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WINTER IN THE WEIGHT ROOM

By Tyler Murphy, BEd, CPT

As a young athlete, receiving a scholarship to an NCAA school is the highlight of a career. Getting to step on the field, under the lights is a feeling unlike any other. As a former college athlete, I still get chills down my back thinking of those memories. But the best memories that I have from my time playing in college are all the early mornings in the weight room or out on the field conditioning with the boys. There was, however, always one issue that we ran into year after year; putting in all that work in the fall and coming back from winter break having lost some of the gains in strength and speed that we had worked so hard for. This article is going to outline some ideas to help athletes maintain their gains from the fall, as well as give you some tools to take your strength and conditioning to the next level during break.

The first thing that a young athlete has to understand when it comes to going home for winter break is that they need to maintain, as close as possible, the same schedule they had at school. That means waking up at the same time, eating meals at the same time, and going to the gym at the same time. I know that break is a time to visit with family and old friends, as well as maybe getting a part-time job to replenish those funds, and those are all great things that give balance to your life. But at the same time, the body needs to be kept on a steady schedule. Just like a high performance engine in a car needs consistent maintenance to keep performing, so does the human body. Keeping a structured schedule during a break from school and sports will also help to ease the transition back to the school schedule when the break ends,

avoiding the shock to the body that new stressors like classes and practice bring.

Once your schedule is established and you have allotted time to do everything that you want and need to do, the next item on the agenda is what to do with your time in the gym. From my experience, every high level college and high school coach will send their student athletes home with a winter workout program that builds on the work and the progress made during the first half of the school year. These programs are meticulously thought out and built to make sure that the athletes are primed and ready to go as soon as they step back on campus after the break. One piece of advice that I got during my college career was to spend extra time after my programmed workouts to work a little extra on my weaknesses, which



for me was my explosive speed. I sought out a speed coach that I had known for years and asked him to help me with a few drills and exercises to increase my speed, advice that I will always give to young athletes. The extra work always pays off in the end. Coaches and trainers are a wealth of knowledge and experience that can help propel your fitness up to a whole new level. They know thousands of different drills and exercises that can help you achieve your goals.

The most important aspect to any fitness program in general, but especially crucial to high school, college, and professional athletes, is their diet. The holidays are always a challenging time for everyone when it comes to avoiding the junk food and candy, undermining your chances of improvement from the inside out. Young athletes need to understand that the food they input has a measurable output. I'll use another car analogy; putting a low grade gasoline into the high powered engine of a Lamborghini and expecting high performance is the same as an elite athlete putting junk food into their system and expecting to perform at that elite level. Young athletes, especially in the junior high and high school age range, are often at a caloric deficit because of the energy that is required for maturation and growth. As the workouts and the training intensity increase with age and experience, that statement remains true. Stick with good, whole foods and avoid the processed stuff to help you maintain and improve your weight room work. If possible, seek out a nutritionist or dietician to talk about supplementation to go along with a solid, healthy diet. There are a number of good things out there that aid recovery and boost performance both on the field and in the weight room. ✨



“Stick with good, whole foods and avoid the processed stuff to help you maintain and improve your weight room work.”

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MUST SEE MOVIES IN 2018

By Tracey Peyton, MA

T

The year 2017 was an interesting year for movies and for scandal. Surprises like *Get Out* and *Split*, to flops like *Blade Runner 2049*, and jumbo hits like *Wonder Woman* and *IT*. As of this writing, the Harvey Weinstein scandal is opening the door to other directors and actors like Brett Ratner and Kevin Spacey being the subject

of many additional allegations. All I really want to know is what is going to happen to the Weinstein project, *The Six Billion Dollar Man* starring Mark Wahlberg, which was slated to come out in December? I really wanted to see that.

The year 2018 promises to be better without that Memorial Day to Labor Day slump and hopefully less scandal. While trying to develop a small list of movies to see in 2018, I find it a daunting task after reviewing six of my industry sources. I cross referenced lists to see which movies were on the majority of lists to come up with most of these mentioned below. Asking me to rank them would be next to impossible. There are movies in 2018 that we all should see; however, since they will most likely be included in Oscar balloting, I am not in-

cluding those—i.e. *Molly's Game* directed by Aaron Sorkin.

You must have something Star Wars on the list; its first origin story, *Solo: A Star Wars Story*. This movie is directed by Ron Howard and stars Alden Ehrenreich in the title role. Supporting cast includes Woody Harrelson, Thandie Newton, Emilia Clarke and Donald Glover. Release date: May 25.

There are at least six movies coming out in the Marvel and DC Universes in 2018. I picked two: *Deadpool 2* and *Avengers: Infinity Wars*, with release dates of June 1 and May 4 respectively. Ryan Reynolds surprised everyone by grossing \$363 million in ticket sales in the first installment of the obscure cult favorite, with an R-rating as well. *Avengers: Infinity Wars* may have some big surprises in store as most of the Marvel characters contracts end with this film, as they face off against Thanos, a legendary comic book villain. Most critics are saying if you like *Captain America: Civil War*, then this is a fateful ending with a cherry on top. I promise *The Incredibles 2* will be one of the best sequels

we had to wait on. It will do better at the box office than many of its animated sister sequels in their sophomore efforts. It has been 13 years since the original installment with Mr. Incredible and Elastigirl. Experts are saying that this one



will rival an other Pixar sequel, *Toy Story 2*. Release date: June 15.

The science fiction dystopian novel *Ready Player One*, written by Ernest Cline, starts March 30. Visually, it is stunning. And why wouldn't it be with Steven Spielberg at the helm? Virtual reality gamers must find an Easter egg within this world to obtain the fortune of the deceased creator. Tye Sheridan, who made such a splash in his debut film, 2012's *Mud* with Matthew McConaughey, plays the protagonist Wade Watts. Mr. Sheridan is one to definitely keep watching.

The Irishman, starring Al Pacino as Jimmy Hoffa and Robert DeNiro as Frank Sheeran, is a biography about the possibility of a mob hitman's involvement with the slaying of Jimmy Hoffa.

Just the fact that the movie is directed by Martin Scorsese and also stars Joe Pesci, with the screenplay written by Oscar winner Steve Zaillian, means it'll be good.

Zaillian has penned the screenplays for *Schindler's List*,

American Gangster, *Gangs of New York* and *Searching for Bobby Fisher* among others. This has Oscar written all over it. Release date: TBD.

There are many movies that are reboots: *The Jungle Book*, *How the Grinch Stole Christmas*, *Robin Hood*, *Overboard*, *Death Wish*, and *A Star is Born*. *Death Wish* will star Bruce Willis in the Charles Bronson role; and Lady Gaga and Bradley Cooper will reprise the Barbra Streisand and Kris Kristofferson roles. Both movies are due out in March of 2018.

For sci-fi and horror fans, the final installment of the Halloween franchise, entitled *Halloween*, stars Jamie Lee Curtis taking on Michael Myers for one final time. *The Predator*, a sequel to the 1987 film *Predator*, is directed by Shane Black, best known for his writing of the *Lethal Weapon*, *Lethal Weapon 2*, *Iron Man 3* and *The Last Boy Scout*, comes out in August 2018. Another franchise film

As 2018 nears, I would hope that the year offers us bigger blockbusters and fewer scandals.

to watch for in the summer of 2018 is *Mission Impossible 6*. Look for some outlandish stunts by Tom Cruise. If these stunts are any better than the ones he trained over a year for in number 5, this one promises to be a fun ride.

As the article comes to a close, I realize that I did not mention *Oceans Eight* and *Mary Poppins Returns*. The release dates are June 8 and Christmas Day, respectively. *Oceans Eight* has the sister of Danny Ocean running a heist at the Met Gala. Lots of cameos with Matt Damon reprising his role as Linus promises to be just plain fun. *Mary Poppins Returns* stars Colin Firth, Lin-Manuel Miranda and Emily Blunt in the title role. Don't be surprised if you see Dick Van Dyke in this one too. That makes my heart melt.

As 2018 nears, I would hope that the year offers us bigger blockbusters and fewer scandals. Since the movies are so subjective, I know that each of you will be able to find your niche and support those that may be near and dear. There is nothing better than viewing a movie in the atmosphere of a movie theatre with digital sound and projection....and yes, buttered popcorn. I hope to see you at the movies real soon! ✨



Cleveland Metroparks

The Place to go for Winter Fun

By Mary Vlahos

Photos courtesy of
Cleveland Metroparks/Kyle Lanzer



Most people think of the Cleveland Metroparks system as a place for fun, summer activities for the whole family. While that is true, the Metroparks do not shut down for the winter; quite the contrary. Visitors will still find a variety of activities to choose from such as sledding, ice fishing, cross country skiing, snowshoeing, attending programs and lectures, and the most famous for family fun, the Mill-Run Toboggan Chutes. Did you know the Cleveland Zoo is part of the Metroparks and open all winter long?

Most every part of the Cleveland Metroparks system of parks has sledding. Whether you hit Hinkley Reservation to the south or Big Creek Reservation with its 2.4-mile lake-to-lake trail, you will find sledding available. For the thrillseeker, try Barrett Sledding hill. It's known for its steep incline and is located off Valley Parkway. The Big Met Golf Course has sledding by the 11th tee. It has a gradual incline and nearby fireplaces. This location is perfect for younger children or those of us who want a more leisurely ride down the hill.

Sledding • Ice Fishing • Skiing • Tobogganing

Below is a complete list of sledding locations.

- ✓ Memphis Picnic Area – Big Creek Reservation
- ✓ Sleepy Hollow Golf Course – Brecksville Reservation
- ✓ Kelley Picnic Area – Euclid Creek Reservation
- ✓ Sledding hill off State Road – Hinkley Reservation (night lighting)
- ✓ Pawpaw Picnic Area – Mill Stream Run Reservation (night lighting)
- ✓ Old River Farm Picnic Area – North Chagrin Reservation (night lighting)
- ✓ Sledding hill north of Barrett Road – Rocky River Reservation
- ✓ Big Met, Little Met, and Mastick Woods Golf Courses – Rocky River Reservation
- ✓ Sledding hill corner of Sulpher Springs Drive/Chagrin River Road – South Chagrin Reservation
- ✓ Sledding hill off Hawthorne Parkway south of Solon Road – South Chagrin Reservation



The Cleveland Metroparks have been offering fishing since 1917. It is one of the most popular park activities. That doesn't have to stop just because it's winter. Ice fishing has grown in popularity. Some of the area lakes to visit are Ledge Lake, Ranger Lake, and Rocky River's East Branch, Main Channel, or Oxbow Lagoon. You can also try Shadow Lake, Wallace Lake, Beyer's Pond, Chagrin River's West Branch, Hinckley Lake, and Judge's Lake. You could visit a different lake every week.

Not all park activities are outdoors. The Cleveland Metroparks also offer classes and lectures all year long at various park locations. Classes range from learning to kayak, to plants that change the world. There are also nature art lessons, bird sketching and a kids' clay owl class for the artist in your family.

Northeast Ohio does not have the tall mountains for downhill skiing that many states have, but the terrain of Ohio does lend itself to cross country skiing especially in the Cleveland Metroparks. There are many trails for both cross country skiing and snowshoeing in the park system. The Rocky River Reservation has trails that go near their shale cliffs, creeks, and through forests. You can ski the high ridges of the North Chagrin Reservation and its numerous ungroomed trails that run through the river valley and pass the old English, Squire's Castle. Mill

Stream Run Reservation has trails that run through their forests and meadows, and pass by the remains of Native American settlements. The Brecksville Reservation, located near the Cuyahoga National Park, offers ten trails that traverse seven gorges. The park system also owns five golf courses that allow cross country skiing. They ask that skiers wait until there is at least four inches of snow on the ground before skiing and stay on the fairways and the rough areas. The Big Met course has groomed trails for cross country skiers. There are many more trails through the park system that can be challenging to a cross country skier, but the views of the parks and the wildlife are all worth the trip.

The Chalet at Mill Stream Run Reservation, located in Strongsville, opened in 1967 and is celebrating their 50th season. The toboggan run boasts 700-foot refrigerated chutes that are the tallest and fastest in Ohio. Their sophisticated refrigeration system allows them to operate with or without snow. There are two chutes that send riders zooming down the ice at top speeds of 50 miles an hour. Don't miss the speed reader at the bottom of your run to gauge your own top speed. It's like an icy roller coaster ride. In the past riders have had to carry their toboggans back up the hill, but since 2012 riders can put their toboggans on a lift and pick them up at the top. For those who can't quite muster up the nerve to go blast-

ing down an ice chute at 50 mph, there is ample space in the Chalet where you can observe from a safe, warm distance or sit outside next to the outdoor fireplace. It's the perfect family activity and also available for birthday parties or other group outings. The toboggan chutes run through March, weather permitting. There are all-day rates of \$12 for adults, \$10 for children under 11, or for the real toboggan enthusiast you can get a season pass for \$60 for adults and \$50 for children.

Yes, the Cleveland Zoo is open in the winter. Grab a hot chocolate or coffee from their concession stand, hop on the complimentary, heated shuttle bus and take a ride to some of the zoo's indoor exhibits such as the Australian Adventure Primate, and the Primate, Cat and Aquatics building. Enjoy the lion exhibit where lions are kept warm by heated rocks. Learn about animal care from the Center for Zoological Medicine. Hike through the Wilderness Trek to see cold-climate animals such as Bactrian camel, sea lions, bear, wolves, and harbor seals. Get out of the cold and come inside to experience the 80-degree weather of the Rain Forest. This is a two-acre, two-story building that features hundreds of animals and thousands of plant species. What a unique thing to do with your family this winter.

Don't get cabin fever this winter. Take your family out and explore the Cleveland Metroparks. Whether you want to experience the quiet snowfall and view the vast variety of wildlife while cross country skiing through the park or go zipping down a toboggan chute with your family and friends. There is something for everyone at Cleveland Metroparks. For a complete list of winter activities and locations go to the website www.clevelandmetroparks.com. ✨



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I realize that the buying and selling of Real Estate is probably the most important investment in most of our lives, and every detail needs to be addressed. However, if Julie and I can make ourselves available to counsel and answer questions, answer our phones when needed, and work to handle the details of every transaction, perhaps we can lessen the stress for our buyers and sellers that sometimes accompanies this process.

If you, or someone you know, is considering making a move regarding Real Estate, please consider contacting us. My reputation, as well as Julie's, continues to be based on experience and honesty. I would love to assist you in your Real Estate needs.



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PRO FOOTBALL HALL OF FAME MARATHON

By Jim Chaney

Marathon... One word that means so many things to so many people. For some, it is sitting in front of the TV and blocking out a long period of time to watch your favorite show. For others, it may be a painfully long amount of time that seems to take forever. On April 29, 2018 over 10,000 runners will be filling the streets of Canton celebrating the 5th running of the Pro Football Hall of Fame Marathon. The event has come a long way since its inaugural running in 2014 when just over 3,000 people participated. We welcomed runners from 20 states and 3 countries that year. Everyone was impressed with the organization and the opportunity to run

in our football-themed race. Over the next few years a number of additions and improvements were made as we continued to grow. The 2017 race saw a major change as the entire course was run inside of the City of Canton. It was also the first year that the event sold out ahead of race weekend.

Planning a marathon is much like training for a marathon. It requires a solid plan, time to review your strategy and make any adjustments needed, and get in the training time needed to maximize race day. The event actually begins almost immediately after the prior year's event. Meetings with race organizers, city and township officials, and

community leaders are held regularly to formulate a plan that brings runners to our nationally recognized event in Canton. The Pro Football Hall of Fame helps shape the logistics and branding for the event. Monthly project meetings, course reviews, neighborhood notifications, safety plans, sponsorship drives, and runner recruitment soon follow. Second Sole steps up and leads groups of runners through course preview runs and group training. Compass Media, ESPN Cleveland, WHBC, and the Canton Repository help spread the word about the event. Before you know it race day is upon us with runners from 48 states and more than 12 countries



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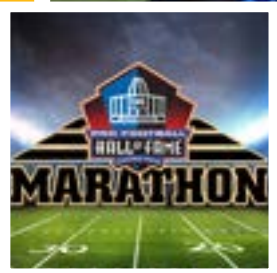
descending on Canton. Participants can enjoy race weekend activities as they tour our race expo, which will be located at the Stark County Fairgrounds. There will be tours of the Pro Football Hall of Fame, the McKinley Monument, and other area destinations. The YMCA of Central Stark County will once again facilitate an NFL/College style combine activity as part of the Health & Fitness Expo, geared towards family and promoting fitness.

The weekend is not just for marathoners! We provide a number of activities and running/walking events that can involve anyone. The marathon is our main stage event at 26.2 miles. We also offer a half marathon (13.1 miles), a five-person team relay where each runner tackles distances between 4 miles and 6.4 miles that collectively adds up to the marathon distance, a Draft Day 5K that has no time limit (run or walk), and a kids' mini 1.2 mile marathon. Runners in the marathon, half marathon, and team relay will receive a commemorative finisher medal and a special fleece blanket to keep them warm. The other event finishers will receive a finisher medal. For those who do not wish to run or walk, there

are plenty of volunteer positions to be filled during the weekend. Visit our website www.hofmarathon.com to explore ways to participate.

As part of our 5th anniversary event we are making a special effort to reach out to the community for race weekend. Participants will be on the streets throughout the city and we really want our residents to come out of their homes and support the runners. Special cheer zones will be established along the route. Homes on the race course will be provided with cowbells, noise makers, and special block party kits to rally the runners along the way. We consider the marathon YOUR parade that wraps through the city for 26.2 miles! The 2018 race will truly be a community celebration.

Marathon... A long-standing running event that represents a successful relationship with the Pro Football Hall of Fame, Community Leaders, Sponsors, Businesses, Runners, and Residents. We look forward to seeing YOU in April! For more information about the 2018 Pro Football Hall of Fame Marathon or to register, go to the website www.hofmarathon.com. ✨





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ASHTABULA COUNTY'S

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Tucked in Ohio's most northeast corner is a place where the land is so bountiful that locals can tell you where "the ducks walk on the fish," Ashtabula County has long been known as an affordable lakeside destination with its 27 miles of Lake Erie shoreline. In the early 20th century it was a favorite annual retreat for three friends: John D. Rockefeller, Harvey Firestone and Henry Ford. The gentlemen camped and fished at what is now known as Geneva-on-the-Lake, Ohio's First Summer Resort.

The area teems with natural resources, including three scenic rivers and two state parks. However, it is the rich and fertile soil paired with the area's climate that creates conditions ideal for growing grapes. These conditions bore life to a vibrant and expanding vineyard region known as the Grand River Valley, which is currently home to 24 wineries. On the ridge of the Grand River, visitors will find rolling acres of manicured vineyards. During sunny days in the fall the sweet smell of ripening grapes hangs heavy in the air and everyone drives with their windows down to breathe in the delicious

scent. Fresh-pressed grape juice should be on your bucket list if you've never tried it.

Ashtabula County wineries are very hands-on. Guests are often served by owners or their family and friends. Cellar tours are common and visitors can participate in a calendar of events year round. In the winter, curl up by a crackling fire with a plate of crusty bread and local cheese while you listen to live music. Two families are credited with establishing the winery industry in the Grand River Valley in the 1970's and establishing a high standard for excellence in wine. These large estates boast something for everyone--sweet, dry, sparkling, and specialty. Think you're not a wine drinker? Let them change your mind.

Ferrante Winery and Ristorante was established by the Ferrante family who had been selling wine since 1937. Still a family affair, this third-generation winery is known for their outstanding pairings of mouthwatering food and award-winning vino. They are the largest wine producer in the region. Ferrante serves a full menu with special family

WINERIES





recipes. The tasting room will tempt even the most sophisticated pallete and their gift shop always has something new. The calendar of special events and live music is full twelve months of the year. Visit their website www.fer-rantewinery.com to see what's coming up.

What began as a simple fruit farm in 1916 has become a third-generation winemaking facility and the largest grape-growing operation in the state. Debonne Vineyards is owned and operated by the Debevc family who produce exceptional products from their 175+ acres of vineyards. Debonne was the first winery in Ohio to open a microbrewery and begin serving beer. They are home to the annual hot air balloon rally each June and have become known for their cellar tours, woof Wednesdays and special events. Learn more about them at the website www.debonne.com.

Ashtabula County grows 70% of all grapes grown in the state of Ohio. And the wines produced here have won national and international awards, often paired against some of the finest vintages. It is fast becoming one of Ohio's premier viticulture destinations. Chardonnay, Riesling, Pinot Grigio, and Chambourcin grow especially well, but the region has begun to see boutique wineries open who specialize in outstanding dry reds.

Harpersfield Vineyards is a farm winery where guests can enjoy intimate fireside sipping in front of their medieval fireplace. The atmosphere is friendly and conducive to meeting someone new. They feature hearty nibbles and small plates that pair perfectly with the estate wines. The products from M Cellars are featured in some of the finest restaurants in Northeast Ohio. This boutique winery serves artisan, handcrafted, cool-climate wines.

They pride themselves on their high quality and attention to detail in both the vineyards and the cellars.

Across the street is an unexpected gem that you don't want to miss. Red Eagle Distillery serves vodka, bourbon, whiskey and rye made from grapes; just the way to warm up on a chilly winter afternoon. Known for their winemaker dinners in the vineyard and Sip & Paint classes, Kosicek Vineyards is the perfect place to gather with family and friends.

The setting is small and has quickly become a gathering spot for locals. Warm up by the fire and enjoy the view out over the rolling vineyard.

Ice Wine is available in very few places around the country. Typically made from Vidal Blanc, Gewürztraminer, Riesling or Cabernet Franc grapes, these are harvested while frozen. The longer a grape stays on the vine, the greater the residual sugar content. It is not uncommon to see grapes being picked at midnight with headlamps and flashlights. The result is a very

// Laurentia is the newest winery to open in the Grand River Valley. This breathtaking winery rivals any you'd see in other parts of the country. //

sweet dessert wine. Each March an ice wine festival is held. The popular Grand River Cellars features ice carving demonstrations, wine marshmallows and a cozy fireplace. Guests visit the different wineries to sample ice wine with an accompanying food sample for a small charge.

Laurentia is the newest winery to open in the Grand River Valley. This breathtaking winery rivals any you'd see in other parts of the country. Its rustic charm and unique features are designed to make customers feel right at home and make the most of their wine tasting experience. Drink in the views of their estate vines while sipping Pinot Noir by the immaculate four-sided stone fireplace. Or, experience the true expression of the winery in the grand cellar surrounded by stone pillars, oak barrels, and concrete tanks.

Looking for something lakeside? The Lakehouse Inn and Winery is the des-

ination for you. Enjoy sweeping views of Lake Erie while enjoying exquisite wines made in small batches at this family-run local favorite. Their restaurant is a true farm-to-table experience where the chef can tell you the local origin of each ingredient. A luxurious amenity, they also have an onsite spa.

Most impressive about these wineries is their lack of pretense. Come as you are: dressed up or dressed down. Drink what you like: sweet or dry. There is a comradery and sense of pride amongst these neighbors who want their guests to sip their passion. If you're not comfortable at one location, hop in the car and travel a mile down the street to the next treasure in the valley. You can be sure a warm fire and a friendly face will be there to greet you at the door. Start planning now – winter and spring are the best times to visit the Grand River Valley. It's affordable. It's accessible. And it's time for a taste! ✦





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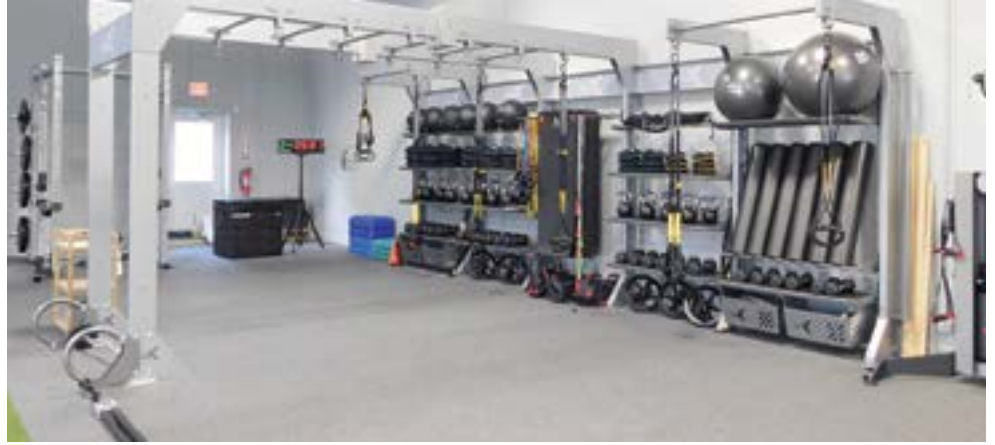


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CONTROLLING INSULIN AND CORTISOL FOR WEIGHT LOSS

Hormones affect every aspect of how our body functions and carries messages between cells and organs. You are probably familiar with the names of many hormones such as estrogen, testosterone, insulin, thyroid, and cortisol. But if you don't know what they do and how they work in your body, you may be sabotaging your weight loss efforts. Let's take a moment to understand the roles of what I feel are two of the most important hormones to have in balance for optimizing weight loss.

By Danielle Wirick,
MS, CSCS, FMSC



✓ **Insulin.** When carbohydrates from fruits, vegetables, good quality grains or highly refined sugary foods enter the bloodstream, the pancreas releases insulin. In a simple explanation, the more carbohydrates that enter the cells, the more insulin is released. If the carbohydrate is more refined or processed, then insulin release will be faster. Once carbohydrates are absorbed, they can be used as fuel immediately; they can be stored as glycogen in your muscles for fuel later if the muscle reserves are low; or they will be stored as body fat if you aren't in either of those categories. So you might now see a simple problem: if you aren't eating that candy bar while you are running to use the carbs as fuel, or if you aren't very lean and muscular and in need of glycogen stores, then you fall into the category of storing those carbohydrates as excess body fat. Then add in the fact that most of our quick-to-eat foods are highly refined carbohydrates which just continue the cycle of high insulin and you can see how this can be a problem.

• **Exercise and diet solution to insulin dysfunction.** Begin by staying away from the typical American breakfast of dairy and grains, which will increase your insulin early in the day and keep you from gaining control of your insulin levels. Instead, opt for proteins, fats and veggies which impact insulin levels very little. Steak and eggs or a veggie frittata are simple solutions. Current research has also found that cinnamon can help lower blood sugar in diabetics by 20% with as little as 1/4 tsp. per day -- barring you don't make cinnamon/sugar with it! Exercise helps improve insulin sensitivity for up to 16 hours after activity, so your muscle's cells are better able to use insulin to take up glucose. As far as what type of exercise is concerned, High Intensity Interval Training (HIIT) is the way to go. In a study found in BMC Endocrine Disorder, 2009, the researchers concluded that a 15-minute HIIT cycling program that involved from 4-7 bouts of 30 seconds at a high intensity was able to "substantially improve insulin action." If you are able, perform a 15-minute high intensity interval, which you can even ramp up a little more by following it with some steady state cardio and then another interval.

✓ **Cortisol.** Cortisol is produced by the adrenals and is primarily in charge of breaking things down. Cortisol increases during exercise (a stressor) and breaks down tissue for fuel so we can keep working out. But for many people it's not the breakdown during exercise that's the problem, it's other stressors. During the workday, when you are mentally stressed, cortisol will also increase. This increase causes an increase in blood sugar and therefore an increase in insulin. So being stressed at work causes insulin to be affected, and then we eat more, move less and ultimately increase our body fat. Many types of stressors cause cortisol to be increased. If you have any type of mood disorder such as anxiety, depression or exhaustion, cortisol increases. If you

have digestive problems such as irritable bowel syndrome, diverticulitis or ulcers, you probably have higher levels of cortisol.

• **Exercise and diet solution to high cortisol.** From a dietary standpoint, the vitamin C found in citrus fruits, potassium from avocados and bananas, the magnesium in spinach and seeds and the Omega 3 fatty acids found in fatty fish, flaxseed and walnuts all help in some way to control how we react to stress and therefore help control our cortisol levels. Stimulants on the other hand increase stress, so limiting those highly caffeinated beverages will help as well. Although exercise causes a spike in cortisol while exercising (a stressor), it also causes endorphins to be released, which cause us to feel good, relax and lower our cortisol levels after we finish. Also, the longer you have been regularly exercising, the less of a cortisol spike you will have because of your body's ability to adapt.

This is only just the beginning of how controlling your hormones can control your body weight. Estrogen, Testosterone, Thyroid, Melatonin, DHEA and other hormones all play a critical role as well. If you think your weight gain is related to hormone issues that you can't control or don't understand, talk to a medical professional for advice. ✨





By Elaine Kish

Since Lake Erie holds the title for the highest fish production and biological diversity of all the Great Lakes, it would only make sense that the Greater Cleveland Aquarium be located near its shore. Housed in the historic FirstEnergy Powerhouse, the late 19th century power station that once supplied electric to streetcars has been transformed into a state-of-the-art aquarium. Its 1,450 animals, daily dive shows and animal encounters, and a 230,000-gallon shark exhibit with an underwater walk-through experience are quickly making the nearly six-year-old attraction a favorite tourist destination.

“From handfeeding a cownose stingray to getting a ‘mini-manicure’ from a cleaner shrimp, there are interactive opportunities around every corner here,” says Greater Cleveland Aquarium GM and Splash Fund Director Tamera Brown. The Aquarium houses about 250 species. They sometimes trade with other facilities to acquire new species, many of which were born in captivity. In each area stationed guest experience associates and working aquarists will gladly answer your questions about the different animals and help you locate a specific one.



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Aquatic life from Australia, Asia, South America and Africa is featured in the Lakes and Rivers of the World gallery.

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The Aquarium's first gallery, Ohio Lakes and Rivers, focuses on native species. As you walk through a wooded forest, you'll see fish, amphibians and the spotted turtle, a threatened species that the Aquarium is helping to repopulate in the wild. You can also learn how lakes, streams, rivers and precipitation fill Ohio's 45 watersheds and how their individual water quality is constantly monitored for biological, chemical, and physical characteristics.

Aquatic life from Australia, Asia, South America and Africa is featured in the Lakes and Rivers of the World gallery. The first thing you notice in this area is Toby, a giant pink gourami, native to Southeast Asian countries. African spurred tortoises rescued by Noah's Lost Ark (NLA), a nearby animal sanctuary, are part of one of the Aquarium's numerous interactive areas. Originally purchased as pets, these tortoises were

either donated to or rescued by NLA because they were abused, neglected and/or unwanted. Guests are encouraged to gently touch their shells—a friendly form of communication. When you visit, see if you can spot Leonardo. One of the largest resident tortoises, he weighs 97 pounds.

The Aquarium is also involved in educational outreach and conservation issues. Informing guests about the effects of pollution is part of its Discovery Zone. Some of the many man-made pollutants that ultimately reach our water sources are pesticides, herbicides, chemical fertilizers, detergents, oil, sewage, plastics, and solid objects. These pollutants are consumed by small marine organisms and then introduced into the global food chain. Few people realize that in the ocean it takes 2 months for an apple core to decompose; 10-20 years for a plastic grocery bag to decompose; 450 years for a plastic bottle to decompose; and 600 years for fishing line to decompose. If we were all aware of these facts, we would certainly think twice before leaving anything in the water.

The moon jellyfish exhibit is located in one of the Powerhouse's original smokestacks. You can learn about their life stages and watch as they "glow" in the dark. It leads into an Indo-Pacific gallery that highlights fish from the Red Sea, Eastern Asia, Indonesia, Fiji and Hawaii. On guard is the venomous lionfish with its red-and-white zebra-like stripes and long pectoral fins. The cold water exhibits in the Northern Pacific gallery feature green surf anemones, pink sea star and California sea cucumbers. Continue on and you'll pass underneath a very smart invertebrate, the Giant Pacific Octopus.

One of the favorite areas for visitors is the Coastal gallery which features an 11,000-gallon touch pool. After learning the official "two-finger touch" method, you can interact with the stingrays and there are daily opportunities to feed them. This gallery also features a



live coral exhibit that details the importance of coral and why it needs to be protected. The Greater Cleveland Aquarium is able to grow coral from tiny pieces called fragments which they obtain from other facilities, without harming the natural coral reefs. Candy cane, striped mushroom, brain coral and numerous other hard and soft corals are part of this 500-gallon exhibit.

Head down a corridor and former coal chutes have been transformed into homes to numerous species of tropical fish. While colorful, they are no match for what's around the corner—sharks. An extensive seatube lets visitors walk under water and provides extraordinary views of four species of sharks, green moray eels, stingrays, pufferfish, angelfish and other aquatic life. The Goliath grouper in this display is still a

juvenile, despite his massive size. Full-grown Goliath groupers can weigh up to 800 pounds. Look for him on the bottom as he is usually seen resting there with the nurse sharks.

“We invite you to see and appreciate aquatic life in new ways,” says Brown. Before you leave, another fun area for kids is the Exploration station. Designed to resemble a research vessel, it is home to an electric eel. Youngsters can see the captain's quarters, become a researcher, watch educational videos and be part of hands-on activities. And the Coral Cove Gift Shop has everything from t-shirts to stuffed animals to remember your visit.

The Greater Cleveland Aquarium has tickets for day visits, but also offers annual passes and tour packages. They have partnered with Lolly the Trolley

and the Nautica Queen to offer combination tours. For more information, hours and ticket prices, visit their website www.greaterclevelandaquarium.com. Before and after your visit, check out the Shark-Cam to watch the ocean creatures swim right in front of you on your digital screen.



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By Christopher J. Shaffer

“This being Ohio, we may not have a lot of vast wilderness, near us, but we are surrounded by a large number of small pockets of wilderness.”



There are few experiences more unique than waking up to a blanket of fresh snow in a wilderness setting. This being Ohio, we may not have a lot of vast wilderness, near us, but we are surrounded by a large number of small pockets of wilderness. These small pockets allow us to get our “wilderness” fix even when all we have is one night or a weekend to get out.

One of my favorite pockets of wilderness is Oil Creek State Park in Pennsylvania. I prefer to call ahead and reserve a shelter in one of their two camping areas; then I have the option of where to start my trip and what route take depending on how much time I have. Oil Creek State Park has two designated shelter or camping areas and two organized group camp areas along 52 miles of hiking trails mostly up along the ridges and 9.7 miles of bike trail built along the creek on an old railroad bed, so you have lots of options. These options make this the perfect shakedown before a longer trip, or the ideal way to break in those new snowshoes.

Finding your way in the park is easy. The main 36-mile Girard Hiking Trail is marked with yellow blazes, while the side trails are marked with white blazes. The 9.7-mile bike trail has frequent historical markers along its asphalt paved length, and old dirt roads crisscross the valley allowing you to pick any length you wish. Most of my favorite routes begin and end at the Park Office in Petroleum Center. Since I hate having to run a shuttle for a one or two-night trip, this tends to work very well to see the most scenery.

If you are lucky enough to have a long weekend or at least an early start on Friday, one of the best routes in the park starts with a half-mile hike along a white blazed side trail directly behind the park office. Once you reach the yellow blazed Gerard Hiking trail, head north (left) and hike a little under five miles to the Cow Run Shelter area. If you are pressed for time and don't like the idea of hiking in the dark, you can also get advice from the park office about parking at the shelter's lot and making your hike in a lot shorter. Unfortunately, parking there is not always an option and it makes your last day's hike that much longer to get to your car. Af-

ter enjoying all the amenities that Cow Run has to offer and eating all of the heaviest foods you packed, the second day of this trip has options that can either make it a fantastic 16-mile historic and scenic tour, or you can take one of several shortcuts to decrease your mileage. Either way, you are going to continue to head north on that yellow blazed trail.

Your first “bail-out” point comes with the Miller Farm Road about 3.75 miles north of the Cow Run Shelters. Turn west (left) on Miller Farm Road to cross the creek and either turn south (left) to jump on the bike trail, or continue up Miller Farm Road to the Main Trail or Wolfkeil Run Shelter parking lot. Then turn left to get to the shelter area. If I need to take this route, I prefer to take the bike trail maybe half a mile south (left) to a clearing that is marked on the map with a “rustic restroom” and follow the trail up the hill in the northwest corner of the field. Of course if you don’t have a ton of snow and everyone in your group agrees, you could stay on the east side of the creek a while longer. This is actually the coolest part of the trip. You’ll pass two scenic waterfalls and cross the creek on a pretty unique suspension bridge, before re-connecting with the main trail and looking for Miller’s Falls on the way to the Wolfkeil Run Shelter area. To do this, follow the yellow blazes from Miller Farm Road, keeping an eye out for Boughton Falls at about the 3.75-4 mile mark. At about 4.45 miles north of Miller Farm Road you should find a white blazed trail to the east (left) that leads down a set of switchbacks and over the creek on that suspension bridge. If you plan on taking this route, be sure to check with the ranger station that the bridge is open. If the suspension bridge is closed, or if your group has a couple of history buffs, keep following the yellow blazes north another 1.56 miles to the final bridge option on the trail. Before you get to the bridge, you’ll see the Drake Well Museum down the hill off to the left. This is the site of the world’s first commercial oil well. Dug in 1859 pioneer-



ing methods still in use today, this is the well that changed the world. Cross the bridge next to the canoe launch and continue to follow the yellow blazes 6.13 miles to the Wolfkeil Run Shelter area for a much deserved rest.

Whether you take the short route or the long road, I love being able to sit under the shelter, next to the fire and smell dinner cooking while watching the snow fall outside. No, these are not cabins; more of an Adirondack-style shelter with walls on three sides and a fireplace in the open end. There is a picnic table outside each shelter for sitting and cooking, especially if you are using a liquid fuel stove. Most of my friends and I have taken to either packing in “foil dinners” or using freeze-dried meals that just require boiling water. Freeze-dried meals and coffee usually win for breakfast as we want to be sure that the fire is out before we leave.

Once we are all done with breakfast and packed up, we will continue heading south to the park office and our cars. This being a park of many options, we have choices here, too. If everyone is pretty beat up from hoofing it 16 miles yesterday, I usually head down the hill

to the clearing and connect with the bike trail. It’s still about 7 miles out this way, but the easy grades and level terrain allow for a faster pace in all but the snowiest conditions. One other option is to continue following the yellow blazes past Pioneer Falls about 8 miles to Stevenson Hill Road and follow the road east back to the car. The final option is to finish the whole big loop by following the yellow blazes another 15.58 miles around from the Wolfkeil Run Shelters back to the car. You now deserve to take a nap on the way to the buffet. Just be sure to buy the driver’s dinner as a thank you for allowing you to snore in their passenger seat. For more information about Oil Creek State Park hiking and biking trails, visit their website <http://friendsocsp.org>. ✨

“You’ll pass two scenic waterfalls and cross the creek on a pretty unique suspension bridge, before re-connecting with the main trail...”

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MEET

WILC

By Kathy Ray

When you or your children were little, playing duck, duck, goose was an all-time favorite. However, now as an adult, I bet geese in any form are not on your list of fun. Oh sure, the first time I saw a goose heading to our pond, I was in awe. We all have that moment when nature's beauty walks into our city and suburban lifestyle and we think we've hit the jackpot. Then, reality soon hits! You just wanted to enjoy the visual beauty; not turn your yard into a goose dropping slime pit.

Unless you have a proper hunting license for geese, these creatures are protected under the Migratory Bird Treaty Act of 1918.

Here are some facts about geese:

- Geese overgraze on lawns, eat crops, and trample turf.
- Each goose creates approximately three pounds of fecal matter daily.
- Their droppings create a health risk to humans and can cause nutrient loading in water; which in turn triggers algal blooms and excessive plant growth in lakes.
- Geese are very territorial and will return to the same location year after year.
- A goose can live upwards of 24 years and weighs approximately 12-14 pounds.
- When a female is nesting, she is unable to fly and the male will stand watch. Many humans have been attacked by the aggressive male during the nesting season, which is early spring.
- If geese are not deterred from nesting, they have been known to nest near each other in gang broods of up to approximately 20 birds.



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There is a chemical that can be administered to your grass that upsets a goose's stomach and the concept is they will not return to graze after getting ill. Unfortunately, after lawn mowing and heavy spring rains, this chemical is soon gone. Another form of deterrent for business and homeowners to try is fencing. Again, you might get a few who waddle away, but most often geese will fly into another location and walk to the best eating area.

This all probably sounds depressing and you might be thinking it's impossible to rid your property of geese, but there is a humane and effective way to rid geese from your home or business. That is by using a Border Collie. The goose has only one predator and that is a wolf. The Border Collie's body shape and stance mimics that of the wolf and, coupled with their ability to learn how to "sneak attack," makes them the perfect weapon for goose control.

About now you are probably thinking that you have a dog and don't really see how a Border Collie would be any different. The process is very different. First, the Border Collie used for goose control should have been professionally trained for this type of work specifically and two, the dog should be controlled by a handler at all times. Geese are smarter than most of us think. When you monitor their habits, a handler learns what times they are most prevalent at a property and works on a "plan of attack" with the trained dog.

Another reason a specially-trained Border Collie works so well and is supported by the US Humane Society for goose control is their plan of attack never harms a goose or nest and the dog rarely makes a sound. Sometimes the excitement of charging into a large group of geese that take off in flight will cause the dog to bark, but normally no sound is made. Again, it's all about the "sneak attack".

In our area of the country if you are going to have a goose problem at your home or office, you most likely will start seeing them frequently into late fall and winter. Even though Border Collies will also go into the water after the geese, the temperatures are usually too cold and the possibility of being injured from ice floes is too great until the weather warms in the spring. Sometimes that can be too late to begin a plan of action. So, to supplement the use of the specially-trained Border Collie during winter months or in an area that is difficult to get to, an approved laser light at dusk and

dawn and a remote boat during daylight hours is often used. Geese are creatures of habit and want to be comfortable. Not really so different from all of us! If someone was aggravating you in your home several times a day, you would probably pack up and move on too. That is exactly what happens when you institute these effective tools into your arsenal.

The main ingredient to any of these modalities is consistency. Your property should be evaluated by the goose-chasing professional prior to outlining a plan to determine how many times a day he or she will need to get the goose population under control. A heavily-populated area with geese usually requires three to four times a day at the start of goose chasing.

Vic was born in Georgia and sent to one of the top trainers in the country who is at Big Bend Farm in Virginia. After extensive training, in 2012 Pond Wiser brought Vic to Ohio where he currently resides and works diligently sending geese to public wetlands. For more information about Vic, visit the website for Pond Wiser, Inc, at www.pondwiser.com or contact them at 330-833-3764. ✨



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KNEE REPLACEMENT INNOVATION

By Jeffrey S. Dulik, DO

It's a surgery that's taking medical advances to new heights. At Spectrum Orthopaedics, Inc., and Ohio Specialty Surgical Suites we are providing patients with the latest advances in partial knee replacement surgery utilizing the NAVIO robotic-assisted surgical system.

John Tasseff is an 82 year old Navarre, Ohio resident who enjoys competing in track and field events and dancing with his wife. Earlier this year, I evaluated Tasseff at Spectrum Orthopaedics and recommended a partial knee replacement of his left knee due to arthritis. "I couldn't walk up and down stairs, walking in general became very painful and I missed dancing with my wife," said Tasseff.

After the procedure Tasseff said, "I am so happy I chose Dr. Dulik to perform my partial knee replacement. Before the surgery I was having difficulty competing in track and field events (shot put and discus) in the Senior Olympics Competition because of spinning and force on my knees. Within eight months of my surgery and during competition this summer, I was able to compete with no pain and truly enjoy these sports activities again. All is good."

Tasseff underwent a standard procedure for partial knee replacement and has done well. The benefits of partial knee replacement have been well documented. This procedure is technically demanding and depends on excellent placement of the components and balancing of the soft tissues. To ensure an excellent outcome, we have stepped up our game and now offer one of the most advanced robotic-assisted partial knee replacements.

The NAVIO robotic-assisted partial knee replacement surgical system allows doctors to be precise when it comes to the operation. It allows you to put the components in with precision so you're able to really define a patient's anatomy and implant placement. Robotic precision can be one of the keys to successful patient recovery and I believe this surgery provides surgical precision without the necessity of a CT scan.

Additionally, the NAVIO robotic-assisted surgical system provides robotic-controlled assistance, aiding in precise surgical outcomes for patients living with knee pain caused by early to mid-stage osteoarthritis. NAVIO surgery differs from other robotic-assisted surgery with unique algorithmic technology which allows for hand held instrumentation to assist surgeons during the partial knee replacement procedure.



We are able to create a model of the patient's knee movement and bone anatomy using computer-assisted virtualization that doesn't require having the patient undergo a CT scan. Using this virtual model, I plan the location of the implant and balance the knee through bending. Finally, using the NAVIO hand piece, I then prepare the bone to accept the implant. The end result is a partial knee replacement that gives patients a return to daily activity and decrease in pain. During the procedure, the diseased portion of the bone is replaced with an implant that spares healthy bone and returns function.

The difference in this new technology for partial knee replacement is the use of a robotic-controlled smart in-



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strument that places the precision of robotics in the surgeon's hands, allowing for accurate and predictable bone resurfacing and replacement.

Donald Zimmerman, MD, a local physician, underwent a robotic-assisted

partial knee replacement in early October. "I was unable to walk more than 50 feet without severe pain", said Dr. Zimmerman. "I am now able to walk without limitation." He returned to seeing patients two weeks after surgery and was extremely pleased with his care at Ohio Specialty Surgical Suites. When asked about his results Dr. Zimmerman stated, "I highly recommend this surgery. My opposite knee is having pain and I will have this knee done as well."

Physicians at Spectrum Orthopaedics perform robotic partial and total knee replacements onsite at the Ohio

Specialty Surgical Suites outpatient surgery center. Ohio Specialty Surgical Suites has the distinction of being the first ambulatory surgical center in the country to receive Advanced Certification for Total Hip and Knee Replacements by The Joint Commission.

To learn more about the benefits of the NAVIO robotic-assisted surgical system in an outpatient setting, Spectrum Orthopaedics and the Ohio Specialty Surgical Suites, contact us at 330-305-0838 or visit us online at www.spectrumortho.com. ✦

New Year, New Recipes

It's the start of a new year and, as usual, we all resolve to eat healthier and take better care of ourselves. Here are some recipes that are favorites of the Intelligent Fitness Demo Kitchen. They include healthy ingredients and taste good, which will help you keep that resolution.

HUMMUS

Ingredients:

15 oz. can chickpeas (drained and rinsed well)
1/4 cup fresh lemon juice
1/4 cup well stirred tahini
1 small clove garlic, minced
2 Tbsp. olive oil
1/2 tsp. ground cumin
1/2 tsp. salt
2-3 Tbsp. water
1/8 tsp paprika (optional for serving)
Drizzle of olive oil (optional for serving)

Directions:

In a food processor, combine the tahini and lemon juice and process for 1 minute; scrape the sides and bottom of the bowl, then process for 30 seconds more. Add the oil, minced garlic, cumin, salt and lemon juice, and process for 30 seconds. Scrape side and bottom, and process another 30 seconds, or until well blended. Add half of the chickpeas and process 1 minute. Scrape sides and bottom of bowl. Add remaining chickpeas and process until thick and quite smooth, 1-2 minutes. Hummus may be too thick. Fix by turning on processor and slowly adding 2-3 Tbsp. of water until desired consistency. Taste for salt and adjust if needed.



HOMEMADE PROTEIN BITES

Ingredients:

1/2 cup oats
1/2 cup peanut butter
1/4 cup honey
1/4 cup mini chips, nuts, etc.
3/4 cup vanilla protein powder

Directions:

Mix all ingredients together and form into 12 bites.
Nutrition information per serving: 132 calories; 13 grams carbohydrate; 7 grams fat; 7 grams protein.

Recipe courtesy of Danielle Wirick, MS, CSCS, FMSC



WHOLE-WHEAT ZUCCHINI BREAD

Ingredients:

3 cups whole-wheat flour (try King Arthur's white whole-wheat flour)
1 Tbsp. cinnamon
1 1/2 tsp. baking soda
1/4 tsp. baking powder
1/2 tsp. salt
3 eggs
3/4 cup butter, melted
1/2 cup honey
1 tsp. pure vanilla extract
3 cups zucchini, grated
1 cup nuts, chopped (optional)

Directions:

Preheat oven to 325 degrees F. for large loaf pan. Blend the dry ingredients. Make a well (or hole) in the center and pour in the eggs, oil, honey and vanilla. Stir just until mixed – do not overmix. Fold in the grated zucchini and chopped nuts if using. Pour batter into a greased loaf pan and bake 50-60 minutes or until a toothpick comes out clean in the top/center of the loaf.

Recipe courtesy of 100daysofrealfood.com

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Winter **IS THE SEASON** FOR *Running*

By Melanie Neading, BS, FMSC

Winter is NOT the offseason for running. In fact, in some ways it's easier to run in the winter than through the hot, humid, sticky days of summer. You just need to be prepared for it. The key to winter running is exactly what Nike says... JUST DO IT! The truth is, getting out the door is 90% of it. When the skies are gray, the thermometer is dropping, and the cozy blanket on the couch is calling, you are going to need a plan.

Here are a couple of things to help get you out the door

1 Set days and times to run and keep them like any other appointment.

2 Pick a spring race that you can get on a training schedule. Following a plan with set times and distances helps to motivate on the hard days and keeps you going when you don't feel like it.

3 Warm up and cool down indoors. This is not the time to skip them, but do them before you go outside so you can hit the road right away to rev up your internal heating system. By the same token, finish the cool down and stretching inside before you get too chilled from the end of your run.



Now that you are ready to run, what should you wear???

The Gear

Winter running gear, like most things, can get a bit complicated. Don't feel like you need to buy everything at once. Start with a really nice jacket and add pieces to it every year. The following year add some synthetic base pieces, then, add in accessories. Keep it simple. When you invest in good gear, it will last season after season.

The Jacket

The Jacket is your first line of defense against the elements, especially when talking about wind and rain. A good water-resistant jacket will take you into some pretty cold temps. There are many different brands to choose from as well as price points. Is the \$500 jacket going to be twice as good as the \$250 jacket? Probably not, but the \$50 jacket may be half as good as the \$100 one. At some point you are paying for the bells and whistles and it is no longer about how warm it is keeping you. Pick a brand you like and that is reliable such as Nike, Asics, or New Balance. Then pick a style that suits you. Do you like a quarter zip, full zip, or a hoodie style with no zipper at all? Keep in mind the ability to unzip to prevent overheating even when the temperature is low. When wearing a wind-resistant jacket, wind will not be coming in as well as body heat will not be leaving. Unzipping after the warmup may be essential to keep the body at a reasonable temperature.

The Base Layer

It is essential that the base layer is made of synthetic fibers and NOT cotton. Even in extremely cold weather, your body will produce enough heat to make you sweat. Wet clothing against your skin will chill you no matter what other layers are on top of it. Tech material will not only wick away the sweat, it will keep it from clinging to your skin. Every brand has its own name for its tech material. UA calls it Threadborne Micorthread tech, Nike has Hyperwarm fabric, Asics has a line called Thermopolis, New Balance calls theirs the Windblocker line. The clothing materials are pretty much the same across the different brands.

The accessories

Accessories such as socks, ear bands, gloves, hats, scarves, and buffs should follow the same guidelines as your clothing; tech material is superior. Merino wool is a great choice for the socks. There are many brands such as Smartwool and Thorlos that will help to keep your toes dry and warm. Ear bands are a must in very cold weather. Since your ear is away from the body, there is less blood flow making it harder to

keep warm and more prone to frost bite. Finding a good head covering combination can be tricky because you do not want to overheat. Your body uses your head to dissipate heat, so too much insulation on top could cause overheating and excess sweating. Too much sweat equals wet and cold. Gloves follow the same rules; your fingers are far from your body, so it takes a little more to keep them warm. Some running gloves have a mitten covering that can be put over the glove and retracted if the hand starts to get too warm. Using a buff to protect your face is essential when the wind chill starts to dip to 15 degrees or below. The buff also can be used as a mouth covering to prevent your lungs from burning in the cold, dry air. The dryness, not the cool temperature of the air, is actually what irritates your lungs because by the time the air hits your lungs, your body has warmed it to body temperature. By breathing through the material, the material will become moist and therefore moisten each breath you take in protecting the sensitive inner lining of your lungs.

Running through the winter will help keep you in shape, ward off the blues, and come spring your body will thank you. So, lace up your shoes, zip up your jacket, put your hat and gloves on, and get out the door. ✨



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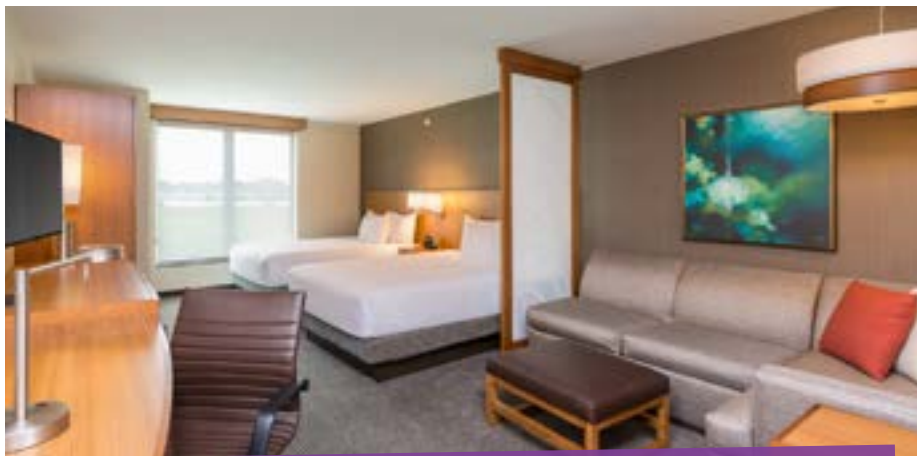


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Pine Cone Gift Shoppe **By Gary Chapman**

Have you ever sat in your favorite chair, couch or bed with a nice hot cup of coffee, hot chocolate or cider, covered up with your favorite blanket in front of a warm fireplace and thought to yourself about what all the past few months of winter has done to you mentally and physically? The need to shovel the driveway after several inches of snow has fallen, be stuck inside because of below freezing temperatures, and to maintain your mental stability is a daily task almost everyone goes through. It is never fun having to wake up on a Tuesday morning, looking outside to see if the roads are covered with snow and to then plan your day. You have to make sure you wear the proper attire; gloves, hat, scarf, boots and a heavy jacket to stay warm. Winter season loves to mess with your mood to see if you're going to be happy or sad.

Being locked up in your home and looking around at all the areas where you have taken down decorations from the holiday season creates a sense of wonder of what to do next because of the feeling of the dullness and plainness your home looks now that everything is back to the way it was. Do not worry though; Pine Cone Gift Shoppe is here to help. Whether you need to spruce up the living room, dining room, bedroom or kitchen, you'll find some treasures to fill those areas and make them look spectacular. From small items like battery operated candles to large pieces of pottery, these simple, yet elegant decorations can take anyone away from the winter blues and turn it into some decorating fun and cheer. If you are in need of a little help for any reason, Pine Cone Gift Shoppe is available. We can assist with all your

decorating needs. It can be as simple as moving furniture around or adding just a beautiful picture to any room to lighten up some space, we are here to accommodate you. The expert advice and dedication to our customers mean that our changes will bring in the feeling of a new space, and you will have that wonderful energy and cheer back to get you through the rest of the winter season. Just know that no matter the season, Pine Cone Gift Shoppe will always bring happiness to every home with passion and delight.



What's Cooking at Main Street Grille? Our Favorite Recipes to Combat the Cold!

By Preston Milstead



This winter season we challenged ourselves to come up with hearty, unique, and delicious dishes that remind of us of home-cooked meals with friends and family.

Let's start with our Southern Chops dinner. We are featuring juicy tender rib chops that are able to hold up to the flavor of our Bacon Bourbon Hash. One of Chef Mike's favorites, and soon to be yours, our Bacon Bourbon Hash is made with a sweet bourbon and Ohio maple syrup to give it just a slight sweetness that rests on your tongue while the peppercorn bacon balances the sweet with heat. With two pork chops and a generous helping of Bacon Bourbon Hash you better come hungry!

Next up is a unique dish that we had to look through some old books to name. Chicken Bruscare (bruh-scar-eh) takes a lot of what we do very well and layers all of it into a tasty dish. First all, we have char grilled chicken breast that has been rubbed with our citrus smoke spice blend, then a pecan smoked pork shoulder bacon is grilled and placed on top of the chicken. That is topped with our tomato, basil, balsamic blend and finally, a fresh Boursin cheese is melted over everything. Every piece of this sings a wonderful song by itself; but when they come together, it is a beautiful harmony.

Lumen Nation

By Tom Rafferty

Like most Northeast Ohioans, your home projects have probably turned from outdoor to indoor. After all, who wants to build a deck or install landscape lighting in freezing temperatures? Whether you are painting your family room or remodeling your entire kitchen, it is always a good idea to re-evaluate your lighting.

A simple change, such as upgrading your dining room light, can dramatically improve the look of the room. Lighting designs have come a long way throughout the years and there are so many more options now than there ever has been. Some of the current style trends include rustic-farmhouse and industrial-modern; however, there are still styles that have endured the test of time such as French-country and craftsman.

Colors and finishes are important to keep in mind when selecting the perfect lighting fixture for your room. If you like warm tones and are drawn to natural and earthy colors, the soft gold and satin brass fixture finishes which we have seen a resurgence of may be the best option for you. And if you prefer the cool tones of whites, grays, blues and even light greens, you would probably be better off looking at light fixtures that are brushed nickel, aged silver, chrome or polished nickel.

As you browse through your local lighting showroom, keep in mind that most lighting fixture styles are available in multiple finishes. It is always a good idea to take a picture of your room before you venture out to find your light. This will help the staff at your local lighting showroom assist you in making the proper selection.

There are many beautiful styles of light fixtures and there is always a per-

fect one for your application. So when you are installing your new floor, countertop or appliances and when you are satisfied with the paint job you just did, take a look at your lighting. It may be time for a well-deserved upgrade. ✨



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POWER WALKING IT'S A REAL WORKOUT


By Janet Eagon, CPT

If you are a “real runner” you may look at a power walker and feel sorry for them that they cannot run or choose not to run the distance. Power walking is a much different workout from running. Yes, both are forms of cardiovascular training, both are covering distance, and both are challenging.

My newfound, low impact cardio alternative to running is competitive power walking. I was an average runner who was caught in the mindset that running was the be all and end all of endurance training; then I started to really dial into training by my heartrate and realized even though I was clocking a good pace and distance, my heart was stressed to the max. After talking with several experts and completing personal trainer certification, I learned that such a significant increase in heartrate was definitely too much stress on my heart and a zone-four heartrate should be saved for only minimal periods of time.

A power walk is not a stroll at a leisurely pace. You must build speed; speed builds your heartrate. Then it burns more energy which then burns more calories. Check your form at all times. Check for posture, shoulders down and back to get more air into your lungs. This will pump more blood through your heart and allow more nutrients to flow through your bloodstream. Keep your elbows at a 90-degree angle and drive forward aiming for hands coming up to eye level. Abdominal and core muscles should be engaged the entire time. Concentrate on finding a good cadence with your arm movements. Your feet will follow the cadence of your arm swings as you become a stronger power walker. Sometimes, listening to music with a steady beat that’s slightly faster than your usual walking pace will help you increase your pace. Do not go out too fast. Just like running, going out too fast can increase the chance of experiencing crash and burn.

Some people believe that power walking means you should increase the length of your stride to cover more area with each step. On the contrary, keep your stride length the



A LONG AND PROPER WARMUP IS NECESSARY WITH ANY
FORM OF EXERCISE PROGRAM; THE BETTER
THE WARMUP, THE EASIER THE
WORKOUT WILL FEEL, IN
MY OPINION.

stride to avoid strain on your spine and knees. Your feet should strike with the heel first and “roll” through the motion to launch you off the ball of your foot. It’s also important to wear supportive shoes that can absorb some of the impact of each step, as well as helping to support your feet and ankles to prevent them from twisting.

A long and proper warmup is necessary with any form of exercise program; the better the warmup, the easier the workout will feel, in my opinion. I always encourage people to find a like-minded buddy or exercise partner, which is a key component for me. I need accountability and I need a part-

ner who has similar goals in mind as It does neither one any good if my pace is a thirteen-minute power walk for ten miles and my buddy has half of that on the agenda or intends to move at a different speed for our workout.

Another option to just a power walk or just a run is a combination of both, some walking and running used as interval training. This combination can be beneficial as well, depending on your goals. Just find what works well for you and change the style often to add muscle confusion for a bigger reward. Keep moving no matter what exercise you choose. Your body needs to be challenged; it craves it in order to see results.

Many cities are now holding walking competitions in an effort to get people

off the couch and moving. It provides a means of cardiovascular exercise for persons with medical issues or those recovering from injuries with less impact on their joints than running. There are power walking competitions, as well as world records for power walking in half marathon and marathon events.

In the coming year, if you find yourself caught in a rut or stuck on an exercise plateau, change up your run with a power walk. Confuse your body by taking a different approach. I promise power walking will recruit a lot of different muscles that are not being used in running or it will work the muscles differently. If your runner’s high is not as intense as it once was, then change the pace, gait, stride and arm swing, and find a new kind of exercise high. A power walker’s high. ✨



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1 Goal Setting must be your first step. To get anywhere you need to first know where you want to go. Check out impulsetraining.com/30-day-goal-setting/ to help you set SMART goals that will set you up for success!

2 Nutrition, Nutrition, Nutrition!!! Either it is helping you or harming you. Eat more things that will help your body heal from inflammation and give you energy. Eat less of those things that create more toxic build up. For more information on nutrition check out impulsetraining.com/its-all-about-nutrition/

3 Become mindful of your actions. Being aware of how you eat, manage stress, your sleep patterns, schedule, and even relationships can help you in creating a game plan to achieve success. Being mindful of these things can also help you overcome or avoid the obstacles that jump up in your journey!

4 Get up and move! There is something about pushing yourself physically that releases powerful mood boosting hormones that give you the motivation to keep going! Our biggest piece of advice is to make sure that you are doing it safely and to find a coach to get the most out of your efforts!

5 You are who you surround yourself with. That is why it is essential to be around people who are going to elevate you to be the person you want to be. Find three people you want to be like and spend as much time as you can with them!

Fill out the survey at impulsetraining.com to receive a free consultation with a trainer.





Look Ahead

to SUMMER FUN

By Doug Kish, MA

Even though the Ohio weather is still frigid, it's now time to plan for summer fun. A typical day of summer swimming starts with loading the towels, sun-screen, snacks, cooler, umbrella, blanket, beach chairs, and kids into the car to go to the pool. Then there is always the admission fee when you get there and carrying all your gear in to claim your spot. When you finish your day of water fun and everyone is tired, you get everything and everyone back in the car to head home where you can unload it all. Why do all that when you could just open the door and head outside to your private pool in your own backyard? The key to that scenario, however, is planning for it now.

An above-ground pool can be installed in less space than you might realize. There are sizes to fit every yard and safety features to guard against accidents and unauthorized users. Splash Superpools® are constructed with a durable polyester cord reinforced liner and galvanized steel support struc-

ture. This construction makes it durable enough to resist the super activities of both children and adults. With no nuts, bolts or tools needed for installation, it can typically be set up and ready for water in less than one hour on surfaces including grass, sand, asphalt, concrete, or dirt. For safety, the SplashFence®, made of rustproof PVC resin, can be installed on your soft-sided pool to limit access to the pool itself.

Radiant Pools® Metric Series pools are available in a variety of shapes beyond the common round and oval. The walls are constructed using an expanded polystyrene foam insulation core bonded between sheets of durable acrylic coated aluminum making this pool strong and durable to give you many years of fun. This model can be installed halfway into the ground or into a slope. The R-10 insulated panels help maintain water temperature to extend your swimming season, and the inside step feature gives a slip-resistant area for lounging and a place for



little swimmers and grandparents alike to enter with confidence. It lends that in-ground pool feeling to an above-ground pool. The various shapes and sizes allow for compliance with the requirements and restrictions of many homeowners associations. When you add your own personal touches of color, steps, fencing, a deck or patio, and landscaping to complement the area, it becomes your own personal resort without ever having to leave home.

For additional information about Splash Superpools® or Radiant Pools®, see their websites at splashpools.com or radiantpools.com. Visit an Ohio Pools & Spas showroom in North Olmsted, North Canton or Mayfield Heights to see a pool filled, set up and ready. Now is the time to plan for your summer fun. You can find information about all types of pools, spas, accessories, chemicals, and outdoor furniture on their website at ohiopools.com. ✦

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A poster for 'The Buck Fifty' 150 Mile Relay. The title 'THE BUCK FIFTY' is written in large, bold, black letters. To the right, a green circle contains the text 'APRIL 13 & 14 2018' with a sunburst graphic. Below the title is a map of Ohio with a green runner icon. To the right of the map are four green circles containing the following statistics: '150 MILES', '02 DRIVERS', '10 PERSON TEAMS', and '01 GREAT CAUSE'. The text 'SOUTHERN OHIO'S PREMIER 150 MILE RELAY' is written in green on the map.

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THE WILDERNESS CENTER

Looking ahead to the coming months, you can learn about nature while you enjoy yourself at the following events scheduled for the Adult Education Program series

Wine and Wilderness at Troutman Vineyards

Join Wilderness Center naturalist Carrie Elvey at the beautiful Troutman Vineyards in Wayne County and discover Ohio's wildlife. Have a glass of wine and enjoy the program in front of the fire. A \$10 fee includes one glass of wine and all proceeds benefit The Wilderness Center. Limited seating is available. Please call The Wilderness Center to reserve a spot.



February 14, 2018 – The Birds and The Bees - Yes, you read that right! This program is a light-hearted look at the romantic lives of animals. For example, did you know that city birds sing shorter courtship songs than country birds? This program is rated pg-13.

March 14, 2018 – Ohio's Bears - Black Bears are making a comeback in Ohio. Learn about their biology, natural history, and why they are calling Ohio home once again.

April 11, 2018 – A Feathered Nest - Birds are doting parents and care for their young in some remarkable ways. Discover the ways birds protect their unhatched young and how even egg shape can influence survival.

Nature Study Series – The Lives of Plants

Plants touch every aspect of our lives. They provide us with food, shelter, beauty and the air we breathe. They have killed kings and saved millions. This series explores the plants, both large and small, that grow in our backyards, impact our lives, and shape history. Classes are \$10 each or enjoy the entire 6-part series for \$45. Call TWC to pre-register and get your ticket. Series tickets are transferable; if you miss a class, you can send a neighbor to take notes for you. Classes will be held at Local Roots in Wooster on February 15 & 22, March 1, 22 & 29, and April 5, 2018. They will also be at David YMCA in Jackson Township on February 20 & 27, March 6 & 27, and April 3 & 10, 2018. ✨



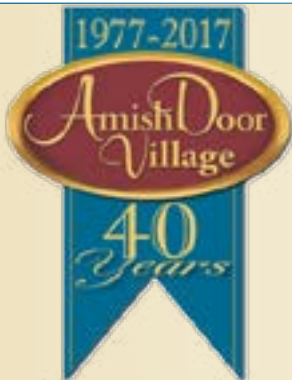
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WILDERNESSCENTER.ORG



FROZEN ART

By Elaine Kish

Photos courtesy of Medina County CVB and Loucinda Main



For four days in February the square of historic Medina, Ohio will be transformed into a gallery of frozen art. Leading off the Medina Ice Festival festivities on Friday evening, February 16, will be the speed carving competitions at 5:30 pm, followed by the lighting of the Fire & Ice Tower at 7:00 pm. It's the best of both hot and cold as a tower stacked high with ice is stoked with wood and set ablaze.

"Although some artists are local, many come from Kentucky, Michigan, Pennsylvania and New York to participate," says Peggy Costic, event coordinator from Elegant Ice Creations, Inc. A local favorite is her son, Aaron Costic, a national and international carver. In the past few years, carvings of Olaf from *Frozen*, trolls, a moose, eagle, Santa Claus, alien, Thomas the Train, angel, swan and wolf have appeared out of the ice.

On Saturday, the individual carving competition starts at 1:00 pm. Participants have 3 hours to complete whatever sculpture they choose, starting with a 300-pound block of ice, 20" wide and 40" tall. After the final team carving event on Sunday is finished, there will be approximately 80 carvings displayed around the square, sponsored by individual merchants. Although it is interesting to watch exactly how



light, it is equally as exciting to see their art come to life in the dark using multi-colored LED lights.

As you stroll around the square both during the day and in the evening, you will surely want to stop for a warm drink, dinner, or at least a snack. Restaurants including Amuse Euro Bistro, Marie's Café, Eli's Kitchen, PJ Marley's, Main Street Café, House of Hunan, Courthouse Pizzeria, and Honey Bee Bakery will be open extra hours to serve you. For a portable snack, Something's Popping has popcorn in a myriad of flavors, or for an ice cream treat, Chill Artisan Ice Cream is the ticket. You can pick up a special treat for your pet at One Lucky Dog Bakery.

Stop in at one of the many boutique and gift shops in the area and warm up while you check out their unusual and one-of-a-kind items. Second Sole features athletic apparel and shoes, and is located right on the square. Few people realize that Medina is the home of Root Candles and you can visit the outlet store to stock up on your favorite scents. There are numerous antique stores, furniture shops, jewelry stores, art galleries, pottery and book stores to browse in the area.

While you are in Medina, take time to see some of the area attractions. Castle Noel is located in a former church and known as "America's Largest Year Round Indoor Christmas Entertainment Attraction." It includes a collection of Christmas movie memorabilia, as well as Christmas displays from New York City store windows. Allow enough time to take the tour and browse their gift shop. Alien Vacation mini 3D golf will give the family a fun break out of the cold. All players wear 3D glasses as they make their way through numerous challenging obstacles, complete with picture opportunities along the way. Owner Dana Klaus explains, "Although we started out with 18 holes of golf, one day an alien spaceship landed near the building and from that point on, there were 19 holes." Visit the Toy and Train Museum on the second floor of Ormandy's Trains on Public Square. You might see one of your favorite childhood toys there.

For local history buffs, the Medina Town Hall & Engine House Museum is located in the bright red building on Public Square. It houses numerous artifacts from Medina business, as well as the history of Medina from its be-

ginning in 1817, complete with photographs of the village and its changes throughout history.

With so much to see in the area, you might want to consider an overnight stay. If so, The Spitzer House Bed and Breakfast is a good choice. Originally a Victorian house built in 1890, it has several rooms to accommodate you.

For more information about the Medina Ice Festival, see their website www.mainstreetmedina.com ✨





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