

CompassOhio

FALL 2018

FITNESS | HEALTH | RECREATION

Enjoy the Change with

FALL Activities

Back to School
Fitness

Behind the Bars
at Ohio State
Reformatory

Get ready for

Pumpkins
and More



www.CompassOhio.com
@CompassOhio



Kennywood
PHANTOM
FRIGHT NIGHTS

PHANTOM FRIGHT NIGHTS BEGIN A
BONE-CHILLING 17TH SEASON THIS FALL!

FRIDAY AND SATURDAY NIGHTS
SEPT. 28 - OCT. 27, 6 PM - 12 AM
PLUS SUNDAYS OCT. 7 & 28
6 PM - 11 PM

kennywood.com/pfn



THE BEST HALLOWEEN ATTRACTIONS IN PITTSBURGH!



Kennywood
HAPPY
HAUNTINGS

KID-FRIENDLY DAYTIME EVENT!

SATURDAYS & SUNDAYS
OCT. 6 - 28 12 PM - 4 PM

kennywood.com/happyhauntings



3x GUINNESS WORLD RECORD WINNER
WORLD'S LONGEST HAUNTED HOUSE

2018 Schedule

September 2018

16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

are you ready?

October 2018

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2018

	1	2	3
--	---	---	---

LEGEND

- Blue Nights - Sundays - 6-9pm - \$25
- Blue Nights - Thursdays - 7-10pm - \$25
- Blue Nights - Fridays - 7pm-12am - \$25
- Purple Nights - 7pm-12am - \$28
- Black Nights - 7pm-12am - \$30
- Lights-Out - 8-11pm - \$25

PROMOTIONS

COLLEGE I.D. NIGHTS
\$20 ADMISSION with college I.D.

OCTOBER 5, 6, 7, 18, 25
NOVEMBER 3

SWEETEST DAY
SATURDAY, OCTOBER 20

WISHES CAN HAPPEN
SUNDAY, OCTOBER 21

LIGHTS-OUT NIGHT
Experience our attractions with only the aid of a single glowstick

FRIDAY, NOVEMBER 2



THE HAUNTED SCHOOLHOUSE
EST. 1974

HAUNTED LABORATORY



2018 Schedule

September 2018

16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

are you ready?

October 2018

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Halloween Night 8-11pm - \$28		

November 2018

	1	2	3
--	---	---	---

LEGEND

- Blue Nights - Sundays - 6-9pm - \$25
- Blue Nights - Thursdays - 7-10pm - \$25
- Blue Nights - Fridays - 7pm-12am - \$25
- Purple Nights - 7pm-12am - \$28
- Black Nights - 7pm-12am - \$30
- Lights-Out - 8-11pm - \$25

PROMOTIONS

COLLEGE I.D. NIGHTS
\$20 ADMISSION with college I.D.

OCTOBER 5, 6, 7, 18, 25, 31
NOVEMBER 3

SWEETEST DAY
SATURDAY, OCTOBER 20

HALLOWEEN
WEDNESDAY, OCTOBER 31

LIGHTS-OUT NIGHT
Experience our attractions with only the aid of a single glowstick

FRIDAY, NOVEMBER 2



Get Outside!

Book your adventure
online @ wwaraft.com

PROMO: OH2018



**WHITE WATER
ADVENTURERS
INC.**

Ohioyle Falls

Ohioyle
State Park

Main

Sherman St

Lincoln St

Logan St

Blaine St

800-WWA-RAFT



White Water
Adventurers Inc

6 Negley Street
Ohioyle PA, 15470

Share Your Adventure #WWARAFT



STARK COUNTY FAIR STAMPEDE

5K RUN / WALK & COUNTRY MILE

MONDAY SEPTEMBER 3RD



FEATURING

ENTRY TO THE STARK COUNTY FAIR
BACON STATION AT MILE 2

POST RACE CONTESTS

PIE EATING
PIG CALLING
CORN HUSKING



RUNTOYOURACING.COM



NEW RACE



Family Friendly Run / Walk
Fantastic Finisher Medal

Historical Airplanes along the Race Course
Register at www.runtoyouracing.com



FIND FITNESS

FIND ADVENTURE



FIND HEALTH



FIND

CompassOhio
FITNESS | HEALTH | RECREATION

PRINT • WEB • MOBILE • SOCIAL MEDIA • EVENTS

CompassOhio.com
@CompassOhio



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

CONTENTS

8 Understanding High Intensity Interval Training (HIIT)

14 Fall Checklist for Your Lawn & Mower

17 Discover the Beauty of Autumn on Two New Ohio Trails

18 A New Meaning to Your Run

24 Back to School Means Back to Fitness

26 Still Time for the Lakes

28 Season of Sustainability Learn to Conserve

32 Stark County Ski Club

36 The Best Time to go RVing is Now

40 The Bridges of Ashtabula County

42 Beautiful & Quiet Leesville Lake

46 Pumpkins and More

48 The Most Important Outdoor Skill

52 History Meets Hollywood

57 A Howling Good Time

58 Shop North Canton

62 Fall Festivals Bring History to Life in Carroll County

65 Connecting With Nature Can Improve Your Mental Health



IN THE NEXT ISSUE:

HEALTHY HOLIDAY FOOD CHOICES, GIFT IDEAS & HOLIDAY LIGHT WARS

TO PARTICIPATE, PLEASE CONTACT: sales@FollowCompass.com

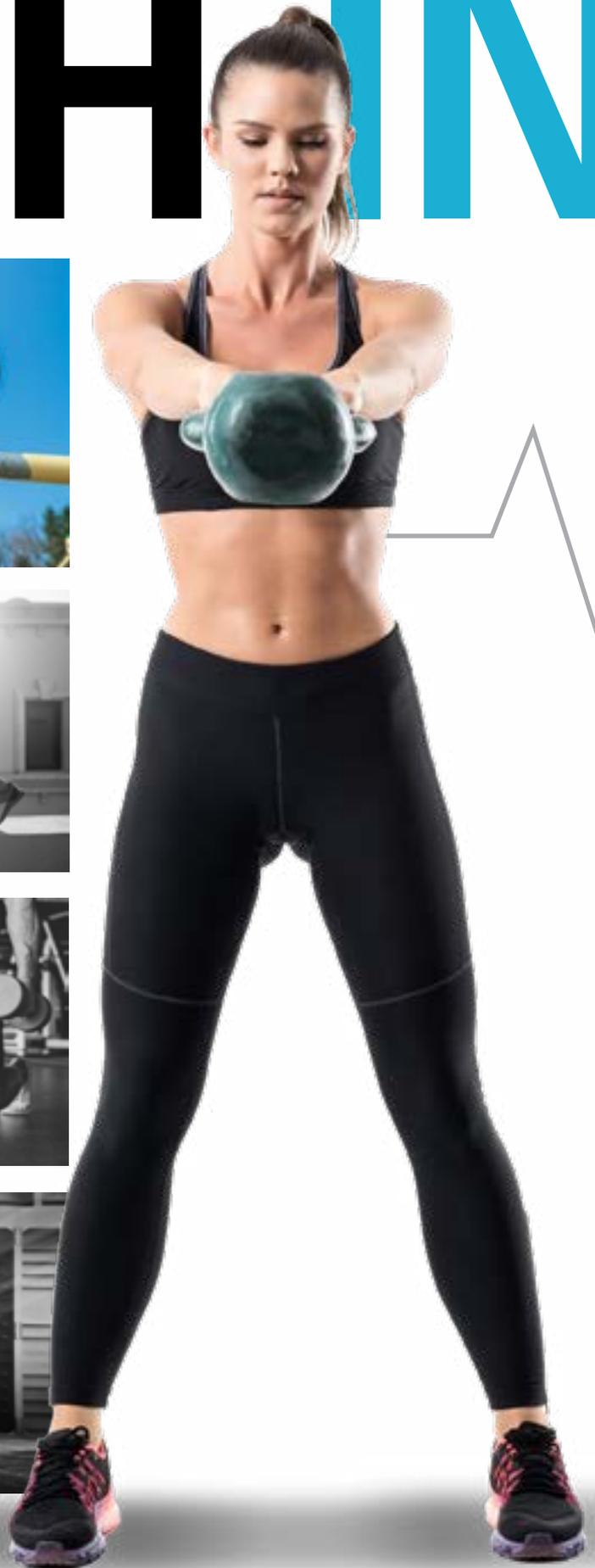
VISIT US ONLINE:



Disclaimer: The views and opinions expressed in this publication do not necessarily reflect the policy or position of Compass Media, LLC.

HIGH INT

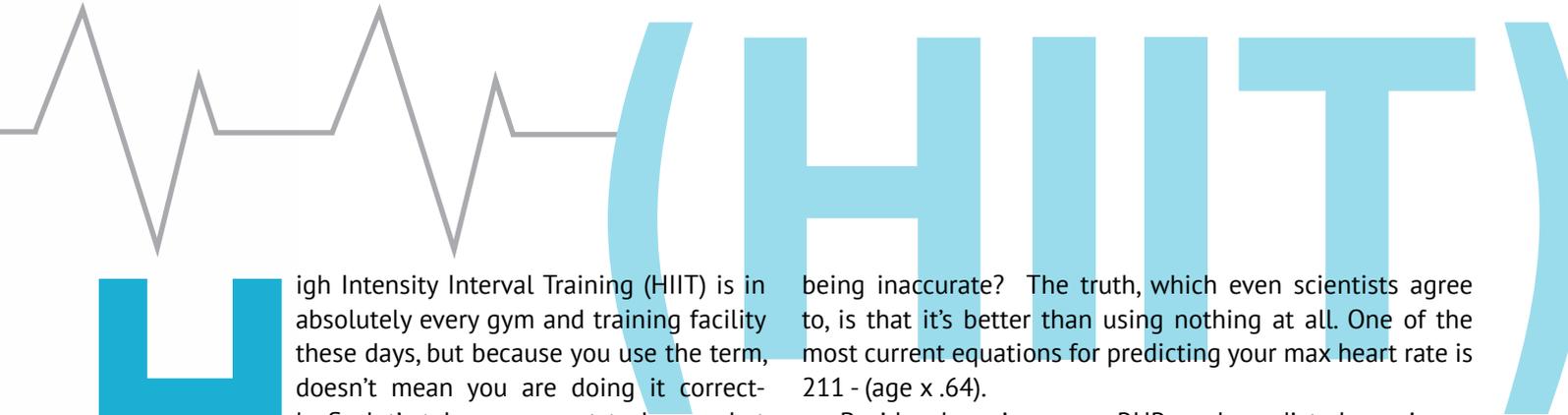
UNDERSTANDING



TENSITY

INTERVAL TRAINING

By Danielle Wirick, MS, CSCS, FMSC



High Intensity Interval Training (HIIT) is in absolutely every gym and training facility these days, but because you use the term, doesn't mean you are doing it correctly. So let's take a moment to learn what HIIT really is, its benefits, and 3 myths surrounding this training phenomenon.

Before zooming in on HIIT, it's important to have a brief understanding of resting heart rate (RHR), predicted maximum heart rate and aerobic versus anaerobic exercise. RHR is the number of heart beats per minute you have at rest. If your heart is stronger, it can pump more blood per beat so it doesn't have to beat as fast. If it's not beating as fast, your resting heart rate will be lower. Therefore you can often use RHR as an indicator of general cardiovascular health; the lower it is, the healthier your heart. Most adults will have a RHR of 60-80 beats per minute. Well-conditioned individuals may be as low as the 40s and if your RHR is in the 90s, it's time to discuss your cardiovascular health with your doctor.

Predicted maximum heart rate is the number of beats per minute of the heart when it's working at its maximum. In a generally healthy person, as your fitness level increases you can work at a higher heart rate more comfortably. There have been numerous equations over the years to determine your predicted maximum heart rate, which in turn will allow you to figure out your heart rate intervals for HIIT. It's important to note that any equation is just a prediction and you may end up 10-20 beats off your true maximum heart rate. So why do we use an equation if it may end up

being inaccurate? The truth, which even scientists agree to, is that it's better than using nothing at all. One of the most current equations for predicting your max heart rate is $211 - (\text{age} \times .64)$.

Besides knowing your RHR and predicted maximum heart rate, it's important to know the difference between aerobic and anaerobic exercise so you can set up appropriate intervals for your HIIT program. The American College of Sports Medicine defines anaerobic exercise as "intense physical activity of very short duration, fueled by the energy sources within the contracting muscles and independent of the use of inhaled oxygen as an energy source." Anaerobic exercise is typically thought of as being 80-90% of your predicted maximum heart rate but may get closer to 100% as you become more fit. Short, all-out sprinting would be an example of anaerobic exercise.

Aerobic exercise, as defined by The American College of Sports Medicine, is "any activity that uses large muscle groups, can be maintained continuously and is rhythmic in nature." Typically aerobic exercise is 60-80% of your predicted maximum heart rate and a fast walk is an example of aerobic exercise.

What is HIIT, really?

Simply put, HIIT is a series of workout intervals that toggle between a high, near-maximum heart rate work interval (anaerobic) and a low to moderate heart rate resting interval (aerobic). An example of a work to rest interval would be 20 seconds work at 80-90% to 40 seconds rest at 60-80%. Another common example is the intense, Tabata style



What are the benefits of HIIT?

It can burn a lot of calories in a short period of time. Is it the “I just burned 1000 calories in this simple 15 minute workout” teaser that you see all over the internet? NO, it’s not; nothing is. But on a per-minute basis, you will use more calories a minute in HIIT than traditional aerobic exercise, you just can’t do it as long as aerobic exercise or you aren’t doing it correctly.

It can increase your metabolism for hours after a workout. This is the one that everyone loves. Many recent studies have also found that this increase in metabolism is often accompanied by a shift to calorie usage from fat stores instead of carbohydrate or muscle stores. Pair HIIT with proper post-workout nutrition and it will keep you feeling good and going strong for hours after the workout.

More and more benefits are being found every day. Everything from improved blood sugar regulation to reduced blood pressure and better oxygen consumption. But I feel that more research needs to be done or we fall into the trap of the trend that didn’t really pan out. Remember how fat-free foods were going to make us all skinny?? Enough said.

Since we are all human and humans are considered “wanting animals,” we all want HIIT to be the one and only exercise we should all do and we will all be perfectly fit. Unfortunately that’s just not going to happen.

interval of 20 seconds work to 10 seconds rest. But realize that there is an infinite number of ways to set up your interval and your heart rate percentage is your primary concern. There is also an infinite number of exercises you can do for a HIIT workout--anything from running to walking outside to strength training circuits in your gym as long as you are getting your heart rate into the interval you are trying to achieve.

With all of the possibilities of equations, numbers and percentages, it’s often easier and safer to perform HIIT with the use of a heart rate monitoring system. If you are truly interested in HIIT, it’s best to find a system that uses a chest strap, which will perform more closely to that of an EKG, versus a wrist tracker, which uses blood flow technology. A chest strap monitoring system has more accuracy as your heart rate increases than a wrist tracker and while you are in that high heart rate zone, accuracy is important. Examples of monitoring systems with chest straps are MyZone, Polar and Garmin. Heart rate monitoring systems using blood flow technology are FitBit, Jawbone and Mio.

Here are a few myths we need to dispel related to High Intensity Interval Training:

1. I can do HIIT every day.

Sorry, nope. You should only perform HIIT 2-3 times a week with a recovery day in between to let your body’s energy systems restore themselves. Plus, if you can perform 5, 6, or 7 days of HIIT, you probably are doing it wrong and not setting up an appropriate interval. Good HIIT workouts are challenging for even the healthiest individuals.

2. HIIT will decrease my RHR so I’m healthier.

When you do aerobic exercise you get that heart pumping. Since your heart is like any other muscle and gets stronger with use, aerobic exercise helps to decrease your RHR. Recent studies are actually finding that since your heart is beating so fast that your ventricles are not able to fully empty, your heart is not necessarily getting stronger. This will then cause an increase in RHR. If you begin to see an increase of about 10 beats per minute of your RHR it’s best to discontinue HIIT, go back to more aerobic exercise and possibly check with your doctor.

3. Anyone can do HIIT.

Unfortunately, it’s not for everyone. Have a cardiovascular condition already, not a good idea. Have a RHR over 65 beats per minute, not a good idea either. If you would like to try HIIT and are free of cardiovascular disease and are in generally good health, but your RHR is a little high, work on your aerobic fitness first. Get that resting heart rate down and then work with a qualified trainer using a heart rate monitoring system to take you through a safe HIIT workout. ✨



Gordon LeBeau

Office - 330-324-1864

Fax - 330-499-5864

GLcBeau@CutlerHomes.com

www.DealWithGord.com



The simple way home.

THE HEARING CENTER

A DIVISION OF OHIO HEAD & NECK

"Where we care about your patients' overall health"

AUDIOLOGY HEARING SERVICES:

- Comprehensive Hearing Evaluations for All Ages
- Hearing Aid Evaluation and Demonstration
- Hearing Aid Fitting and Dispensing
- Hearing Aid Repair and Maintenance
- Warranty Extensions
- Custom Ear Molds, Noise Protection, Swim Plugs, and Musician's Plugs
- Tinnitus Management

4912 Higbee Avenue NW | Suite 103 | Canton, OH 44718

Phone: 330-493-4327 (HEAR) Fax: 330-492-0840

www.HearCanton.com



Comfort - YOU'LL KNOW WHEN YOU FEEL IT.

Modern Touches & Conveniences

- Hyatt Grand Bed® • Sofa sleeper in select rooms
- Complimentary a.m. Kitchen Skillet • 24/7 Gallery Menu
- Free WiFi • Indoor swimming pool • 24-hour StayFit gym
- Pet friendly, fees apply • Smoke-free hotel • Grab 'n Go
- Proudly brew Starbucks® coffee • Guest laundry
- Complimentary shuttle service



HYATT PLACE®

Hyatt Place® Canton

5421 Whipple Avenue

Canton, OH 44720

330.244.1700

CantonHyattPlace.com



Stark County's Healthier Grocery Store!

39 Years
AS CANTON'S NATURAL CHOICE



- All-organic produce
- Organic salad bar, smoothies, soups, grab-and-go sandwiches and fresh juices
- Quality wellness and nutritional support products
- Groceries, gluten-free, paleo, dairy-free, carb-friendly, bulk foods
- Safe household and pet products
- Rewards program
- Locally grown and crafted foods
- Fitness products and sports nutrition
- Monthly specials

4629 Cleveland Ave. NW • Canton • 330-966-1515 • raisinrack.com
ESTABLISHED IN 1978 • LOCALLY OWNED AND OPERATED



Raisin Rack Mobile
Download our free mobile App!



WHAT LOCATION IS CLOSEST TO YOU?

LYNDHURST | BOARDMAN | CANTON | COLUMBUS | GAHANNA | MASSILLON | MEDINA | MENTOR | TOLEDO



secondsoleohio.com

runCanton™

2018 Schedule



Run Now Wine Later
OCTOBER 6



POWERED BY C CUMMINGS

Charge 5K
NOVEMBER 10



Frosty Frolic
DECEMBER 8

www.runCanton.com

95.5 THE FISH
"That's My station!"

Music that Lifts You UP!

www.955thefish.com

f t i

P. Graham DUNN
EST. 1976

home Sweet home

Paws & enjoy LIFE

Love ever truly

Shop **OUR FACTORY STORE**
630 HENRY ST. DALTON, OH | MON-SAT 9-5
PGRAMAMDUNN.COM | f t i



The temperatures are cooling and the leaves are turning, and families with children are getting back to “normal.” A lot of you would probably like to go back in time and have a spring and summer “do-over.” Let’s do that! We’ll begin this conversation about spring.

Are you one of those people who can’t wait for winter to move out so you can “spring” outside? Come on, admit it. There is always that one person who wants to be the first to mow.

But, I bet about now, you are ready to break up your

relationship with your lawnmower. We feel your pain, but don’t quite give up yet. There are a few important tasks to add to your fall checklist when it comes to your lawn and mower.

To begin, this is an ideal time to prep your yard for the next season. Even if that season is spring, and it seems like nothing more than a sweet dream at this point. Our autumn temperatures slow above-ground growth and a moister soil encourages a strong root development.

If rainfall tends to pool on your grass, it’s a good time to aerate. By aerating, you are de-compressing the soil so water and nutrients can reach the roots. An aerator should pull out 2½ to 3-inch-deep soil plugs. These plugs will break down naturally by spring.

Again, let’s allow our thoughts to drift back to spring. Most people fertilize in the spring to attain the lush, green lawn of their dreams. Was that you? If it was, take note. Fall is one of the most beneficial times to feed your grass.

FALL CHECKLIST

FOR YOUR

LAWN & MOWER

By Kathy Ray

Grass roots continue to grow until the ground temperature gets down to around 40 degrees, so this is a good time to feed those roots. A high-phosphorus mix applied to lawns in the fall not only encourages strong grass roots, it is beneficial to your turf greening up earlier in the spring.

To complement that lawn treatment, we should talk about the final lawn mowing of the season. You want to trim your grass down to 1¼ inches for the final cut. There are a couple of reasons why. One, disease has a harder time with shorter grass, and the second reason is, when leaves blow across your lawn they tend to not get hung up on high grass but continue blowing across and not sleep on your lawn all winter. Do be careful though to not cut your grass too short. The upper part of a blade of grass is where most of its food is absorbed.

Whoa, wait a minute – you can't do that final mowing and push your mower in the garage and walk away! An end-of-summer tune-up will keep your equipment in great shape and ready more quickly in the spring to allow you to be that first person to mow in your neighborhood. Come on, let's get started.

First, drain the gas from your mower. Unused gas left in a mower over the winter can gum up the carburetor and invite rust. To start, add fuel stabilizer to the tank and then run the mower to distribute it through the system. Turn off the mower and allow it to cool before you siphon the gas into a clean can. Restart your mower and allow it to run until it stops. Repeat this until the engine will no longer start and the fuel lines are empty.

For safety reasons, disconnect the spark plug before proceeding to the next steps. You will also need to wear thick gloves. Spark plug disconnected? Check. Heavy gloves on? Check. Okay, let's proceed.

Start by removing the blade. This can be easily done by unscrewing the bolts holding it in place. This is a perfect time to have the blade sharpened.

Next, set the mower on its side with the air filter and carburetor facing up.

This will prevent any oil or residual gas from spilling into them. Have



a pan ready and remove the oil reservoir plug and slowly tilt the mower until the oil begins to drain. Replace the plug when all the oil is drained.

With the mower remaining in this position, use a putty knife and wire brush to scrape off any grass and mud caked on the mower deck. Once you've finished, turn the mower upright and fill the tank with fresh oil.

A dirty air filter can hinder proper and efficient running of your mower, so replace your air filter. You may have a sponge filter; in that case, clean it good with soap and water, allow it to dry completely, put a small amount of clean oil on it, and then re-install. If you notice the cooling fins are filled with dirt or debris, use a screwdriver or something similar to scrape it out.

If you recall earlier, I recommended you remove the spark plug for safety reasons. Since the plug is already removed, replace it with a new one. They are inexpensive and will ensure a smooth start in the spring.

Don't be mowed under with these tasks. They really aren't that difficult and will add years to the life of your lawnmower. And now you can settle down for a long winter's nap, with visions of lawn mowing and green, green grass!

Author Kathy Ray is Vice President of Pond Wiser, Inc. ✨



YOU WANT TO TRIM YOUR GRASS DOWN TO 1 1/4 INCHES FOR THE FINAL CUT.

YOUR LEADER IN ORTHOPAEDIC CARE JUST KEEPS GETTING BETTER.



INTRODUCING
RYAN L. ESCHBAUGH, D.O.

Fellowship-trained shoulder specialist
Shoulder replacement | Rotator cuff repair |
Shoulder instability | Arthritis treatment

Spectrum Orthopaedics is thrilled to welcome **Dr. Eschbaugh** to our team of dedicated physicians, surgical specialists and therapists. Joining our practice on September 1, Dr. Eschbaugh is a fellowship-trained shoulder specialist with a medical degree from Ohio University College of Osteopathic Medicine. He completed an orthopaedic surgery internship/residency at Grandview Hospital in Dayton, Ohio, and a shoulder and elbow surgery fellowship at the Cleveland Clinic. With advanced technology, prestigious accreditation and an expert team, Spectrum Orthopaedics already leads the way in Northeast Ohio same-day total joint surgery and is excited to add Dr. Eschbaugh's shoulder expertise to our patient care offering. Schedule an appointment with one of our specialists today!



330.305.0838
844.469.2663
spectrumortho.com

RIGHT SPECIALIST. RIGHT AWAY.



When an orthopaedic injury occurs, don't wait. Visit our easily accessible urgent care center with convenient weeknight and Saturday hours.



Ride the "Wayne County Wonders" tour and find several of Wayne County's wonderful attractions. We are

home to Lehman's, P. Graham Dunn, The Ohio Light Opera, The J.M. Smucker Company Store and Café, Everything Rubbermaid and Secret Arboretum.

Call for a copy of



428 W. Liberty St. Wooster, OH 44691
www.wccvb.com • 1.800.362.6474



POND WISER, Inc

330-833-FROG | pondwiser.com



Discover the Beauty of AUTUMN ON TWO NEW OHIO TRAILS

Take a Trip Along the Made in Wayne County Trail

Make your travels through Amish Country a bit more interesting this fall with the Made in Wayne County Trail. The trail features stops at local businesses offering products made right here in our county; local cheeses, jams and jellies, beer and wines, quilts, baked goods, smoked meats, pottery, fresh produce, handcrafted furniture, well, you get the picture.

The idea of the trail is simple—pick up a trail passport at any participating location or download a copy online at wccvb.com. The passport will make suggestions of Wayne County stops including shopping, historic sites, restaurants, wineries, breweries and galleries where you will receive a stamp just for stopping by and saying hello...no purchase necessary. Collect 20 stamps or 10 if you've spent the night in a Wayne County Hotel or Bed and Breakfast. Take your completed passport to the Everything Rubbermaid Store, located on the square in downtown Wooster, and redeem it for an official Wayne County Trail ball cap. It's that simple and it's that fun.



New Ohio's Amish County Motorcycle Tours '18 Guide

Just in time for fall, four counties making up part of Ohio's Amish Country announce the publication of a new Motorcycle Tour brochure. This guide will take you on a turn-by-turn ride through the rural backroads of Amish Country visiting charming towns and villages, unique attractions, amazing scenery and local places to grab a bite to eat.

Medina, Wayne, Holmes and Tuscarawas Counties have included two rides, one approximately 100 miles and one shorter route at 50 miles with multiple stops for shopping and meals. A professional tour guide, who also rides, tested these routes ensuring that everyone will enjoy their ride. Some of the fun names given to these routes are the Wayne County Bottoms & Beyond and the Tusky Twister.

They welcome you, your two, three, and four wheeled friends and invite you to join us on our scenic backroads where you can unwind and enjoy the area.

Please contact one of the participating convention bureaus for more information or to receive a free copy of this guide, or for a guided ride call 330-340-7343. ✨



Medina County Convention & Visitors Bureau
Wayne County Convention & Visitors Bureau
Ohio Amish Country
Tuscarawas County Convention & Visitors Bureau

visitmedinacounty.com
wccvb.com
visitamishcountry.com
traveltusc.com

800-860-2943
800-362-6474
330-674-3975
800-527-3387

Article courtesy of Wayne County Convention & Visitors Bureau.

A NEW MEANING FOR YOUR RUN

By Beverly Dillon



What if your run today was the best part of someone else's day? Runners involved in the RunningDog program have learned that they can use their hard-won cardio conditioning to make a difference in a homeless dog's life. And perhaps change their own lives in the process.

RunningDog is a non-profit organization that pairs runners with adoptable dogs through an organized running program. After a short orientation session, runners can take a dog out for a running adventure at their convenience or join the group runs aptly named "Running with the Pack." The organization started in one facility in Akron, Ohio and is currently forming chapters in several other locations with a goal of becoming a national entity.

But why is RunningDog so successful? And why have over 500 people taken the training course? The program is a simple concept that has proven to have complex ramifications which create a ripple effect in the lives of the dogs and the runners.

Every day, a dog wakes up with a full energy meter and it is their job to run that meter to zero. This looks different for every dog, but unfortunately most dogs in a rescue situation have very large meters. When a dog has a method of release for this energy, they are calmer and more easily handled, trained and housed. This is where RunningDog steps in and gives a dog that release of energy.

It has also been discovered that the running is only part of what makes the program successful. When you put a dog's leash in a runner's hand, that dog isn't just going around the block. They find themselves miles down the road and far away from the sights, smells and noise of the kennel. This allows the dog to fully relax and lets their true personality shine through. It also allows the runner to observe the dog in new environments. Knowing that a dog loves to swim or doesn't mind pedestrians or knows how to stay on the sidewalk gives the facility more information for potential adopters.

What was believed would be a fun way to shake up a runner's training plan has become much more. It has become something that has changed some runner's lives in several ways.

It has become a way for the runner to participate in their cause in a very real way. Instead of signing up for a

**RUNNINGDOG IS A
NON-PROFIT
ORGANIZATION THAT
PAIRS RUNNERS
WITH ADOPTABLE
DOGS THROUGH AN
ORGANIZED RUNNING
PROGRAM.**

TO UN



race that supports their favorite charity, when they run with an adoptable dog they are involved in that moment. No need to donate money so that someone else can “do the thing;” they are personally engaged in their cause.

The program gives new meaning to a run. When a runner is out with a dog, they very well may be taking this dog on its first trip to the wooded trails or the park and that leaves a lasting impression on the runner.

There are runners who have experienced healing through the program as well. A runner who was returning to running after recovery from an eating disorder found the program to be exactly what they needed. No longer was running about pace or calories or distance; it was about the dog. A runner who was recovering from a head injury experienced the stabilizing effect of running with a dog to combat vertigo. A runner who was victimized on an isolated trail felt safe with a dog by her side and was able to return to the trails that she loved.

So, when you run with RunningDog, your run is absolutely the best part of a homeless dog’s day...and it will probably be the best part of your day, too. For information about the RunningDog program and how to become involved, see their website runningdogrunners.com. ✨





WEDDINGS
CORPORATE
SOCIAL
OFF SITE SERVICES

AA
EXECUTIVE
CATERING, INC.

Executive Event Center • 5211 W. Tuscarawas St. NW, Canton, OH

330.477.8588 • www.OneStepCatering.com



60 Kendall Park Rd.
Peninsula, OH
Store: 330-655-5444
info@appalachianoutfitters.com



9911 Avon Lake Rd Unit 180
Burbank, OH 44214(Lodi)
330-948-0626
lifestyles@appalachianoutfitters.com

www.appalachianoutfitters.com

Rock Gym: 330-655-5489
info@kendallcliffs.com
www.kendallcliffs.com

WE STAND *for a* SIMPLER LIFE



FOR A SIMPLER LIFE

Offering creative solutions for a simpler life - cooking, gardening, heating with wood, non-electric lighting, and more.

- *A Simpler Life Is Satisfying* : Champion a lively, active, engaging lifestyle
- *A Simpler Life Is Understandable* : Choose products that are uncomplicated and truthful
- *A Simpler Life Is Sustainable* : Change from relying on technology to people-powered tools
- *A Simpler Life Is Comforting* : Cherish relationships with kin and community



*Learn more about the simpler life by visiting our store in Kidron, OH.
Find a full list of special events and lifestyle workshops at Lehmans.com/events.*

#ForASimplerLife     

» LEHMANS.COM • 800.438.5346 » On the Square in Kidron • Open every day except Sunday «

Senior Independent Living at it's very best!



the Waterford
at St. Luke



201 Holl Rd. NE
North Canton, OH 44720
(330) 966-5643

www.StLukeLutheranCommunity.org



*An Experience
as Unique
as your
Loved One*

Rehabilitation • Assisted Living • Skilled Nursing • Memory Support
Preferred by families since 1954 with a location near you

Near Belden Village
St. Luke - North Canton
220 Applegrove St. NE
North Canton, OH 44720
(330) 499-8341

On South Turkeyfoot Lake
St. Luke - Portage Lakes
615 Latham Lane
Akron, OH 44319
(330) 644-3914

Just off Route 30
St. Luke - Minerva
4301 Woodale Ave. SE
Minerva, OH 44657
(330) 868-5600



more than “just cheese”

Cannery • Deli • Bulk Foods • Bakery • Gifts • Meat Counter

Walnut Creek 2641 St. Rt. 39 | 330-852-2888
Berlin 4727 US 62 | 330-893-3273
Hours: Mon 8-8, Tues-Fri 8-6, Sat 7:30-6



DELI SANDWICHES

FRESH BURGERS

DESSERT BAR

AND OUR VERY OWN

STACKS

LOCATED ON THE UPPER LEVEL OF WALNUT CREEK CHEESE



back to SCHOOL

MEANS BACK TO

FITNESS

By Danielle Wirick, MS, CSCS, FMSC

Summer tends to bring so many changes to our lives. The kids are off school, we have extra hours in our day, the sun and heat makes us just “feel” better, and the vacations and the outdoor adventures are awesome. But it often also means falling off the wagon with our regular fitness routine. Getting back on track with exercise is always a challenge, but here are some expert ways to bring your fitness back this fall!



FORCE YOURSELF

Pull out your calendar and schedule out 10 workouts in 10 days. They may be classes at your gym, meeting with your trainer, walking with your husband, or a quick at-home workout. Nothing gets you more into the swing of things than just doing what you need to do. If you have a hard time getting in your scheduled workouts, find that partner to help keep you on track, because you know what happens when someone is expecting to see you at 5:00 am for your morning walk? You show up. If you think to yourself, "I don't have the time to work out," remember to take a good look at where you are spending your time. Facebook, Snapchat and Instagram don't have anything over a healthy, long life.



STRIVE FOR OK, NOT AWESOME

Sometimes those workouts you put in your calendar are only going to be OK. Which is...OK! Don't think every workout has to be the best one you've ever had or you will be thoroughly disappointed. Some days we have to be happy with OK.

DON'T BEAT YOURSELF UP

You're not a bad person because you fell off your usual routine. No one at the gym cares, your trainer really does understand (call them) and your kids didn't even notice. So don't turn missed workouts over the summer into a moral issue.

TRAIN SMART

It's always better to start small and get back to those basic movements. If you haven't taken the hardest class at your gym in three months, then that's not a great place to start. Be realistic in what you can do and have done in the past. To keep with your routine early on, be sure to allow for some soreness and be prepared to do a recovery workout, a restorative yoga class or schedule a flexibility session with your trainer. All

exercise is good exercise even if (and sometimes especially if) it's there to help you recover.

REMEMBER YOUR AGE

Although I have many clients that do more now, as they are older, than they did when they were younger, you still have to keep in mind what's appropriate for your age. That doesn't mean you can't run if you're a lifelong runner but it might mean you aren't running five miles a day like you did in your 20's now that you have young children at home! Instead, focus on what's important based on your age and lifestyle so you can create a strong body as you age.

"You can have anything you want in life, you just can't have everything you want in life."

~Peter McWilliams

This is one of my favorite quotes to help keep me on track. Remember this when you are reaching for a piece of cake or skipping your workout for the third time this week. You all have the ability to have the health, the vitality, or the body you want. But you can't have it while you are sitting on the couch and scrolling through Facebook instead of moving. So take your pick. But don't let the short-term euphoria of sugar or the exhaustion of your day override the goal of having the health you desire. Someone once said that short-term obsessions lead to a life less fulfilled and most of the time a life of intense frustration.

Remember, working out is not always fun -- don't feel like you must be constantly entertained and understand that to improve it will very often be difficult. If you find it to be too boring, then you are not concentrating or you are not being challenged enough. To become stronger, leaner, and more efficient, a lot has to happen to our muscle, nerve, and brain. So hop back on the fitness madwagon this fall and get back at it! ✨

STILL TIME FOR THE LAKES

Fall is one of the best times of the year to enjoy the lakes of the Muskingum Watershed Conservancy District. Warm days reveal reflections of multi-colored trees in the water while you wait for that last "big one" of the season to end up on your hook. Cool evenings welcome campfires for relaxing and making s'mores. Plus, there are still numerous organized activities for all ages. See the website www.mwcd.org for more information.

ATWOOD LAKE

- Aug 11** | Golf Cart Scavenger Hunt - Campers Yard Sale
- Aug 18** | Light up the Beach - Bark for Life - Movie at the Lake
- Aug 24-26** | Outdoor Skills Weekend - Moonlight Kayak
- Aug 31-Sept 3** | Labor Day Weekend - Live Music
- Sept 7-9** | Camper Appreciation Weekend
- Sept 29** | Halloween Campout - Trick-or-Treat
- Oct 5-7** | Atwood Area Fall Festival

PLEASANT HILL LAKE

- Aug 11** | Dr. Insecta's Bug Lab - Magic Show
- Aug 12** | Poker Paddle - Planetarium Star Viewing
- Aug 17** | Twilight Kayak
- Aug 17-19** | Dog Days of Summer - Starry Night Event
- Aug 24-26** | Outdoor Skills Weekend - Moonlight Kayak
- Aug 31-Sept 3** | Fireworks - Live Music/Beats by the Beach Winner/DJ - Movie at the Lake
- Sept 8** | Learn to Kayak
- Oct 12** | Live Ohio Owls Show - Movie at the Lake
- Oct 13** | Halloween Campout - Monster Costume Ball - Chili and Apple Cook-off

CHARLES MILL LAKE

- Aug 11** | Water Days Weekend with Mermaid Swim - Movie at the Lake - Learn to Kayak
- Aug 18** | Game Show Weekend
- Aug 25** | Oldies Weekend & Dinner
- Aug 31-Sept 3** | Labor Day Weekend - Catfish Tournament - Movie at the Lake
- Sept 22** | Princess in the Park
- Sept 29** | Fall Celebration w/Chili and Dessert Cook-off
- Oct 13** | Trick-or-Treat
- Oct 13 & 20** | Haunted Halloween Building
- Nov 10** | Festival of Thanks - Fall Soup Dinner
- Dec 8** | Lifesaver 5K/10K - Santa Celebration

SENECA LAKE

- Aug 10-12** | Starry Sky Weekend
- Aug 12-13** | Meteor Shower Campout on the Beach
- Aug 17-19** | Outdoor Skills Weekend - Movie at the Lake
- Aug 24-26** | Life After Dark Weekend
- Aug 27** | Moonlight Kayak
- Aug 31 - Sept 3** | Labor Day Weekend - Live Music - Movie at the Lake
- Sept 8** | Pet Palooza - Camper Appreciation Dinner
- Sept 15** | Superhero Weekend
- Sept 22** | Fall Traveling Birds Hike - Soup
- Sept 29** | Football Tailgate Party
- Oct 5-7** | Halloween Campout - Trick-or-Treat
- Oct 20** | Family Friendly Halloween Night Hike

EXPLORE. RECHARGE. REPEAT.

Hike, bike or drive and immerse yourself in Tuscarawas County's history, nature and good eats.

Seriously. We can keep you busy all day.

TAKE
EXIT 93
Bolivar


FORT
LAURENS
Towpath
Trailhead

SR
212


ZOAR
Historic Village

OHIO & ERIE
CANALWAY

Canal
Tavern
of Zoar

Canal Lands
Park
Trailhead

EST. 1975

ZOAR
Golf Club

82



ASK FOR
DETAILS

Zoar and Fort Laurens
combo tickets available
at each site!



A Historic Zoar Village

National Historic Landmark

April & May: Saturday and Sunday

June through September: Wednesday through Sunday



B Canal Tavern of Zoar

Fine food and spirits in a handsomely restored 1829 tavern. Diverse menu includes steaks, seafood and German specialties.

Wednesday – Saturday:

Lunch 11:30 a.m. to 2:30 p.m. (weekdays May – October)

Dinner 4:30 p.m. to close (year round)

Sunday: Brunch 10 a.m. to 2 p.m.; Grill 11 a.m. to 7 p.m.

Closed Monday & Tuesday



C Fort Laurens

Ohio's Only Revolutionary War Fort

May: Saturday and Sunday

June through August: Wednesday through Sunday



D Zoar Golf Club

One of Ohio's top rated golf destinations - rated 4 stars by Golf Digest!

Summer Hours: 7 a.m. to 9 p.m. daily

Present this ad at each location for a special discount!

SEASON OF SUSTAINABILITY

LEARN TO CONSERVE

By Erica Rymer

Fall is a season many of us love. The crisp, cool air makes it the perfect time to take a hike, go apple picking, or even host a cookout with the extended family. However, the autumn bustle may cause us to “fall” out of the habit of conservation.

Conservation means caring for our natural resources so that we can continue to benefit from them in the future. For an individual, the process may be as simple as recycling a bottle instead of throwing it away, or using real dishes and flatware at the family barbeque, instead of disposable paper and plastic. Organizations can have a bigger impact, and everyday decisions can help save animals in the wild, or create the conditions that lead to their endangerment.

With this in mind, the Akron Zoo has spent the last two decades focused on our mission of conservation. In that time, we have implemented a number of sustainable practices in energy consumption, water usage, chemical and waste management, purchasing, combustion engine fuels, and construction. Here is how we do it:

ENERGY

The Akron Zoo hopes to someday be a net-zero consumer of electricity. In order to meet this goal, we have been replacing our park lighting with more energy efficient LED lights and supplementing the energy we use with power produced through our solar array. We can even boast that our A&K Wilber Express is the first solar powered train ride in North America.

WATER USAGE

Since 2009, the zoo has reduced water consumption by 82%, saving 74,397,913 gallons each year. Thanks to low flow faucets, toilets, and waterless urinals; water filtration and recirculation; and xeriscape planting techniques, we are able to significantly reduce water usage throughout the park.

CHEMICAL MANAGEMENT

We aspire to purchase environmentally sensitive products, support green vendors and reduce chemical use all together. We use integrated pest management with bio-controls (like ladybugs) across 100% of our park to reduce chemical use. When we do need to use chemicals, 99% of them are green certified.

WASTE MANAGEMENT

The Akron Zoo aims to someday become a zero-waste park. This year we installed Big Hanna, the first aerobic composter in the world to be used in a zoo or aquarium. Compost from Big Hanna will be used internally for soil amendment, and by partnership groups such as Keep Akron Beautiful for landscaping and other beautification initiatives.



In addition, the Komodo Kingdom Café is the first 4-star green certified zoo restaurant in North America. The cafe is able to divert nearly 100% of all organic waste through reusable or compostable dishes and flatware, as well as divided trash, recycling, and compost bins.

PURCHASING

We do our best to purchase environmentally-sensitive products and support green vendors. Our gift shop features local and fair trade items, as well as many green products. This also extends to the Komodo Kingdom Café, where we use local foods, vegetarian fare, sustainable equipment, and green cleaning agents.

COMBUSTION ENGINE FUELS

A goal of ours is to reduce the usage of gasoline and motor oil by 50% by the year 2020. In working toward this goal, we have already introduced a “no idling” policy, begun using renewable lubricants from a local company, and purchased several electric utility vehicles with solar panels.

CONSTRUCTION

During expansion and remodeling, we build to one of the highest green standards in building and exhibit design. Our Komodo Kingdom Education Building is the first Leadership in Energy and Environmental Design (LEED) certified zoo structure east of the Rockies to include large animal exhibits, large aquarium spaces, classrooms, and a restaurant. The Mike and Mary Stark Grizzly Ridge Exhibit is the first of any North American zoo exhibit to earn a LEED Silver certification, with 85-90% of the waste from the project being recycled or reincorporated into the structure.

Plus, for our visitors, there is the Conservation Carousel. One ride on the carousel uses less power than a hair dryer. The structure uses sustainably harvested wood, was manufactured locally, and is lit using only LED lights.

“Our zoo’s conservation mission is near and dear to our staff and volunteers,” says Akron Zoo President and CEO, Douglas M Piekarz. “Sustainability provides an opportunity for 100% of the zoo staff to be active in conservation every day, both at work and at home.”

Thanks to many of these accomplishments, the Akron Zoo has been recognized by the Association of Zoos and Aquariums (AZA) as a green practices Top Awards winner. However, conservation is not an accomplishment, it is a constant process. Sustainability requires adjustment, change and improvement as new practices are developed. The Akron Zoo hopes to continue finding new ways to conserve, and you can help with a few easy steps:

1. Replace your light bulbs with energy efficient LEDs, which are both energy efficient and cost effective.
2. Take shorter showers to conserve water.
3. Rather than throwing your aluminum cans away, bring them to the Akron Zoo. They will be recycled as part of the Cans for Corridors project instead of ending up in a landfill.
4. Be a conscious shopper. Purchase green products and support local businesses.
5. Consider alternative forms of transportation. For example, you can take the Metro bus to the Akron Zoo, or arrive by riding your bike down the Towpath Trail.
6. Pack your lunches in reusable containers with real flat ware, rather than disposable materials.
7. Visit the Akron Zoo or another AZA accredited facility! Every time you visit a portion of your ticket price supports conservation efforts in our facility and around the world. ✦





2018 Golf Rates

(April 15th - September 30th) In Season

Regular Rates	9H Walk	9H w Cart	18H Walk	18H w Cart	9H w Cart	9H w Cart	18H w Cart	18H w Cart
					12 - 3pm	After 1pm	After 12:00pm	After 1pm
Weekday	\$15.00	\$20.00	\$25.00	\$31.00	\$15.00		\$25.00	
Weekend & Holiday	\$21.00	\$25.00	\$30.00	\$42.00		\$17.00		\$28.00
SENIOR RATES 60 +								
Weekday	\$12.00	\$15.00	\$20.00	\$22.00	\$15.00			
Weekend & Holiday	\$20.00	\$20.00	\$25.00	\$35.00		\$17.00		\$28.00

2018 Off Season Golf Rates

October 1st - April 14th

Regular Rates	9H Walk	9H w Cart	18H Walk	18H w Cart
Weekday	\$13.00	\$16.00	\$17.00	\$21.00
Weekend	\$14.00	\$16.00	\$21.00	\$25.00

2018 Specials

FRIDAY FOURSOME

LADIES DAY

REPLAY RATES

TWILIGHT RATE

VETERANS' DAY

FOR MORE INFORMATION ON

OUR SPECIALS OR TO BOOK

YOUR NEXT OUTING OR

EVENT CALL CARRIE LOWRY,

PGA HEAD GOLF PRO/

DIRECTOR OF GOLF, AT

(330) 830-GOLF (4653).

Kathy Catazaro-Perry, Mayor

Massillon
City of Champions

WHERE CAN SARTA take YOU

MUSEUMS
PARKS
LIBRARIES
SCHOOLS
SHOPS
ALLIANCE
HALL OF FAME

SARTA CALL 330.477.2782

**Parks • Museums • Libraries
Hall of Fame • Schools
Cleveland • Akron
Alliance • Massillon • Hartville**

SARTAonline.com

SAVE UP TO 60%!

northeastohiodeals

SHOP EASY • SMART • LOCAL

northeastohiodeals.com

95.5 FISH THE AIRVIEW THE WORLD 1220AM



Smoothies With A Purpose:

LOCATION WITH DRIVE THRU

\$ 1.00 off any size Smoothie

SMOOTHIE KING

Address:

4944 Everhard Rd
Canton, Ohio 44718

Only good at participating location. Not good with any other offer. One per person per visit. Some restrictions may apply. NO CASH VALUE.



Ohio Valley
Boats

Leesville South Fork Marina

740.269.5371

Seneca Lake Marina

740.685.2333

Tappan Lake Marina

(New location Summer 2018!)



www.OhioValleyBoats.com

SALES / SERVICE / STORAGE

COMING SOON to the **PALACE** Theatre
Canton, Ohio

Classic Film Series

Sept. 8 at 7:30pm—*Casablanca*

Sept. 20 at 7pm—*An American in Paris*

The Musical, On Screen

Sept. 21 at 7:30pm—*Oliver!*

Sept. 28 at 7:30pm—*The Blob*



SAVE THE DATE:

Nov. 10 @ 7:30pm



More info at www.cantonpalacetheatre.org

Canton Palace Theatre 605 • Market Ave. N, Canton, OH 44702

Ph: 330.454.8172



LEARN TO SKYDIVE

Acanton
Airsports
Since 1974

Located at Barber Airport
14008 Union Ave. N.E.
Alliance, OH 44601

For Seasonal Specials & Discounts:
skydivecanton.com

RESERVATIONS & INFORMATION 1-800-772-4174

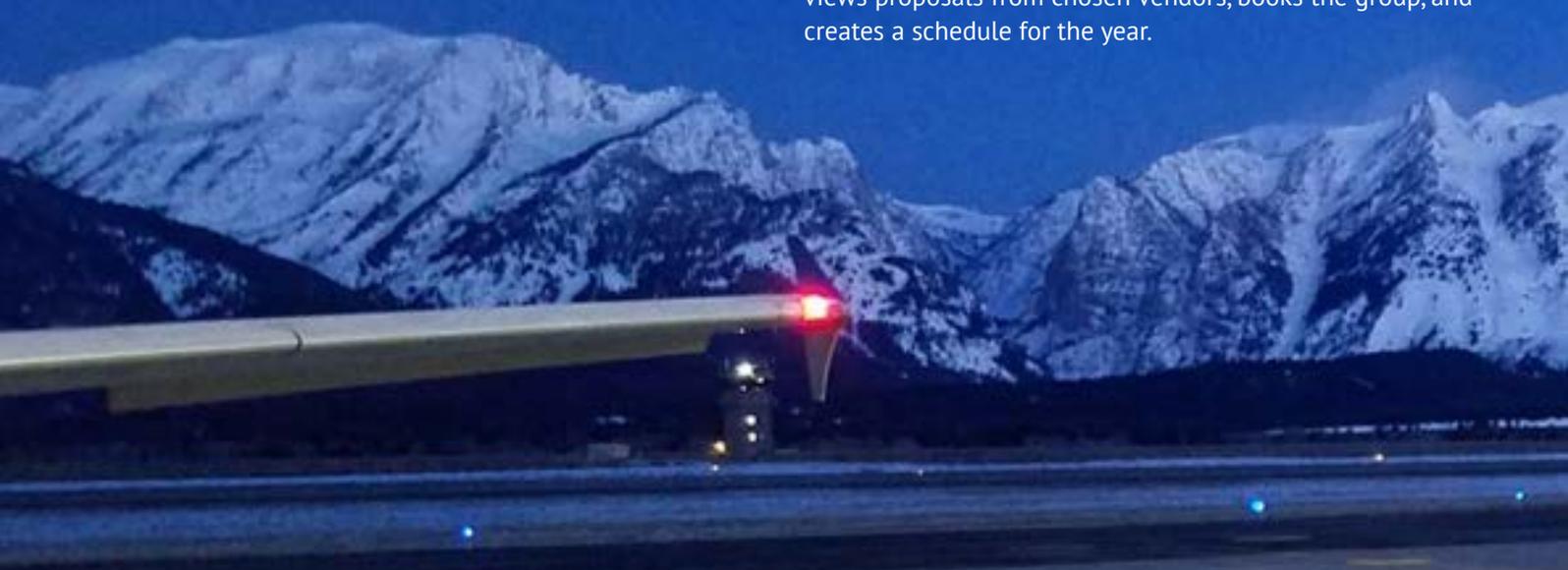
Stark County SKI CLUB

By Mary Vlahos

Joining clubs to stay active is nothing new. It's always great to have those like-minded people cheering you on as you accomplish a goal or try something new. The Stark County Ski Club combines group sporting activities with social events. It's not just a ski club, it's a social gathering of friends who like to ski, bike, kayak, camp, and just socialize. Originally called the Timken Ski Club, the Stark County Ski Club was founded in 1982 by a group of employees from the Timken Company. Currently the club has over 250 members

from 6 counties and is going strong. Membership is open to the public and the fee is only \$20.00 per year.

Where does the ski club go and how do they decide on destinations? It all starts with a survey of the club members. Representatives from the trip committee, which consists of a chairman and 6 members, attend a ski destination conference to meet with representatives from all over the United States and Canada. Consideration is given to affordability, airport accessibility, and popularity. The trip committee reviews proposals from chosen vendors, books the group, and creates a schedule for the year.



Here is the schedule for 2019: January 5 – Peek’n Peak; January 16-18 – Holiday Valley and Horizonte; January 27-February 1 – Sunday River/Maine; February 8 – Seven Springs; February 23-24 – Peek’n Peak and Holiday Valley; and March 2-9 – Panorama, British Columbia.

There are 1 and 2-day trips as well as week-long adventures. The club tries to hit various areas of the country and attempts to seek out new locations while keeping club favorites in the mix. A favorite destination of long-time member Charlene Corlett is Banff Ski Resort in Alberta, Canada. She loved the scenery and the European feel of the town with its chateau-style buildings. If you don’t have someone to ski with, no worries, this club doesn’t let anyone ski alone. They will even match you up if you need a roommate for a ski trip.

The fun doesn’t stop in spring, summer, and fall. The schedule for the Stark County Ski Club is full of activities for members as well as opportunities to help plan events and promote the club. In addition to the trip committee there is a member that handles the biking schedule, a member for socials, one for marketing, merchandise, and one for Face Book. The club plans bike trips every Tuesday from April to October on bike trails in Stark, Summit, Tuscarawas, and Portage counties. They also ventured out on an overnight bike trip to Pennsylvania and spent the night in

a converted train caboose! What a fun way to stay in shape over the summer.

Ski trips can be expensive. To offset some of the cost, members volunteer as a group for various organizations and events that then donate money to the club based on hours worked. The Stark County Ski Club spent four seasons working at Blossom Music Center and now works at Tom Benson Hall of Fame Stadium and InfoCision Stadium.

Socializing is a must for this group. The club member in charge of planning social events includes a wide variety of things such as wineries, movies, concerts and various attractions. New activities are always on the horizon and suggestions are welcome. Other activities planned for members include a camping trip to Mohican to canoe, kayak, or bike, and a whitewater rafting trip to West Virginia. This club is always on the go!

The Stark County Ski Club does more than group activities and trips. They also raise money for charity. “To date we have donated over \$18,000 to charitable organizations over the past 10 years,” said Gail Vogt. Vogt currently oversees marketing for the club. “Our charitable donations and involvement have been with Toys 4 Tots, Kylie Jane Long Foundation, Three Trackers handicap ski group, Akron Canton Food Bank, Special Olympics, The Sanfilippo Foundation, Sports for Sound, Stark County Bike Club’s kid’s safety program, and we helped raise enough money to

purchase a handicap sit ski for one of our member’s son.” The club seeks out charities that support children, sports, or both.

How do the members keep track of all of these activities? Stark County Ski club has a great website, www.StarkCountySkiClub.org, a Face Book page, a monthly newsletter, and a club meeting the third Tuesday of the month from September through March at Mullan’s Pub. Club members come to socialize from 6-7 pm and conduct business from 7-8 pm. It’s a great way for them to keep updated and connected while planning the next year of activities and trips.

The Stark County Ski Club is a great organization, not just for skiing but for those that want to stay active all year long. There are many long-time members that have forged great friendships as well as new members that have been welcomed into the club. If this sounds like a club you’d like to join just head to the website, click on the membership tab, and follow the instructions. See you on the slopes! ✨





The Beauty of Amish Country

Let tradition be your guide, charm your constant companion.
Find yourself again in Ohio Amish Country.



Amish Kitchen Cooking

Dutch Valley Restaurant *Sugarcreek*
Der Dutchman Restaurant *Walnut Creek*
Berlin Farmstead Restaurant *Berlin*

Charming Inns of Peace & Comfort

Carlisle Inn *Sugarcreek*
Carlisle Inn *Walnut Creek*
Carlisle Country Inn *Berlin*

Unique Shopping

Dutch Valley Market *Sugarcreek*
Dutch Valley Gifts *Sugarcreek*
Carlisle Gifts *Walnut Creek*

Inspirational, Broadway-Style Shows

New! Ohio Star Theater *Sugarcreek*

40 minutes South of Canton along Route 39
DHGroup.com | OhioStarTheater.com



Eye Centers of Ohio
COMPREHENSIVE VISION CARE



5 Time Winner

**Favorite Optometrist/
Ophthalmologist
Office**



Paul Turgeon M.D. | Jerry Macher M.D. | Philip Dickey O.D. | Michael Smit D.O. | Laurence Karns M.D.

- Complete Eye Exams
- Laser Multi-Focal Cataract Surgery
- Glaucoma Eye Care
- Macular Degeneration
- Contact Lens Dept.
- Corneal Transplants
- Pediatric Eye Care
- Refractive Laser Surgery
- Optical Dept. • CustomVue Lasik

We are the first and only practice in Stark County to provide the LenSx® Femtosecond laser for cataract surgery.

Eye Centers of Ohio
COMPREHENSIVE VISION CARE

It's Easy To See The Difference!

Call Today To Schedule Your Appointment
Most Insurance Accepted

800 McKinley Ave. NW, Canton 6407 Frank Ave. NW, North Canton
330-452-8884 330-966-1111

www.eyecentersofohio.com

SMALL POOL. BIG BENEFITS.

Relax & enjoy the benefits of aquatic exercise, swimming laps, hydrotherapy & family fun with your own private swim spa by Endless Pools Fitness Systems® from Ohio Pools & Spas. Schedule your test swim & exercise at ohiopools.com or stop by one of our stores today.



AKRON/CANTON | MAYFIELD HEIGHTS | NORTH OLMS TED

REGISTER NOW: thebuckfifty.com

THE BUCK FIFTY

SOUTHERN OHIO'S PREMIER 150 MILE RELAY

150 MILES
2 DRIVERS
10 PERSON
TEAMS
1 AMAZING CAUSE
READY SET GO
APRIL 12-13, 2019

Race in 3 State Parks, 1 National Park, Rails to Trails, County Roads, Single Track, and Historic Chillicothe. 100% of the race profits will support 7 local high school chapters of Drug Free Clubs of America.

OVER 2300 KIDS FUNDED FOR THE 2017-18 SCHOOL YEAR

For questions please email raceinfo@thebuckfifty.com

REGISTER EARLY AND SAVE!

Prices shown are per 10-PERSON TEAM

May 1st - \$1,050	October 1st - \$1,250
August 1st - \$1,150	December 1st - \$1,350

Registration closes on February 1st, 2019.

Use the code "COMPASS" Save \$50 Bucks

*5 PERSON TEAM PRICING ONLINE AT thebuckfifty.com

Carroll County

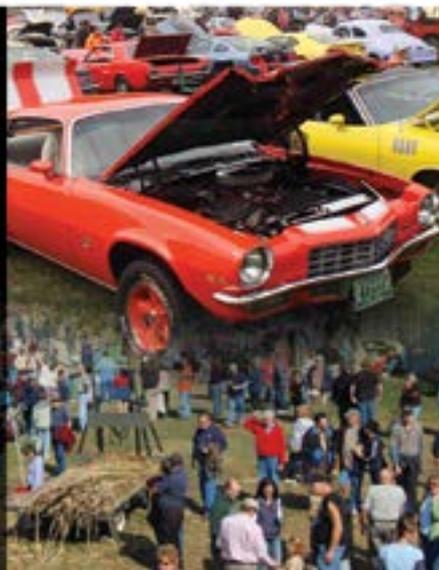
CONVENTION & VISITORS BUREAU

SCARECROWS ON THE SQUARE
 SEPTEMBER 29

ATWOOD FALL FESTIVAL
 OCTOBER 5-7

ALGONQUIN MILL FALL FESTIVAL
 OCTOBER 12-14

CARROLL COUNTY STEAM SHOW
 OCTOBER 19-21



THE BEST TIME TO GO Rving IS NOW

Article Courtesy of General RV

There's something magical about fall. Whether it's the anticipation of gathering around a bonfire or the feeling you get when you're sipping a cup of coffee on a chilly morning, there's plenty to be excited about this season. As the temperatures start to drop and leaves begin to transform, there's no better time to enjoy the outdoors. And our favorite way to experience it all is in an RV.

Some people might think of RVing as a summertime activity. There certainly are many families who pack up and hit the road as soon as the kids are out of school. The amenities an RV offers, from residential-style kitchens to washers and dryers, make the logistics of an extended vacation easier to manage for families of all sizes. But summertime camping can be crowded, with June and July being the most popular months for vacationing.

Wait a couple months and head out in September or October instead. With

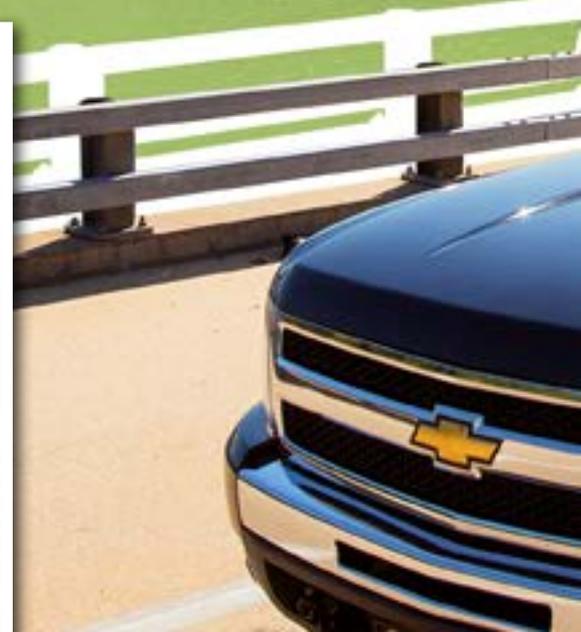
school back in session, you'll avoid the larger crowds and have a better chance of picking a prime location with a view. Also, waiting those few extra weeks gives the weather a chance to cool, so you can enjoy your time outdoors more. Residents all over the Midwest have countless state parks and recreational areas within a short drive, if you prefer shorter weekend trips. Whether you bike, hike, or haul other toys, there are lots of opportunities to get your adrenaline pumping and explore hundreds of miles of trails. Choose a park with camping facilities so you can stay onsite and play longer.

Of course, camping isn't the only activity you can enjoy in your RV now. If fall is synonymous with football for your gang, grab some friends and tailgate this season. Whether you opt to meet up at the local stadium or prefer to hit the road and cheer on your team during away games, having a fully-equipped kitchen and private

bathroom will really enhance your tailgating experience. Many RVs have outdoor entertainment centers too, so you can catch the pre- and post-game coverage. All you need to bring is food and drinks.

Besides football games, there are plenty of fall festivals to attend, including Renaissance Fairs, Oktoberfest, and harvest celebrations. The Michigan Renaissance Festival in Holly, Michigan, is open on weekends from August 18 to September 30 this year. Travel back in time to the 16th century in this 17-acre village complete with shops, taverns, entertainers, and a tournament field for jousting. Then, return to present-day in your RV to get cleaned up and relax with all the modern luxuries you left behind for a few hours. If history isn't your thing, you can also discover pumpkin patches, corn mazes, and haunted houses in autumn. Just do a quick Google search and plan your weekend venture.

Another way to enjoy your RV is to take a fall foliage road trip. The changing colors are one of the most magical things about the season, and the Midwest has plenty of rural roads with





spectacular views. Take in the sight of those colorful canopies from the wide windows of your RV. Check out your state's Department of Natural Resources website for fall foliage reports and find a driving route near you. You can plan activities or stop at attractions along your route to make the most of your mini-vacation. Just be sure to bring a camera and some road trip tunes to get the full experience.

Fall is a great time to go fishing or kayaking, and a fifth wheel or travel trailer can serve as the perfect base camp for your next trip. You can enjoy the best of the outdoors all day and comfortable amenities like full showers, fireplaces and king-size beds at night. Spend time on the water, and then return to your RV to clean your catch and get some sleep. RVs are designed with clever storage compartments, so you can stow your gear out of the way when not in use. Keep basic, non-perishable necessities stocked in your RV so it will be ready to go whenever you are.

There's no better way to appreciate the season than by tasting it. Take a tour of some farmers' markets, orchards, vineyards, or cider mills in your RV, and enjoy the fruits of the season – literally! With loads of vegetables and fruits widely available, you'll be able to stock the refrigerator or pantry of your camper and make healthy, affordable meals. Pair with your favorite wine or cider, and you've got all the ingredients for a great night. For dessert, gather around a fire and make s'mores. Go with the classic graham cracker-chocolate-marshmallow sandwich or opt for a slightly healthier alternative by topping fire-grilled bananas with chocolate chips and mini marshmallows.

If work and other commitments are wearing you down, an RV can offer the perfect escape. Get away from it all and take some time to recharge. Whether you go alone or with your significant other, the solitude and beauty of nature can help you unwind. Bring a book or yoga mat, and avoid your phone, social media, and emails. The holiday season is right around the corner, so take advantage of the time you have now to get away and unplug for a weekend.

Whatever activities you choose to do, be present and take some time to really enjoy the season. Breathe in the cool, crisp air. Listen to the leaves crunching beneath your feet. Brighten someone's day with a beautiful bunch of chrysanthemums. Now pull your favorite sweaters out of the closet and enjoy some fall activities! Winter will be here before you know it. ✨



STARK COUNTY SKI CLUB

Find us on Facebook

WWW.STARKCOUNTYSKICLUB.ORG

BRIMSTONE BICYCLES

133 South Canal Street
Canal Fulton, Ohio 44614

www.BrimstoneBicycles.com

"RIGHT ON THE TOWPATH!"

BIKE SALES,
SERVICE, AND
RENTALS, FOR
ALL RIDERS.

330-970-0911

EAT STAY PLAY

GENEVA-ON-THE-LAKE

VINTAGE BUSLAU
OHIO

www.VisitGenevaOnTheLake.com
800.862.9948

Ashtabula
COUNTY, OHIO

www.VisitAshtabulaCounty.com

Escape to Leesville Lake!



- BOAT & ENGINE SALES & SERVICES
- KAYAK & PADDLE BOARD SALES
- KAYAK RENTAL
- PADDLE BOARD RENTAL
- PONTOON BOAT RENTAL
- FISHING BOAT RENTAL
- COTTAGE RENTAL
- CAMPING
- DOCKAGE
- BAIT & TACKLE

Leesville Lake

North Fork
marina

Leesville Lake

South Fork
marina

2126 Azalea Rd. SW, Carrollton, OH 44615 | 330.627.4270

4131 Deer Rd. SW, Bowerston, OH 44695 | 740.269.5371

WWW.LEESVILLELAKE.COM

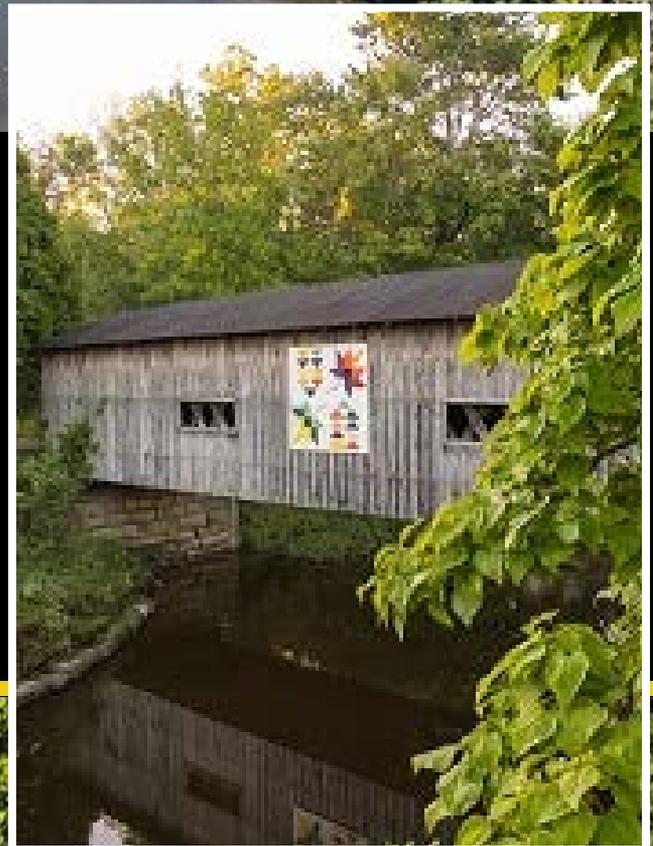
THE BRIDGES OF

Ashtabula County



As you pass through one of Ohio's historic covered bridges, the past and present collide. Ashtabula County, in Ohio's northeast corner, is considered the covered bridge capital of the state and is home to 19 of these unique structures.

Some look upon these engineering feats and appreciate the craftsmanship and ingenuity of the builders. Others are in awe of the simple beauty of the historic structure as part of the landscape: magical and colorful crossings set against the area's rolling hills and vineyards. Covered bridges offer a one-of-a-kind look at a bygone era.



Many ask why the bridges are covered. It has been speculated that the purpose was to provide shelter during inclement weather or to prevent horses from being afraid of crossing the water. The real reason is to protect the structure supporting the bridge. Without protection from the elements, the wooden timbers supporting the bridge would decay and eventually collapse. By keeping them dry, the bridges will last much longer.

The earliest documented covered bridge structures date back to 1805, but Ashtabula County boasts a bridge as recent as 2016: Riverview pedestrian bridge which is located under Smolen-Gulf. The longest covered bridge in the United States is the Smolen-Gulf Bridge at a length of 613 feet. Built in 2008, it has a life expectancy of 100 years. Also found in northeast Ohio is America's shortest: Liberty Street Bridge.

Of Ashtabula's 19 bridges, 17 are still operational, allowing vehicle traffic through year round. The annual Covered Bridge Festival takes place the second full weekend every October and consists of a self-guided tour where visitors will find entertainment and refreshments at each bridge.

For more information or to request a covered bridge driving map, visit www.VisitAshtabulaCounty.com or call 440-275-3202. ✨





On any given weekend, folks from all areas of Ohio, as well as West Virginia and Pennsylvania, escape to the peace and tranquility of Leesville Lake in Carroll County. Leesville is one of several flood control reservoirs operated by the Muskingum Watershed Conservancy District and the U.S. Army Corps of Engineers. But what makes this lake truly special is the combination of wooded shoreline, private coves, a remote location and a 10 horsepower limit. All of these contribute to the noticeable lack of crowds. At Leesville, wave runners are replaced with kayaks and paddle boards. Charter boats are replaced with jon boats. Performance boats are replaced with pontoon boats. With 1,000 acres of water surface, 2,700 acres of wooded shoreline, and depths up to 40 feet, Leesville Lake is a boating, fishing, paddle sports and outdoor paradise.

Beautiful & Quiet

LEESVILLE LAKE

By Elaine Kish



Leesville has the distinction of being one of the top lakes in Ohio for Muskellunge, commonly known as "Muskie." In fact, each year the Ohio Department of Natural Resources stocks several Ohio lakes with Muskie from eggs that originate at Leesville Lake. Strictly a sport fish, the reward in landing a Muskie reaches its pinnacle when anglers land a "husky Muskie" which is one that measures over 40 inches. Several record Muskies have been caught at Leesville over the years, some even exceeding 50 inches. But Muskie is not the only fish in this lake. Anglers also enjoy catching numerous other species such as Saugeye, Crappie, Bass, Catfish, Yellow Perch and Bluegill.

There are two privately owned and operated marinas on Leesville Lake. Leesville North Fork Marina and Leesville South Fork Marina both offer docking, cabin rental, boat rental, camping, bait and tackle, concessions and a marine store. Owners Keith and Danielle Ott have made substantial improvements to both facilities since acquiring them in 2012. While constantly

upgrading the facilities, the Ott family has been careful to maintain the nostalgia of both properties which have been in operation since the 1940s. A visit to these marinas is a step back in time. Both marinas are located near public access launch ramps, and the South Fork public launch ramp was recently upgraded with an ADA access kayak launch.

Numerous campsites are available near each marina. There are waterfront sites large enough for RVs with 30 amp service, as well as private primitive sites nestled in the pines. Several different waterfront cabins are available for rent in one, two or three bedroom sizes that accommodate from two to ten guests accordingly. Cabins are outfitted with air conditioning, queen beds, Amish furniture, flat screen TVs, appliances, a fire pit and even a dock for your boat. Cabin guests are offered discount rates on rental boats.

Would you prefer to own a boat rather than renting? Boat sales and service are also available on Leesville Lake via sister company Ohio Valley Boats. Also owned by the Ott family, Ohio Valley Boats is a factory authorized dealer for Manitou Pontoon boats as well as Evinrude and Suzuki outboard engines. Leesville is one of three locations for Ohio Valley Boats, which also operates on location at Tappan Lake Marina in Harrison County and Seneca Lake Marina in Guernsey County. Ohio Valley Boats is a full service, year-round operation that can handle nearly all of your storage, repair and maintenance needs. More information regarding sales, service and storage is available at www.OhioValleyBoats.com.

For an escape to a slow-paced relaxing retreat, Leesville Lake will not disappoint you. See www.LeesvilleLake.com for more information. ✨





Comfort Suites
Hartville
(330) 587-4347



Stay and enjoy our indoor pool and hot tub!

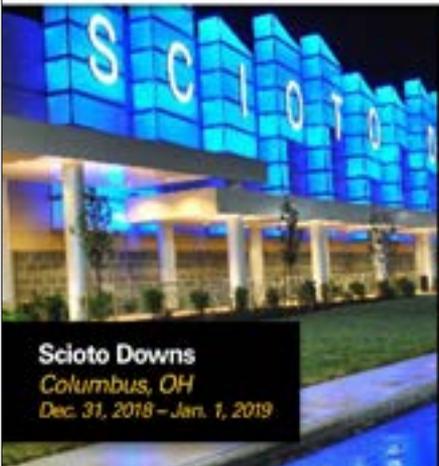
Book online at:
www.choicehotels.com/oh596



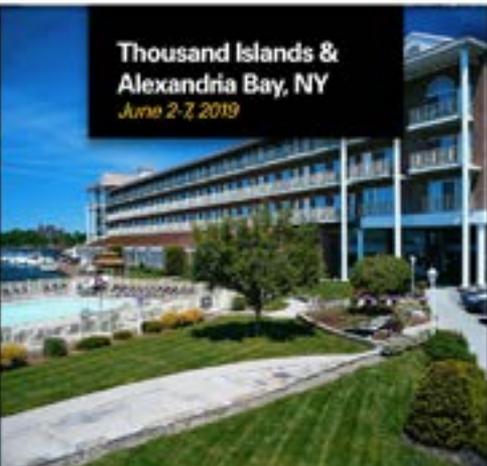
The #1 Ranked Comfort Suites in the country!



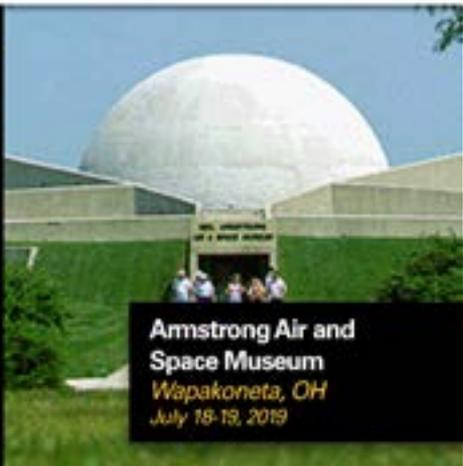
330-455-4444
www.candlecoachllc.net



Scioto Downs
Columbus, OH
Dec. 31, 2018 – Jan. 1, 2019



Thousand Islands & Alexandria Bay, NY
June 2-7, 2019



Armstrong Air and Space Museum
Wapakoneta, OH
July 18-19, 2019

CompassOhio
FITNESS | HEALTH | RECREATION

Want to Advertise YOUR Business?

CALL: 330-418-3274 EMAIL: sales@FollowCompass.com

RV SALES • SERVICE • PARTS

GENERAL

RV CENTER®

**THE NATION'S LARGEST
FAMILY-OWNED RV DEALER**



EXPLORE 100+ Top RV Brands

SHOP Our 5,000+ RV Inventory

ENJOY The Lowest Prices

EXPERIENCE Award-Winning Service

ALL THE BEST BRANDS

 **FLEETWOOD RV**

 **Coachmen**

Dutchmen

 **THOR**
MOTOR COACH

 **PRIME TIME**
Manufacturing

 **WINNEBAGO**

 **Keystone RV**
Company

 **TIFFIN**
MOTORHOMES

3063 GREENSBURG RD., **NORTH CANTON, OH 44720**

RV SALES HOURS: Mon. & Thur. 9am-8pm,

Tues., Wed. & Fri. 9am-6pm, Sat. 9am-4pm, Sun. 11am-4pm

330.896.8977 • GeneralRV.com

PUMPKINS

A N D M O R E

By Morgan LaVallee, MFA



Kingsway
PUMPKIN FARM
www.kingswaypumpkinfarm.com
330-877-6241



Bright red, orange, and yellow changing leaves, pumpkins growing on twisting vines, hayrides in the crisp, cool autumn air. Fall is a beautiful time to bundle up and explore the outdoors, especially within your very own community. And for those looking to get out and explore this season, there is no better way to experience fall than picking the perfect pumpkin at a local pumpkin farm.

Kingsway Pumpkin Farm will celebrate its 28th season this fall, kicking off the harvest season on Saturday, September 15, 2018. Located in Hartsville, Ohio, it was opened in 1990 by Mary King and remains a family-run business, proudly offering outdoor family-friendly fun for the entire month of October, running through Saturday, November 3rd.

For those looking to enjoy the quintessential fall experience, look no further. Take the weekend or weekday to enjoy the outdoors with some cool, family fun. Hop on the tractor-driven hayride and bask in the picturesque scenery as you are taken across the beautiful farm grounds, stopping along the way to walk through the fifteen-acre pumpkin patch to pick your very own pumpkin.

Kingsway Pumpkin Farm is for families and children of all ages, showcasing the fun, lighter side of fall, free from the all the scary ghosts and ghouls of Halloween. Offering a playground, indoor straw tunnel, petting zoo, a mini maze for younger children, and much more, there are exciting activities for each and every member of the family, regardless of age.

The petting zoo features a variety of adorable farm animals, including goats, sheep, baby cows, ducks, chickens, and rabbits. Hang out with the animals in their pens, or feed them along the way, the petting zoo is a great opportunity to interact with the animals and spend time leisurely strolling across the rolling farm grounds.

There are also multiple kid-friendly games and activities for those seeking excitement in their fall day. The attractions include the giant corn pit, rubber duck race, peddle cart race track, and kiddie barrel train, including multiple photo opportunities with colorful painted pumpkin cutouts, scarecrows, cornstalks, sunflowers, and more. This year's peddle carts will speed down their brand new race track. Great for kids big and small, the peddle carts come in a variety of sizes, ready to outfit thrill seekers of all ages. Not in the need for speed? Take the kids for a relaxing ride around the farm on the kiddie barrel train, or stop at the Farm store and see what festive fall treats await.

To celebrate the 2018 fall season, Kingsway Pumpkin Farm will feature a new Western-themed corn maze design. Each year, they create a new, intricate design made to challenge

visitors both young and old alike. The corn maze spans eight acres, consisting of difficult twists and turns that create pathways combined to form the picture of a stage coach when viewed from above. Not good with directions? Not to worry! Along the way, signs are posted showing you where you are in the maze, without spoiling the surprise of discovering the way out.

Kingsway Pumpkin Farm is open seven days a week, promising to create exciting, picture-perfect memories for people of all ages. From picking pumpkins to finding your way through the twisting corn stalks of the giant corn maze, it's truly the place to enjoy some family-friendly fun. For more information, see their website kingswaypumpkinfarm.com. ✨

**KINGSWAY PUMPKIN
FARM WILL
CELEBRATE ITS 28TH
SEASON THIS FALL,
KICKING OFF THE
HARVEST SEASON
ON SATURDAY,
SEPTEMBER 15, 2018.**





THE MOST IMPORTANT OUTDOOR SKILL

By Christopher J. Shaffer

If you have read any of my previous articles, you'll know that I really enjoy leaving civilization behind and recharging my internal batteries with an energy that has nothing to do with electricity. Almost everyone I talk to loves the idea of following my lead and heading out under their own power to wander and explore the natural world. The barrier many people believe they face to achieving that desire is the sometimes very true belief that they lack the requisite skills and knowledge to enjoy a backcountry adventure either on their own or with a small group. The problem that most people really face is that they just don't know where to start.

With the explosion in popularity of outdoor sports and social media, most people already have an idea of where they want to go or at least the type of trip they want to take. Couple that with the internet and people have their

dream trip booked before they realize what they have done. This is where the panic sets in for many, when they realize that they don't even know what skills they need to successfully enjoy whatever type of adventure they chose. Luckily with the help of your local outfitter, an outfitter or two from your destination and maybe even a book or two, anyone can learn the skills needed for any adventure. The most important ones can even be worked on before you leave your house.

The first skill you need on your journey is Attitude. In this case, it is actually a two-part problem. First, before you plan a trip or decide to join a trip that others are planning, you must de-

cide what your objectives are for the hike and remember to "Hike your own hike." I don't remember when I first heard that sentence, but it is some of the greatest advice ever given to a beginner hiker. Hike your own hike, run your own race, paddle your own canoe, follow your own path. With the exception of the last one, these all mean simply that we hike for the reasons each of us is individually hiking for.

We may have a goal to reach a certain peak or overlook at the perfect time to experience that elusive meteor shower, or we could just be shooting for the local swimming hole. No matter what the objective is, it is important to have it in mind during the prepara-



tions for your hike and at the trailhead. Once you start down the trail, maintain at least a mental image of the objective and effectively communicate your needs to achieve that goal to the rest of your group.

NO! Don't be that guy that repeatedly describes how beautiful the final waterfall was the last time you were here. YES! Be the guy that realizes and communicates that the pace is either too slow or too fast for a fellow hiker, that rest breaks every thirty feet are not normal and if a hiking partner mentions hot spots, it is time to stop. Of course, if you are the one experiencing the hot spots, be sure to call a rest and take care of it. Communication is the key to keeping everyone's attitude in check.

Second, once you have found the right vibe for your trip and group, you now have to pick your own and realize that only you can make or break your trip. If you have planned your trip even kind of well, there are relatively few things that can ruin it as fast as a bad attitude. Keep it positive and trust in your plans and enjoy the journey.

That brings us to our second skill—Planning. I know it sounds strange, but not all adventures are going to be the same. That's what makes them an adventure! Planning ahead is not only a great way to kill some time on a slow day at work, but this is when you learn at least what other skills you may need to add to your repertoire. Obviously, if you've booked a trip diving the Great Barrier Reef, you are going to want to make sure you know how to dive, or are at least in good enough shape that you can pass a dive class when you get there.

This is also the perfect time to infuse your chosen attitudes or themes into the trip while ensuring that you allow for wiggle room and formulate an exit plan. Once again, communication is the key here as well. I once did a bike trip with five days of food packed, while my friends had mapped out all the best conveniences along the way. I think I only ate one dinner from what I had packed. We had a great trip, but it may have been a little easier on some of those hills without the extra food. Planning what you are going to take with you and who is responsible

for those items is really second only to deciding where to go.

The planning phase is also the time when you decide who you are going to leave a copy of your plans with at home and what their instructions are in case you don't contact them upon exiting the woods.

In short, attitude and planning are two of the most important skills you can learn to prepare for your outdoor adventures. Then, once you have figured out the new skills you'll need for your trip and the equipment you'll be taking, that is the time to learn and practice those skills and familiarize yourself with your gear. Ask your local outfitter or supply store if they have tips to share or classes. They usually have some basic skills classes that are hands-on. These are a great way of meeting people and getting insight to places and trips that you might not be able to acquire over the internet. Remember that every trip is different and that is what makes them an adventure. ✨



INTELLIGENT FITNESS

PERSONAL TRAINING

4553 Aultman Avenue NW, North Canton

www.intelligentfitnesspt.com

330-806-0192



At Intelligent Fitness, your personal trainer will work with you to create a comprehensive health and fitness plan that's uniquely designed to help you progressively and systematically transform your life. Whether you are looking for general fitness, medical fitness, or sports training, our new facility and staff offer everything you need to help you lead a life of exceptional health and wellness!

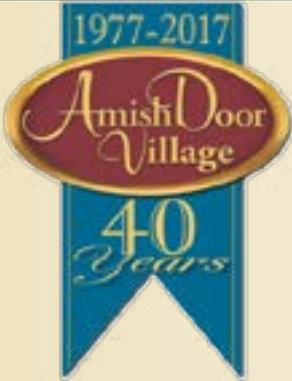
INTELLIGENT
FITNESS



4553

**SAVE OVER 50% ON
ONE-ON-ONE TRAINING
SESSIONS WITH OUR
INTRODUCTORY PACKAGE:**

- ▶ THREE, 1-HOUR ONE-ON-ONE SESSIONS FOR **ONLY \$99**
- ▶ EXPIRES 14 DAYS FROM FIRST SESSION
- ▶ **NEW CLIENTS ONLY**



*Celebrating 40 Years
of Family Traditions*

- Restaurant
- Bakery
- Inn
- Shopping



Stay. Dine. Shop. Relax.

Just 20 Minutes South of Canton:
1210 Winesburg St. Wilmot, OH

888-AMISHDOOR
www.amishdoor.com

CLOSED SUNDAYS

ACL Amazing Creams & Lotions
Herbal Remedies for Pain & Skin Problems Since 1998

- Green Cream for Pain & Sinus Relief
- Miracle Healing Skin Cream for Eczema & Psoriasis
- Essential Oils, Ion Cleanse Detox, Massages & More

www.amazingcreamsandlotions.com

Open Wed - Sat 10 - 5
1010 Winesburg St
Wilmot, OH 44689
330-265-4056

The Wanakee Ranch
Trail Rides, Lessons & More!

9759 Manchester Ave SW Beach City, OH 44608 330-987-0411

HISTORY MEETS HOLLYWOOD

By Elaine Kish



OHIO STATE REFORMATORY



If you're a history buff, a movie buff, or just curious about whether paranormal activity really does happen, the walls of the Ohio State Reformatory have a lot to tell you. On the day we visited, there were numerous vehicles in the parking lot from neighboring states and even Canada, confirming that people from many areas are eager to see this historic and well-known structure.

On November 4, 1886 the cornerstone was laid to begin construction of an Intermediate Penitentiary in Mansfield, Ohio. Architect Levi Scofield intended his design to create a sense of spirituality for the inmates. It was

a combination of architectural styles, evident in the large granite pillars, Gothic columns and elegant aspects of the structure.

Construction continued for almost ten years and although it was not yet completely finished, in September, 1896 the state transferred 150 inmates from the Ohio State Penitentiary in Columbus to the new facility in Mansfield which had been renamed the Ohio State Reformatory. In contrast to penitentiaries where the motive is to discipline and isolate hardened criminals, the concept of the new institution was to reform but still punish inmates, all of which were men aged 16-30, incarcerated in a state prison for the first time and not convicted of murder.

Initially, some inmates were assigned to work on the sewer system and the 25-foot stone wall that surrounded the 15-acre complex. Inmate labor was also used for brick outbuildings and the East Cell Block, which was ultimately completed another decade later in 1908.

The first inmates were housed in the West Cell Block. Constructed of steel and stone, it was five tiers high and had 360 two-man cells and some four-man cells, holding a total of 750 men. Inmates were basically housed in groups according to their trade. The East Cell Block was six levels high with 600 cells which housed about 1,200 inmates. Cells on the east side were smaller as they were intended for one person at a size of 6 feet by 8 feet. Due to overcrowding conditions, by 1934 these small cells housed two inmates each.

There were two floors each with 30 correction cells, later known as solitary confinement. These cells, which were kept at a constant 90 degrees Fahrenheit, had a sink and a toilet only, with no cots or lights. If it became necessary, two inmates were housed in a correction cell. They ate the limited meals they were allowed in the cell, slept on the cement floor and showered once a week.

A person is holding a tablet that displays a scene from the movie Shawshank Redemption. The scene shows a group of men in suits sitting around a long wooden table in a conference room, with one man in a suit sitting in the foreground with his back to the camera. The background of the image shows a hallway with a mannequin and windows.

**OHIO STATE
REFORMATORY IS
WELL KNOWN AS
THE LOCATION
FOR THE MOVE
*SHAWSHANK
REDEMPTION***

Both cell blocks had windows which could be opened in the summer to circulate air, although the upper levels were always very hot. Buildings were heated in the winter, but due to their size and the doors being opened and closed constantly, it was difficult to keep them warm and the lower tiers were always extremely cold.

The facility had two outside dormitories which housed another 550 inmates. In the main building there was a central guard room, multiple chapels and various factories. As a condition of their “reform,” inmates were required to attend religious services and four different denominational services were conducted on Sundays. Inmates were required to attend classes and obtain at least an 8th grade education. They were also required to learn a trade, so there were on-site furniture, clothing, and shoe factories. There was additional trade education in a barber shop, a printing shop, a machine shop, a power plant and an identification department.

There was a library, a gymnasium, and a hospital for the inmates on the premises, as well as living quarters for the warden, assistant warden and chaplain. Sports were encouraged as a team-building activity during yard time and outside teams were often invited to come in for organized baseball or basketball games. An honors farm on the property produced much of the food served, making the Ohio State Reformatory basically a self-sufficient institution.

The onset of prohibition in the 1920s resulted in an increase in criminal activity associated with liquor trafficking. The Ohio State Reformatory was part of that increase and cells designed for one inmate were used for two inmates.

Between 1920 and 1930 the population of federal prisons tripled. At that time, the Ohio Penitentiary in Columbus had already been deemed severely overcrowded for

numerous years. The nation’s worst prison fire occurred at the Ohio Penitentiary in April, 1930 after which 600 of their inmates were transferred to other state facilities. It was reported that 200 of those prisoners were moved to the Ohio State Reformatory.

Federal prison populations nearly doubled in size again from 1930 to 1940 and additional prisons were built. That significant increase was attributed to The Great Depression where unemployed individuals exchanged freedom for a roof over their head and food. Even with the increase in their inmate population, the Ohio State Reformatory continued its efforts to reform inmates.

Additional trade schools and business training classes were added. Some inmates worked as trustees, assigned to offices, residences and honor camps outside the walls. Religious education was still required and they still offered services on Sundays.

The years 1940 to 1946 showed a decrease in prison populations and through the 1950s the Ohio State Reformatory maintained its program to rehabilitate, educate and punish inmates.

During the 1960s the inmate population decreased. Inmates were still required to obtain an education and there was an on-site high school, Fields High School. The first class to graduate from a state-certified high school within a penal institution received their diplomas in 1965. The Ohio State Reformatory invited college professors from nearby Ashland College to teach at the facility and some inmates took advantage of that option to further their education.

In 1969 the Ohio State Reformatory began housing inmates charged with first and second-degree murder, which had minimum sentences of life in prison. Security

a higher priority since it was then classified as a “maximum security” institution.

All inmates were tested and interviewed upon their arrival during the 1970s, after which they were assigned to the Ohio State Reformatory or transferred to another institution. Although reform was encouraged, it was no longer mandatory. Inmates were urged to choose educational classes and attend some type of worship service, but they were not required to so.

By the 1980s, the Ohio State Reformatory housed inmates who were over the age of 30, had previously been incarcerated, and had been charged with serious felonies. With the onset of mandatory sentencing for drug offenses, overcrowded prisons were common. The buildings were in disrepair and outdated, with cockroach infestations and numerous broken windows. Intended to house 1,900 inmates, the inmate population at that time was 2,400.

A group known as the Counsel for Human Dignity filed a lawsuit on behalf of the inmates, alleging that the prisoners’ constitutional rights were being violated because they were forced to live in “brutalizing and inhumane” conditions. An agreement in 1983 requiring improvements to the living conditions ended the lawsuit. It was also agreed that the Ohio State Reformatory would ultimately be closed by December 31, 1986.

The facility was slated for demolition due to its irreparable condition and construction of a new facility adjacent to the old building was started. However, due to construction delays, the new maximum-security Mansfield Correctional Institution was not completed until September, 1990, at which time inmates began transferring to the new facility. The last staff and inmates left Ohio State Reformatory on December 31, 1990 and it was closed permanently. Strangely enough, the new correctional facility can be seen from some locations in the old reformatory building.

Ownership of the facility was retained by the state of Ohio until 1995 when the Mansfield Reformatory Preservation Society (MRPS) was formed and ultimately took possession. The Society’s mission is to maintain, restore, preserve, and showcase the Ohio State Reformatory as a historic site. Restoration of the facility has continued through the years, including returning a portion of the warden’s family living quarters to its original opulence, complete with furniture and stained-glass windows.

Although Ohio State Reformatory is well known as the location for the movie *Shawshank Redemption*, few people realize that parts of the facility were also used in the films *Air Force One* and *Tango & Cash*. In fact, some of the film companies’ props and equipment still remain on the premises.

There are several options for tours of the Ohio State Reformatory. Visitors are cautioned that they will pass through areas containing remnants of the original lead-based paint used at the facility. The self-guided tour allows visitors to travel the halls at their own pace and obtain information from interactive kiosks throughout the facility. The “History Meets Hollywood” guided tour takes visitors through the timeline of the buildings and the story of fictional inmate Andy Dufresne of *Shawshank Redemption*.

A “Beyond the Bars” tour allows access to areas not open to the general public and an “Inmate Tour” is actually conducted by a former inmate of the facility. Tours are daily April through Labor Day, at which time the Ohio State Reformatory closes to prepare for the holiday season. See ohiostatereformatory.org for more information about tours.

All tours are conducted by MRPS employees. During our tour we learned that some employees have heard footsteps following behind them, even though no one was in the building. Some have felt the “presence” of former inmates in their offices. No one has ever reported a confrontational incident, so it seems the past residents merely want to be acknowledged or remembered.

Along that same line, Ohio State Reformatory offers a Paranormal Program. The Ghost Hunt Challenge is for beginners and the Intermediate/Advanced Ghost Hunt for more experienced investigators. There is also a 2-hour Ghost Walk with paranormal guides and Ghost Hunting 101. The facility has been featured on *Ghost Adventures* and *Ghost Hunters*.

Each year from late September through early November the Ohio State Reformatory transforms itself into “Blood Prison.” Not for the faint of heart, visitors can expect to run for their lives as monsters and the criminally insane attempt to take in some new prisoners. Information about this tour and tickets are available at bloodprison.com.

Take a trip to Mansfield to tour the Ohio State Reformatory and see what the walls tell you. ✨



HIT MUSIC
LIVE
LOCAL
Q92

LISTEN LOCAL



www.Q92Radio.com

Smoothies, Healthy Wraps, Salads, Fresh Fruit and Vegetable Juice, Nutritious Wheatgrass!



JUICE AND SMOOTHIE BAR
NORTH CANTON
AT THE STRIP

6702 Strip Ave. NW
(330) 244-9167 

Mon-Fri 7 AM to 9 PM
Sat 9 AM to 9 PM • Sun 10 AM to 9 PM



PULPJUICEANDSMOOTHIE.COM

30+ Premium Smoothies made with
100% REAL Fruit and REAL Juice.



A Howling GOOD Time

By Elaine Kish



Even a dog waiting for a forever home loves a walk outside. To make it easier for their canine guests, employees and volunteers, the Stark County Humane Society is planning to build a walking path adjacent to their property. The path will be 0.8 of a mile long. Add to that the distance to pick up a companion and return them to the kennel, and you can log about a mile of steps onto your daily exercise routine while showing a dog an hour of caring.

The asphalt walking path will have five “paw”tio brick areas with benches to rest and waste stations to keep the area clean. Target date for completion

of the project and opening is the annual Mutt Strutt event on September 29, 2018.

Although funding for the project is nearly complete, to attain their goal the Humane Society will host a “Purrfect Evening for a Howling Good Time” at the Canton Masonic Temple on Saturday, September 22, 2018. There will be great food, a cash bar and dancing. All proceeds from this event will go directly to the walking path project.

You can also help them get to the finish line by purchasing a brick for the “paw”tio areas. There are three levels of bricks available and the prices depend on how much lettering you would like on it.

For more information about sponsoring a brick or to obtain tickets for the event, you can contact Jackie Godbey at 330-453-5529, visit the Stark County Humane Society in person, or check their website starkhumane.org. ✨

SHOP NORTH CANTON



Fuku Lemon Chicken

WHAT'S COOKING AT MAIN STREET GRILLE

By Preston Milstead

Main Street Grille has a couple dishes to keep you warm on brisk fall nights. First is our Fuku Lemon Chicken. Our signature basil noodle is tossed with roasted button mushrooms and a toasted sesame sauce. Everything is placed in our homemade beef ramen broth and served with our wasabi ginger grilled chicken. We drizzle a sweet chili sauce and finish with a grilled lemon for an extra kick. A lot of flavors work together in harmony here and we have really come to love the tune!

Our next highlight has a bit of down home, a bit of Italy, and a lot of punch! We combine Low country cooking with imported Carnaroli short grain rice for our Low Country Risotto. Our creamy risotto is blended with a sharp cheddar, peppered bacon, and scallion. It's then topped with our fire roasted corn, diced tomato, and BBQ Mash. We've had a lot of people ask us what exactly is BBQ Mash? We make our BBQ sauce by hand which is a lengthy process of roasting veggies, pureeing, and straining out liquid. What we were left with is a very intense and flavor packed mash that tastes just as good as our sauce.

Choose a seasonal special or a menu favorite. Whatever you prefer, we look forward to seeing you. ✨



Low Country Risotto



PINE CONE GIFT SHOPPE

It's time to add some seasonal items to brighten up your house. New fall items are now in stock at Pine Cone Gift Shoppe. See how you can warm up a table with a colorful autumn centerpiece. Add a cozy feeling to a room with some scented candles and a new throw. Choose a new piece of pottery for that trick or treat candy. Small changes can make a big difference. ✦



LUMEN NATION

Fall is here and it's time to check your outdoor lighting so those little Trick or Treaters can find their way to the candy. You may have lighting fixtures attached to your home but path lighting is a sure way to guarantee visitors' safety. It's also a known fact that outdoor lighting improves the security of your property.

Come visit us at Lumen Nation to see the latest in outdoor lighting ideas. We can design a landscape lighting plan and quote pricing. It's a small project that will make a big improvement to your property. ✦



123 S. Main St, North Canton, OH 44720 | (330) 497-1117



Main Street Grille

Cookery, Carry-Out, Farm Market & Cellar

Join us at Main Street Grille for fine certified angus steaks, fresh seafood, true chef driven creations every day, live music on our patio and in our cellar, and alcohol infusions crafted by our experienced bar staff. Book holiday, business, and private parties with our event coordinator before spots fill up!

www.msgrille.com

Fuku Lemon Chicken

Low Country Rissoto

Pine Cone Gift Shoppe

101 South Main Street, North Canton, Ohio 44720

Phone: (330) 497-9840

www.pineconegiftshoppe.net

www.countrypillows.net

Selling Primitive Colonial Wares

Redware - 4 Post Bees - Select Antiques
Benner's Woodworking - Carriage House Lighting
Byers Choice - Town & Country Furniture
Capel Rugs - Carpet - Hardwood Flooring

Selling Quality American-made items by nationally known artists such as:
David T. Smith - Greg Shoener - Marilyn Willmore
Rebekah L. Smith



NORTH EAST OHIO'S MOST UNIQUE LIGHTING SHOWROOM



4242 PORTAGE ST NW
NORTH CANTON OHIO 44720
234-347-0109

WWW.LUMEN-NATION.COM

Fish today and make memories for tomorrow



Don't wait for tomorrow, do what you love today. Bring your tent, boat, picnic basket, tackle box and hiking boots. We'll supply the lake, trails, campsites, cabins and forest!
The MWCD has 10 marinas & 9 campgrounds on 8 lakes.



Come for the day, or stay for the weekend. Plan your trip at MWCD.org

Coming Soon!

LIVING
Nature's Warehouse
HEALTHY

Free Same-Day
LOCAL
DELIVERY

LIVING
Nature's Warehouse
HEALTHY

1(800) 215-4372 natureswarehouse.net



Fall Festivals Bring **HISTORY** to **LIFE** in **CARROLL COUNTY**

By Kimberly Lewis

Enjoy a glimpse into the past at three different festivals in Carroll County this fall. As you walk through the gates of the Great Trail Festival grounds, you are transported back to the French-Indian War era when mountain men walked through the market and folk music filled the air. During the 37th annual Great Trail Arts & Crafts Festival held August 25-26 and September 1-3, you will be able to watch artisans demonstrate their skills, such as flintknapping and candle making, and purchase their arts and crafts. Folk musicians and cloggers entertain throughout the day.

Re-enactors bring the mid-18th century to life at the Rendezvous de la Grande Trace where they have

constructed an encampment. At 11 a.m. daily, the re-enactors gather to raise the flag and at 1 p.m., the re-enactors conduct a battle. On Monday, September 3, at 1 p.m., you can try your hand at tomahawk throwing and participate in the State of Ohio Tomahawk Throwing Championship. The Great Trail Festival, located at 6331 Canton Road, Malvern, is open 10 a.m.-5 p.m. each day. Admission is \$6 for adults, \$4 for youth ages 10-18 and free for children under 10 when accompanied by an adult.

The Atwood Area Fall Festival is the area's most diversified festival and lives up to its slogan, "Something for Everyone." Held Friday through Sunday, October 5-7, at Atwood Lake Park, 9500 Lakeview Road NE, Mineral City, the event offers music,

craft displays, a petting zoo, hikes and hayrides.

On Saturday, the North American Indian Center sponsors two dancing ceremonies called the Moccasin Trail Pow-Wow Gathering. On Sunday, there is Yesterday's Classics Car Show featuring all models of cars and trucks. Open 10 a.m.-9 p.m. Friday and Saturday and 10 a.m.-5 p.m. Sunday, admission is \$5 per person. To learn more, see www.atwoodfallfest.org.

Located just south of Carrollton on State Route 332, the Algonquin Mill Fall Festival features artisans demonstrating their crafts as the reconstructed pioneer village bustles with activity October 12-14. You will be able to watch a steam-driven flouring mill grind flour that you can purchase, as well as see a steam-powered sawmill and shingle mill operate.

The mill festival is a fundraiser for several local organizations that operate the food stands from cookies to chili. If you like sauerkraut, you are in luck as volunteers use approximately 8,000 pounds of cabbage to make the highly sought-after sauerkraut that can be purchased by the pint or quart.

Admission to the festival is \$8 per vehicle. Exhibits are open 9 a.m.-5 p.m.



Enjoy a Glimpse of the Past

The Algonquin Mill Complex is located at 234 Autumn Road SW, Carrollton. To learn more about it, see the website www.carrollcountyhistoricalsociety.com. The Carroll County Historical Society will have the McCook House Civil War Museum, located at 17 Public Square, Carrollton, open during the festival. Admission is \$3.

The 18th annual Carroll County Antique Collector Power Show will showcase its steam-powered farm implements, and will hold tractor pulls during its three-day festival, October 19-21, at the Carroll County Fairgrounds, 106 Kensington Road NE, Carrollton. Open 8 a.m.-10 p.m., the event offers free admission and free parking. For more information, see www.ccacc.webs.com.

Carroll County is also home to some unique events that are great

for day trips. On Saturday, September 29, Carrollton's Public Square will be filled with scarecrows as part of its Scarecrows on the Square. Local businesses and organizations spend a few hours that morning decorating their scarecrows. The 'crows will remain on display along public square until October 15. Afterwards, you can check out the antique cars and trucks at the Stockers and Streeters' On the Bricks Car Show held noon-4 p.m. both Saturday and Sunday, September 29-30, in downtown Minerva.

Just a few blocks down U.S. Route 30, Minerva's Oktoberfest celebrates October a bit early on September 29 with live music, crafters and a beer garden. Held in Municipal Park from noon-7 p.m., there are several activities planned for children. The Winona Garden Tractor Pullers will conduct

garden tractor pulls. You can also learn to pan for gold from members of the Gold Prospectors Association of America.

History lovers will enjoy a candlelight tour of the McCook House Civil War Museum on Friday, November 23, 6:30-8:30 p.m. Located at 15 Public Square in downtown Carrollton, the candlelight tour is part of the museum's Christmas open houses, held November 23-25 and December 1-2. The museum is open 10 a.m.-5 p.m. Friday and Saturday and noon-5 p.m. Sunday. Admission is by donation and is only \$3 during the summer season.

These are just a few of the events planned for this fall in Carroll County. To learn more about these or other upcoming events, see www.carrollcountyohio.com. ✨



The Ultimate
**WEDDING
SHOW**

October 20, 2018

**ELEVEN O'CLOCK AM TO
THREE O'CLOCK PM
AT THE LEGENDS OF MASSILLON
2700 AUGUSTA DR., S.E.
MASSILLON OHIO 44646**

**WEDDING PROFESSIONALS WILL
PROVIDE INFORMATION ON ALL
ASPECTS OF YOUR SPECIAL DAY.**

**INCLUDING :
CEREMONEY & RECEPTION SITE,
GOWNS, CAKES, FLOWERS,
MUSIC, AND MORE!**

*Plan your
Dream Wedding
in a Single Day!*

LIVE FASHION SHOW AT 1:30

Kathy Catazaro-Perry, Mayor

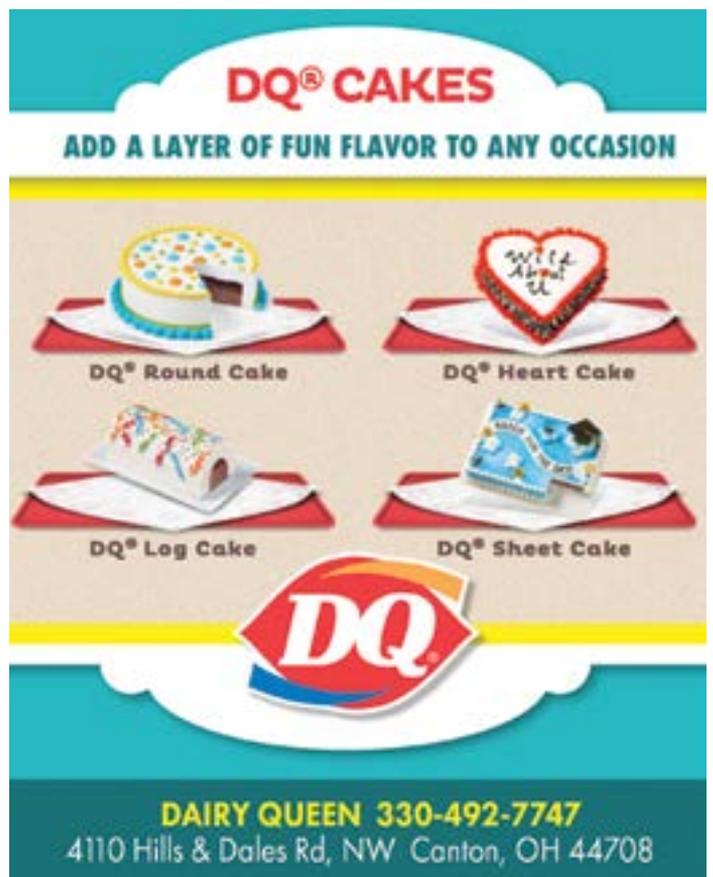
Massillon
City of Champions
PARKS & RECREATION DEPT.

**FOR MORE INFORMATION
| CONTACT LISA BENTON AT
(330) 832-1621 EXT. 125**



**Kingsway
PUMPKIN FARM**
www.kingswaypumpkinfarm.com
330-877-6241

**1551 ANDREWS ST, NE
HARTVILLE, OHIO**



DQ® CAKES
ADD A LAYER OF FUN FLAVOR TO ANY OCCASION

DQ® Round Cake DQ® Heart Cake
DQ® Log Cake DQ® Sheet Cake

DQ

DAIRY QUEEN 330-492-7747
4110 Hills & Dales Rd, NW Canton, OH 44708



CONNECTING WITH NATURE CAN IMPROVE YOUR MENTAL HEALTH

By Rodney Long, Jr., MSSA, LSW

We're all so busy and connected that few of us take time to "stop and smell the roses." I mean this in a literal sense. When was the last time you went somewhere without your cell phone or decided to do something that forced you to be present? I think most of us can count on one hand how many times in the last few years that we've stopped and smelled the roses. But there's something about flowers, grass, trees, and nature that all of us probably recognize as calming. For some, you're stuck in the office 5-6 days out of the week and you'd like to relax on your day off. I get it. I'm not promoting another get out and move campaign. I'm promoting the idea that we get out and stop moving.

I take my nephews who are 11 and 4 years old hiking a lot and they tease me by stopping mid-trail, closing their eyes, and putting their index finger up to their lips. They do this because I've had them do this pretty much every time we go hiking. I do it so they can focus on nothing but the atmosphere around them. I want them to hear birds chirping, smell the trees, and focus on all of the things so few of us get to hear, smell, or see these days because we're in a building fifty hours a week. Nature is my meditation. It's my release. It's what calms me down and forces me

to slow down when everything else around me is moving so fast.

So here's what you should do. Go to your local trail. Don't worry about your smartphone or who can come with you or what the weather is going to be like that day. Walk the trail. Touch a tree. Skip rocks. So few of us have the calming presence we need in our lives these days that you'll probably be shocked while you're on the trail because it's so quiet and you don't have a phone to distract you. You'll probably lose focus because you're unsure of what to do when it's just you and nature.

Whether its nature, a good book, or a bike ride, we all need to start paying more attention to how we slow down when life is hectic. Slowing down is a vital part of positive mental health. Once you learn to slow down, you'll find you are able to handle all the craziness that life throws at you. So get out there and stop moving. ✨

MOHICAN'S BIGGEST THRILL!

MOHICAN AREA'S "MUST DO"
WHETHER YOU ARE A NATURE
LOVER, ADVENTURIST, OR AN
ADRENALINE JUNKIE YOU WILL
NOT WANT TO MISS THIS!
FOR ACTIVE ADVENTURISTS
AGES 10 & ABOVE MEETING A
WEIGHT REQUIREMENT OF
75-250 LBS.

4,000 FT. OF PURE FUN!

OUR 2-1/2 HOUR CANOPY TOUR CONSISTS OF:

7 ZIPLINES, 2 SUSPENDED SKYBRIDGES & 2 RAPPELS,

NEW 60' FREE FALL TO END THE TOUR!

SURE TO BE A LIFETIME EXPERIENCE YOU WILL NEVER FORGET!

2018 TOUR PRICING

WEEKDAY: \$75/PERSON

WEEKEND & HOLIDAYS: \$85/PERSON

KIDS' DAY (AGES 10-17)

EVERY TUES., WED., & THURS \$60/CHILD

(AS ALWAYS, MUST BE ACCOMPANIED BY AN ADULT)

OPEN MAY-OCTOBER

SEE OUR WEBSITE
FOR ADDITIONAL
RESTRICTIONS,
GROUP PRICING
& RESERVATIONS

**NIGHT-ZIPS
ALSO AVAILABLE!**

**Tree Frog
CANOPY TOURS**

ZIPLINE

LOCATED 9 MILES SOUTH OF LOUDONVILLE. 21899 WALLY RD. 740.599.2662

TREEFROGCANOPYTOURS.COM

#ZIPTREEFROG





Come
for a

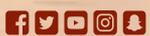
wild
time

and encounter more than

700 ANIMALS!

akron
ZOO

YOU'VE NEVER BEEN
THIS CLOSE!



akronzoo.org

Adventure is waiting

Get nose-to-nose with hundreds of exotic and endangered animals from around the world.

Check out the newest additions to our *Curious Creatures* exhibit!

HALLOWEENS

Cedar Point

The GREAT PUMPKIN FEST



HAUNT

FEAR IS WAITING FOR YOU.



**Buy a 2019 Season Pass
and get 1 FREE VISIT to
HalloWeekends this year!**



**Friday Nights, Saturdays and Sundays
Now through October 28th • HalloWeekends.com**