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# Canal Fulton Glassworks

By Elaine Kish

If your holiday gift list includes females, males, adults, teenagers and children, we've found the place for one-stop shopping. Canal Fulton Glassworks is housed in one of Stark County's oldest commercial buildings. Originally constructed around 1814, over the years this timber-framed structure has been home to numerous businesses, including a general store, the original town train station for the Massillon & Cleveland Railroad, a bakery, beer distributor, coal and feed store, building supply, radio repair, bicycle shop and canoe livery.

The building and adjoining three lots were purchased by Worth "Bud" Graham and Sandy Graham in 2004. Their intention was to restore the building to as close to

the original design as possible, which included raising the building up about five feet to permit repair of the foundation and replacement of termite damaged sills, and returning the front doors to their original location on the front of the building. The Grahams, along with their son, Brian, ultimately completed the restoration and in 2009 Canal Fulton Glassworks was founded as a family business.

Numerous bus tours and school students visit each year to see how hand blown and molded glass pieces are made from beginning to end. Each hand blown glass piece starts with a "gather" of molten glass from the 2,000+ degree furnace, which remains heated at all times,

onto the end of a blowpipe. While all of the molten glass starts out clear, colors are added by the addition of glass frit. Resident glass artists Brian Graham and Russ O'Brien are graduates of Kent State University. Artists demonstrate the techniques of blowing the glass and shaping it into different objects. Some of the glassblowing tools originated in Italy in the 1400's. Vases, bowls and other glass art that are not blown start with a gather on a punty rod that is subsequently shaped and reheated as necessary while tools are used to attain the finished shape. Completed pieces are then placed in the annealing oven for a period of 24 hours which allows them to cool slowly thereby increasing durability.

Molded glass pieces are made by blowing molten glass into individual molds. While Canal Fulton Glassworks already had numerous molds in their possession, in 2017

they acquired additional molds from the Fenton Art Glass Company in West Virginia when Fenton stopped traditional glassmaking. Canal Fulton Glassworks has the last remaining William J. Miller semi-automatic marble machine built for the Peltier Glass Company in 1923/24. Their particular machine is referred to as Peltier No. 1 machine and may be adjusted to make 3/4" and 1" glass marbles. In the demonstrations they hand shear hot glass slugs, one at a time. In the original factory setting, glass would be fed in a continuous stream direct from a glass furnace to produce marbles.

After you see how the beautiful glass pieces are created, you will definitely enjoy a visit to the glass studio and art gallery. Sitting on the porch to greet you are some carved pieces, one of which is a 4-foot tall snail. All glass pieces in the gallery were created on the premises. There are glass bowls

After you see how the beautiful glass pieces are created, you will definitely enjoy a visit to the glass studio and art gallery.

and vases in an assortment of sizes, shapes and colors, as well as blown glass, all made on the premises. They carry handmade art works created by more than 60 Ohio artists. Items include carved wood, ceramics, jewelry, stained glass, furniture, and prints. Since each item is individually created, there are no two alike. Artists whose work is displayed are chosen specifically by the Grahams. "Each piece in the gallery tells a story," says Bud Graham.

One specific category of glass art work is an assortment of angels in different colors created by artist Russ O'Brien who generously donates a portion of the proceeds from each



As we approach the holidays, Canal Fulton will celebrate Christmas on the Canal on Saturday, December 2, 2017.

angel sold to the Akron Children's Hospital Burn Unit in Akron, Ohio. They are available in several sizes and colors, and displayed with a battery powered votive candle inside to highlight the color and texture. If you want a specific size or color, you can request that it be made exactly as you would like.

Canal Fulton Glassworks offers classes in hot glass working conducted by resident artist Brian Graham and no experience is necessary to create your own one-of-a-kind piece. Currently classes are making glass paperweights, glass pendants 1.5" round and glass beads. Held on Saturday mornings, all classes require an advance registration and deposit. Although you will complete your piece during the class, it will need to cool for 24 hours which will require a return trip to the studio to pick it up. Jewelry classes are also offered by Katie Mullins, owner and artist of Bonya's. Ms. Mullins works with sterling silver and copper to create necklaces, bracelets and earrings. As with glass, your piece will be an original. There is no set schedule for jewelry classes and a reservation with deposit is required. Call Canal Fulton Glassworks at 330-854-2966 for more information or to

schedule classes. Jewelry classes may be scheduled Tuesday through Saturday at 10:30 am or 1:30 pm.

What could be more personable than a gift of handmade glass or a jewelry piece made by you? You can have some fun and do your shopping at the same time. A sun catcher reflecting a favorite item, hobby or pet will be a great reminder of your thoughtfulness every time they look at it. A piece of stained glass tells a story of its own and pottery is always a favorite.

As we approach the holidays, Canal Fulton will celebrate Christmas on the Canal on Saturday, December 2, 2017. The daylong event will feature a dramatic reading of "A Christmas Carol," free tours of the Oberlin House and Olde Canal Days Museum, ice carvings, wagon rides, pictures with Santa, Christmas music, an electric lights parade along Canal Street and the tree lighting ceremony at Public Square in the evening.

For more information about Canal Fulton Glassworks, its extensive history, tours and classes, as well as the numerous artists whose items are available in the gallery, check their website at [www.canalfultonglassworks.com](http://www.canalfultonglassworks.com). ✨





# CANAL FULTON GLASSWORKS

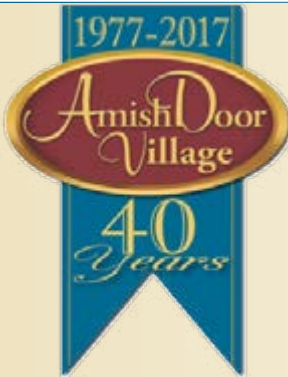
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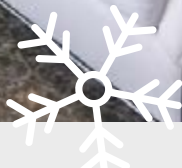
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# New Trends in Christmas Decorations

By Josh King



Are you curious about the hottest Christmas decoration trends for this year? Would you like to purchase some new decorations that will make your home more inviting for this holiday season? Christmas is one of the most festive occasions we celebrate and since it only comes just once a year, we do our best to prepare ourselves and our homes to welcome family and friends.

When you choose the Christmas decorations and ideas that you like, keep in mind there are many things to consider. While selecting the most appropriate items for your home, you'll want easy decorating ideas that do not require a lot of time to complete. Additionally, you need to match Christmas decoration trends with your design and the colors that you select should complement each other. So now let's look into the three hottest trends for Christmas decorations this year.

## Joyful Celebration...

This trend is largely inspired by your childhood memories and precious objects that you loved to play with. Easily acquired while visiting flea markets or your grandma's attic, this fanciful celebration of joy is a patchwork of materials, patterns, and objects, guided by your favorite fairytale characters and fun figures that you bought on your holidays. A rule of thumb on this one -- as long as it makes you happy.

## Authentic tradition...

This Christmas trend is all about craftsmanship, natural shades and raw materials. As Christmasworld Fair 2017/2018 puts it, "Trends for 2017/18 represent a call to take advantage of Christmas and other festivals during the year and create some agreeable time out for oneself." Therefore, the return to making things by hand is a way to stop the ticking clock and enjoy a happy and relaxed festive atmosphere.

## Touch of nature.

This Christmas style is inspired by natural themes and dressed up in muted colors, fine materials and sensitive textures. Clouds, images of water, ice and soft sandy structures are all there to create a relaxing festive atmosphere that is delicate and airy. A gentle touch of nature is achieved through transparency and heavy use of glass, ceramic and gold-coated metals.

These trends are fun and filled with appreciation for nature and good old handcrafting. Just the way Christmas is supposed to be. For more decorating ideas for the Holidays, check the Facebook page [JoshKingDesigns2017](#). ✨



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### #11 COUNTRY CLUB®

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

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# Shop North Canton

## Pine Cone Gift Shoppe

By Gary Chapman



With the holidays just around the corner, step through the doors of Pine Cone Gift Shoppe for a breath of fresh air and quality merchandise. You will find items this season that will remind you of your past Christmases and think of new traditions yet to come. As you are walking around inside the Shoppe, you will notice several one-of-a-kind pieces of décor, table settings, greenery, and lighting options made by local artists that will surely catch your eye. Taking in the smell of a Balsam Fir candle burning in the doorway of the Shoppe makes you feel like you are at Grandma's house waiting for dinner to be served. The family is all sitting around the fireplace, with Grandpa sitting on his old rocking chair, drinking his coffee, telling their favorite holiday stories and jokes. As you take your time to explore what Pine Cone Gift Shoppe has to offer, a bright glistening light flickers in the background and you walk over to see what it is. Once near, you realize that it is a large Christmas tree, with old lights throughout, making you think and remember Christmas past. Then you notice the beautifully arranged ornaments hung so gently on the tree, and wonder where they came from. You ask and find out that they are made by a local artist and that several more of their creations and other artists are displayed gracefully throughout the Shoppe. A wide variety of Christmas and Holiday items are waiting to be taken home with you for you and your family's Holiday cheer.

After traveling from Las Vegas, Nevada to Philadelphia, Pennsylvania, I was able to see

firsthand the upcoming trends for the 2017 Holiday season. Examples include over-the-top table displays, Mercury glass, mantels full of decorations, and Christmas trees packed with gorgeous detailed ornaments and ice covered branches. Floral arrangements and wreaths are all made at Pine Cone Gift Shoppe and are becoming a popular, simple, yet elegant way to spruce up a room, hallway, kitchen or doorway of any home. This year it seems the more decorations you have and the bigger the display, the more Holiday spirit. With the Holiday season fast approaching, stop into Pine Cone Gift Shoppe and ask for Gary, for all your Holiday decorating needs and advice. Like us on Facebook @Pine Cone Gift Shoppe and visit us at 101 S. Main St., North Canton, Ohio 44720 (330) 497-9840.





## What's Cooking at **Main Street Grille**

By Preston Milstead

We've been hard at work at Main Street Grille creating new additions to our menu. Here's a sample!

**Bavette Steak** - Our newest steak at Main Street Grille. The Bavette cut is popular in France and Canada. It comes from below the T-Bone and Porterhouse cuts and while the steak can be fibrous, it yields a surprisingly intense flavor. Make sure to cut across the grain of the steak to avoid having to chew on your bites! Cooking a Bavette steak varies; it can be grilled or pan-sauteed in butter.

**Grecian Seasoning** - One of four new gourmet seasonings at Main Street Grille. We worked with chefs from across the country because we wanted to make sure we had the best seasonings for the best cuts of beef we offer. Our Grecian seasoning is perfect on lamb, burgers, and of course, the Bavette steak.



### Grecian Seasoning Ingredients:

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 tbsp finely minced white onion | 1 tbsp dried ground rosemary      |
| 1 tbsp finely minced garlic      | 2 tsp kosher salt                 |
| 1 tbsp dried marjoram            | 1/2 tsp fresh ground black pepper |

# Lumen Nation

By Tom Rafferty



As winter approaches, we inevitably see less sunlight and more darkness on a day to day basis. And we tend to spend more time inside our home. These are both great reasons to evaluate your home lighting situation. It has been proven that proper lighting can improve your mood and also help to prevent Seasonal Affective Disorder (SAD).

Let's make sure that you are prepared for this winter season by taking a look at a few basic lighting sources around your home. Let's start in the kitchen, which is often referred to as the "heart" of your home and tends to be a popular place to spend time. If you rely on one central lighting source on the ceiling to light your entire kitchen, you are not getting the best lighting in the area and often are performing tasks in your own shadow. I recommend multiple recessed can lights with high-output LED inserts which can be operated with a dimmer switch so that you have full control of the light level at all times.

In addition to the recessed lighting, under-cabinet lighting is a great way to eliminate shadows when working on food preparation. These days the under-cabinet lighting incorporates LED sources which are very bright yet do not produce the heat that the older types do. Not only is this a practical lighting source, but it will also showcase your backsplash and countertops.

You may also want to consider upgrading any older style light bulbs that you may still have in your home to brighter LED's. There are many types of LED bulbs and the ones you choose will depend on what color temperature and lumen output is ideal for each specific room in your home. You will find that non-dimmable LED bulbs are less expensive than the dimmable models and may be just fine for certain areas such as hallways, mud rooms, laundry rooms and closets. However, dimmable bulbs are great to have in dining areas, kitchens, bedrooms and master bathrooms.

Hopefully these ideas and suggestions will help you to be prepared for the season. You will be amazed at the difference these simple lighting upgrades can make. I've seen lighting transform a room many times and I always enjoy the reaction of the homeowner when they see the improvement for the first time. ✨



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# Holiday Happenings in Hartville

By Mary Vlahos

The holiday season stirs up nostalgic memories of chopping down Christmas trees with the kids, going to quaint stores to shop, seeking out holiday entertainment, and having holiday treats with my family. Visiting the town of Hartville mixes the old with the new, the small quaint stores in downtown Hartville with the sprawling shopping

and restaurants of the Hartville Marketplace, Kitchen, and Hardware Store. The one thing you can say about Hartville is that it is truly unique. There is no other place with this combination of entertainment and family fun.

The scent of fresh pine brings back memories of hiking through the snowy hills of a tree farm to find that perfect tree. Cutting down our own Christmas tree was an annual tradition that included my very excited children, the family dog, and holiday treats. *Moore's Farm* in Hartville could be the start of a new tradition with your family.

They have a wide variety of trees to choose from including White Pines, Blue Spruce, and Fraser and Canaan Fir. If you want to add even more fresh pine smell, opt for their pine roping and wreaths to complete the look.

Adjacent to Moore's tree farm is *Maize Valley Winery* and *Craft Brewery*, a perfect place to stop for lunch or dinner. Maize Valley has a great selection of food options, award winning wines, craft beer, and shopping. Be sure to pick up a bottle of cranberry wine or chocolate covered wine bottles





The one thing you can say about Hartville is that it is truly unique.

as a gift or a treat for yourself. Sounds like the perfect end to a farm adventure! Breakfasts with Santa reservations open in November.

If finding unique gifts for family and friends is a daunting task for you, there's hope. Hartville's downtown area could be just the fix you need. Here is a sample of some of the stores you will find: *Modern Vintage* has hand crafted and vintage furniture and décor. *A Niche in Time* has jewelry, pottery, vintage treasures, and heirloom items. *Lynn Michele Design* carries one-of-a-kind home décor. *Maple Street Gallery* displays art, pottery, jewelry, and does custom framing. *Fiesta Creations* carries Mexican pottery and artisan gifts. *Shags and Wags Barkery* stocks healthy, homemade dog treats (because we don't want to leave out our 4-legged friends). *Hartville Chocolate Factory* is the place to go for homemade chocolate and candy creations in holiday shapes and containers. *Hartville Mercantile* features antique and vintage treasures of furniture, jewelry, glassware, and more. *Two E's in a Pod* has children's clothing, toys, and accessories.

The *Hartville MarketPlace*, *Hartville Hardware Store*, and *Hartville Kitchen and Collectables*, slightly west of downtown, can provide a day of shopping all by themselves! The MarketPlace boasts 110 independent indoor vendors. Each store is independently owned and features unique items such as accessories, jewelry, food items, clothing, home décor, health and beauty, and so much more. The Hartville Hardware Store, well that's just over 7 acres of store, so wear your walking shoes. Imagine seeing a 1,850 square foot home INSIDE the hardware store. It's the largest independently owned hardware store in the United States. Looking for Carhart clothing, a power tool, or maybe even a new kitchen as a holiday gift? This is the place to go. Don't miss their Christmas Open House with aisles and aisles of Christmas displays, ornaments, and décor. Check their website for dates, special events, and appearances from Santa at [www.HartvilleHardware.com](http://www.HartvilleHardware.com).

After all the shopping, it's time to relax and enjoy some hometown cooking at the Hartville Kitchen. As soon as you enter the building you'll be hit by the smell of pies and breads baking, home-style, scratch-made food items including real mashed potatoes, homemade biscuits, their famous fried chicken, and roast beef and gravy. Don't forget dessert. With over 20 freshly made pie varieties to choose from, you might want to get two. You can order



a slice with your meal or get a whole pie at their bakery. The collectables section of the Hartville Kitchen features a variety of collectables all under one roof. They have Alex and Ani, Brighton, Vera Bradley, Yankee Candle, and Swarovski Crystal, just to name a few. This is the place to find items for that hard-to-buy-for person on your Christmas list.

Holiday entertainment and family fun are things the Hartville area is well known for. Experience downtown Hartville's *An Evening in The Village*, December 3-7 from 4:30-7:00 pm. It's a magical event sure to get you in the mood for the holidays. There are so many things for your family to enjoy. Story time on the train car, wagon rides, barrel train rides, choirs singing Christmas carols, hot chocolate and treats, and of course the main event, Santa riding in on a firetruck to greet the children. Make

sure you don't leave without getting a supply of reindeer food from the Hartville Elevator Company. All of the shops will be open for you to browse and pick up that special gift, or as my Christmas shopping usually goes, something for you and three things for me.

Quail Hollow's *Christmas at the Hollow* is December 7, 8, and 9 from 6-9 pm. There is just a \$10.00 charge per car, so load up the family and come out to experience Quail Hollow. You can tour the beautifully decorated, former home of H.B. Stewart. Each room has its own festive feel. Enjoy refreshments and entertainment as you make an ornament to take home, or shop at the Quail's Nest Gift Shop for that special gift. There are outdoor activities as well, such as toasting marshmallows on the fire or taking a wagon ride through the woods. No holiday event is complete without a

visit from Santa. If the snow is flying, rent cross country skis from Quail Hollow or bring your own and explore the numerous trails of Quail Hollow State Park. It's a great way to work off that hot chocolate and those holiday treats.

If you want to totally immerse yourself in the Hartville culture, stay the night. Quail's Covey Bed and Breakfast is just minutes from downtown on the edge of the Quail Hollow State Park. Their spacious suites, picturesque landscape, and cozy, quiet places to read and enjoy the fireplace make this a perfect choice for a holiday getaway. Comfort Suites Hotel is within walking distance to the Hartville Marketplace, Kitchen, and Hardware store and is in the center of it all. This hotel was rated the number one Comfort Suites in the country, and when you stay there, you'll know why. Beautiful décor, courteous staff, and a perfect location keep their guests coming back.

The Hartville area attracts millions of visitors every year. It's a popular tourist attraction with unique shopping, quaint restaurants, and amazing entertainment. During the holiday season, the town comes alive with special family events you won't want to miss. We've only scratched the surface of things to do and events. For a complete overview of the area, visit [www.DiscoverHartville.com](http://www.DiscoverHartville.com) and then visit Hartville. ✨





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# The Christmas Tree Festival At The Warther Museum

The Union Hospital Auxiliary offers a fantastic holiday project for community members to enjoy and also to participate in. The Christmas Tree Festival, held each year since 1993, has become the kickoff to the holiday season in Tuscarawas County.

The Warther family generously donates the use of their museum for the Festival. This year nearly 100 decorated trees will be displayed. Auxiliary Project Chairman Connie Finton says that after 23 years and more than 1,000 Christmas trees, she promises that visitors to the Festival will see many new and original designs. "Just when I think every possible Christmas Tree theme or variation has

been done, some amazing and beautifully created trees will show up. The creativity and artistry of the designers has to be seen to be believed."

The festival will open to the public on Saturday, November 11 and continue through Sunday, November 19 at the Warther Museum, located at 331 Karl Avenue in Dover, Ohio. Daily hours are 11 am to 8 pm except on November 19 when the Festival closes at 5 pm. Admission is \$5 for adults and children under 12 are free. Tickets are sold at the door.

The success of the Festival is a tribute to the hard work of the members of The Union Hospital Auxiliary, the support of the community sponsors, and the thousands of people who come to see the trees and purchase them. Over the years Auxiliary members have added special events to the festival. Senior Day, sponsored by The Inn at Northwood Village, will be Tuesday, November 13, and seniors over the age of 60 will be admitted for half price to enjoy the trees and refreshments.

The popular Children's Tree Workshops will be held on Saturday, November 18 with sessions at 11 am and 2 pm. Children will be able to decorate their own 18" tree

and take it home with them for Christmas. Cost for the workshop is \$25 per child and reservations can be made by calling Union Hospital Community Relations at 330-364-0884.

The Christmas Tree Festival is supported by corporate sponsor Huntington Bank and room sponsors including Dover Hydraulics, Parkway Auto Group, and WTUZ Radio. A Preview Party is held the evening prior to opening day and will include several special auction trees. Attendance at this event requires a ticket. The Preview will be the first chance to purchase a tree.

Proceeds from the Christmas Tree Festival are donated by the Auxiliary to Union Hospital in Dover for the purchase of patient care equipment and facility improvements. ✨





# That CHRISTMAS FEELING

*All Year Long*  
By Elaine Kish



Nothing like a typical museum, Castle Noel in Medina, Ohio holds the distinction of being “America’s Largest Year Round Indoor Christmas Entertainment Attraction.” Owner Mark Klaus, who has a beard that reminds you of Santa himself, got his inspiration from his father who would create elaborate Christmas displays each year. Klaus and his wife, Dana, purchased a large portion of a city block to make a dream come to life. This former church turned attraction houses the world’s largest privately-owned collection of Hollywood Christmas movie props and costumes scattered throughout its 40,000 square feet. *The Grinch, Elf, Santa Claus the*

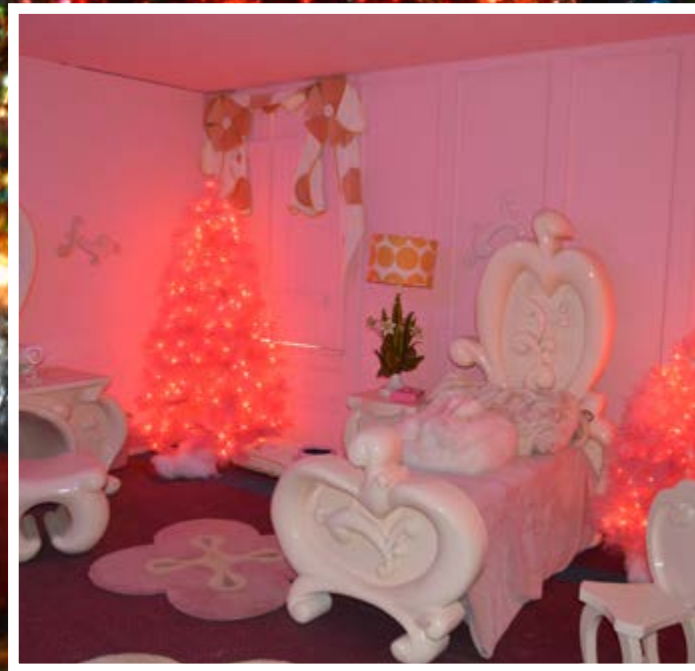
*Movie, Fred Claus, The Santa Clause 1, 2 & 3, Jingle All The Way, A Christmas Carol, Deck the Halls,* and many others are represented. In addition to movie memorabilia, Castle Noel has animated Christmas window displays from Sak’s Fifth Avenue, Bloomingdale’s, Lord & Taylor and Macy’s in New York City. Mark and Dana’s motto is: “The memories we make are the true treasures of life.” Their absolute goal is to make you feel like a kid again.

Upon entering the storefront ticket counter/gift shop, the tour starts with a trip down memory lane in a room that displays numerous Christmas albums. The fun starts with finding ones you listened to as a youngster and

then wondering if they may still be stored away in a family attic. Next, you'll see the "Wall of Fame" covered with photos of visitors over the age of 80 who have ridden the slide made famous by Ralphie in *A Christmas Story*. To date, the oldest rider is 101½ years old. Out the door and leading to the museum entrance you are reminded that you can't pick your relatives when you see Cousin Eddie's RV from *National Lampoon's Christmas Vacation*.

Inside the museum you enter Santa's home, passing by faux wooden beams carved by Klaus, and soon you are in the mail room, part of a Macy's window display from 2013. You'll pass through the Blizzard Vortex tunnel and the I Had That Toyland Experience, where you will see toys you played with as a child. Dana Klaus says, "People donate childhood toys and return to see them. Each time they visit, it reminds them of the happiness that toy brought them in the past." Santa's Chimney Squeeze lets you wiggle through an inflated chimney. This room is decorated with 100,000 glass ornaments hanging from the ceiling with a dazzling light show.

The second floor of the museum holds the beautiful windows and as you walk through, you can picture yourself on the sidewalks of New York with a light dusting of snow coming down. One of the most interesting windows is the original set of Cindy Lou Who's bedroom from *The Grinch*. You can almost hear her singing as you pass by. For 2017, "The most amazing things you'll ever see are at Castle Noel in '17." It starts with five new



You'll pass through the Blizzard Vortex tunnel and the I Had That Toyland Experience, where you will see toys you played with as a child.

incredible window displays being installed from 2016 Sak's Fifth Avenue of New York City. Although this is normally done behind closed doors, Klaus felt that the public would be interested in the process and so for the first time, tours are continuing while the work is in progress.

Most of the displays arrive at Castle Noel in various stages of disrepair. Klaus and his crew spend numerous hours restoring each display to its original design. The workshop, restoration area contains parts of window and mall displays as well as figures which will be used in future displays. Sitting amongst the figures waiting to make their debut is Rusty, the Christmas Bear who for many years was a part of the Canton Mellett Mall Christmas display. In the restoration area is the elaborate Lord & Taylor 2015 Sweet

Shope window display of a bakery filled with Christmas pastries complete with a moving conveyor belt of treats. This area will soon be transformed into an event room available for Christmas parties, receptions, showers, etc.

The tour culminates with the Grinch's 16-foot sleigh, which was in storage for ten years after Klaus obtained it before it found its permanent home, a Whoville vehicle actually used in the movie and a fully decorated 25-foot Christmas tree. Making your way through more original costumes you arrive at Santa Klaus Mountain where you'll ascend the steps, have your picture taken either with Santa or in his chair and slide down the giant red slide, just like Ralphie. Souvenir photos of the events memorialize them forever. Mark Klaus is transforming



*"America's Largest Year Round Indoor Christmas Entertainment Attraction"*



Santa Klaus Mountain into the Enchanted Forest, sculpting giant caves to house the 2016 New York City Lord & Taylor Christmas window displays. A master sculptor, Klaus carves Christmas ornaments and gifts that have been featured on the Home Shopping Network. The tour ends in the gift shop where numerous sculptures and carved ornaments are available for purchase. Throughout the year Castle Noel conducts Elf Labs, hands-on experiences for kids 5-12 years old. They feature fun with science, crafts and Santa.

Klaus says, "Castle Noel is a project that was never intended to be completed." He is always looking for things to add to the tour and hopes to acquire the original set used by the Cleveland holiday legend Mr. Jingeling. Klaus is also committed to adding to the local economy by eventually adding a 2-story parking garage and a hotel to the property to accommodate additional visitors and overnight guests. While bus tours visit the area all year long, the Holiday season is by far their busiest time. They have had visitors from as far

away as California stop in Medina to see this elaborate and ever-changing collection. If you have toured Castle Noel in the past, a return visit will reveal new displays as well as things you missed the first time around. For more information about Castle Noel, including hours, tours, tickets, and Elf Labs, see their website at [www.CastleNoel.com](http://www.CastleNoel.com). ✨



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Don't Let .....

# Holiday Treats be Your Gateway Drug

By Danielle Wirick, MS, CSCS, FMSC

For some of us it starts way back at Halloween. Some of us hold strong until closer to Thanksgiving. But for most of us, the holidays aren't only about friends, family and celebrations, they're about candy, cookies and desserts!

I have a good friend who pointed out something to me while our kids trick-or-treated one Halloween. She said that Halloween candy is like her gateway drug. Of course I laughed, but at that instant I had the light bulb go off over my head. She said that once she eats one piece of candy it's all over. "What's one more, it won't

kill me. I have it all under control." Just like the person who says, "It's just pot, it's no big deal. I don't do anything harder." And the next thing you know, they're shooting up heroin.

I know that I can usually hold strong through Halloween. But I love to bake and when the holiday baking begins, it's so easy to sample a little bit of everything. I've even convinced myself that it's necessary to try it – just to be sure it's tastes yummy. Halloween candy, holiday baking or dessert with every meal isn't just the gateway to finishing off your kid's candy while they're not looking. It's

the gateway to gaining 5 pounds over the holiday season. It's the gateway to not just falling off the wagon concerning your weight loss efforts, but in jumping off with both feet and screaming "Yahooooo!!!!" So if you don't want to lose control this holiday season don't let holiday treats become your gateway drug!

## Tips for a Healthier Holiday Season:



1. Wait until the last minute to buy any kind of treat. If it's not in the house, you can't eat it.
2. Have treats that you don't like. Don't like Pizzelles? Buy all Pizzelles. Don't like chocolate (what!)? Buy all chocolate.
3. Don't hide candy from your kids. You still know where it is! If I leave it out but eat it all, my kids will notice and call me out!
4. Get rid of leftover treats right away. Take them to work, give them away...anywhere but your house.
5. Watch the sugar-laden drinks. Drinking your dessert in the form of a fun cocktail is just one more way to jump down the rabbit hole!
6. Don't say you'll eat "just one." Just one turns into another and another and next thing you know, you ate a pan of cookies and are slumped in your easy chair in a sugar coma. Not pretty. ✨



HOT  
Chocolate  
15k/5k

# START

HOT  
Chocolate  
15k/5k

## Why is the HOT CHOCOLATE

### START WITH THREE C'S: CHOCOLATE, CHARITY & COURSE

By Robin Monsky

## OHIO'S MOST

When a race more than doubles in size from one year to the next, as the Columbus Hot Chocolate 15k/5k did from 2015 to 2016, it's clearly making its runners happy! Last season's edition of the race drew an event record of 13,699 registrants - more than double the previous year's participation. Both the 5k and 15k distances also saw more finishers than any other races at those distances in the state of Ohio. An impressive result for an event that was just in its fifth year as a tradition in the market.

#### So what is driving the popularity of this race?

Start with chocolate, charity and course. Add in the best swag bags in all of running. Mix in the most efficiently

organized race production in the country and loads of other runner benefits like free race photography, and you'll see the recipe for success. Given that Columbus is the third stop on a 19-city Hot Chocolate 15k/5k Series, it's a recipe that clearly has wide-spread appeal and is worth savoring whether you're a recreational or serious runner.

### CHOCOLATE

The Hot Chocolate races are known as "The Sweetest Races In Town" because the pre-race, post-race and in-race treats go beyond the traditional bagel and banana into the land of luxurious chocolate. Chocolate is built



# 15K/5K POPULAR RACE?

into the experience from start to finish with samples of the race's rich dark chocolate squares even welcoming you at the expo when you pick up your bib. The race's founder, RAM Racing's CEO Steve Ginsburg, chose Hot Chocolate as a theme when he created his first race because he

downs the liquid confection on a daily basis like others drink coffee. A health nut himself, he wanted to provide only the best version of hot chocolate so he created his own private label signature blend made with high-grade non-confectioners chocolate (73% cacao).

After the first few Hot Chocolate races proved so successful, one mass-market pre-packaged hot chocolate manufacturer approached Ginsburg about coming in as a sponsor. He turned them down because he wanted to maintain the high quality of his product. Finishers are rewarded with a mug loaded with fondue, pretzels, Rice Krispie Treats, cookie straws and bananas in addition to the scrumptious hot chocolate. There are even "sweet stations" on the course that provide delicious mid-race snacks. More than 4,000 pounds of melted chocolate are prepared for each race. As part of this year's 10th Anniversary celebration of the inaugural Hot Chocolate race, RAM Racing will be selling its proprietary blends of hot chocolate mix and fondue chocolate to fans at the race's Expo and online.

## CHARITY

The Hot Chocolate Race benefits Make-A-Wish®, a national charity that creates life-changing wishes for children with critical illnesses. Last season the Hot Chocolate Series drew a quarter of a million chocolate-loving runners and generated over \$200,000 collectively for its non-profit partner. The series has generated over \$1 million for charity in 10 years and hopes to magnify that amount this season with the expanded roster of 19 cities.

"The running community is notoriously generous," noted Ginsburg. "Our goal is to get to a point where we are raising a million dollars a year so Make-A-Wish can expand their amazing wish-fulfillment programs." Runners can show their magnanimity through voluntary donations upon sign-up for each Hot Chocolate Race, by seeking sponsorship pledges for their runs or through special race-day activations.



## COURSE

The USATF-certified race course is the only 5k or 15k that is run on Columbus' city streets. Thanks to great cooperation from the city, the police, the convention center and the park district, runners are treated to a beautiful traffic-free course. Front and center on the tour of the town are the riverfront, the famous Ohio State University campus, High Street and finally the post-race party held at Arch Park in the Arena District.

The clearly marked course is easy to follow. It's stocked with plenty of accessible aid-stations serving water, NUUN and marshmallows. Photographers and timing clocks are scattered through the course to make sure you can track your progress and will get high-resolution pictures of yourself on your journey. The Hot Chocolate Series is one of the few events that provides FREE race-day pictures to its participants. It also has its own system for tagging runners and sharing the pics immediately for social media distribution.

## SWAG BAG

More than 25% of runners who sign up for a Hot Chocolate race are alumni – that's higher than the industry average. One of the reasons they keep returning and bringing their friends and family with them are the top-of-the-line goodie bags they pick up at the expo. A jewel tone quarter-zip long sleeve technical jacket (purple for women, aqua for men) is this year's highlighted item. Year after year, Hot Chocolate's goodie bags get top honors on industry lists of best give-away items.

And as if that's not enough, after crossing the finish line, runners will receive a city specific medal, shaped like a chocolate bar with a gold wrapper around it, and a Buckeye-

shaped key chain to commemorate their experience.

This year RAM Racing unveiled The Legacy Experience to acknowledge all of Hot Chocolate's loyal runners. The new program offers a tiered list of extra keepsakes for returning athletes. If this year will be your 3rd or 5th consecutive year participating in a Hot Chocolate race, you'll earn free gifts ranging from a commemorative photo frame to a legacy beanie, novelty race bib and special legacy medal.

If you haven't started a streak yet at the Hot Chocolate, why not start now so you can enjoy the chocolate, contribute to charity and enjoy the course – all in Columbus! ✨





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# The Twelve Days of Christmas Workout

By Tyler Murphy

When it comes to the holidays, carving out time for a workout isn't always in the cards. Driving to the gym, working out, and driving back may just be too much when you need to be home babysitting Uncle Jerry after his 5th eggnog. So for those who need a quick, at home workout that isn't too time consuming, but can give you some much needed time to yourself, here's a festive Christmas workout.

On the first day of Christmas, 1 burpee;

On the second day of Christmas, 2 push-ups;

On the third day of Christmas, 3 sit-ups;

On the fourth day of Christmas, 4 tuck jumps;

On the fifth day of Christmas, 5 mountain climbers;

On the sixth day of Christmas, 6 lateral lunges;

On the seventh day of Christmas, 7 Russian twists;

On the eighth day of Christmas, 8 hip bridges;

On the ninth day of Christmas, 9 squats;

On the tenth day of Christmas, 10 alternating leg lifts

On the eleventh day of Christmas, 11 jumping jacks;

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# Plan a HOLIDAY GETAWAY



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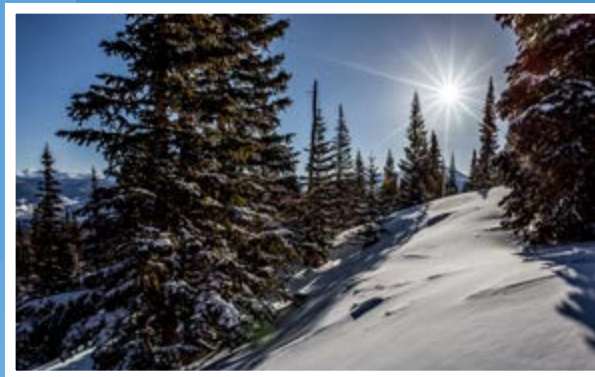
# SKIING COLORADO

By Dan Mackey, MS

Photos courtesy of Breckenridge Ski Resort

Well, the season's upon us yet again. The leaves, once rich, vibrant with fiery colors, have all fallen from their branches. The icy frost draped across our lawns has returned every morning to greet us once again. Yes, winter is coming...and it's going to be a cold one. But don't let that get you down, or better yet, don't let that keep you from getting outside! The return of this frozen season is the beginning of a new opportunity that lends itself to playing in the snow. You're never too old to play in the snow.

Whether you're young, old, or anywhere in between, there is an activity for you this winter. From sledding, snowshoeing, and ice skating, to hot chocolate sipping around a blazing campfire, ice fishing, snowmobiling, and my favorite -- the family ski/snowboard outing. There's nothing better than the final scramble of loading up all your gear before bundling up in all your warmest clothes, and heading to the slopes.



Here in Northeast Ohio we're fortunate enough to have access to several local ski resorts that are well maintained, managed and a lot of fun to ride. Along with the local Boston Mills, Brandywine and Alpine Valley, Peak n Peek and Holiday Valley (both in New York) are also popular destinations for families in this area. However, if you're anything like me you need to ski mountains, real mountains, with real snow — and lots of it. Naturally, Colorado is where you need to go. If you're planning a ski or snowboarding trip this year, do yourself a favor and head west. Regardless if you're a seasoned skiing veteran or someone who's only just learning, the trails, thrills, and traditions, and any of the 27 ski resorts of Colorado's skiing will not disappoint you.

Colorado is known for having America's best skiing, and rightfully so. Aside from the 300 days of sunshine, there is a hefty list of other factors that make the skiing in this state the best. First and foremost, hands down, is the length of the ski season. Realistically, you could be shedding the slopes as early as mid-October all the way through May, and even into early July. That's nearly eight months. It's pretty cool when you head up to Beaver Creek for St. Patrick's Day, you're snowboarding in 65 degree weather, and you get sunburned. It's hard to beat that, let me tell you. Now, not every resort is going to have rideable snow that entire period of time, but resorts like Arapahoe Basin and Loveland Ski Area compete to become the first North American resorts open, and they typically are still jamming through May.

Not only are Colorado ski resorts known for their lengthy seasons, but they're also known as some of the largest resorts in the country. This is important if you care at all about getting away from crowds, carving up some fresh powder, uninterrupted. Vail, the state's largest ski resort, spans an impressive seven



miles in width, covers over 5,000 acres, and is home to 193 different trails. Keystone and Snowmass, two additional enormous resorts, both span more than 3,000 acres and record well over 200 inches of annual snowfall. Other notable large resorts include Breckenridge, Copper Mountain, Steamboat, and Winter Park. In addition to the several huge ski areas in Colorado, the state is also home to numerous small resorts that still maintain the local love. Resorts like Ski Granby Ranch, Wolf Creek Ski Area, and Howelson Hill Ski Area are all great for skiers of all skill levels, offering a variety of runs, easy parking, spacious slopes, and great snow.

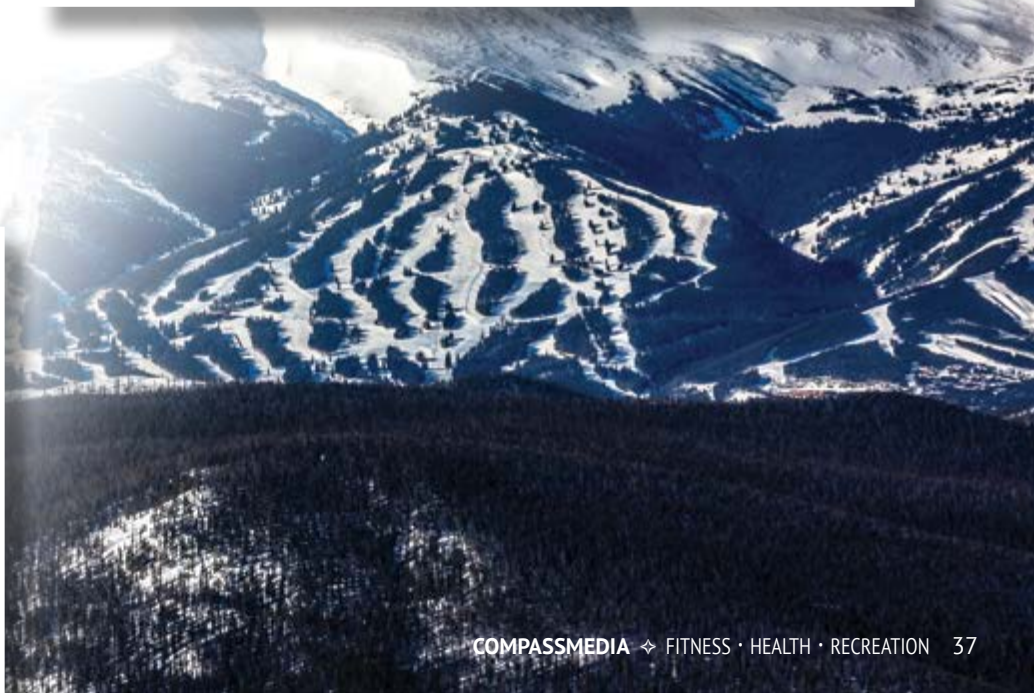
The final factor that gives Colorado ski resorts a leg up on resorts everywhere else is all thanks to the elevation of the incredible Rockies. As many of the state's resorts reach an elevation of 14,000 feet, Colorado has the highest "lift-served terrain" in the county. Well, with that elevation comes some serious perks — amazing snow, obviously, mind-blowing views, longer and longer runs, and awesome/challenging terrain. Colorado flat out dominates this category.

Even if skiing or snowboarding isn't really your thing but your family dragged you along anyways, there are

still several opportunities to have fun during your trip. Many of the resorts in Colorado have places to sled, ice skate, snowshoe, and shop. Ski towns, such as Vail, Aspen, Telluride (home to Toad & Co. outdoor brand), Breckenridge, and Beaver Creek, have excellent shopping and fun little slope-side villages to grab a bite to eat.

While I do understand that packing up and traveling to Colorado isn't always an easy trip to fit into our schedules, I urge you to make the

effort. However, if you're not so inclined to do so, I can recommend a second option: The best skiing on the eastern side of the country — Vermont. With resorts like Stowe, Sugarbush, Killington, and Smuggler's Notch, you'll certainly get your fair share of great slopes, long runs, challenges, and fun. Traveling to Vermont is a considerably more manageable drive and probably a little less expensive, but if you want the best skiing this county has to offer, visit Colorado. ✨





# Holiday Gift Guide

## for the Outdoor Person

By Christopher J. Shaffer

Holiday gift buying is tough enough, but if you've ever tried choosing something for an outdoor person, it gets even harder. We are known to be picky and opinionated. So in the interest of making your holidays easier, the staff at your favorite outdoor retailer thought we'd tell you what we want this year.

### **Gear Aid: Tenacious Tape**

These patches can do it all. Tenacious Tape works well on technical fabrics, nylons, canvas, and mesh as well as neoprene, rubber and vinyl. This ultra-strong repair tape has maximum strength adhesive with 'clean adhesive' technology which will not leave a sticky residue if removed within 72 hours. They are available in various size packages priced from \$3.00 to \$8.00.

### **Pocket Monkey and Hedgehog Wallet Comb**

Both of these are inexpensive gifts that every outdoor person will love. The Pocket Monkey has a tool for every purpose; it's a bottle opener, screwdriver, hex wrench, and more. The Hedgehog Wallet comb is exactly that -- a comb. Another plus, each item is sized to fit in your wallet. A perfect gift for anyone on your shopping list this season, priced at \$14.00 each.

### **Opinel Knives #6-9**

These are great knives for the outdoor enthusiast. Compliment this knife with the case and you have a great every day carry. Depending on the size you choose, they range in price from \$11.95 to \$14.49.

### **Rite in the Rain Notebooks and Pens**

These are excellent items when the need for journaling and taking field notes arises, as they withstand moisture. Great for any outdoor enthusiast, the waterproof notebooks and pens ensure your notes survive the rigors of the field regardless of the conditions. You can choose from an assortment of items that range in price from \$4.00 to \$34.00.

### **Bufs**

Bufs are a very comfortable and practical clothing accessory. Multifunctional headwear, they can be used as a headband, face covering, or a neck scarf. With a variety of styles and colors, you can match every outfit while you protect your neck from the biting wind and snow. Prices range from \$15.00 to \$50.00.



## Sea to Summit Aeros Ultra Light Pillow

This lightweight travel pillow is the perfect traveling companion. Very small and super easy to inflate, it's really comfortable and great for the adventurer. Priced at \$39.95, any recipient of this gift will really appreciate your thoughtfulness.

## Black Diamond Storm Headlamp

One of the few lines of headlamps I have found that can hold up to an adventurous lifestyle, this is a great headlamp for a great price. It is waterproof, has red and green lights for night vision, and lockout features. It's fully dimmable with a power output at 250 lumens and is priced at \$49.95.

## Cozy Plush Stuffed Elephant

This stuffed animal is so cute it will make anyone smile. But it also has a hidden secret -- it can be warmed up in the microwave for the perfect cuddle buddy. Priced at \$24.99 it's sure to be a hit with campers on a chilly night or anyone who likes to spend time outdoors.

## Stanley Drinking Sets

Made of stainless steel, these are great for use at home or camping with friends. Choose from different sizes of containers and cups with prices ranging from \$30.00 to \$75.00.

## Salsa 30 Down Sleeping Bag

Designed with stretch stitching, to add room at the elbows and knees for those of us who sleep on our sides, the Salsa 3-season is what every outdoor person wants to find under the tree this year. The price is \$219.95.

## Crescent Moon Eva All-Foam Snowshoe

Completely new this year, these snowshoes are designed to make the sport more accessible and enjoyable for everyone. With more rocker from front to back and less weight, these snowshoes are sure to please even the pickiest of outdoor people and get them out of the house a little more this winter. They are \$159.95 a pair.

## Osprey Manta AG and Mira AG Hydration Packs

Loaded with features, this pack is sure to please. Whether you want to take it on long day hikes, or stuff it with everything you need for your next bike-packing adventure, this pack will make your journey easier. With three sizes for men and women, it will fit anyone's needs. Depending on the size and features, prices range from \$155.00 to \$175.00.

## Dagger Axis Kayak

Just looking at this kayak makes me want to hit the water. It's the perfect kayak for Ohio's lakes and rivers. Being a bigger guy, I am asking for the 12-foot size and looking forward to using the extra volume in the bow to punch through roller waves on the lakes and big standing waves on the rivers. If your loved one has a goal of paddling all of Ohio's water trails, this is the place to get them started. The Axis provides excellent tracking from a height-adjustable drop skeg that keeps it moving straight. Defined chines add maneuverability, and the Axis can accommodate a sprayskirt and thigh braces for more challenging environments. The 10.5-foot model is ideal for relaxing day trips on the lake, but can also take the challenge of a running river and is unmatched in its class. Prices are \$809.00 and \$909.00 depending on the size you choose.

All of these items are available at Appalachian Outfitters where you can see what's new for the outdoor enthusiasts on your gift list or add to your own wish list. Stores are located at 60 Kendall Park Road in Peninsula, Ohio and at Ohio Station Outlets in Lodi, Ohio. You can also find great gift ideas on their website at [www.appalachianoutfitters.com](http://www.appalachianoutfitters.com). Here's hoping everyone receives the gifts they want to make all your outdoor activities fun in the coming year. ✨





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# Lehman's Guide to a Simple Holiday

## Cut out the Holiday stress and cherish the season again.

Most of us remember the "the most wonderful time of the year" with warm and fond memories. Though as the years pass we fall into the stress-filled dread of making a pinterest-perfect holiday and are left longing for the days of joyful anticipation during the last months of the year.

The joy that traditions bring comes from simplifying our celebrations. Slow down and cherish the love that surrounds the holidays. "One reason so many of us love the idea of an 'old-fashioned Christmas' is because our lives seemed much simpler then, and the joys of Christmas were simpler as well," says Glenda Lehman Ervin of the iconic Lehman's retail store, and a self-confessed Christmas connoisseur.

Evoking the simple joys of Christmas' past doesn't have to be a complicated affair. Lehman Ervin says, "Few of us have time for all the elaborate traditions, but by choosing some pleasant, sustainable ones, you can create the Christmas atmosphere without the holiday stress." Lehman Ervin recommends creating the Christmas atmosphere with a few holiday home decorating touches that appeal to multiple senses:

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"Few of us have time for all the elaborate traditions, but by choosing some pleasant, sustainable ones, you can create the Christmas atmosphere without the holiday stress."

-Glenda Lehman Ervin

What is more satisfying than the sight of Christmas? The beautiful evergreen covered in lights and strung with popcorn brings all the feelings of Christmas. The wrapping of popcorn strands around the tree is an age old and simple tradition. You and your family get to snack on the extras as you string, and it will leave your home with the delicious sent of fresh popped goodies.

Speaking of filling your home with the comforting smells of Christmas like fresh baked cookies, fruit cake, bayberry and evergreen. Choose Christmas décor that appeals not only to the eyes but to the nose as well. Drape fir branches, tied with a red bow, above a doorway. Place bayberry scented candles in your windows. Bake some cookies and have your family help decorate.



"A good set of Christmas cookie cutters is never a bad investment," Lehman Ervin says. "You'll use them year after year to make your family's favorite holiday treats and to dress up your home for the holidays."

There is comfort in the sound of children's laughter, and squeals of glee on Christmas morning. However, decorating your home with a few traditional toys prior to the holidays can help keep them laughing right up to the big day. "Think of toys that are simple – things that you might have played with as a child, like a wooden doll bed or a toy tractor and trailer filled with little animals," Lehman Ervin says.



"Anything you use to bring Christmas to your home can also bring the spirit of the season to your friends, far-off family and business associates," she notes. Send them a pillow for Christmas dreaming, send them the gift of popcorn to enjoy, or a firewood carrier to bring the scent of fresh cut wood to their home. "Giving a gift of a simpler holiday also tells the recipient that you really put some thought into their gift." After all anything can be a gift when there's thought and kindness behind it.

"The key is to find a few simple things to do so that won't add to your holiday stress," Lehman Ervin says, "I do a lot at Christmas, but I only do what I really want to do. These things really bring the spirit of Christmas to my home without ruining the holidays for me."

You'll find comforting buckwheat and down feather pillows, sustainable wooden toys, satisfying Amish popcorn, understandable firewood carriers and more traditional and simple Christmas decorating touches to cherish at [www.lehmans.com](http://www.lehmans.com).

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## Stark Area REGIONAL TRANSIT AUTHORITY

*Serving Stark County for 20 Years*

By Kristie Petty-Cox

Stark County has a rich history of providing transportation services dating back to 1884. Transportation operated on a local basis and was not county wide. Each city operated its own form of transportation and they did not connect to each other. In the spring of 1997, a county wide sales tax levy (1/4%) was passed and the Stark Area Regional Transit Authority (SARTA) was formed. Over the next several months, staff worked to develop routes that would provide public transportation services throughout the county. Riders were given the ability to connect to various cities for the first time.

SARTA officially began county wide bus service on December 1, 1997 and has been serving Stark County for 20 years! We have provided millions of rides to work, school, medical appointments, shopping, dinner out and so much more. The SARTA of today is much different from the SARTA of 1997, we have grown and adapted to the needs of our community and the world.

In 1997 when SARTA began: buses pulled into an empty lot in Canton where riders could transfer buses; we operated 13 hours a day; scheduling and planning of operation was done manually; there was no web presence; we provided 1.1 million rides our first year;

we operated about 90 buses (Fixed Route and Proline); we ran 30 routes throughout Stark County; the 102 connected Canton to Massillon and was the highest ridership route; we employed about 200 individuals; we received operating funds from Federal and State sources as well as ¼% County renewable sales tax; we were governed by a nine-member Board of Trustees that was appointed by the Stark County Council of Governments, Stark County Commissioners and the cities of Canton, Massillon and Alliance and each Board member served a three- year term.

Since 1997 SARTA has: built four transit centers (Phyllis Byers Alliance, Belden Village, Cornerstone and Massillon); expanded operating hours to 21 hours a day; embraced technology, utilizing computers in all job functions, including planning and scheduling, to operate efficiently; launched a website that has been re-designed twice to remain user friendly; joined Facebook, Instagram, Twitter, YouTube and LinkedIn to communicate with our riders and the community; increased our fleet to almost 100 buses, with about half of the fleet utilizing



As SARTA has grown and adapted to the changing community, we continued to provide safe, reliable, responsive and efficient transportation services to thousands of people, including disabled individuals, seniors, veterans, students and commuters.

Compressed Natural Gas (CNG) or Hydrogen Fuel Cells to reduce emissions; set a record for providing 2.8 million rides in 2014; installed GPS on all our buses and launched PinPoint allowing riders to see where their fixed route bus is at any time; began utilizing software that allows efficient booking of Proline trips; launched GoLine, a program that allows Proline riders to check, book and cancel trips online, and also sends reminders of upcoming trips the day before and the day of the scheduled trip; maintained the route connecting Canton to Massillon, the 102, which still has the highest ridership route and that route has remained relatively the same since 1997; increased employees to about 220 individuals; introduced our Travel Training program which was designed to train riders on how to use the bus services effectively; since 2010, over 14,000 riders have completed the program; developed our Student Services,

Veterans Services and Transporting Stark County Back to Work programs that provide bus passes for free or at a reduced rate; become leaders in the use of Alternative Fuels with the addition of the Hydrogen Fuel Cell buses to our fleet; SARTA is the 3rd largest agency in the country and the only one outside of California to operate fuel cell buses in its fleet; additionally, we are the 11th largest agency in the world to utilize the technology for public transportation buses; equipped all buses with air conditioning; had buses travel 3,761,140 miles in a year, 2016; continued to receive funding from Federal and State sources as well as ¼% County renewable sales tax and continued to be governed

by a nine-member Board of Trustees that are appointed by the Stark County Council of Governments, Stark County Commissioners and the cities of Canton, Massillon and Alliance with each Board member serving a three-year term.

As SARTA has grown and adapted to the changing community, we continued to provide safe, reliable, responsive and efficient transportation services to thousands of people, including disabled individuals, seniors, veterans, students and commuters. We have also developed services and programs that are aimed at encouraging an independent, healthy life providing access to work, school, medical appointments, shopping and much more. Additionally, we strive to be good stewards with the funding we are provided by embracing technology and alternative fuels to save on operating costs and enhancing the rider's experiences. We are also a proud community partner working to improve the lives of all Stark County Residents one bus ride at a time. We look forward to serving Stark County for many years to come. ✨



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# Try Something **NEW**

Raisin Rack Natural Food Market, celebrating 39 years at their Canton location, has provided us with some recipes using ingredients you might never have tasted. Give them a try and they might just be your new favorites!



## Curried Collard Greens and Sweet Potatoes

Collard greens are a type of cabbage, but they form as large, thick, flat leaves instead of a head. Too often they're overcooked, leaving unpleasant aromas and taste memories. Here they get a gentle simmer and are paired with sweet potatoes to counteract their sharp flavor. Serve as a side dish.

1 onion, coarsely chopped	2 medium sweet potatoes or yams, peeled and coarsely chopped
1 – 14 oz can diced tomatoes	
2 Tbsp extra virgin olive oil	
1 tsp cumin seeds	1 bunch collard greens, stems and leaves coarsely chopped
2 cloves garlic, minced	
1 Tbsp curry powder	
Pinch of cayenne	
Sea salt to taste	

Pulse onion in food processor until pureed. Place in small bowl. Pour tomatoes into processor and pulse to puree slightly. Heat oil in large, wide saucepan set over medium heat. Add cumin seeds. Toast until fragrant, about 1 minute. Add pureed onion and minced garlic. Stir often until light brown, 8 to 10 minutes. Stir in curry powder, cayenne, and salt. Simmer for 1 to 2 minutes.

Add tomatoes, sweet potatoes, and 1 cup water. Bring to a boil, then reduce heat. Cover and simmer, stirring occasionally until potatoes are tender, about 20 minutes. Add greens and stir until tender, 8 to 10 minutes.

Serves 6 - Each serving contains: 111 calories; 3 g protein; 5 g total fat (1 g sat. fat, 0 g trans fat); 16 g carbohydrates; 3 g fiber; 20 mg sodium

## Sesame Sweet Potato Baked Latkes

Sesame-spiked, slightly sweet, and highly sophisticated, this bold spin on latkes is anything but traditional.

1 lb sweet potatoes, grated	1 tsp fresh grated ginger
2 green onions, finely chopped	1/4 tsp chili flakes
2 Tbsp low-sodium tamari	1/4 cup buckwheat flour
1 Tbsp chia seeds	
1 Tbsp rice wine vinegar	
1 Tbsp sesame oil	
1 Tbsp white or black sesame seeds	

Preheat oven to 425 F.

Line a large-rimmed baking sheet with parchment paper. In large bowl, mix together grated sweet potatoes and green onion. In small bowl, whisk tamari, chia seeds, vinegar, oil, sesame seeds, ginger, and chili flakes. Pour into sweet potato mixture and stir to combine. Add buckwheat flour, mix, and let sit for 5 minutes.

Scoop scant 1/4 cup portions onto prepared baking sheet, 1 inch apart, and flatten to 1/4 inch thick. Bake for 20 minutes. Flip and bake for an additional 15

to 20 minutes, until crispy and cooked through.

Serve immediately, or cool on wire rack and store in refrigerator for up to 3 days, or freezer for up to 1 month. To serve, reheat in 400 F. oven for 5 to 10 minutes.

Each serving contains: 62 calories; 1 g protein; 2 g total fat (0 g sat. fat, 0 g trans fat); 11 g total carbohydrates (2 g sugars, 2 g fiber); 111 mg sodium





## Creamy Roasted Vegetable Chowder

Though traditionally made with heavy cream, milk, flour, and butter, this lightened-up chowder packs in the produce.

- |  |  |
|--|--|
| 1 sweet potato, diced                        | 4 cups vegetable stock (not sodium-free) |
| 1 yellow-fleshed potato, diced               | 1 – 14 oz can full-fat coconut milk      |
| 1 red bell pepper, seeded and diced          | 1 1/2 cups cooked chickpeas              |
| 1 onion, diced                               | 1 Tbsp lemon juice                       |
| 1 cup sliced cremini or button mushrooms     | 1/2 tsp sea salt                         |
| 1 cup frozen or fresh corn kernels           | 1/2 tsp ground black pepper              |
| 1 Tbsp coconut oil or extra virgin olive oil | 1/4 tsp grated nutmeg                    |
| 2 garlic cloves, minced                      | 1/2 cup finely chopped fresh parsley     |

Preheat oven to 375 F.

On large, rimmed baking sheet, toss potatoes, bell pepper, onion, mushrooms, corn, and oil. Roast for 25 minutes. Transfer to large pot and stir in garlic, stock, coconut milk, chickpeas, lemon juice, salt, pepper, and nutmeg.

Bring to a boil, reduce to a simmer, and cook, uncovered, for 25 minutes. Before serving, stir in fresh parsley.

Serves 5 - Each serving contains: 393 calories; 9 g protein; 23 g total fat (19 g sat. fat, 0 g trans fat); 42 g total carbohydrates (10 g sugars, 7 g fiber); 361 mg sodium



## Sweet Potato Turkey Loaf

Grating sweet potato is a stealth way to cook it in a flash, making it a quick addition to loaves to up the nutritional ante. Quinoa flakes are a good gluten-free (and more nutritious!) alternative to standard bread crumbs when making loaves. However, you can also use pulverized oats or even gluten-free crackers.

- |                                       |                              |
|---------------------------------------|------------------------------|
| 1 Tbsp grapeseed oil or camelina oil  | 3 Tbsp unsalted tomato paste |
| 2 cups peeled and grated sweet potato | 2 Tbsp Worcestershire sauce  |
| 1 small yellow onion, diced           | 2 tsp Italian seasoning      |
| 1 lb ground turkey                    | 2 tsp garlic powder          |
| 1 celery stalk, thinly sliced         | 1/2 tsp salt                 |
| 1 large egg, lightly beaten           | 1/4 tsp black pepper         |
| 1 cup quinoa flakes                   |                              |

Preheat oven to 350 F. and grease 9 x 5 inch loaf pan.

Heat oil in large skillet over medium heat. Add sweet potato and onion and cook until tender, about 6 minutes. Place potato mixture in large bowl and gently mix with turkey, celery, egg, quinoa flakes, tomato paste, Worcestershire sauce, Italian seasoning, garlic powder, salt, and pepper. Place mixture in loaf pan and spread out into an even layer.

Bake for 50 minutes, or until instant-read thermometer inserted into center reads 160 F. Allow to cool for 10 minutes before slicing. ✨





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By Elaine Kish

To enjoy some warm water fun and relax with no worries about the weather, there's no need to go any further than Great Wolf Lodge indoor water park in Sandusky, Ohio. Their 33,000 square feet of water attractions for guests of all ages and constant temperature of 84 degrees will keep everyone entertained and happy throughout the entire visit. After checking in you'll want to head for the water park as soon as possible.

You can start out slowly by climbing Fort McKenzie, a three-story water fort

tree house, exploring the interactive water toys and splash features on your way up. At the top, the best way to return to land is by the twin body slides. Twisting and turning your way down, you'll slide out gently into the pool at the bottom. Back on land, when you hear the bell ring you can either get in the way or out of the way as the giant bucket on top empties. For a more adventurous ride, climb the four stories of Alberta Falls where you will hop aboard a tube

heading through fast water going outside the building and coming back in before a final drop into the plunge pool. You'll be racing back up the steps to do it all over again. Want to slow it down? Grab a tube and let the current carry you along the Caribou Creek lazy river.

Big Foot Pass challenges youngsters to use floating lily pads and a cargo net for support as they attempt to make it to the other side of the pool. Any mistake results in a warm water landing and the urge to try again until you are successful. You can practice your basketball shots and balance on the



floats in Chinook Cove. Whooping Hollow is another area for younger guests with splash features and slides that are just their size. For toddlers, Soak'n Oak Spring is a treehouse where they can climb the oak tree and slide down. It has splash fountains and is only 18 inches deep. When it's time to relax, the soothing heat of the Manitoba Tubs is the place to be. There are two sections—one for guests of all ages so families can relax together and an area limited to adults only.

There are numerous places to eat at Great Wolf Lodge, whether its breakfast, lunch or dinner, meals or snacks, or even late night room service, there is something to suit everyone's taste. Outside the water park Gitchigoomie Grill and Hungry as a Wolf serve meals in a restaurant atmosphere. If you just can't break away from the water fun, Buckets Incredible Craveables is located inside the water park and serves sandwiches, snacks and beverages. Bear Paw Sweets & Eats and Dunkin Donuts feature coffee and desserts. Want something after the kids are asleep? Food and wine is available through room

service, a relaxing way for adults to end the day without having to go out.

Morning, noon and night there are numerous activities happening throughout Great Wolf Lodge. Wolf Walk is a prowl around the Grand Lobby to learn about wolves, bears, raccoons and other animals. Yoga Tails is a creative yoga class. Periodically throughout the day the Great Clock Tower comes to life with songs, stories and jokes as children interact with animated figures to make great memories of their visit. Paws-on Projects allows youngsters to create their own craft projects each with a personal touch. Visit the Creation Station where kids make a plush Great Wolf Kids character come to life, complete with outfits, costumes and accessories. Kids can even find an outfit to match their new best friend.

Whooping Hollow is another area for younger guests with splash features and slides that are just their size.





MagiQuest sends you on an adventure with a magic wand where you'll use special powers to explore the lodge and defeat the Goblin King. You can take your wand home with you and bring it back on your next visit for a new adventure. The Northern Lights arcade has games for kids of all ages. Forget something you need for the water park? Visit the Bear Essentials Swim Shop and you'll find it. Everyone needs a little something to remember their stay and Buckhorn Exchange Gift Shop has items for all ages. The fitness center lets you continue your daily health routine so you won't feel like you slouched while away from home. Cardio and weight-training equipment, and flat-screen TV's keep you fit and informed.

Jammie Jamboree lets the little ones use up that last bit of energy learning new dance moves from some Great Wolf characters before winding down for the evening. Selfies will be required to preserve the moments. Then go on to the Grand Lobby for nightly story time after the 8 pm Great Clock Tower Show. One of the best things about your visit – you can wake up tomorrow and do it all over again!

Great Wolf Lodge offers accommodations for families with up to 8 people in one room. They range from simple

rooms with two queen beds and a full-size sofa sleeper to family suites with separate themed sleeping areas for the youngsters and a maximum of 6 people. Up to 8 visitors can stay in a premier suite which has a fireplace, three queen beds, a full-size sofa sleeper and a lofted bedroom for plenty of room to spread out. To learn more about Great Wolf Lodge in Sandusky or to make a reservation, check their website at [greatwolf.com/sandusky](http://greatwolf.com/sandusky). Whether you spend one night or several, you're guaranteed to have fun no matter what the weather is outside. ✨



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# SIMPLE SOLUTIONS

# FOR TIGHT HIP

By Hannah Alderfer, BA, CPT, FMSC

Have you ever thought about the complexity of what it takes to sit, stand, walk, run, or perform a variety of other movements involving your hip joint? The hip joint is quite complex and it can also be the cause of a lot of pain if not taken care of. You aren't alone if you've ever had to deal with hip tightness, low back pain, knee pain, or bad posture. All of these things can be a result of imbalances and tightness in the muscles surrounding the hips. Some of the main culprits involved are the iliopsoas, piriformis, and iliotibial band. It's not always easy to determine what sets off the problem to begin with, but by working to

stretch, strengthen and release each of these areas, you are more likely to feel and move better!

First, let's see what each of these muscles do! The iliopsoas is actually two muscles that come together and attach onto a bony prominence on your femur called the lesser trochanter. Its main function is to lift the leg (also called flexion). Next, the piriformis is a deep hip muscle that overlies the sciatic nerve and helps you externally rotate (outwardly turning) your leg. When it becomes tight, it can compress the sciatic nerve and cause symptoms very much like sciatica. Lastly, the iliotibial band is actually a long tendon attached to a small muscle on your hip called your tensor fasciae latae, which performs the movements of hip flexion and abduction

(abduction occurs with any side stepping or side lifting of the leg). The IT band then connects all the way down to your knee joint. Now that you have a better idea of where these muscles are located and what they do, let's see why they can create so much trouble.

Most people spend the majority of their day in a seated position, which makes the iliopsoas tight and short. Or they perform exercises such as walking, running or biking, which involves lots of hip flexion. When this happens your pelvis is pulled forward into anterior tilt. Over time this causes the piriformis to be tight and can also affect the IT band, leading to the problems I've already mentioned. If you are struggling with hip, back, or knee pain, then try some of the stretches and self-myofascial techniques below for relief.

## KNEELING HIP FLEXOR STRETCH:

First make sure to tuck your tailbone (or bring your hips back to a neutral position). You might already start to feel the stretch at this point. Then shift your body forward to deepen the stretch. Hold for 30 seconds on each side.

## LYING HIP FLEXOR STRETCH:

Lying on the end of a table or bed with your legs hanging off the edge, pull one knee to your chest, keeping the other leg relaxed and draped off the edge. Hold for 30 seconds on each side.



## STANDING PIRIFORMIS STRETCH:

Place one leg on a counter or table with your knee bent. Keep your standing leg facing straight forward. Push your tailbone to the wall behind you or try to keep your back as flat as possible. Then gently bend your standing leg at your knee to deepen the stretch. Hold for 30 seconds on each side.



## ILIOTIBIAL BAND STRETCH:

Using a stretch strap, band, or towel, lie on your backside and wrap the strap around the arch of the foot. Keeping the knee straight, gently pull the leg up and across the midline of the body, trying to keep the same side hip down on the floor and the opposite leg facing upward. Hold for 30 seconds for each side.



## SELF-MYOFASCIAL RELEASE: HIP FLEXORS:

Lie on the foam roller so that it is halfway between the side of your leg and the front (it should be right below your hip bone). Then roll slowly from your hip bone down toward your knee and back, using your forearms and opposite leg to move along the roller. Roll for 60-90 seconds on each side.



## PIRIFORMIS:

Sit on the foam roller and lean back with your hands behind you supporting your weight. Lean to one side so that just one side of your glutes is on the foam roller. Lift the same side leg across the opposite side and roll from the top of your hip bone down to your butt bone (or ischial tuberosity). Roll for 60-90 seconds on each side.



## IT BAND:

Come to one side and place your bottom leg on the foam roller starting at your hip bone. Then bring your top leg in front to a bent position so that you can use that leg to help push as you roll along the other leg. Roll from the hip to the knee slowly. If that becomes comfortable, stack both legs and roll through the bottom leg from hip to knee. Roll for 60-90 seconds on each side ✨



# A Real **Solution**, not Another Resolution

By Aaron Smith

Turn your endless uphill health battle into a downhill victory lap by beating the calendar! Knowing what NOT to do can often be as, or more, valuable than knowing what TO do. We might not all know how to properly handle a firearm or the chemistry behind petroleum, but we know not to have a staring contest with the end of a rifle or to extinguish a fire by drowning it in lighter fluid. As a professional health consultant, I've discovered the quickest way to gain weight, which is a valuable tool in the mission to help clients lose it. Want to know the secret? Go on a diet. Yep, going on a diet is a surefire way to pack on the pounds and feel horrible about life (and yourself while doing it). Make sense? If you're confused...you're not alone!

You're familiar with diets, in fact you've probably tried dozens, and we all hold the same calorie-cutting contempt for them. During every diet (or on the rare occasion we "finish" one) studies from around the world reveal to us the ultimate result. We end up well fed and fed up, fatter than ever. Why? It's quite simple.

Diets by nature have failure baked in (pun intended) -- infuriating, inescapable, self-sabotaging failure.

When you consider a diet, and all that implies, examine your thoughts. You can only be considering one of two possible outlooks. Experience with clients for many years agrees with what science has demonstrated to us countless times in recent years. Most people strictly view diets as a short-term tactic, a defensive countermeasure to quickly shed unwanted pounds that have slowly accumulated. Did you catch it? There are more problems with our perception of dieting, than calories in New York cheesecake. Reversing the internal damage manifested externally in the form of an uncontrollable waistline from years of unhealthy food choices and overeating cannot be accomplished with our usual "I want it now" mentality. We wanted those fries, pizzas, and drive-thru salads now-now-now, and we panic when we can't hit the Easy Button and watch it all melt away.

**The word "diet" has been hijacked, and we've been duped.**

By far the biggest obstacle we overcome with our consultees – whether they're battling chronic diseases, preparing for an elite-level physique competition, or a soccer-mom frozen in disgusted shock after stumbling across a wedding photo from 10 years (and 40 pounds) ago – is curing the punitive mindset when it comes to





dieting. Everyone perceives diets as a negative-sum equation because our basis of information is skewed. We assume it's a matter of cut-and-dry thermodynamics, consume (eat) less calories (energy) than we expend, and it's all good in the hood, right? Wrong. Everyone hates diets because A) They don't work, and B) They take away our yum-yums... not the yum-yums! So, we build this loathsome emotional reaction when it comes to diets because we don't see them as effective tools at leading an energetic, medication-free, healthy lifestyle; we see them as ripping our favorite toy away and smacking our hands while doing it.

### So, what's the solution?

First, stop using the word diet. Don't think it, don't say it, don't even think it (yeah, I said it twice). Diets are a plague, an irrational irresponsible and unreasonable knee-jerk response to a condition that requires a lot more than skipping the office's desert-of-the-day and our usual one-or-six of carcinogen-colas. Diets are a horrible crime against humanity, and they must be scorched from this earth. What's my beef with diets? Well, they didn't take my lunch money or pick

me last during recess, but they're most-def an enemy combatant!

Second, stop setting time-definite deadlines and expirations on healthy eating! Do you just want to look and feel good for the next few weeks? The reason a diet is the quickest way to gain weight, is because as humans we're programmed to survive – which means an entire biochemical and hormonal cascade takes place every day ensuring we seek the most calorie-dense fattening foods we can sandwich between two grease-soaked refined processed flour buns – and we're pretty good at it too. Thing is, we live in a Utopia of readily available food. Our intrinsic cravings are met with a global industrial food manufacturing complex that creates the perfect storm of fatty-fat failure.

**It isn't about a temporary transition...it's about a permanent paradigm transformation.**

When you eat a healthy well-rounded meal-plan, you'll find that the world of food comes alive, and rather than being starved and miserable, you're supercharged and wonderful! Once you're on track, don't allow silly slip-ups to derail you, or worse yet,

goofy gadgets (like weight-scales and calendars) to dictate your progress. Scales measure gravity's effect on your body mass, period. Calendars highlight New Year's Day, but please don't wait till January 1st to do something you should've done last year (and the years before). Avoid the millions of serial Resolutioners who statistically fail before February 1st.

Give yourself the edge, give yourself some credit, and give yourself a chance. Create your own momentum by expanding your horizons of health, and discovering a new world of healthy food options abounding around you. ✨





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### Jessica and Joe Shrock

Having both grown up being involved in athletics, the competitive drive is still there in both of us. When you are married with children, it is difficult to be involved in activities that pull one of us away from the family. Fortunately, for us, we started working out together; as a couple. This has given us an opportunity to not only improve ourselves physically, but, it is a great time to spend together doing something we both enjoy.

We have learned how strong and determined we each are and our desire to improve every time we hit the gym. We also participate in a lot of 5Ks, 10Ks and Relays. Even though we don't compete against each other, we push each other to do better everytime. If one of us has a PR, the other is determined to do the same.

Working out as a couple has brought us closer together and strengthened us in all areas of life. It is something we look forward to every week. We have pushed each other to do things that we would never have dreamt possible just a year ago.



### Tony and Jen Zwick

Tony and I have always worked out at the same time, but never together, as a couple. When we decided to do the 14 day trial at Impulse, we really didn't expect it to change our relationship, but it truly has. Our bootcamp nights are almost like "dates" that are spent together getting fit, encouraging each other, and having some laughs along the way. We both have lost weight, feel better about ourselves, and take time to plan/cook healthier meals as a couple. Thanks, Impulse!

## Couples who work out together Push each other



### Trish and Shawn Wittmer

After years of talking about working out, we are finally doing it...together! Shawn started at Impulse in June with the 21 day challenge program. About 2 weeks into his program he encouraged me to come and give Impulse a try. I was hesitant, however, I finally gave in and tried it. I was immediately hooked! Now we look forward to spending the time together each day, making ourselves healthier and stronger. It has helped us to hold each other accountable, not only in the gym, but in our eating choices as well. It is so much easier to make healthy choices when you are doing it together! Seeing that our workouts are a highlight of our day, our 18 year old daughter and 16 year old son have decided to join us! Now we all look forward to our family nights at the gym!

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