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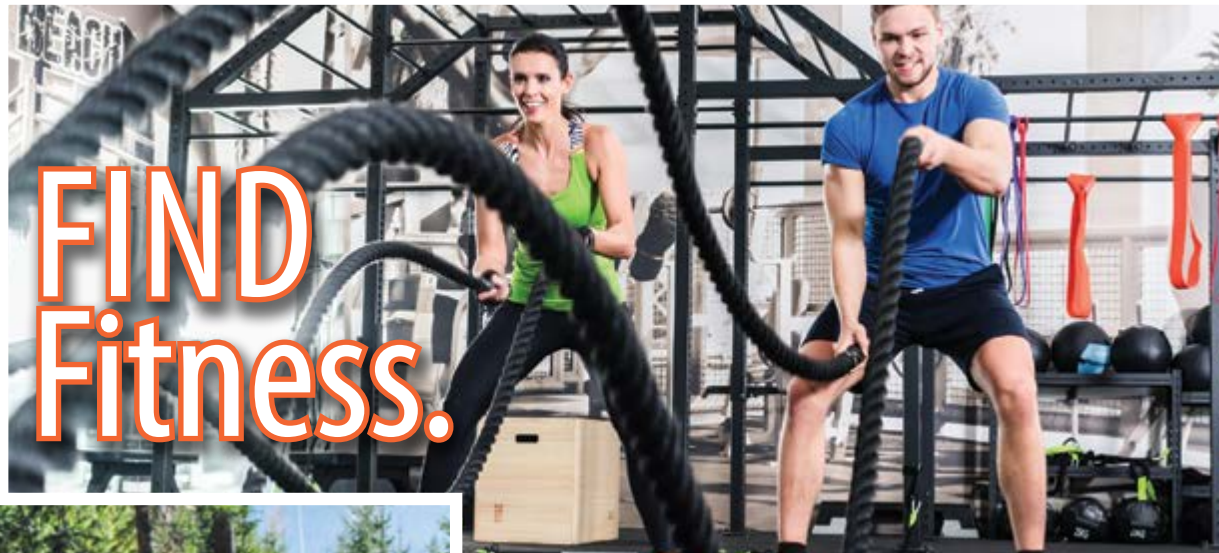
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ALGONQUIN MILL FESTIVAL

BRINGS THE PAST TO LIFE


By Kimberly Lewis

For 47 years, the Carroll County Historical Society members and volunteers have brought a pioneer village to life and, with it, a tradition for families near and far. The Algonquin Mill Festival features steam-powered equipment, living-history demonstrations, crafts, food and music October 13-15, 2017, at the farm complex, located five miles south of Carrollton on State Route 332. For three days, from 9 a.m.-5 p.m., visitors can step back in time to discover the art of weaving rugs, quilting, milling and more. Admission is \$8 per vehicle.

Standing on the grass field serving as the parking lot at the Algonquin Mill Complex, the sounds of the steam-powered machinery can be heard beckoning visitors to explore. A small train makes its circle carrying children, and surrounded by a display of farm equipment. On top of the hill, wood shingles and planks are being made. You are invited to stamp one of the

shingles with Algonquin Mill and take it home. Nearby are a variety of artisans selling lawn ornaments, handmade jewelry, wooden toys and more. You can also pick up some mums to decorate your home and possibly a pumpkin or two for your doorstep.

Within the village, the steam-driven flour mill can be seen making stone-ground cornmeal, whole-wheat, spelt and buckwheat flour, which is sold at the mill. The farmhouse has rugs, potholders and quilts made by the historical society members on display and available for purchase. At the log stagecoach inn, weaving is demonstrated as well as other fiber arts as you tour the home. Take a moment to view the festival from the upstairs balcony. In front of the inn, a horse can be seen milling sorghum canes to make sorghum. There is also a barn filled with antique farm equipment and another which features local artists. Children are invited to “build” a barn, as well as doing



crafts. They can also get “schooled” at the one-room schoolhouse.

If you ask the locals and the out-of-towners alike, they will tell you about the sauerkraut that they purchase by the pints and quarts. Volunteers and members of the Carroll County Historical Society spend a few days in August washing, shredding and seasoning between 8,000 and 9,000 pounds of cabbage. The sauerkraut is made from scratch with an assembly line precision of nearly 20 seasoned sauerkraut makers. It also is only available during the festival and is usually gone by early Sunday. If you want to try it, you can sample the society’s cabbage rolls or sauerkraut soup. Society members also make delicious apple butter (plain, sugar free and cinnamon) to be sold by the pint in the country store. If you cannot wait to try it, you can have some slathered on a slice of homemade bread.

The food vendors are actually local organizations and this event

serves as a major fundraiser for their groups. The Carrollton Civic Club offers a pancake breakfast. Other organizations staffing the food stations include the Carroll County Volunteer Fire Department, Free and Accepted Masons, Boy Scouts, Girl Scouts, Dellroy Ruritans, several churches and other groups.

For train enthusiasts, an old New York Central Railroad Station is the home of an HO-model train exhibit. Malvern and Minerva historical societies have displays in one of the log cabins, while members of the Algonquin Spinners and Weavers offer demonstrations in another. Throughout the event music can be heard from one of two stages. Country, bluegrass and gospel bands take the stage Saturday and Sunday. On Friday, area high-school bands and choirs perform as their classmates tour the festival. The Algonquin Mill Fall Festival has become a tradition for many and continues to build a following from new enthusiasts.

While you are in the area visit the McCook House Civil War

Museum, located at the top of the square and operated by the historical society. It will be open 10 a.m.-5 p.m. Friday and Saturday, and 1-4 p.m. Sunday. Admission is \$3 per person. As you travel through Carrollton, you are invited to stop and check out Carrollton’s Scarecrows on the Square. Decorated by individuals, organizations and businesses, the scarecrows are creative, informative and fun. The scarecrows line up along Public Square throughout the weekend. To learn more about the Algonquin Mill Festival or other events in Carroll County, see www.carrollcountyohio.com. ✨



Fun and Adventure

IN

CANAL FULTON

By Mary Vlahos

We take our families all over the country on vacations, but sometimes we neglect to visit what's in our own backyard. Canal Fulton is located in the northwest part of Stark County. It's filled with outdoor adventure and fun ways to keep fit this fall. Whether you're a hiker, biker, canoer, or just an avid walker, there's an adventure awaiting you. Shopping, art, entertainment, and unique restaurants are a main part of Historic Downtown Canal Fulton. There are so many things to entertain the entire family that you'll find it difficult to get everything done in one day.

Canal Fulton is a great place to catch the Towpath Trail which stretches over 25 miles across Stark County. The trail is 85 miles in total, and you can take it north to Cleveland or south to Bolivar. Take a hike, grab a bike, or canoe along the trail. Over 2 million people visit the Towpath Trail every

year and you can learn about its history when you stop at one of the visitor centers along the way. This historic route, where mules pulled canal boats along the Ohio & Erie Canal, is preserving the natural resources for all of us to enjoy. There are also campsites at several of the 50 trailheads along the path for even more family adventure. What a fun way to burn calories. The average calories burned biking or canoeing can range from 400-900 depending on your weight and the intensity of your excursion. Hiking can burn 400-650 calories per hour. It's not a bad way to spend the afternoon.

If you don't have your own canoe or bike, not to worry; Canal Fulton Canoe Livery is there to assist. They rent bikes, canoes, and kayaks and campsites. There are many excursions to choose from. Decide on your mode of transportation and the length of time you want to spend on the river or trail and you're all set. If you'd like a mix of experiences, their pedal and paddle excursion

lets you paddle down the river and bike back to the beginning. They even transport your bikes. The Tuscarawas River has remained a scenic journey after all these years with 75% of the trip passing through unspoiled wilderness. Keep your eyes peeled and you might see a blue heron, an owl, or maybe even a bald eagle.

If you'd like a more leisurely afternoon try Historic Downtown Canal Fulton. Visit the Canalway Center to learn more about what's going on in the area, or take a walking tour of downtown and experience the rich history as you take a step back in time. Toy's Time Forgot is filled with original, vintage, and antique toys. It houses one of the largest vintage toy collections in the northeast United States and one of the largest Star Wars collections in Ohio. They have all the old games and toys you played with as a child. I'm sure you will catch yourself saying, "I used to have one of those!" Stop in at Brimstone

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OR JUST AN AVID WALKER,
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Bicycles where you can shop for a new bicycle or get your bike tuned up. Get to the trail and find out you have a flat tire on your bike? They are nearby and can repair it. You can rent bikes there and they also carry running shoes.

Your shopping trip is not complete without a stop at Keillor's A Teddy Bear Shoppe. Part of Canal Fulton for 18 years, they carry most major brands including Gund, Steiff, and Charlie Bears, to name just a few. There's an amazing variety of bears for kids and collectors. They also have an array of candles from Thompson's Candle Co. and Crossroads, together with Candle Warmers. The newest addition to the Shoppe is Airome Essential Oil Diffusers by Candle Warmers. They also carry a beautiful selection of Leanin' Tree Cards. All this fun and all the walking can burn 160-280 calories an hour.

Now that you're ready to eat, there are several quaint places for you to try. Continue your historic tour at the

Sisters' Century House for breakfast or lunch. For a quick sweet treat stop at Peace, Love, and Little Donuts, Cherry Street Creamery or Oser's Dairy & Deli. Casual dining abounds for all you walkers, hikers, bikers and canoers. Try Canal Boat Lounge or Palino's Sports Pub and Grub for the neighborhood bar and grill feel. For finer, more exotic dining, V-Li's Thai Cuisine will be the place to go. Whatever your taste, there's a table waiting for you.

Arts and entertainment are also a big part of the Canal Fulton Historic District. The Canal Fulton Glassworks, a fully restored art gallery, is one of Stark County's oldest commercial buildings. It's been used for various businesses since the 1820s and is the place to go for jewelry and glass making classes. You can create a beautiful glass creation or hand fabricate a piece of unique jewelry. Beginners are welcome. If you'd rather leave glass making to the professionals, take a tour and watch an artisan create a beautiful piece of art from a mass of molten glass.

Shoppers, you've hit the jackpot with artists contributing thousands of handmade items including ceramics, jewelry, steel sculptures, carved wood sculptures, stained glass creations, and so much more. Take home your own unique piece of artwork.

The Warehouse on the Canal is a place for the weird and the wonderful. Do you have a group of friends or colleagues that would love to participate in a Victorian wake or try their escape room? They have public events or you can schedule a private event.

Extend your visit with an overnight stay at Clay's Park Resort. They have over 500 acres of campsites to accommodate all types of campers. Glamping and luxury cabins are also available. Their adventure water park includes water slides, zip lines, inflatables, kayaks and canoes. There are hiking and biking trails, and everyone's favorite, miniature golf.

I hope this has inspired you to visit Canal Fulton. It's a great place for outdoor adventures, shopping, art, and entertainment. There's something for everyone in the family. To see a complete list of activities and businesses, and a calendar of events, visit their website at www.discovercanalfulton.com. Get out there and burn a few calories Canal Fulton style! ✨

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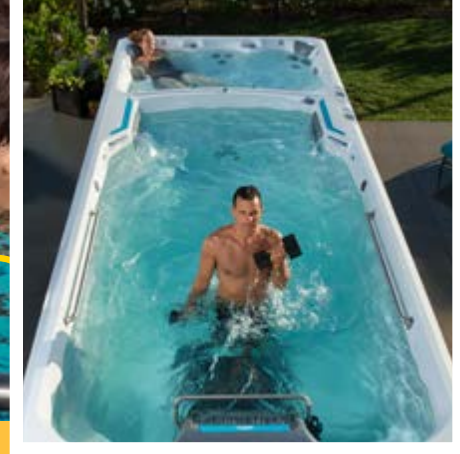
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Endless POSSIBILITIES

By Elaine Kish

As a boy, James Murdock listened to his father's stories of childhood swims against the current in irrigation channels. After years of working to recreate his father's experience of swimming in place, in 1988 Murdock installed his first swimming machine on the pool deck at Columbia University in New York City. That event launched the brand known as Endless Pools. In 2015, Endless Pools was acquired by Watkins Wellness, a leading manufacturer of hot tubs. The merger of these two companies has resulted in a combination of the best swim-in-place technology with the best in spa manufacturing for an all-in-one home fitness system.

It's a known fact that an aquatic workout offers all the cardiovascular benefits of exercise without the side-effects of a land-based workout. Imagine being able to swim whatever distance you desire in your own backyard or home using a fraction of the space required for a traditional swimming pool. Then, follow that swim with a relaxing soak in the spa section and you have endless possibilities.

As an alternative to an in-ground pool and home exercise equipment, also known as a "swim spa," Endless Pools® Fitness Systems or SwimCross™ Exercise Systems start with the swim machine or five swim jets.

The swim machine uses a custom-made propeller, multiple conditioning grills, and with its top speed of 5,000 gallons per minute, you have a swim current free of turbulence.

Swim jet models use a venturi effect to entrain more water, resulting in stronger resistance and less turbulence than other swim spas. After that, each unit is fitted with additional features chosen by the buyer. One option is an underwater treadmill that offers low-impact running and walking options. Handrails provide options for barre exercises and the ability to attach a row bar kit with resistance gear. A swim tether, pace displays and an underwater mirror can be added for monitoring your swim routine. After your swim/exercise session you will enjoy moving to the spa section with jets, captain's

chairs and pillows for comfort and full body relaxation.

Endless Pools can be installed indoors or outdoors. As far as the appearance of your fitness system, there are options for colors of the cabinet and shell which you can choose to complement the color of your home or backyard. A thermal heat blanket with foil film backing, reflective film and EPS foam provides three layers of insulation to conserve heat. You can select a Watkins bi-fold cover to maintain heat and reduce evaporation and it can be combined with the Watkins Lifter System for easy operation. Also available is the VacuSeal lifting system which ensures a tight seal between covers for optimal efficiency.

For additional information about Endless Pools® Fitness Systems or SwimCross™ Exercise Systems, see their website at EndlessFitness.com. To schedule your test swim and to talk with a fitness system professional, visit an Ohio Pools & Spas showroom in North Olmsted, North Canton or Mayfield Heights. For information about all types of pools and spas, see their website ohiopools.com. ✨



AT ROCK CLIMBING RED RIVER

By Dan Mackey, MS

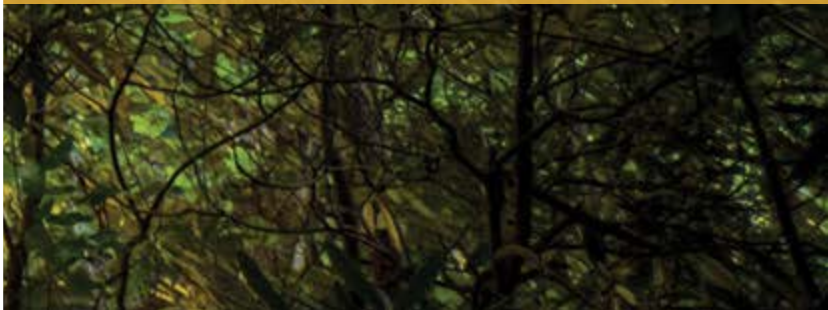


The *Daniel Boone National Forest* is the only national forest located completely within the boundaries of Kentucky. Established in 1937, it was originally named the Cumberland National Forest, after the core region called the Cumberland Purchase Unit. Containing over 706,000 acres in 21 counties of eastern Kentucky, the Daniel Boone National Forest stretches from Morehead, Kentucky, to the Tennessee border. It offers an array of outdoor activities including rock climbing, hiking, biking, fishing, boating and camping.

CLIMBING RED RIVER GORGE

Located primarily within the Daniel Boone National Forest, the Red River Gorge is a nearly 30,000-acre canyon system filled with an abundance of natural stone arches, sandstone cliffs, waterfalls, rock shelters, bridges, and strange rock formations. It is designated as a National Geological Area, as well as a Natural Landmark. If you consider yourself an experienced rock climber, chances are you've been to the Red River Gorge, or have at least heard of it. People from all over the world come to this area to climb, as it is known as one of the world's top rock climbing destinations.

The Red River Gorge, or "The Red" as it's commonly referred to, is home to a vast series of bolted routes on overhanging cliffs offering visitors the ultimate climbing challenge. In addition to countless different, single pitch sport climbing routes, there are also numerous traditional climbing and rappelling routes in the region. The Motherlode, an area of "The Red" where the "hard climbers" spend most of their time, boasts the highest concentration of the steepest and longest routes, ranging from various 5.11s up to a handful of 5.14s. Among the 73 various routes, some of the classic and most popular are "Snapper," "Heart Shaped Box," "Tuna Town," "Forty Ounces of Justice" and "Hoofmaker."





As I'm sure you realize, rock climbing can be a very dangerous sport, especially for anybody climbing for the first time. If this describes you, you may want to consider a couple options before heading to "The Red" and trying to tackle The Motherlode. Before attempting a climb you should think about taking an intro to climbing class, where the instructors not only teach basic knot tying, proper climbing etiquette and how to belay, but they also give pointers on actual climbing skills. Most instructional climbing classes take place indoors at a rock climbing gym. Rock climbing requires several pieces of safety gear to successfully climb any route. Even beginner climbers should know and understand that a harness, climbing shoes, carabiners, and an Air Traffic Control (ATC)/Belay device are some of the most basic pieces of gear that every climber must know how to operate.

If you're a climbing beginner but have no interest in spending time in a climbing gym, there are numerous companies that lead guided climbing trips throughout the Red River Gorge. Red River Outdoors and Fox Mountain Guides & Climbing School offer guided climbing and instruction specifically about "The Red" itself. For anyone new to climbing, I highly recommend using a guide.

Whether you're a beginner, experienced, or professional climber, there are still many rules everyone must obey while spending time at the Red River Gorge. As the United States Forest Service makes clear, "Cliffline areas within the Daniel Boone National Forest contain many fragile cultural and biological resources. Extensive use can permanently damage these resources." All visitors are asked to follow simple

rules to help protect this beautiful, unique forest.

The Daniel Boone National Forest attracts more than one million visitors each year. One favorite activity is hiking along the cliffs of the Red River Gorge area and discovering rock shelters. These are areas of recessed rock that create a shelter from wind and rain. Because of their protection, the shelters contain clues about the first residents of the area. The Paleo Indians arrived about 13,000 years ago when glaciers still covered much of the land. From time to time, small groups of these prehistoric people took up residence in the rock shelters. In 2003, the Red River Gorge, Clifty Wilderness and the Indian Creek area were designated a National Archeological District and placed on the National Register of Historic Places. Digging in rock shelters and looting them for archeological items is prohibited. These restrictions are necessary to preserve the historic information and artifacts retrieved from these sites.

Most recreation activities in the Daniel Boone National Forest do not require fees or permits; however, fees are required at boat ramps and campgrounds. The rock climbing rules and additional information about visiting Daniel Boone National Forest and Red River Gorge can be found on the United States Forest Service website, www.fs.usda.gov/dbnf. ✨

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27

YEARS LATER

By Enzo Fatigati



First of all, I want to apologize to all serious cyclists that may read this article because I understand that riding from Massillon, Ohio, to Westerville, Ohio, on a bicycle is not a great feat. Also, my lack of preparation for it may not be appreciated by serious riders.

The idea of doing a long bike ride popped into my head in early spring as a result of conversations with friends who were training for a marathon. Knowing that my family and I intended to travel to Westerville, near Columbus, to spend Easter weekend and celebrate my birthday with relatives, I thought -- intent meets opportunity! I decided that I would ride to Westerville on Saturday to meet my family there. And doing it on my 59th birthday seemed to add a little interest to the adventure. Remembering that I had done

this exact same bike ride 27 years earlier, pretty much with the same level of preparation, the idea of doing it again really intrigued me.

To get started, I took my old bike to be serviced. As I began planning the trip, I became slightly concerned about having enough daylight to finish since it was during the shorter days of early spring. That aspect forced me to be a little more diligent about planning. I decided to break up the ride into four sections with four logical interim destinations roughly the same distance apart, anticipating

that with the worst case scenario, each leg would take about three hours. I knew from my previous ride 27 years ago, from driving the route a number of times to visit my sister and from not wanting to take the highways that the middle part of the ride was going to be the hardest with long hills and some pretty steep ones near Mohican State Park. My idea was that the last part of the ride was going to be the easiest because the terrain flattens 20-30 miles from Columbus. Perfect! Well, things don't always turn out as expected.

So, here is the plan: (1) Massillon to Wooster – about 30 miles; (2) Wooster to Loudonville – about 30 miles on Rt. 3; (3) Loudonville to Mt. Vernon – about 30 some miles on Rt. 3; and (4) Mt. Vernon to Westerville – 46 miles mostly on Rt. 3.

I left Massillon on Saturday around 7:30 am. It was a nice, cool morning – perfect. The first hill out of Massillon, about 1 mile from my home, my heart was pumping, breathing just a little harder and I thought, “OK... This is just the beginning, long way to go.” I think 20 miles or so into the ride, somewhere between Orville and Wooster, the exhilarating feeling of being alone on a bike some distance from the destination started to sink in. It was probably a combination of feeling unplugged (as unplugged as one can be while carrying a cell phone) and maybe self-reliance, in the sense that reaching the destination is up to you and your bike. It’s a feeling that has always drawn me to long bike rides, or long hikes, or similar challenges.

Arriving in Wooster ahead of schedule, I headed out of town to Rt. 3 which I would follow all the way to my destination. The ride from Wooster to Loudonville was more of the same; rolling farm land and very green. Somewhere between Wooster and Loudonville, my daughter passed me (she was driving to Westerville ahead of the rest of my family) and pulled off the road. After we visited for a few minutes, I ate a protein bar, drank some water, and got back on the bike. I arrived in Loudonville ahead of schedule thinking about what was still ahead of me; some long hills and a few very steep ones. I welcomed the challenge. Riding hills is definitely engaging.



As I rode, I occasionally recognized a farmhouse or views. Things look different from the seat of a bike than they do from the seat of a car. Some sights were the same as I remembered 27 years ago, while others had changed. One landmark in particular that I was looking forward to seeing was a very large oak tree on probably the steepest hill of the entire ride. I still remembered stopping under the shadow of that giant oak tree on my previous ride to take a break from the hill climb and to write a note in a journal that I carried with me in my saddle bag. I actually found the journal and here is the entry from May 6, 1989: *"I am sitting on the grass, under a large oak tree, on Rt. 3, about 10-15 miles south of Mt. Vernon. Rt. 3 is a pretty ride, thru open country, farms and wooded hillsides. I am thinking of a lot of things and I am thinking of what else I could write, but the only recurring thought is that I want to continue biking, even with the hill in front of me."*

As I started to climb the hill, I looked forward to stopping under that same tree. But as I made my way up, I realized the tree was not there and the only thing that remained was a very large stump. Feeling a sense of disappointment, I didn't stop. I looked at the stump, rode by it and kept climbing

the hill. As a van carefully passed me, the driver stuck his hand out of the sunroof and with a supportive gesture and a gentle horn, sped away.

After negotiating some detours, I arrived in Mt. Vernon where I stopped to replenish my water, have another protein bar and get back on my bike. My next stop was Centerburg--the geographical center of Ohio and a nice creek side park that I planned to stop at for 15-20 minutes to rest for a bit. I stopped at the park, refueled, rested for a bit and then back on the bike for the last leg of the ride. Up to this point the ride had been enjoyable even with the hills. Anticipating that the last quarter of the trip would be the easiest because of its flatness, I got an unwelcome surprise of a fairly strong headwind

The headwind made the last 30 some miles very challenging. As I rode into it, it was taking its toll on me. Out of some combination of necessity and desperation, I decided that I needed to change my "relationship" with the wind or it was going to win out, so the wind and I became mortal enemies. I actually had conversations with the wind, not very kind conversations, but it became a game, a competition that helped me to continue to ride against it. The last 10 miles or so were challenging, but we made it in eleven hours, my bike and I.

While I know that a trip like this would not be considered a great accomplishment for a serious rider, for me it was. It gave me a chance to reflect over the numerous years that had passed since I traveled those same roads but more importantly, it made me realize just how capable I was to complete that same trip 27 years later. ✨



"It gave me a chance to reflect over the numerous years that had passed since I traveled those same roads ..."

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Celebrate Fall

By Adria Bergeron

Atwood Area Fall Festival

Each year on the first weekend in October, Atwood Lake Park located in Mineral City, Ohio is transformed for the annual Atwood Area Fall Festival. Large tents fill the campground housing local vendors showcasing their handmade crafts. The air is filled with a combination of campfires and homemade foods that range from wraps to pasta and pies to roasted almonds. There is "Something for Everyone" each year at the annual festival scheduled this year for October 6-8.

Food and crafts are not the only draw at this unique festival, a wide variety of entertainment is scheduled throughout the weekend which is sure to offer something to please all ages. Music, comedy shows, Native American Pow Wow and a live skunk display to name a few. The festival began as a fundraiser for local non-profit organizations. Now it its 35th year, in cooperation with the Muskingum Watershed Conservancy District, the Atwood Area Fall Festival Committee Inc. coordinates all the weekend's activities. The committee is comprised of members from the various non-profit organizations that benefit from the festival.

Festival hours are Friday and Saturday, 10 am to 9 pm and Sunday, 10 am to 5 pm. Admission is \$5 per person and children 11 years and younger are free. Friday is senior day when ages 55 years and older are admitted for \$2 each. Visitor's wishing to spend the weekend can camp at Atwood Lake Park. As the weather cools and the colors change, bring your family and friends to Atwood Lake Park to discover the beauty, quality, and fun of the Atwood Area Fall Festival where there truly is something for everyone. For more information, visit the website www.atwoodfallfest.org.

Halloween Campout at Pleasant Hill Lake Park

Enjoy fall as a family at Pleasant Hill Lake Park in Perrysville, Ohio. From Friday through Sunday, October 13-15, 2017 they will host their annual Halloween Campout. For \$20 a night you can enjoy several fall adventures for every age.

Starting on Friday, you will set up camp to give your neighbors and friends a fright. There will be a campsite decorating contest. The live owl program starts at 6:30 pm. It will be a hoot! Completing the evening will be movies on the big screen at 8:00 pm.

Saturday will be filled with fall foods and festive activities. Pumpkin carving and Halloween crafts will be offered throughout the morning. Friends and family members are also welcome to participate in our Zombie Archery Course from 11:00 am to 1:30 pm. Children of all ages will be able to Trick or Treat throughout the campground. An apple and chili contest

will be held directly before the campers' potluck dinner. Make sure you are around when they announce the campsite decorating contest winners at 7:00 pm on Saturday. Other events include a spooky forest hayride, a costume ball and karaoke singing. Join us this October at Pleasant Hill to have a scary good time!

For a complete calendar of Muskingum Watershed Conservancy Lakes events and locations, check their website at mwcd.org. ✨

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FINALLY ... FITNESS AS IT SH

By Danielle Wirick, MS, CSFS, FMSC

I never understood why someone would continue with unhealthy habits, have a heart attack and THEN decide they would begin a workout regimen to become healthy. Or why they would wait until their knees were painful and debilitating, THEN have surgery or rehab. Or why someone ends up with unmanaged Type II diabetes and THEN decides to start eating better. Why do we always wait for the ax to fall before we take care of ourselves?

We all know that being preventative with our health is a better option but too many people still think in terms of caring for themselves after they have a problem. That thought process, and wanting to change it, is the reason why I went into personal training instead of clinical exercise physiology in the first place. I felt I could be more beneficial to my clients in preventing disease and injury in the personal training setting than I could in a clinical setting. So right out of college I took the leap and opened a personal training facility.

It's been 20 years since I started my business and now it's time to do more. I can do more for my family, more for other personal trainers who I feel are worthy to carry the name Intelligent Fitness, and especially more for our clients and anyone else who's ready to begin thinking of how fantastic they want their life to be, not just how to "make it through" life.

It began last year with a thought in my head of having a fitness facility with a primary goal of

exceptional health and wellness. I've made plans, scrapped them all, and learned about things I never intended to, like permits and security systems and codes. It's been about hiring, firing, and hiring again – all to find the person who can wear the title of an Intelligent Fitness Team Member. There have been many highs and lows, missed deadlines and a huge roller coaster of emotions. This past year for my staff would have made most grown men cry, but they've hung in there because of the vision we all have. So let me give you a minds-eye tour of the **NEW Intelligent Fitness** opening this August

When you walk in you see normal healthy trainers that don't scare you, a founder's wall of inspiration and an open, light and airy space. Below your feet is a beautiful gym floor that was handpicked for its energy restitution and force reduction along with 450 square feet of premiere speed and agility turf. Look left and you'll see two **one-on-one training** areas that have everything you need to be trained by one of our educated and certified trainers on your own so you can work out where you are the only focus. There are two fully loaded **small group training** areas to give you the experience of personal training and the motivation of a group of friends all at a fraction of the cost of traditional personal training. There is an area that will provide **classes for every age and ability level** that will specialize in progressive strength and metabolic training.



OULD BE

We have an amazing **demo kitchen** that feels just like home, which is run by our on-staff Registered Dietitian. Here you can join a small group, have a private flexibility session, take a fun, motivating class, take a meal prep workshop in our kitchen, finish up your workouts with a recovery smoothie, and be a part of a healthy community that will change your life. Other amenities include a conference room for business retreats and larger workshops, a retail area, private shower rooms and an outdoor area, all of which add to your experience.

But a great facility only tells a portion of the story. Great trainers who can bring great results tell the rest. Our trainers will not just take an assessment and walk you through a program. Because we don't have just one cookie-cutter approach, we screen, assess, and place you in an activity level that is best for you. Then develop a program based on your goals, level of ability and how you like to work out. We also implement a heart rate monitoring system to be sure you work hard enough but not too hard, because we want you happy and feeling great, not exhausted and feeling sick, when you leave. You will

be reassessed at least every quarter and we will guide you with what you need to do to have exceptional health and wellness.

Because we realize that not everyone is the same or has the same abilities, we have four specialty areas: Medical Fitness, Sports Training, General Fitness, and Nutritional Support. Our **Medical Fitness** trainers provide a comprehensive and complimentary approach to help our clients with medical concerns reach their maximum state of good health through exercise. We have experience training a variety of chronic and acute conditions so you can get back to the person you want to be. Our **Sports Training** program isn't just for speed and agility but for long-term athletic development. We believe in involving the community and family in the athlete's experience, and in giving back to the parents and coaches that work so hard to make them great. This includes mental preparation, injury prevention and sports



nutrition from our dietitian in our kitchen. We believe in the potential of all athletes and we're here to help take them to the next level. We're also here for those **general fitness** clients who know they need guidance to move to the next level in their health and fitness in a safe, controlled environment where injury and disease prevention is a cornerstone. Finally, with an in-house Registered Dietitian, our **Nutritional Support** services help guide anyone to a healthier way of eating that is right for you. Our nutritional support includes cooking demos, workshops, meal prepping, gardening and more with our Food First approach.

And if some things are too late to prevent, we will guide you to that life of exceptional health and wellness regardless of your starting point. We aren't just a group of personal trainers, or a nutrition service, or a speed and agility facility. We bring it all together to build the community we need to make you the healthiest we can. We have so much to offer and want to change your life. So what are you waiting for? **For information about our Grand Opening and introductory offers for new clients, check our website at <https://www.intelligentfitnesspt.com>.** ✨

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Weekend & Holiday	\$20.00	\$20.00	\$25.00	\$35.00		\$17.00		\$28.00

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cial assistance for cat and dog spay / neuter surgeries for years to come!

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snapneo.org @SNAPNEOHIO

Nature's Beauty

By Jeff Hambach

With the approach of fall and cooler weather, most boaters are preparing to store their boats for the winter, but a few of them are looking forward to the changes that will occur soon on Ohio's lakes. Labor Day marks the day that most beaches will close. The camping areas around the lakes are preparing for the end of their season too. But, there are a few people who do look forward to this time of year on the water.

September brings some of the most pleasant weather of the year. The air is still warm and the water hasn't cooled yet. You don't have to contend with the high winds and waves of springtime, nor the thunderstorms and crowded lake conditions of summer.





If you like calm lake conditions and mild temperatures, September and October are months you'll want to experience on Ohio's lakes. Although the beaches are closed, many people still ride their jet skis and water ski into the month of October. Last year, I witnessed a water skier on Pleasant Hill Lake on November 1. A brave soul indeed.

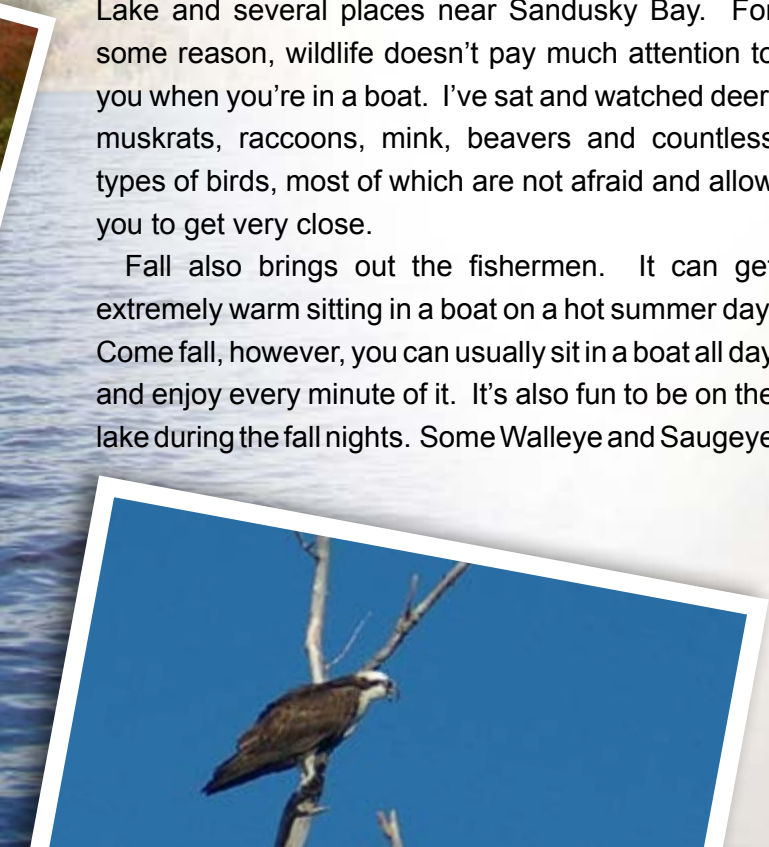
Anyone who enjoys a ride in the car to see the fall foliage would certainly enjoy a boat trip on most any of Ohio's lakes to witness all the splendor fall has to offer. Many lakes offer breathless views of fall colors, as well as a chance to see some of the wildlife that inhabit our state. Checking out the beautifully colored trees at this time on a lake is especially enjoyable because you can also see the reflection of the trees in the water. Sort of a double shot of nature's beauty. Several years ago while on Salt Fork Lake, I witnessed my first eagle in flight. Moments later I saw another one in a tree high up on a hill. It, too, took flight and came right over my head. I've since witnessed eagles at Nimisila Reservoir, Pleasant Hill Lake and several places near Sandusky Bay. For some reason, wildlife doesn't pay much attention to you when you're in a boat. I've sat and watched deer, muskrats, raccoons, mink, beavers and countless types of birds, most of which are not afraid and allow you to get very close.

Fall also brings out the fishermen. It can get extremely warm sitting in a boat on a hot summer day. Come fall, however, you can usually sit in a boat all day and enjoy every minute of it. It's also fun to be on the lake during the fall nights. Some Walleye and Saugeye

fishermen that I know think that fall is the best time to fish for these species. Many of the die-hards fish at night all the way up until the time the lakes ice over. They believe it's your best chance at catching the big ones. They brave the cold November and December nights and claim to thoroughly enjoy it. I'm a fisherman, but apparently not a die-hard fisherman.

There is one thing to be concerned about with fall boating. Most lakes experience a fall drawdown. That is when the state opens the dams and lowers the normal depth of the water anywhere from three to ten feet in order to accommodate flood control of the spring runoff. It also offers the opportunity to do repair and maintenance work on launch ramps and docks, as well as helping to control underwater weed growth. Usually this occurs in early to mid-November. If you plan on boating in November or later, it would be advisable to check with the Department of Wildlife to see when a particular lake is scheduled for drawdown. Most launch ramps are not functional at that time, although some do maintain operations.

If you have a chance to get out on a lake this fall, take advantage of it. You may just love what fall offers on Ohio's lakes. ✨



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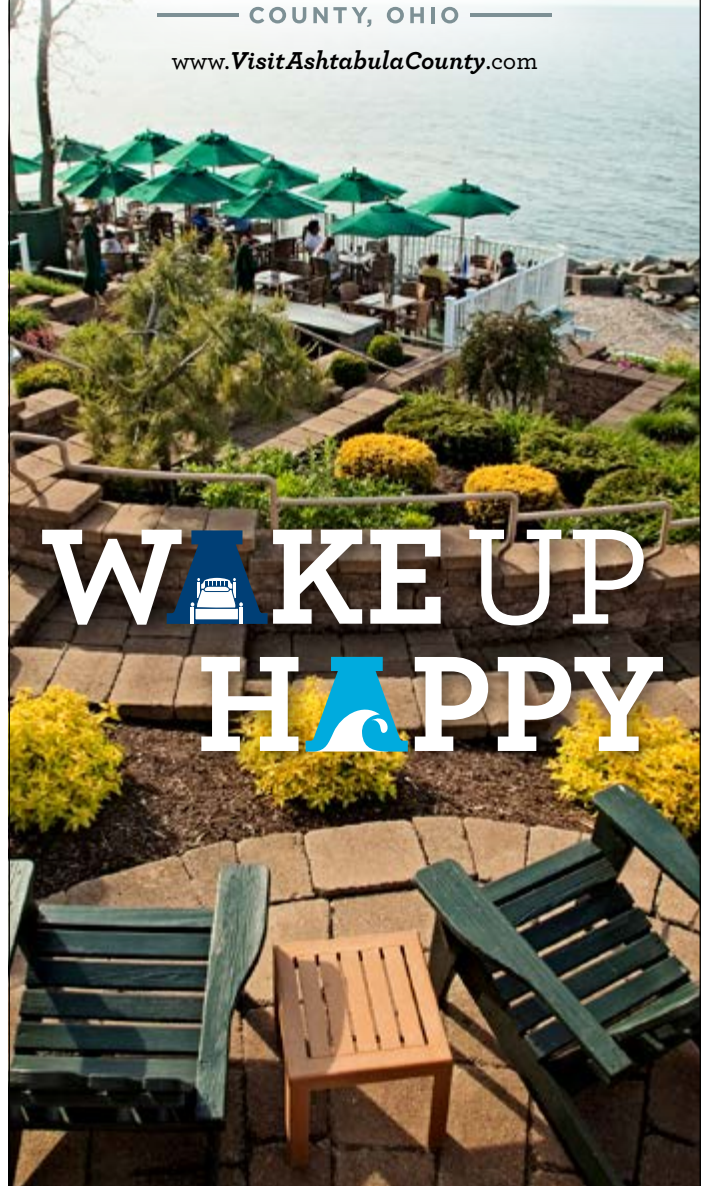
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the Right Investment

By Josh King

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Cutting Trim
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For years I have been helping guide my clients to make the right investment which will enable them to get the most value out of their homes. With the assistance of a great network of capable contractors and reliable local retailers, we can bring your vision to life.

The first step in this process is to take the time to get to know the clients. After meeting with them and talking with them, we can determine the best solutions for their areas of concern. Renovating your home can be costly, so it is imperative to pay close attention to the budget and the value of your home to make sure at the end of the day you are not only happy with the results, but you will also feel great about the increased value of your home.

The majority of people think they should not renovate their home before they sell because the buyer can do whatever renovations they want after they move in. While this is definitely true, making the changes before the sale will increase the sale price, meaning more money for you to invest in your next home. Most home buyers don't want a "fixer upper" because they are not sure what changes to make and cannot visualize them. They are also afraid to tackle renovations and fear what it might cost them. Whether you are looking to sell or buy a home, Josh King Designs can help you decide what changes you need to make the house fit your needs and what will increase the value of the property. I can give you the figures and do the work to put your mind at ease.

Recently I have helped sellers make the correct choices to gain the most equity, achieve jaw-dropping results, and sell their properties for top dollar. Whether it is a full-scale renovation or merely

changing paint colors, my team and I will see that the project is completed satisfactorily. We will then bring in furniture or do whatever else is necessary to stage the house appropriately for sale. One of our recent projects was assisting a client who bought a condo for \$90,000. We advised an investment of \$25,000 for renovations. The property is now priced to sell for \$135,000 – a profit of \$20,000 for the seller. Another client saw an additional \$61,000 after purchasing a home for \$100,000 and investing \$90,000 in renovations. An additional perk, it sold after being on the market for just four days.

Josh King Designs has a variety of packages available for clients to make the best improvements and stay budget friendly. Services range from furniture selection, finish selections, renovations, home staging and organizing, holiday décor, and curb appeal. **For more information** about how you can increase the value of your home before you sell, contact Josh King Designs by phone at 330-705-4126, email an inquiry to JoshKingDesigns@gmail.com or check out their Facebook page at [JoshKingDesigns2017](https://www.facebook.com/JoshKingDesigns2017). ✨

Josh King Designs has a variety of packages available for clients to make the best improvements and stay budget friendly.

the Brittany Potts transformation



I had always been active in sports and activities until college, when my studies required me to spend long hours in the library. I allowed my health to take a backseat to my education. Flash forward 10 years and nothing had changed- I was still sacrificing my own well-being for my work, family, and friends. I had lost all confidence in myself and desperately wanted to make a change, but didn't know where to start.

I spent several years trying at-home workout programs because I was too embarrassed to let anyone see me struggling through a workout in a gym. These worked for short periods, but I was never able to keep up the motivation to make a true lifestyle change. I was on the yo-yo track of fad-diets and throwing myself into a program for a few months, only to regress and gain back every pound I had lost, plus more.

I was scrolling through Facebook one night and saw an ad for a 21-day fitness challenge. I clicked on the link, knowing I needed to try something because I couldn't continue on my current trajectory. When I signed up, I fully expected the 21 days being exactly that: 21 days. Twenty-one days to prove that I still wasn't a "gym person." Twenty-one days to accept that nothing would work and I was incapable of losing weight.

I walked through the doors of Impulse almost a year ago in the only workout clothes that fit-which actually tore at the seam as I pulled them on that morning. I put my head down and fought through bootcamp.

I laid low the first few weeks, afraid of someone noticing how poor my strength and stamina had gotten, but couldn't help but notice how supportive everyone was of each other. I watched as the "regulars" pushed themselves and each other to lift heavier, jump higher, and go faster. The staff knew everyone by name and somehow knew where everyone was on their health journey and made a point to encourage each client personally. It was obvious that Impulse was different from other gyms. Impulse was a place I could succeed.

A year later, I am now one of the regulars who loves being pushed to perform better and drive others to be their best. My journey has changed from one of prioritizing weight loss to focusing on health, strength, and fitness. I look forward to coming to the gym, am motivated to work out while traveling for work, and have transformed the way I deal with stress. I am no longer sitting home alone on my days off because I don't have anything to wear and lack the self-esteem to be seen in public. I am going out, trying new things, and re-discovering old hobbies. I am no longer watching life on the sidelines- I am living it and enjoying every second.

The numbers on the scale and on the tags of my clothes have dropped significantly (I've lost over 100 pounds and am wearing clothes 7 sizes smaller!), but the most important change is what I have gained: friends who are like family and the confidence to go through life unafraid and uninhibited. — Brittany Potts



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Change Your Landscape

Change your Mindset

By Kathy Ray

Fall. Just that one word can conjure up many different emotions in each of us. I, for one, immediately envision the beauty of the season and all the senses it triggers; the color of the leaves, the smell of outdoor firepits, cool crisp mornings and orange pumpkins against the bluest of skies. However, I know the word can be polarizing. I have found the fall season to be a love/hate relationship for most people. Why? Because so many hear the word fall and associate what follows – winter! But, before I digress into my love of fall and winter, let's back up and talk about your spring and summer seasons.



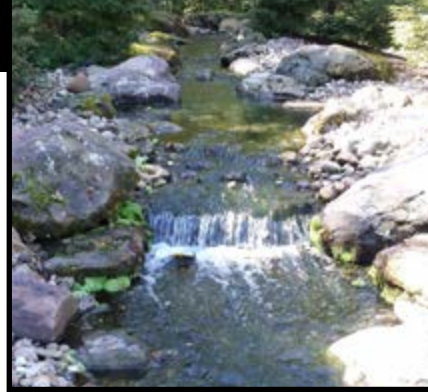
Like many, you probably spent the winter dreaming of warm temps so you and your family and friends could enjoy the outdoors. Maybe you even thought about how this was the year you were going to freshen up your landscape, care for your lawn so it would be the envy of your neighbors, and add a relaxing water feature to sit near and sip frosty drinks on hot summer nights. Now, here we are talking fall and those things didn't get done. Well, it's not too late. The fall season is one of the best times to take stock of your home's lawn and landscaping.

Let's look at that list again. If what you most want is to freshen up your landscape, perfect. Most plants get pruned in the fall, weeds can be tamed with a fresh coat of mulch applied to help reduce the amount of work in the spring, and the cooler evening temperatures are ideal to plant new shrubs and bushes. This is also when you want to consider adding spring-flowering bulbs to your landscape beds. Next on the list was lawncare. So, your plan was to get on a regular schedule of treating your lawn. Okay, we can't do that this time of year, but one of the most beneficial lawn treatments is the final one administered late into the fall. This treatment provides nutrients that lay dormant on your lawn all winter and give it an added boost in the spring

And last, but certainly not least, you thought about adding a water feature to your landscape. Excellent, because now is the time to do that. You are probably thinking, why would I bother doing that when it is just going to get cold and I won't get to enjoy it? Good question. Depending on the type of water feature you choose, most can, and should, have some type of bubbler or aeration system running in them for the winter. This is necessary if you have fish. I feel one of the reasons so many dislike the winter months, is they lack visual interest. **By keeping water moving in your water feature, the ice will provide that much needed visual interest and not put stress on a pump trying to run a waterfall**

This brings us to the location and type of water feature you've been thinking about. First, let's talk location. When deciding on an area to put a water feature in your yard, consider what your goals are. Do you want plants and fish? Do you envision a pond under your favorite tree in the backyard? Then you want to discuss these pros and cons with your installer. Aquatic plants play an important role in the ecosystem of your pond and shouldn't be overlooked when making installation decisions.

Are you mostly thinking of the relaxing sound of water flowing over



the rocks? Do you want a waterfall, a pond, or basalt fountains? Maybe the perfect choice for you is only a waterfall, which is known as a pondless waterfall, or you may prefer basalt fountains. Also consider the lay of the land. This is where a reputable company with expertise in installation, repair and maintenance of ponds is important. Bring to the discussion how loud you want the flow of water. That may sound silly, but to some loud, flowing water can become annoying, not soothing, as it should. Pondless waterfalls have become very popular the last several years due to the fact that they usually require less maintenance and you do not have to deal with fish and plant care with a pondless waterfall

Besides giving you additional beauty during our dark, Ohio winter, if you have your water feature installed in the fall, you will most likely save money on the installation. Many companies are winding down their landscape services and offer specials during the fall months to entice customers.

This time of the year installation also allows you the opportunity to tweak the details and be ahead of the game before spring arrives. Even the best of experts providing your installation may experience rocks that need adjusted or mechanical malfunctions that will need corrected.

Another good reason to consider using this season to your advantage is the fact that most companies are overwhelmed in the spring. **Ohio usually provides us with beautiful fall days offering ideal working conditions, and our spring seems to give us rain. No wait, it gives us RAIN!!!** The rain and mud can wreak havoc while trying to complete a pond installation. When choosing a company to provide a fall installation of a water feature, ask if they include coming back in the spring and getting your new pond up and running. By receiving this spring service in addition to the installation, you are getting your name moved to the top of the list for spring.

So, this year, don't just change your landscape, change your mindset. Look forward to realizing your dreams for your outdoors, by making a list and checking it twice before you choose a pond installer and then settle in for a long, winter's nap. For information about ponds, water gardens, lakes and lawns, visit the website for Pond Wiser, Incorporated, at www.pondwiser.com or contact them at 330-833-3764 ✨





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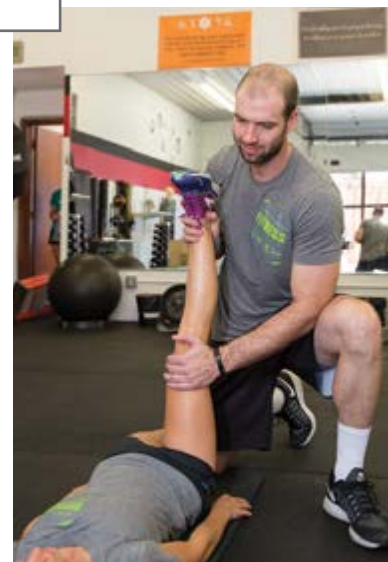
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2017 Schedule



Run Now Wine Later

Saturday, October 7
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Charge 5K

Saturday,
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Frosty Frolic 5K

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Is Your SHAMPOO

Sabotaging Your Health

By Hannah Alderfer, BA, CPT, FMSC

Union has banned hundreds of chemicals in cosmetics. You're more than likely to have at least a few products from one of the well-known companies that utilize harmful ingredients in the products we use daily on our bodies. These ingredients have been shown to disrupt our endocrine systems, affect our reproductive health, cause allergic reactions, create developmental issues in pregnant women, or are known carcinogens.

One organization has made it their goal to help consumers become more aware of the safety of products they purchase. The Environmental Working Group has a handy tool on their website where you can search products to learn their level of safety based upon the listed ingredients and the research done on the effects of those ingredients. I've used this tool to help me find better products for our home and personal care. You can also search for just a single ingredient. This tool has an extensive database of nearly 67,000 products from almost 2,000 brands and they have almost anything you can think of from the following categories: skincare, fragrances, makeup, nail products, men's products, hair care, oral care, baby products and more. The guide is called EWG's Skin Deep Cosmetics Database and can be found

by following this link: <http://www.ewg.org/skindeep/>.

You probably don't realize it, but on a daily basis you are exposed to a variety of "hidden" chemicals that pose a threat to your health. And it's not just from the foods you are eating or the environment where you live and work. In your quest for improving your health, have you ever thought about the ingredients in the soap you use each time you shower, the toothpaste you brush your teeth with multiple times a day, the lotions you use for moisturizer or sunscreen, or the makeup you apply each morning? It took me a while to realize that even though I was making strides toward a healthy lifestyle when it came to the foods I was eating and my exercise routine, there was an entire area of healthy living I had ignored, mostly because I was ignorant that the products I used on a daily basis could be harmful to my health. So I slowly began to clean out my bathroom cabinet, replacing my favorite products with safer ones that were less toxic but still effective.

In the United States, unfortunately the regulations for the personal care products we use each day, and sometimes multiple times per day, are not as stringent as they should be. In fact, the government does not require any health studies or pre-market testing of chemicals used in personal care products! One example is in cosmetics where the FDA, aside from a short list of banned substances, merely requires the cosmetics industry to self-police ingredient safety through its Cosmetics Ingredient Review panel. As of 2012, this industry panel has rejected only 11 ingredients as unsafe, while the European





Just like packaged foods have an ingredient list that you can inspect, you may now want to start checking the ingredient list on your personal care products. Limiting the number of toxic chemicals that you and your family are exposed to is another step toward improving your health and quality of life. EWG has listed a few specific substances that should be avoided if at all possible.

The next time you are purchasing shampoo or other products to be used on your body, be on the lookout for these ingredients to avoid, among many others.

BHA: The National Toxicology Program classifies butylated hydroxyanisole (BHA) as “reasonably anticipated to be a human carcinogen.” In animal studies, BHA produces liver damage and causes stomach cancers such as papillomas and carcinomas and interferes with normal reproductive system development and thyroid hormone levels. It is found in food, food packaging, and personal care products sold in the United States.

Coal tar hair dyes and other coal tar ingredients (including Aminophenol, Diaminobenzene, Phenylenediamine): Coal tar, a byproduct of coal processing, is a known human carcinogen, according to the National Toxicology Program and the International Agency for Research on Cancer. Hair stylists and other professionals are exposed to these chemicals in hair dye almost daily. While FDA sanctions coal tar in specialty products such as dandruff and psoriasis shampoos, the long-term safety of these products has not been demonstrated.

Formaldehyde: A potent preservative considered a known human carcinogen by the International Agency for Research on Cancer. Formaldehyde, also an asthmagen, neurotoxicant and developmental toxicant, was once mixed in to many personal care products as antiseptic. Some hair straighteners are based on formaldehyde’s hair-stiffening action and release substantial amounts of the chemical. Many nail polishes and cosmetics are also known to use formaldehyde.

Parabens (specifically Propyl-, Isopropyl-, Butyl-, and Isobutyl- parabens): Parabens are estrogen-mimicking preservatives used widely in cosmetics. The CDC has detected parabens in virtually all Americans’ bodies. According to the European Commission’s Scientific Committee on Consumer Products, parabens may disrupt the endocrine system and cause reproductive and developmental disorders.

Phthalates: A growing number of studies indicate that this chemical family damages the male reproductive system. Pregnant women should avoid nail polish containing dibutyl phthalate. Everyone should avoid products with “fragrance” indicating a chemical mixture that may contain phthalates.

Toluene: Volatile petrochemical solvent and paint thinner and potent neurotoxicant that acts as an irritant, impairs breathing, and causes nausea. A pregnant woman’s exposure to toluene vapors during pregnancy may impair fetal development. In human epidemiological and animal studies, toluene has been associated with toxicity to the immune system. Some evidence suggests a link to malignant lymphoma.

Triclosan & Triclocarban: Antimicrobial pesticides in liquid soap (triclosan) or soap bars (triclocarban) are very toxic to the aquatic environment. They are often found as contaminants in people due to widespread use of antimicrobial cleaning products. Triclosan (found in many toothpastes) disrupts thyroid function and reproductive hormones. The American Medical Association and the American Academy of Microbiology say that soap and water serves just as well to prevent spread of infections and reduce bacteria on the skin. Overuse may promote the development of bacterial resistance.

Fragrance: It may help sell products from face cream to laundry detergent, but do you know what’s in it? Fragrances are in everything from shampoo to deodorant to lotion. Federal law doesn’t require companies to list any of the chemicals in their fragrance mixture. Recent research from EWG and the Campaign for Safe Cosmetics found an average of 14 chemicals in 17 name brand fragrance products, none of them listed on the label. Fragrances can contain hormone disruptors and are among the top 5 allergens in the world. EWG’s advice is to buy fragrance free wherever possible.

You’ll also want to avoid ingredients that start with “PEG” or have an “-eth” in the middle (for example, sodium laureth sulfate). And make sure to look for these words: “FRAGRANCE,” “FD&C,” or “D&C.” ✨

I'm sure that you've seen people at the gym or on the internet putting hundreds of pounds of weight on a barbell, stepping underneath it, and lifting it over and over again. What in the world are they accomplishing with this exercise? So much more than you think.

Known as the King of Exercises, the squat is first and foremost an exercise to gain strength in your legs. But it is so much more than that. It is a relatively

This movement is one that should be implemented into nearly every exercise routine for the following benefits:

1 They build muscle through the entire body

The benefits to your legs are pretty evident, but squatting creates an anabolic environment, boosting muscle growth all throughout the body by releasing testosterone and human growth hormone (hGh) that are essential for muscle growth. When done properly, squats can help to improve strength in both upper and lower body muscles.

2 Functional activities make life easier

Functional movements are those that help to create real-life simulated exercise, and the squat is one of the best of them. Humans have been squatting as long as humans have been human, and building strength in your squat can help to improve mobility, range of motion, and flexibility in your everyday life.

3 You burn more fat

Increased lean muscle mass on the body has been proven to burn more calories at rest than one that does not. Training with resistance, like squatting, can burn calories for an additional 24-48 hours after a workout.

simple exercise that requires little to no equipment to perform, can be done virtually anywhere, and trains more muscle groups throughout the entire body than just the legs.

SQUAT

4 Prevent Injuries

Most athletic injuries, or injuries sustained during movement, are due to weak stabilizer muscles. Squats help to prevent these kinds of injuries by improving range of motion and flexibility as stated above.

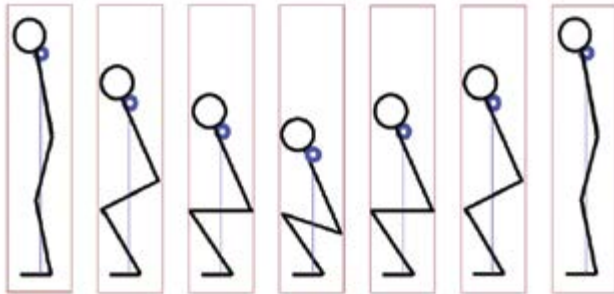
5 Boost your athletic performance

Lower body strength, as well as increased core strength, helps make you run faster and jump higher. For this reason, the squat is in every professional athlete's training program.

6 Tone everything

There are few exercises that recruit as many muscle groups during a movement than the squat, making them perfect for toning and tightening buns, abs, and of course legs. Muscles are also crucial in the regulation of glucose and lipid metabolism and insulin sensitivity, helping you to avoid obesity, diabetes, and cardiovascular disease.





Now that you have gotten some of the benefits of what makes the squat such an awesome exercise, you should be aware of how to properly perform the movement. Take a look at this diagram and use the tips below to help you properly perform a squat.

S The KING of EXERCISES

By Tyler Murphy, BEd, CPT



1. Stabilize your midline

Prior to dropping down into your squat, take a deep breath in and brace your core (tighten everything up). Hold this brace as you descend into your squat, keeping your core tight throughout the movement, then exhale as you come up from the bottom of the squat, also known as coming out of the hole. A stable core during squats can help you to move the weight more efficiently and safely.

2. Watch those knees

One of the most common issue that I see with squatters at the gym is, when coming up out of the hole, their knees sinking in. This is known as a dynamic valgus or, more commonly, knock knees. The best way to fix this issue and avoid injury is to think about splitting the floor between your feet. As you come up out of the hole, push out through your heels, engaging your abductors in your hips and driving your knees out. This movement pattern will feel a little strange at first, but once you have gotten used to it, your strength and gains will skyrocket.

3. Move backwards to move forward

The squat movement is obviously a drop from a standing position to a squat position, but the best means of accomplishing the end goal of a squat is to initially move backwards. What I mean by this is to initiate your squat by hinging at the hip and pushing your butt backwards. Exaggerating this motion will help to keep your knees behind the toes as well as maintaining a straight back, all the things that make an efficient squat possible. ✨



Known as the King of Exercises, the squat is first and foremost an exercise to gain strength in your legs



I have worked in the fitness industry for nearly ten years, and almost every day I encounter middle-aged adults whose long passion for running has finally caught up with them. Their backs hurt and their knees and hips ache. They can't get down on the floor and wrestle with their grandchildren. Running is a thing of the past. Living a healthy lifestyle has finally caught up with their joints. Their treadmill could be the reason why.

Finding a Quality **TREADMILL**

By Bryan Shutts



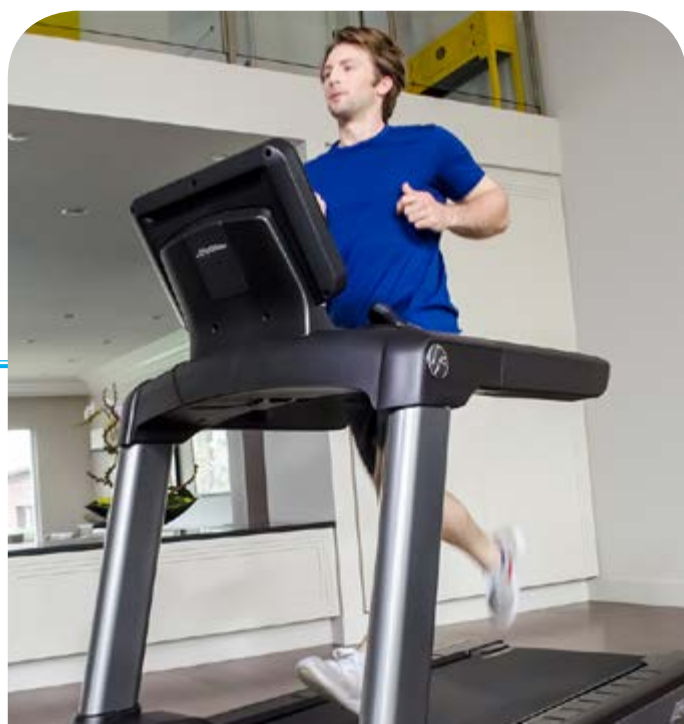
The biggest stigma with the concept of the treadmill has always been that you are running on a moving surface, and thus, it is constantly pulling you back. That's why we can run in place on them, because it pulls us back so we don't move forward. The problem with this is that there is not a human being on the planet

fast enough to plant their foot, shift their weight, and push off the deck before the belt pulls them back. If they did they would run off the front of the treadmill, right? In addition, running on a treadmill conditions a user to always have to "catch up" with the belt, which results in degradation of form. Next time you see someone running down the

road, watch their form. If they are “diving” forward in front of their body as they make impact with the ground, they have adapted themselves to running on a moving surface. Shouldn’t the treadmill adapt to them instead?

A high-end treadmill is very consistent when you run on it. Whereas other, cheaper treadmills are designed to be spongy.

What if you were standing on a rug and I pulled the rug out from beneath your feet? Would your knees thank me? Probably not. When you set your speed on a treadmill, the motor moves the belt at that precise speed. Since running is a process of planting, shifting and pushing, we are constantly changing speeds on a moving surface that isn’t. This is a problem. When the belt pulls you back in-between planting and pushing, it forces your anterior cruciate ligament (ACL) to go beyond your femur and kicks your tibia back. I personally think this is a huge reason why some people get shin splints on low-end treadmills, even though the treadmill technically is providing more “cushion” than running outside, even on grass.



A high-end treadmill is very consistent when you run on it. Whereas other, cheaper treadmills are designed to be spongy - to appeal to you, frankly – higher quality treadmills can provide the same amount of absorption and negative-pull for every step you take and for every user that uses it; and most importantly, save the valuable cartridge in your knee. Higher quality treadmills use a computer based program to regulate and change the belt speed up to 760 times per second depending on the weight of the user and the force of the strike on the deck. This predictability and consistency has shown to help relieve the stress on the knees and joints. Since we all run and move differently, shouldn’t the treadmill conform to the user? Why should the user conform to the treadmill?

A bio-mechanically poorly designed treadmill can certainly be stressful on the knees, hips and back. While muscle confusion shocks the unprepared muscle to achieve better results, confusing and shocking unprepared joints does the exact opposite. When you run on an intelligent treadmill that utilizes pulse-width modulation or Integrated Footplant Technology, the belt will gradually decrease in speed when you strike the deck and provide a controlled acceleration when you push off so the belt never pulls you back. This allows you to achieve your natural stride and pace.

This isn’t a technology you can touch and play with. It isn’t there to entertain you. The reasons why they do this are to prevent injury, promote endurance, delay fatigue and save the cartilage in your knees. It’s preventative.

Avoid the “big-box stores” and find a reputable fitness equipment specialty store with trained consultants that can help you find the right equipment for you. And one day, your knees (and grandkids) will thank you. ✨

A bio-mechanically poorly designed treadmill can certainly be stressful on the knees, hips and back.

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OHIO STAR THEATER

AT DUTCH VALLEY

By Doug Kish, MA

In 2012 Dutchman Hospitality converted the conference center at the Carlisle Inn Sugarcreek into a small theater-in-the-round in an effort to bring evening entertainment to overnight guests in Amish country. While they achieved success with live musicals produced by Blue Gate Musicals of Nashville, Tennessee, they had limited space in that area. Dutchman Hospitality recently expanded that venue with the completion of a new building. Located adjacent to the Dutch Valley Restaurant and the Carlisle Inn, the Ohio Star Theater at Dutch Valley was born.

The new theater, which seats 512 people, hosts concerts and musicals

The new theater, which seats 512 people, hosts concerts and musicals that the whole family can enjoy. After opening its doors in April, 2017 with weekend concert performances, the musical comedy **The Home Game** played through August. Based on a story written by Martha Bolton, Ms. Bolton was a special guest at the grand opening ceremony held on May 18, 2017. All productions at Ohio Star Theater feature trained cast members chosen from professionals that audition for parts. Cast members selected from various states spend the season, living and performing in Sugarcreek.

With all musicals based on the Amish and Mennonite lifestyle, starting August 29, 2017, **The Confession** begins. Based on a story by Beverly Lewis, it features new songs and staging from its former version while it continues through November 4, 2017. Appearing concurrently and beginning September 6, 2017, is a new production, **Mennonite Girls Can Cook**. This musical comedy traces the fun that occurs when two Mennonite women star in a small-town cable cooking show that attracts the attention of a

Hollywood producer. Scheduled concerts include Mark Lowry and the Gospel Harmony Boys on September 1 and 2 and September 12 respectively.

At the end of the year, **Our Christmas Dinner** begins on November 9 and continues through December 16, 2017. Based on a story by Wally Nason and Martha Bolton, it reveals what happens when an unlikely group of strangers and kinfolk are brought together by a snowstorm and discover the real meaning of Christmas. Concerts by Steve Green will be December 5 and 6, followed by two showings of the 11th Annual New Year's Party with a Purpose on December 30.

The Ohio Star Theater is available for community events, business retreats, conferences, and church and marriage retreats throughout the year. With the addition of this facility, Dutchman Hospitality presents a campus where you can enjoy Amish cooking at Dutch Valley Restaurant, shop at Dutch Valley Gifts, take in a performance at the Ohio Star Theater, and spend the night at the Carlisle Inn Sugarcreek.

For more information about upcoming events at the Ohio Star Theater, or to purchase tickets, consult their website at www.ohiostartheater.com. For more information or to book an overnight stay at the Carlisle Inn Sugarcreek, check their website www.carlisleinns.com. ✨

THE LITTLE SWITZERLAND OF OHIO

OF OHIO

By Doug Kish, MA



According to the Guinness Book of World Records, the world's largest cuckoo clock is located in Sugar Creek, Ohio. This quaint town has storefronts resembling a Swiss village, some decorated with Swiss murals painted by local artist Tom Miller. Originally called Shanesville, the town developed around the intersection of two Indian trails (today known as State Routes 93 and 39). East Shanesville eventually changed its name to Sugar Creek, after a nearby creek. Ultimately, Shanesville officially merged with the Village of Sugar Creek in 1969.



Known as "The Little Switzerland of Ohio," Sugarcreek is also home to the Ohio Swiss Festival, one of the most popular festivals in Ohio. The 2017 festival will be held Friday and Saturday, September 29 and 30. Prior to the weekend events, the festivities start with the crowning of the Little Swiss Miss and her court on Wednesday. The Big Wheel Race on Thursday features elementary-age children pedaling in heats through a course competing for the title. On Friday afternoon, the Kiddie Parade will feature children riding on their home-made floats. In the past, floats have included decorated wagons and Power Wheels equipped with cheese tires. An Antique Car Parade on Saturday is the preview to the Grande Parade at 2 pm.



As the name implies, Swiss cheese is the center of attention at the festival and area cheesemakers compete for the title of Grand Champion, or best in the business, according to the Ohio Swiss Cheese Association. The People's Choice Swiss Cheese Judging and Eating Contest takes place on Thursday evening prior to the Swiss Cheese Auction. This is followed by the award for the Grand Champion Cheesemaker followed by the crowning of the 2018 Ohio Swiss Festival Queen.

Saturday morning at 8 am runners will assemble for the annual Swiss Cheese Chase. There are 5K and 10K courses, as well as a 1-mile fun run/health walk. As an extra incentive this year there is a prize of an overnight stay at the Carlisle Inn Sugarcreek for the preregistered race finisher who comes

from the furthest distance away. Refreshments, awards and door prizes will follow the race

On Friday and Saturday the craft tent will feature artisans from Ohio's Amish Country and all items are hand crafted. Live music will play on two stages as people visit the fire station for wine tasting and cheese sampling. After you have decided on your favorites, you can even take some home.

While you are in the area, take time to see some additional unique sites. We already mentioned the famous cuckoo clock which operates every half hour from 9 am to 9 pm throughout the spring, summer and fall seasons until the winter weather threatens to freeze the water wheel and damage the figurines. Sugarcreek also has a unique brick wall containing a series of 13 sculptured brick panels. Designed by local artist Sherry Crilow, the panels show the history of the area. You can stop in at the Sugarcreek Information Center for a brick wall scavenger hunt for the kids. The Alpine Hills Museum contains three floors of displays and information about Sugarcreek's Swiss and Amish heritage.

Area restaurants feature authentic Swiss and Amish-made homestyle dishes, as well as pizza, sandwiches and more. The Honey Bee Café offers choices for breakfast and lunch, as well as coffee, lattes, cold drinks, smoothies and slushies. Their homemade pastries are hard to resist and one of the house specialties is Honey Oatmeal Cookies. Swissters features an assortment of wines, beers and Heini's cheese. They offer more than 55 Ohio wines, as well as wines from around the world. Another

As the name implies, Swiss cheese is the center of attention at the festival and area cheesemakers compete for the title of Grand Champion, or best in the business, according to the Ohio Swiss Cheese Association.

specialty is craft beers with 11 tap handles and you can purchase a mixed 6-pack of craft beers to take home. You can sit, relax and enjoy a sandwich or a meat and cheese tray with a glass of wine. Dutch Valley Restaurant specializes in Amish cooking and offers both a hot buffet and a salad bar.

Broad Run Cheese allows visitors to see how their cheese has been made in this family-owned business for more than seven decades. Located in the same building, Swiss Heritage Wines invites you to sample wines that are bottled on the premises. Also on the premises is the Curtains & Lace portion of the store featuring window coverings and household decorative items.

If you want to extend your visit to an overnight stay, there are numerous hotels, inns, bed and breakfasts, cottages, cabins and campgrounds to accommodate you. The Carlisle Inn Sugarcreek combines lodging, dining, and shopping. It is located adjacent to the Ohio Star Theater which features year-round musicals, concerts and holiday shows. The Sugarcreek Village Inn has rooms and suites, and at nearby Victoria Station you can sleep in a railroad car with 19th Century decor and all of the modern amenities.

As the year progresses, Sugarcreek will host Light up Sugarcreek on December 2, 2017. Santa will be downtown to meet children in the Christmas cottage.

A Christmas candle lighting service starts the activities with live music and caroling. Ultimately downtown Sugarcreek comes to life with beautiful tree and light displays. After hot chocolate and pastries, you can start your Christmas shopping.

No matter what time of the year, there is always something to do and see in Sugarcreek. Take a trip to the area soon and enjoy some good food and shopping. For more information about Sugarcreek, check their website www.visitsugarcreek.com. The website www.ohioswissfestival.com has a schedule of events, dates and times for the 2017 Ohio Swiss Festival. ✨





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- Aug. 4-5 - Loudon Township Homecoming - Kilgore
- Aug. 9-12 - Scio Fall Festival - Scio
- Aug. 11-13 - Sandy-Beaver Canal Days - Magnolia
- Aug. 18-19 - Sherrodsville Homecoming Festival - Sherrodsville
- Aug. 26-27 - Great Trail Fall Festival - Malvern
- Sept. 2-4 - Great Trail Fall Festival - Malvern
- Sept. 9 - Dancing on the Bridge - Malvern
- Sept. 23-24 - Stockers & Streeters On the Bricks Car Show - Minerva
- Sept. 23 - Oktoberfest - Minerva
- Sept. 30 - Scarecrows on the Square - Carrollton
- Oct. 6-8 - Atwood Area Fall Festival - Mineral City
- Oct. 13-15 - Algonquin Mill Fall Festival - Carrollton
- Oct. 20-22 - Steam Power Show - Carrollton
- Nov. 24 - Coley's Stag Reunion - Carrollton
- Dec. 2-3 - McCook House Christmas Tours - Carrollton



For an updated schedule, see www.carrollcountyohio.com.



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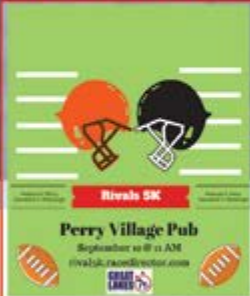
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The BUCK FIFTY

By Tricia Wackerly

This past April, organizers of the Buck Fifty, a 150 mile relay race, watched in awe as their hard work became a reality. Initially the goal of this grassroots effort was to raise awareness and money to fund 8 local chapters of Drug Free Clubs of America (DFCA) but it has fueled a Southern Ohio community and created a movement.

The Buck Fifty organizers, made up of local runners, had an idea to create change through running. These unpaid volunteers served in various roles during the planning and execution of the overnight relay, but their goal was the same: educate, support and encourage high school students to take a stand, take action and live a drug free life, all while putting on the best relay race you have ever seen. They accomplished all of this and more as teams of runners from 8 states descended upon Ross County, Ohio on April 7th and 8th to compete in one of Ohio's most grueling running competitions. Buck Fifty teams are comprised of 10 runners who each run 3 legs of the race. Over the journey of the race, runners ran approximately 5 miles on each of their assigned legs to complete all 150 miles of the course. The course had over 8,800 feet of elevation gain as runners embarked on back country roads, through historic downtown Chillicothe, and trail runs through 4 state and national parks.

Over 350 volunteers helped pull off the historic event by managing checkpoints and working the post-race celebration at the finish line. Some say the checkpoints were where the community involvement and "magic" happened during the overnight relay. The 29 checkpoints consisted of civic groups, churches, schools and businesses that came out to support the runners with enthusiasm and energy. Many of the checkpoints felt like mini parties - playing music and most importantly encouragement to help the runners along the way. They directed van traffic and guided the runners as they entered and exited each checkpoint. If you ask most runners, they were blown away by how well organized the race was, but these checkpoints were an unexpected highlight and the real icing on the cake.

The 2016-2017 schoolyear was the start of the MADE program, which stands for My Attitude Determines Everything and is the local branch of Drug Free Clubs of America. 100% of race proceeds support this program. They had a goal of 20-30% enrollment, which DFCA claimed was very lofty considering 15% is the average. They also warned that starting with 8 high schools was bold to say the least, but there was no telling this group of passionate volunteers they couldn't meet their goal. "We knew we couldn't let down any student who wanted to

participate in the program. Yes, the challenge was big, but we refused to fail,” said Dave Huggins, Buck Fifty Race Director.

Are you ready for this? Organizers enrolled 1,695 members into the MADE program, representing over 45% of the Ross County high school student population. If someone tells you, you can't change peer pressure and the culture in a high school, they haven't met the crew at The Buck Fifty! In just their first year The Buck Fifty was able to write a check to Drug Free Clubs of America in the amount of \$70,000. It was a complete and total team effort and the Buck Fifty race committee is extremely grateful and proud of the results.



Over 350 volunteers helped pull off the historic event by managing checkpoints and working the post-race celebration at the finish line.



The winning team of this inaugural race was the Appalachian Alpha Team finishing in 17 hours and 14 minutes. It was an impressive display of running as this team of 5 Elite Runners ran their hearts out to win this event with each runner taking on 6 challenging legs of The Buck Fifty course. They were the winners, but really, all of the 38 inaugural teams talked about having the time of their life and crossed the finish line together as a team with pockets full of pride. They were then rewarded with a huge Buck Fifty medal hung around their neck by one of the high school members of the MADE program. It was an electric moment to see these teams and teens combine for one common goal. Check out the 2017 race highlight video to see the real beauty this course beholds and all the smiles our runners displayed https://youtu.be/zXLzV8r_8TQ.

Next year's race will be April 13 & 14 at Ohio University Chillicothe. There is a ton of momentum, so register now as 19 of the original 38 teams have already signed up for next year. The goal is 100 teams in 2018 but will cap out at 150 teams. Registration is open and details can be found at www.thebuckfifty.com. ✨

What did participants think of this year's inaugural Buck Fifty event?

“This was a first class event. The experience far exceeded my expectations. The course was killer (hate you for leg 23, but can't wait to tackle it next year). Really, truly, and sincerely, a great job. Thank you.”

“I have participated in relay races across the country, some of them rated as ‘the best in the country.’ This race was second to none.”

“This is the ninth time I have run a relay and I came from Florida to do this one. It was the most well organized, well marked, and had the best volunteers of any of them. Thanks!”

“Can't say enough thanks to you and your incredible team of volunteers. We had a team of people who are runners, event planners, and fundraisers for a living and we were blown away. Literally blown away by how awesome of a time we had and what you guys created.”

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FALL REAL ESTATE Outlook

By Tammy Grogan

Buying is now 33.1% cheaper than renting in the United States

The results of the latest Rent vs. Buy Report from Trulia show that homeownership remains cheaper than renting with a traditional 30-year fixed rate mortgage in the 100

largest metro areas in the United States. The updated numbers actually show that the range is 33.1% nationwide!



Other interesting findings in the report include:

- ✓ *Interest rates have remained low and, even though home prices have appreciated around the country, they haven't greatly outpaced rental appreciation.*
- ✓ *With rents & home values moving in tandem, shifts in the 'rent vs. buy' decision are largely driven by changes in mortgage interest rates.*
- ✓ *Nationally, rates would have to reach 9.1%, a 128% increase over today's average of 4.0%, for renting to be cheaper than buying. Rates haven't been that high since January of 1995, according to Freddie Mac.*

How low interest rates increase your purchasing power

According to Freddie Mac's latest Primary Mortgage Market Survey, interest rates for a 30-year fixed rate mortgage are currently around 4%, which is still very low in comparison to recent history! The interest rate you secure when buying a home not only greatly impacts your monthly housing costs, but also impacts your purchasing power. Purchasing power, simply put, is the amount of home you can afford to buy for the budget you have available to spend. As rates increase, the price of the house you can afford will decrease if you plan to stay within a certain monthly housing budget.

Lack of listings slowing down the housing market.

The real estate market is moving more and more into a complete recovery. Home values are up. Home sales are up. Distressed sales (foreclosures and short sales) have fallen dramatically. It seems that 2017 will be the year that the housing market races forward again. However, there is one thing that may cause the industry to tap the brakes: a lack of housing inventory. While buyer demand looks like it will remain strong throughout the year, supply is not keeping up.

Buying a home makes sense socially and financially

Buyer demand continues to outpace inventory of homes for sale

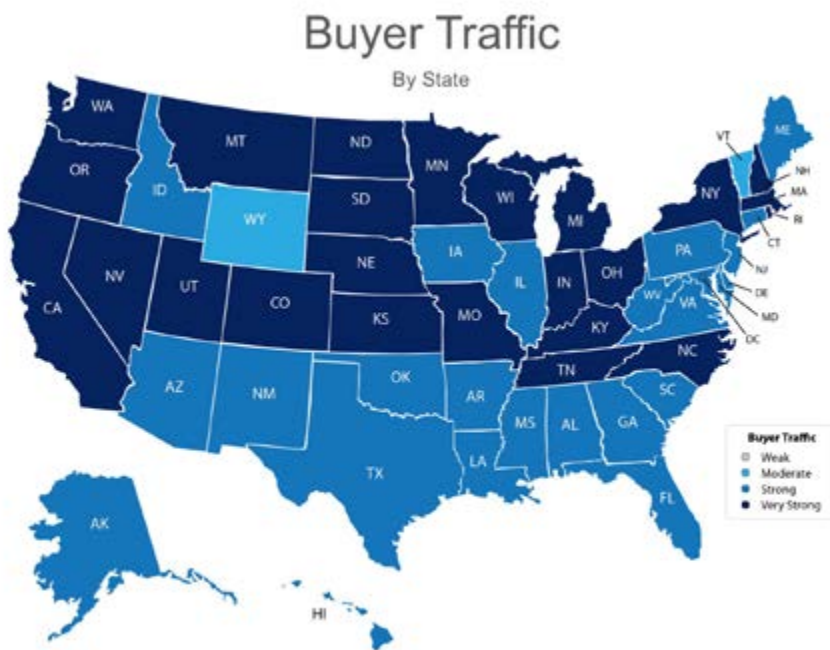
The price of any item is determined by the supply of that item, as well as the market demand. The National Association of Realtors (NAR) surveys “over 50,000 real estate practitioners about their

expectations for home sales, prices and market conditions” for their Realtors Confidence Index. Their latest edition sheds some light on the relationship between Seller Traffic (supply) and Buyer Traffic (demand).

Buyer demand

The map (below) was created after asking the question: “How would you rate buyer traffic in your area?” The darker the

blue, more buyers are looking for homes in that area. Only two states came in with a weak demand level.



If you are thinking of selling, now may be the time. Demand for your house will be strongest at a time when there is very little competition. That could lead to a quick sale for a really good price.

Here are the thoughts of industry experts on the subject:

Tom O' Grady, Pro Teck CEO

“The lack of inventory is very real and could have a severe impact on home sales in the months to come. Traditionally, a balanced market would have an MRI (Months Remaining Inventory) between six and 10 months. This month, only eight metros we track have MRIs over 10, compared to 27 last year and 48 two years ago—illustrating that this lack of inventory is not being driven by traditionally ‘hot’ markets, but is rather a broad-based, national phenomenon.”

Ralph McLaughlin, Chief Economist at Trulia

Nationally, housing inventory dropped to its lowest level on record in 2017 Q1. The number of homes on the market dropped for the eighth consecutive quarter, falling 5.1% over the past year.

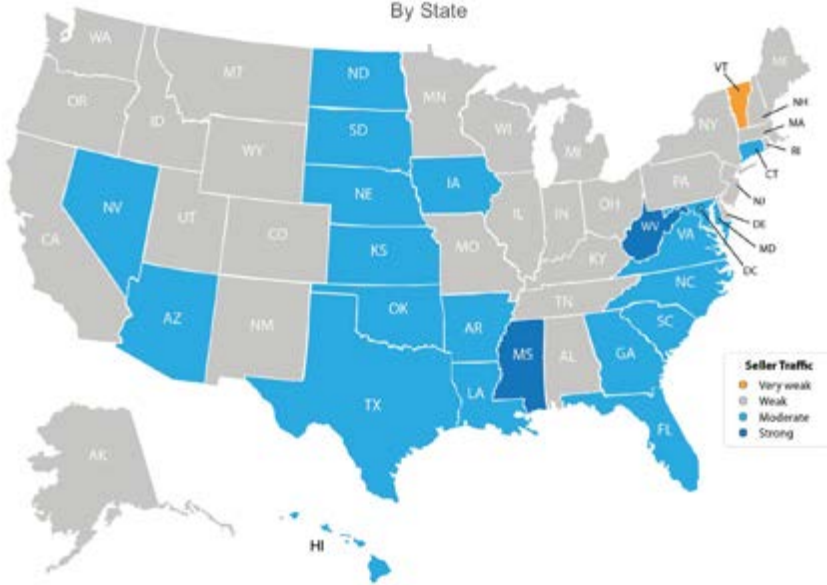
Freddie Mac

Tight housing inventory has been an important feature of the housing market at least since 2016. For-sale housing inventory, especially of starter homes, is currently at its lowest level in over ten years. If inventory continues to remain tight, home sales will likely decline from their 2016 levels. All eyes are on housing inventory and whether or not it will meet the high demand.



Seller Traffic

By State



Seller Supply

The Index also asked: “How would you rate seller traffic in your area?” As you can see from the map on the left, the majority of the country has weak Seller Traffic, meaning there are far fewer homes on the market than what is needed to satisfy the buyers who are out looking for their dream homes. Looking at the maps, it is not hard to see why prices are appreciating in many areas of the country. Until the supply of homes for sale starts to meet the buyer demand, prices will continue to increase

Where are interest rates headed?

If you are considering moving up to your dream home, it may be better to do it sooner rather than later. The two components of your monthly mortgage payment (home prices and interest rates) are both projected to increase as the year moves forward, and interest rates may increase rather dramatically.

Here are some predictions on where rates will be by the end of the year:

Lynn Fisher, Vice President of Research & Economics for the Mortgage Bankers Association:

“By the time we get to the fourth quarter of this year, we will still be under 5 percent – we are thinking 4.7 percent... Something north of 5 percent by the time we get to 2018, and by the time we get to 2019, we show fourth-quarter rates hitting 5.5 percent.”

Len Kiefer, Deputy Chief Economist for Freddie Mac:

“We will probably see rates higher at the end of year, around 4.5%.”

If you are feeling good about your family's economic future and are considering making a move to your dream home, doing it sooner rather than later makes the most sense. ✨

Article sourced with permission from KeepingCurrentMatters.com and provided by Tammy Grogan and Associates – Cutler Real Estate. For more information about buying or selling, contact them at 330-491-4126 or consult their website at www.tammygrogan.com

SARTA

Offers Express Service to Stark State College

By Kristie Petty-Cox

Last year, the Stark Area Regional Transit Authority (SARTA) and Stark State College began a partnership to develop a program to enhance Stark State Students, Staff and Faculties ability to access Stark State's main campus in North Canton. As a result of the partnership, SARTA and Stark State are providing express bus service from Akron to North Canton and students, staff and faculty can ride any of SARTA's Fixed Routes for free!

Beginning with the Spring Semester, SARTA began operating express bus service, Route 88, from Akron METRO's Transit Center to Stark State College's main campus. From there, the bus provides service to SARTA's Belden Village Transit Center before returning to Akron. The partnership provides for the Route 88 to operate during Stark State College's Fall and Spring semesters only (no service during the summer), Monday through Thursday, several times each day. For the Route 88 Schedule, please visit SARTA's website at www.SARTAonline.com and go to the schedules page.

The partnership also allows Students, Staff and Faculty to ride **any** of SARTA's 34 fixed routes, for **FREE** all year long. They just need to show their current Stark State photo ID to the driver when boarding the bus. The free rides are not limited to when the Student, Staff or Faculty are going to the Stark State campus. They have endless access to: Parks, Libraries, Shopping Centers, Places of Employment, Medical Facilities, Banking Institutions, Restaurants, Movie Theaters, Downtown Cleveland, Akron-Canton Airport, Pro-Football Hall of Fame, Hartville Kitchen, Harry London Chocolates, McKinley Monument, First Ladies Library, Canton Classic Car Museum, Massillon Museum, YMCA's and Recreation Centers, Glamorgan Castle, Downtown Canton Arts District, Stark County Veterans Services Commission, Stark County VA Clinic, and Government & Social Services offices.

"Stark State is a vital part of the educational system in

Stark County. The direct access to Stark State's main campus from downtown Akron and Belden Village transit centers will enhance the students commute," stated Kirt Conrad, SARTA CEO, *"Our partnership with Stark State enhances the lives of Stark, as well as Summit County, residents by providing direct access to education, jobs and much more."*

"Stark State College is pleased to collaborate with SARTA on offering free, direct bus service from downtown Akron to Stark State College's main campus in North Canton to assist students. The free, express bus service is helpful to students who juggle work, school and family and will ease the burden on students' wallets and schedules, particularly if they are taking classes at Stark State College Akron and on our main campus," stated Dr. Para Jones, Stark State President. ✨



the Enchanted Forest

By Elaine Kish

Bat, Tree Frog, Opossum, Caterpillar, Flying Squirrel and Raccoon will be waiting along the way as guides lead small groups of visitors by lantern light through the pumpkin-lit trails of the Enchanted Forest.

On Friday and Saturday, October 13 and 14, 2017, The Wilderness Center in Wilmot, Ohio, will come alive with these friendly nocturnal animals as they sing songs, tell jokes and share stories of life in the nighttime woodlands. Before heading out on the trails, visitors

can stop in at the coloring area or pose for photos with Mouse or Luna Moth.

At the end of the 45-minute walk, families are invited to return to the Interpretive Building for pretzels and cider. Children and adults are welcome to wear non-scary costumes. Admission for the event is \$6 for members and \$8 for non-members. Children under the age of 3 will be admitted free.

For those who prefer daylight walks so they can enjoy the beautiful fall colors, there are several trails to choose from. Pond Trail is 1 1/4 miles long and you will see the sundial and rock walk, as well as fish in Wilderness Lake. You can climb the tower and view the pond from the observation station. The Sigrist Woods Trail is a 3/4 mile boardwalk across Fox Creek, through a wooded wetland and up a rise to some of the oldest trees in Northeast Ohio. For a



3/4 mile walk through the lowland woods, an apple orchard and past the banks of Fox Creek, you should take the Fox Creek Trail.

The Sugarcreek Trail is a 1 mile trek through high and low upland forest on a ridge overlooking Sugarcreek flats and along the middle ford of Sugar Creek. A bit longer is the Belden & Blake Wilderness Walk which will take you 1 1/2 miles through a cool, wooded trail of Beech and mixed forests. The longest trail, Pioneer Path, is 1 3/4 miles of peace and solitude on the outer loop through the woodlands or on an inner cut-across through the restored prairie.

Trails are open every day from sunrise to sunset. You can even bring your four-legged friends, as leashed dogs are welcome on the Sigrist Woods, Fox Creek and Sugarcreek Trails. For more information and a calendar of events at The Wilderness Center, see their website at www.wildernesscenter.org. ✨



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Lyndhurst, Ohio 44124
Phone: (440) 449-8508

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

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

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

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

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

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

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

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



The background of the advertisement is a vibrant scene of Cedar Point amusement park. In the foreground, a multi-lane water slide with yellow and pink tracks winds through lush green trees. In the middle ground, a tall, grey tower with a red and white umbrella-like top stands prominently. To its left, a roller coaster with teal and yellow tracks is visible. In the background, a sandy beach meets the blue waters of Lake Erie under a clear blue sky with a few wispy clouds. The overall atmosphere is bright and exciting.

Cedar Point

IF IT'S THRILLING,

IT'S HERE.

**WE'RE KNOWN FOR OUR COASTERS,
BUT THE THRILLS DON'T STOP THERE.**

**With the all-new Cedar Point Shores water park,
our mile-long beach on Lake Erie and a sunrise
walking tour atop Valravn, we keep the thrills
going from morning to night. Add our upgraded
hotel accommodations, beach entertainment,
water sports and special events, and this is one
can't-miss destination!**

**WITH ENDLESS THRILLS, YOU CAN
PLAY YOUR WAY AT CEDARPOINT.COM**



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