio packed in from East 9th and surrounding to blanket the city. You can’t walk around town in your daily life in the days since without seeing teachers, dentists, blue collar workers or even your pizza delivery person adorning some type of Wine and Gold.

While the confetti and banners have been swept up and put away since late June, the pride and excitement of area fans continues to beam well into the start of fall. The offseason that never really was came and went in the blink of an eye, with the players hitting the court again to

begin their title defense. Fans from The Land and beyond will pack The Q all year long, but the 20,562 seats in the building aren’t enough to satisfy the hordes of area fans hungry for more.

Enter the Canton Charge, the NBA Development League franchise powered by the Cavaliers who play their own brand of championship caliber basketball an hour south down Route 77. The NBA D-League is the official minor league of the NBA and acts as a training ground for coaches, players, and front office staff shaping their own paths to glory. NBA stars of tomorrow, who have their own aspirations of glory and ticker tape parades, use the Charge to hone their skills and ready themselves for the biggest basketball stage. Like Big Brother up north, the Charge have enjoyed massive success as of late, being the only NBA D-League franchise to qualify for the playoffs for five consecutive seasons. That’s every year the Charge have played since coming to Canton in 2011.

The success starts with quality people in place. Canton has had 13 player and 10 coach “call ups” to the NBA. Other franchises have taken notice of the regular success the Charge have, with clubs assigning rookies and young talent in need of valuable game minutes to Canton to get work in a proven, successful system that produces results. Those results include last year’s campaign that saw a franchise record for wins tied and a second consecutive trip to the Conference Finals.

The wins aren’t just limited to the court. The Charge are also like the Cavs when it comes to putting on a show for the fans on game night. T-shirts fly into the stands during timeouts, dance teams strut their stuff, wacky games for fun prizes take place on the court, and thumping

music throughout are some of the familiar elements of The Q present at Charge games. The resulting atmosphere offers something for everyone regardless of being a diehard hoops fan or not.

And the celebration of being champions will carry on through the winter in Canton as well. With giveaways such as a Cavs mini championship banner and Cavs championship fleece blanket will be in fans hands during Charge games this year. With the annual Cavs Night and other Wine and Gold promotions such as Kyrie Irving and Kevin Love bobbleheads, it’s easy to be reminded how close Canton & Cleveland really are.

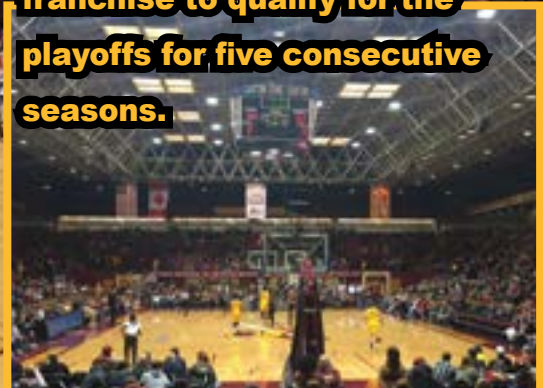
Things get started on the court in Canton for the Home Opener on Saturday, November 12th at 7:00 p.m. The festivities will start early that morning with the Second Annual Charge 5K Race. Last year’s course will be taken up a notch with a new path throughout historic Canton that finishes courtside for a post-race reception, unique finisher’s medal, tech fit race shirt, and a ticket to that night’s game.

Fans don’t need a great promotion as an excuse to come to a Charge game, with tickets starting out cheaper than a trip to the movies. For all the promotions, activities, family fun – and not to mention fantastic quality hoops – the value of a Charge ticket extends long past just getting you in the door. Groups of all kinds can also come out to a game and perform for the crowd, get a chance to high-five the players as they hit the court, meet the team for postgame autographs, play a game at halftime, and much more.

With the Cavaliers looking to go back-to-back this season and give area fans more of the same excellence we now know and crave, the Charge in Canton will continue to feed off of that success and energy and deliver more of the same to Northeast Ohio. ✨



Like Big Brother up north, **THE CHARGE HAVE ENJOYED MASSIVE SUCCESS AS OF LATE , being the only NBA D-League franchise to qualify for the playoffs for five consecutive seasons.**



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## HOW FAR I HAVE COME



I never could have imagined 5 months ago that this is how far I would have come.

**Me?** The girl who was depressed, who never had any motivation to exercise, who ate anything and everything because she was never full, who always felt sluggish due to the awful foods she was eating. To now, the girl who feels better than she has in 25 years, who eats a whole all natural healthy diet, who is addicted to cardio, running & Impulse Bootcamps, and who truly loves herself for the first time in a long time. I am so proud of myself and how far I have come and how much I have overcome. I was living with high blood pressure, sore knees, heavy breathing from going up and down stairs, headaches from all of the sugar I consumed, and also suffered with severe allergies. I no

longer have any of these. I truly have never felt better. Eating a whole all natural diet has changed my life. The energy I have now is unreal. I feel a complete sense of peace every morning I wake up, and realize I am no longer in that overweight body I was carrying around for all those years. I am strong, healthy and rejuvenated.

**“I BELIEVED I COULD...SO I DID.” It is that simple, believe in yourself and you can do anything. - Kim Berry**

I keep asking myself how I have finally gotten to the place where I am so self disciplined. After 20 years of dieting and struggling with my weight, how am I now keeping motivated? I have given up on myself

so many times how can I make it stick this time? Pure determination! I have worked too hard to turn back now, to go back to that lifestyle that made me so unhappy. I am determined to stay healthy and be the best version of myself. I have abused this body long enough. I have put my body and mind through

so many negative things. From depression, exhaustion, stress, self loathing, being withdrawn, moody, and the list goes on. That is not me, that is not who I want to be, and that is a woman I will never go back to being.



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The other reason I am where I am today is because of Impulse Fitness and Training, it's owners and employees and the family I have gained since joining. I have been a member of numerous gyms and this is the first time I have been to one that fully supports every member that walks through their door. They provide a support system that makes you want to be there everyday. Their motivation, positivity, health & fitness knowledge and overall love of their members is endless. I hate to miss a day of working out with my Bootcamp Buddies. We truly are a family and I am beyond blessed to have them in my corner, cheering me on, day after day.

My journey is not over. I still have a lot of hard work ahead of me to get to where I want to be with my weight loss. I am so close. I know this journey will never be over, it will always be a struggle because we all know maintaining is one of the hardest parts. But I've got this! I will finish with my favorite quote that is seven powerful words. "I Believed I Could...So I Did." It is that simple, believe in yourself and you can do anything.

-Kim Berry

### When I started this journey,

I really didn't know what to expect. I had hopes of making my goal but, honestly, didn't think I'd ever come close. I decided one day that I was going to try Whole 30 because a close friend was having great results and I was miserable the way I was so I figured, what do I have to lose?! I ended up staying strict Whole 30 for 150 days, and I lost over 50 pounds with in that time. Since, I have lost a total of 62 pounds and, at least 9 inches from my waist and 8 from my hips. I say at least because I didn't measure my first 30 days so I'm sure it was more. I haven't reached my goal yet but I am so close. I am so thankful to a friend for introducing me to Impulse. The bootcamps have changed my life. I really started seeing a difference when I added exercise with my Whole 30. This is my lifestyle now and I've never felt better! This has now inspired me to make inspirational shirts and tank tops. You can check them out at [www.esty.com/shop/levoapparel](http://www.esty.com/shop/levoapparel).

- Stephanie Kress



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# Dirty Bike ride DOZEN

By Doug Kish, MA



Since 1983 bicyclists have met in Pittsburgh, Pennsylvania on the Saturday after Thanksgiving to ride some of the steepest hills in the United States. Originally organized by Dan Chew, Tom Chew and Bob Gottlieb, the Dirty Dozen bike ride started as five friends attempting the impossible. This annual bicycle competition is a 50-mile ride that

incorporates 13 of the steepest hills in Pittsburgh. Included in the route is Canton Avenue. At about 200 hundred feet long with a 37-percent grade, it is officially the steepest public street in the United States. This historic thoroughfare is one of many on the route that is too steep for a sidewalk and has steps for pedestrian use.

More than 1,400 riders of all ages have participated in the event since its inception. The youngest competitor to date was 11 years old. To be an official finisher, you must ride up every hill without stopping or crashing. You must have continuous forward motion up the hill, although you can weave back and forth as long as you are continuing to go up. As soon as you start to go level or back down the hill, you are disqualified. You are, however,

permitted to go back down to the bottom of the hill and try again as many times as you want. Points are scored based on the number of attempts and the amount of time it takes to climb each hill. In recent years, the ride has become “easier” since several of the hills have been paved with asphalt giving riders more momentum than the original rough cobblestone or wavy blacktop.

Organizer Danny Chew is known as “The Million Mile Man” and has 700,000 well-documented miles under his belt towards his goal of a million miles. This year’s race will take place on Saturday, November 26, 2016. Organizers of the

At about 200 hundred feet long with a 37-percent grade, [Canton Avenue] it is officially the steepest public street in the United States.



event indicate they expect more participants than ever in support of founder Danny Chew who was recently injured in a biking accident. There will be livestreaming video of the event and if you would like to experience the route, there are several youtube videos of past races.

There are numerous other holiday events scheduled in the Pittsburgh area. From November 22 through 27 you can see “A Christmas Story” the holiday favorite presented by PNC Broadway in Pittsburgh at the Benedum Center. The Pittsburgh Ballet will take over the Benedum Center on December 2 with another favorite. “The Nutcracker” will play through December 27.



The University of Pittsburgh’s Nationality Rooms will hold a free Open House celebration on December 4 from noon to 4 pm. The event will take place on the first floor in the Commons Room where committee members will sell food and unique artifacts while musicians and dancers provide entertainment. On the first and third floors in the Nationality Rooms themselves, docents dressed in native fashion will point out the details of each of the 30 rooms.

The elegant yet welcoming lobby of the Omni William Penn Hotel will offer “Afternoon Tea at the William Penn” Monday through Saturday from 12:30 to 4:00 pm during the holidays. The William Penn is celebrating 100 years in Pittsburgh and guests will enjoy fresh brews, sweets and an optional champagne toast, all within view of the towering, sparkling tree. Reservations are required for this event.

For outdoor adventure, the Mass Mutual Pittsburgh Ice Rink offers skating set among trees strung with twinkling lights. This rink is larger than the Rockefeller Center rink by 67 percent and opens the day before Thanksgiving. ✨

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# PAINT YOUR OWN POTTERY



What could be a better gift than a one-of-a-kind, hand-painted item created personally for someone special? There will be double fun as you see their excitement of receiving a "special" gift and they see your pride in having created that gift yourself. Locally owned and part of the North Canton community for 14 years, Glazed & Amused offers just such an opportunity. Their friendly staff will provide the necessary instructions and information for even the most novice artist. With over 500 items to choose from, ranging from animal figurines to 20 different types of mugs and 6 different sets of dinner plates, you will certainly find something for everyone on your list. There are numerous Christmas ornaments, as well as elf, Santa and snowman figurines to add to your annual holiday decorations. There is an option to suit any taste or need. Start a family tradition with a hand-painted heirloom decoration that can be handed down from generation to generation.

Glazed & Amused specializes in transferring the handprints or footprints of your newborn or toddler onto picture frames and mugs—a gift any one will cherish. Rather than battling the crowds at

the mall, choose the option to spend a few stress-reducing hours with family or friends making gifts born of imagination. Every item will remind the recipient just how special they are. There is no gift more special to a grandparent than something created by a grandchild. Another plus, someone else cleans up after the youngsters are finished creating their masterpieces.

The process of selecting and painting a project typically takes between 1 and 2 hours to complete. Step-by-step instructions enable a person of any experience or skill level to complete a project that will surely exceed their expectations. After the painting process is completed, the project must be fired in one of their three kilns. It is important to remember that the firing process takes four days so it is not possible to make a gift and take it home with you that same day. The journey through the kiln will unlock the true vibrancy of the colors and you will be shocked to see how bright and alive your work of art has become when you return to pick it up later in the week. Some customers claim that the anticipation of seeing the completed project is the most enjoyable part of the process. ✧



**GLAZED & AMUSED** invites you to visit their studio at 2193 East Maple Street, North Canton, Ohio to see the vast array of pieces just waiting to come to life. Open every day, their hours are Monday through Thursday 11 am-9 pm, Friday and Saturday 11 am-10 pm, and Sunday Noon-6 pm. Visit their Facebook page at [www.facebook.com/GlazedandAmusedpottery](http://www.facebook.com/GlazedandAmusedpottery) or call 330-497-6445 for more information.

# Are (EU) Stressed ?

*By Joe Cartwright, BA, CPT, YES*

*It's that wonderful time of the year again – the holidays.*

Are you aware that the holidays are the most stressful time of the year? People are running around cleaning their homes so thoroughly for their guests, it's like they are trying to make it look like a stage house. Others have spent the entire week planning out the seven-course meal they have to prepare for their entire family. Don't even get me started on the financial stresses that food, gifts, and travel can cause. How many of you are already worked up about having to sit in the same room as your cousin Rupert, whom you haven't spoken to since last year after the scene he made? Holidays should be a time of joy, relaxation, and true thanksgiving for what we have. Stress plays an evil antagonist in the story of our lives; but like every good story, you need a bad guy to make the plot good. Let me explain why we need stress in our lives.

>>>>

First, it is crucial to know that there are two types of stress: eustress and distress. **EUSTRESS** is like the good angel on your shoulder; this stress plays a positive role in your life. Eustress motivates, improves performance, and is more exciting. An example of eustress would be like getting a promotion at work. You are required to perform



Find the positive in everything you do.



When you start to feel overwhelmed,  
create a better situation!



at a higher level, you are in an unfamiliar environment, and the task is more difficult than before. However, you earned that position, the pay is higher, and it's new and exciting. **DISTRESS** is the evil demon on the other shoulder. Distress causes worry and anxiety, decreases performance, and causes an overwhelming feeling. Distress would be staying up all night to work on a project that is due the next day; if you blow it you either get fired or fail that college course. That being said, we need stress in our lives, but we need to make sure we listen to the angel and not the demon.

Of course there are situations where distress is inevitable. It is how we handle distress that is the key. One way to manage stress is to think of yourself as a "creator" rather than a "victim." Creators turn distress into eustress. Victims are exactly that; they wallow in their own self-pity and are always the victim of bad things. The next time a stressful situation comes up, be a creator. For example, you're getting distressed about fitting all the guests into your house for the party. Instead of fretting, be happy you have a home to host a party. Focus on the joy of having your entire family together under one roof. Be thankful to be able to see people you haven't seen in a while.

Another way to manage stress is to say "No." Sometimes we think being a "yes man" is the right thing to do, but it can be overwhelming. Even if a new opportunity arises that could be good, say no. The Harvard Business Review advises people to say no to a good opportunity once a week. Although it may seem like a loss, if you keep taking on new tasks, you will not be able to do well in all of them. Invest in a few select opportunities and excel in those, rather than stressing yourself out and becoming mediocre in many things.

It shouldn't be a surprise that diet and exercise are great ways to relieve stress as well. There is no such thing as "comfort food." Foods high in calories, fat, and sugar leave you feeling tired and sluggish, which will only add to the stress. Getting the right nutrition will give you the energy you need to tackle the hard tasks of the day. When you exercise, you release natural hormones called endorphins. These are commonly known as "feel good" hormones because they help you reduce stress in the body. You can choose exercises like boxing and med ball slams to help "pound" the stress away.

We all have stressors in our day, but that is what keeps us motivated. Find the positive in everything you do. When you start to feel overwhelmed, create a better situation. Don't become a victim. Learn to say no and use exercise as a great tool to blow off that distress. Each of us has a beautiful story in our lives. Just make sure your antagonist, distress, doesn't win in the end. Turn that distress into eustress so you can live happily ever after. ✨

It is crucial to know that there are two types of stress:

positive

**EUSTRESS**

&

negative

**DISTRESS**



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