

CompassOhio

HOLIDAY 2018

FITNESS | HEALTH | RECREATION

Seasons Greetings &

Happy Holidays

Preparing for
Ski Season

Oglebay
Festival of Lights

Nutcracker
Village



www.CompassOhio.com
[@CompassOhio](https://www.instagram.com/CompassOhio)



Holiday Valley

KIDS
STAY & SKI
FREE
MIDWEEK

THE "JUST RIGHT" FAMILY VACATION

Everything about Holiday Valley is "Just Right" for your family's ski vacation.

EXPLORE kid friendly trails, glades, bumps and secret stashes. **REST UP** at slopeside lodging complete with pools & hot tubs. Then **HAVE A BALL** tubing and riding the mountain coaster. **DISCOVER** our funky little ski town of Ellicottville.



ELLCOTTVILLE NY • HOLIDAYVALLEY.COM • 716.699.2345

ALL ABOARD THE SANTA EXPRESS TRAIN

Cost for Either Event

\$8 Children 2 Years and Older

\$5 Adults and Children

Under 2 Years Old



Ride the Train & Meet Santa

November 24 - December 16

Every Saturday 11:30 a.m. - 5:30 p.m.

Every Sunday 11:30 a.m. - 4:30 p.m.

Train Leaves Every Hour

December 21, 22, and 23

11:30 a.m. - 5:30 p.m.

December 24 (Christmas Eve)

11:30 a.m. - 2:30 p.m.

OhioStationOutlets.com

 @ohiostation

 /ohiostation

 @ohiostation

Meet Santa for Story Time No Train Ride

November 24 - December 16

Every Saturday Only at 5:30 p.m.

Every Sunday 4:30 p.m.

December 21, 22 and 23

Only at 5:30 p.m.

**Capture the Fun!
Bring Your Camera**

*All children must be accompanied by an adult. No coupons or discounts will be accepted during this special event. Tickets are non-refundable and must be used on the date of purchase. Weather permitting. Purchase tickets prior to boarding at guest services in the food court. Times, dates and availability are subject to change without notice. Limited seating, first-come, first-serve.

Walk Down Pictures Only

November 24 - December 16

Saturdays 6:15 - 6:45 p.m.

Sundays 5:15 - 5:45 p.m.

December 21, 22 and 23

6:15 - 6:45 p.m.



**OHIO STATION
OUTLETS**
THE MARKET PLATFORM



GIVE THE *gift of a* SIMPLER LIFE



LEHMAN'S®

FOR A SIMPLER LIFE

This holiday, give the gift of a simpler life. Feel the satisfaction and fulfillment it brings when you can say "I made this for you." Build relationships and traditions enjoying family meals and playing board games together. Give long-lasting, tried and true presents, such as Amish made wooden toys, that will be passed down from generation to generation. Strong relationships are tightly woven into the fabric of A Simpler Life and we want to be there for you and your loved ones. For over 60 years, Lehman's has been your source for practical, authentic products...for a simpler life.

Visit Lehmans.com to connect with what you cherish.

» LEHMANS.COM » 800.438.5346 «

On the Square in Kidron, OH • In the heart of Amish Country • Open every day except Sunday



CompassOhio Christmas Giveaway



 Ace Adventure zip line and whitewater rafting trips



All gifts will be distributed between Thanksgiving and Christmas on our digital platform at CompassOhio. Follow us on Facebook to see how to enter and win.



 Canton Air Sports skydiving for two



 Holiday Valley Ski Resort overnight with ski and lift passes

Prizes

- Lodge at Geneva-on-the-Lake overnight
- Oglebay couples getaway
- Kendall Cliffs rock climbing
- Sawmill Creek Resort overnight with breakfast
- White Water Adventurers rafting trip
- Lehman's of Kidron gift basket
- Mountain Creek Cabins overnight
- Second Sole athletic shoes
- Walnut Creek Cheese gift basket



 Splash Lagoon overnight with waterpark passes and breakfast



TAG & SHARE

POWERED BY





FITNESS

HEALTH



RECREATION

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 Christmas Lights Take Work and Planning

12 Four Steps to Successful Weight Loss

15 Is Santa Really a Troll?

16 Holiday Gift Ideas

18 From Humble Beginnings

20 It's Beginning to Look a Lot Like Christmas

24 Make Your Own Decorations

28 Nutcracker Village

31 Five Simple Ways to "Work Out" your Mind

32 Merry Christmas Ale

36 Santa's Secret Shopping Site Discovered

38 Nature's Warehouse

42 Preparing For a Healthy Ski Season

46 Mythological Monster Leads to Holiday Lights

50 Gearing up for Cold Weather Running

54 Medina County Holidays

56 The Winter Festival of Lights

60 Shop North Canton

64 The Buck Fifty is Awesome



IN THE NEXT ISSUE:

YOUR FIRST YOGA CLASS,
NEW YORK SKIING, INDOOR GOLF

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.

Christmas Lights

Take Work and Planning

By Morgan LaVallee, MFA

Few things inspire the Christmas spirit more than an evening out with family, driving through neighborhoods to admire Christmas lights through the soft December flurry of snow. But for a select few, it is not just enough to see the lights. For some extreme enthusiasts, the monumental task of planning, designing, and creating the intricate light displays is a cornerstone of their holiday joy.

Competitive Christmas light competitions have popped up in communities and neighborhoods across America. These real-life Griswolds take holiday decorating to the extreme, entering local contests in hopes of earning the first place prize of ultimate Christmas pride. For many, collecting and decorating with Christmas lights is a staple in their holiday tradition. To competitive Christmas light decorators, it is not just a mere collection, but rather years of dedication, planning, and researching new and emerging light displays and technological advances in the field. It means countless hours outside in the rainy October and November chill,

standing on ladders and untangling yard after yard of strung lights, in hopes that none from last season are blown out.

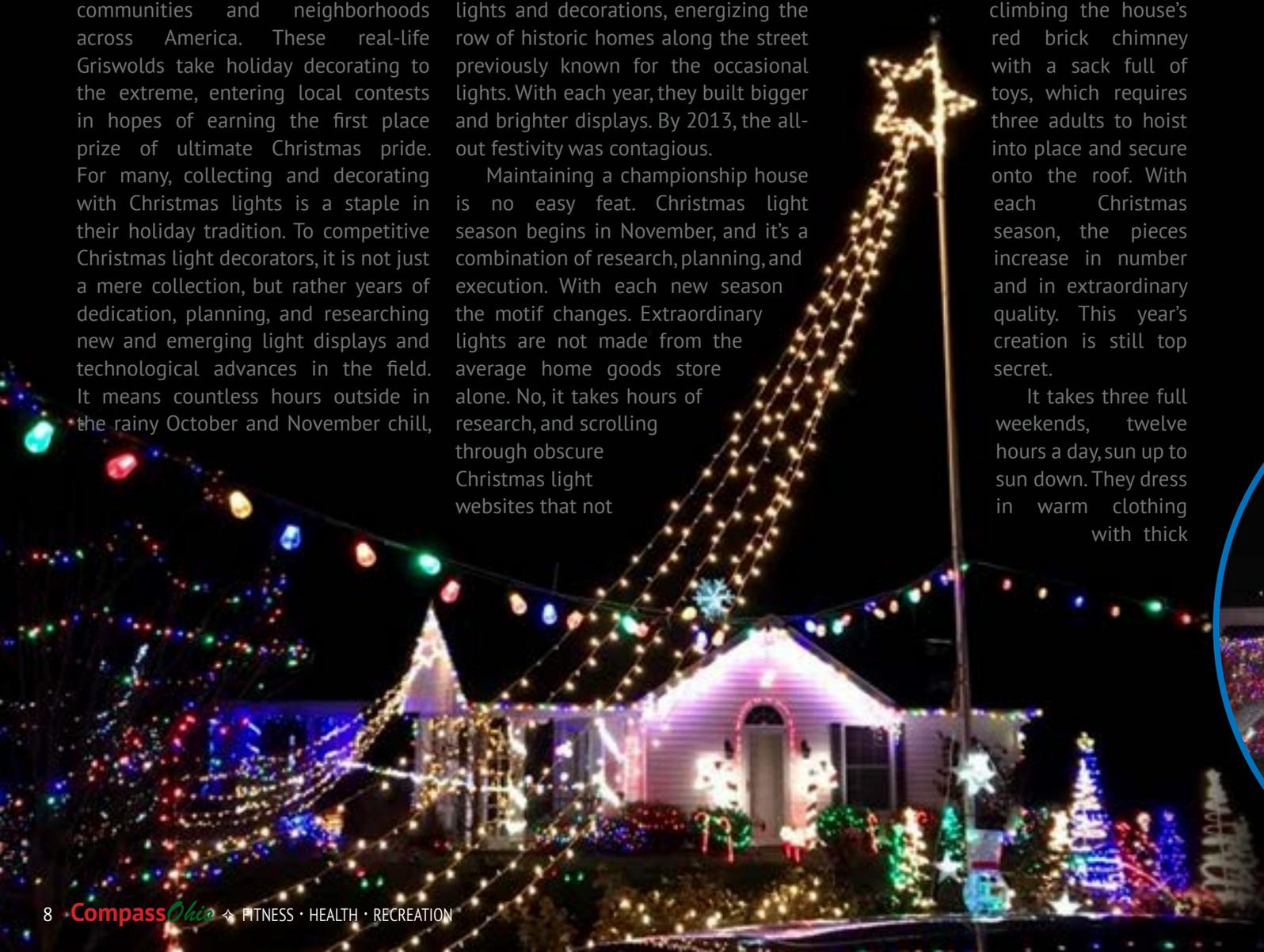
For my parents, the defending champions of the Village of Jefferson's Gazette Outdoor Lighting Competition, this year's competition is countless hours of hard work in the making. John Pitts and Rebecca Hall moved in 2011 to the Village of Jefferson, a picturesque example of beautiful small town Ohio. They began with a modest collection of lights and decorations, energizing the row of historic homes along the street previously known for the occasional lights. With each year, they built bigger and brighter displays. By 2013, the all-out festivity was contagious.

Maintaining a championship house is no easy feat. Christmas light season begins in November, and it's a combination of research, planning, and execution. With each new season the motif changes. Extraordinary lights are not made from the average home goods store alone. No, it takes hours of research, and scrolling through obscure Christmas light websites that not

only serve as inspiration, but sell actual decorations as well. When online or store-bought lights are not creative enough, they turn to the toolbox, creating displays of their very own. It is truly one-of-a-kind.

How else could they compete without their hand-sculpted, life-sized sleigh and horse made from chicken wire gliding through a homemade Christmas forest of glistening wood pallet trees? Or their Santa Claus, standing more than five feet tall, climbing the house's red brick chimney with a sack full of toys, which requires three adults to hoist into place and secure onto the roof. With each Christmas season, the pieces increase in number and in extraordinary quality. This year's creation is still top secret.

It takes three full weekends, twelve hours a day, sun up to sun down. They dress in warm clothing with thick



gloves, climbing ladders to daringly hang dripping lights, place lasers, and secure strand after strand of LED lights. Together, they paint a winter scene with ever bolder and bolder splashes of color. Sun, rain, or feet upon feet of snow (it is the snow belt of Ohio), over the course of the month of November the entire property is transformed into a magical, Christmas winter wonderland.

It's like extreme endurance sport meets artistic competition. Throughout the month in the middle of the night, my parents will sneak outside the dimly lit, quiet, white colonial house to turn on the lights, testing the progress that they have made. Passersby will sneak a peek along the way, stopping by to see a preview of the festivity soon to come. Try as they may, no one, not even family, get to see the full display until the night of Thanksgiving during the official lighting ceremony that takes place every year just after dusk, and right after dinner.

Year after year, their collection has increased. Although the Christmas light season is a short one, falling from the beginning of November until New Year's Day, the off-season is just as crucial to the overall success. Holidays, birthdays, anniversaries, it has all become an excuse to find and build their precious



light collection. The exact number of strings of lights is unknown, and their origins a carefully guarded secret, but the reserve continues to expand. After all, it is a competition.

Having won the 2017 and 2015 Gazette Outdoor Lighting Championship and a separate 2013 competition as well, I asked about just that: The competition. Their answer is clear: The competition is not the neighbors, but their own pictures from the years before. It is not about being the best. They only want to be better than themselves.

When asked why they continue every year and why they untangle lights and spend weekends on top of the ladder steps, their answer is simple: It is for the people. It is for the children who leave thank you letters in the mailbox, and for the families who drive by, and for those who park in front of

the house, forming a line of admiring cars. It is for the neighbors, who expand their own collections more and more, and for the entire neighborhood street, which has become a must-see for those in the holiday spirit.

In order to encourage others to enter, my parents only compete every other year. For them, it is not about the number of wins. Extreme Christmas lighting is not a game won by a single household, but rather a contagious display of joy that allows a community to shine.

For more information about the Jefferson Depot Village events and activities, visit the website jeffersonvillagedepot.org. Information about the Chamber of Commerce Country Christmas events, charity run, and signature Christmas parade can be found at jeffersonchamber.org. ✨



the Waterford at St. Luke

210 Holl Rd. NE, North Canton, Ohio 44720



Independent senior living with the best neighbors around!



Become part of our extended family,
schedule your tour of our beautiful,
secure apartment building today!

330-966-5643



Short-term Rehabilitation

Memory Support • Assisted Living

Skilled Nursing Care • Therapy

*Providing faith-based senior care
to our community since 1954*

North Canton

(330) 499-8341

Portage Lakes

(330) 644-3914

Minerva

(330) 868-5600

www.StLukeLutheranCommunity.org

HANDMADE SWEET TREATS FOR EVERYONE!

CHOCOLATESBYERIN.COM | CHOCOLATESBYERIN@SSSNET.COM

Special Selections in the Following

Gluten Free
Sugar Free
Dairy Free
Vegan Friendly

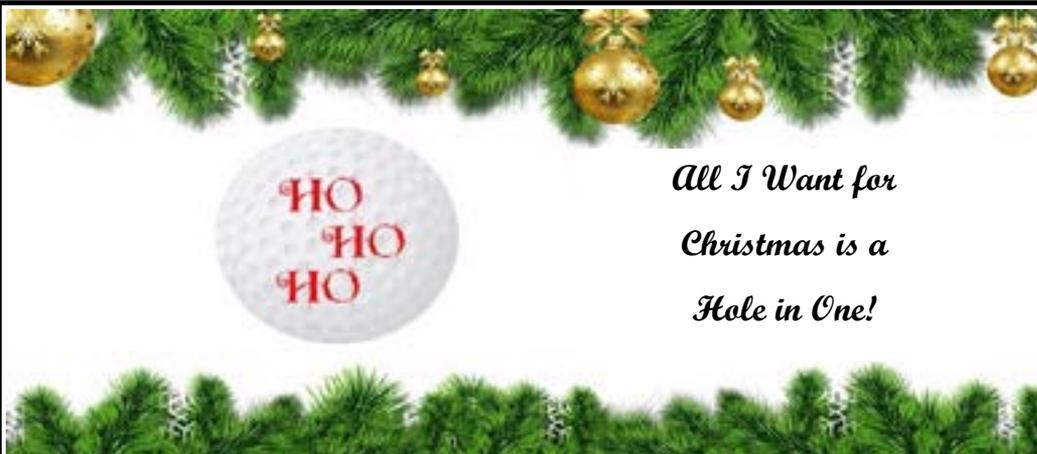


WE HAVE OVER
1000 MOLDS TO MAKE
A TREAT FOR THAT SPECIAL
PERSON ON YOUR GIFT LIST!

Chocolates by Erin

CHOCOLATES BY ERIN
1314 S. ERIE ST. SUITE B
MASSILLON, OHIO 44646
330-809-0600

STOP IN TODAY TO SEE WHAT WE CAN DO TO MAKE YOUR WEDDING, SPECIAL EVENT OR JUST YOUR DAY - A LITTLE BIT SWEETER!



*All I Want for
Christmas is a
Hole in One!*

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

Gift Cards make the perfect present for the golfer in your life. Call Carrie at 330-830-4653 or visit her at The Legends of Massillon, located at 2700 Augusta Drive SE, and purchase yours today.



It is our goal to provide you with a memorable experience for your next outing. Whether it is a wedding, reception, reunion, shower, business meeting or golf outing we will give you a one of a kind event.

For more information on having a banquet or event with us, please contact Steve at 330-837-1800



FOUR STEPS TO SUCCESSFUL

By Erin McDermott, BA, CPT

It's that time of year again--the season of holiday parties, office cookies, and the official demise of our diets. It begins with the Halloween candy and continues through the Thanksgiving binge, Christmas festivities, and New Year's Eve bash. Then suddenly, January 1 is upon us, and we find ourselves making our weight loss resolutions again.

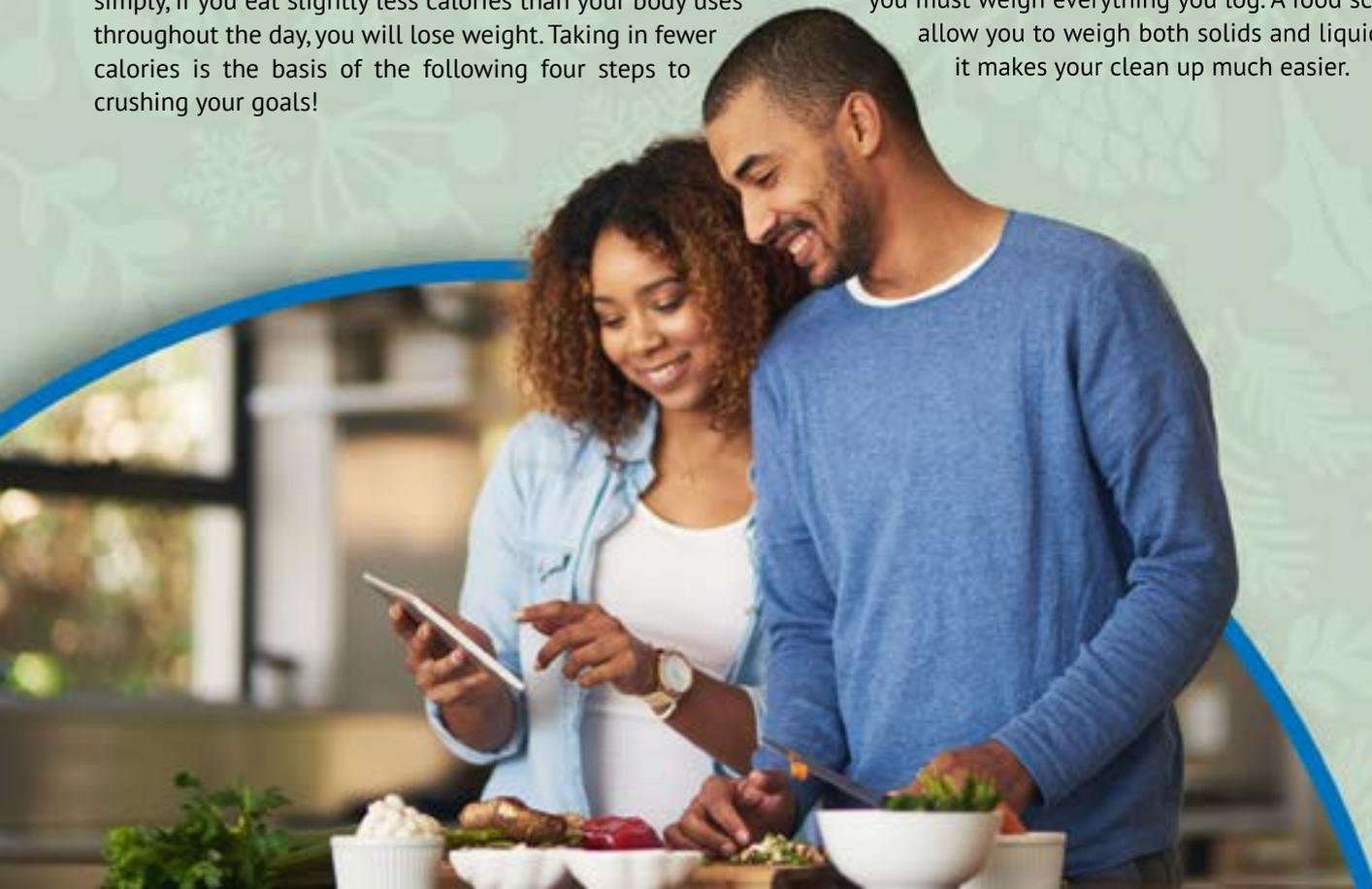
Too often, we make the same resolution year after year and never reach our goal. So, how can we break the cycle in 2019 and finally attain the results we want? Instead of making big lifestyle changes on January 1, start your journey today by making four small changes.

Before you begin purging your kitchen, you should understand the fundamental rule of losing weight: weight loss is a calorie game. Calories alone will determine whether you lose weight or not. This is why simply "eating clean" is not a good strategy for weight loss. Every food has a caloric value, even healthy ones. Therefore, instead of focusing on "good" or "bad" foods, focus on your daily caloric intake. Put simply, if you eat slightly less calories than your body uses throughout the day, you will lose weight. Taking in fewer calories is the basis of the following four steps to crushing your goals!

STEP ONE DOWNLOAD A FOOD TRACKING APP

The first step to reaching your weight loss goal is tracking your food. A great app to try is *MyFitnessPal* (and it's free). Start a week of tracking without a calorie goal in mind and see how many calories you naturally tend to eat. The benefit of using an app is that it will not only track the calories of your food, but it also shows all the nutrients within them. There are three key nutrients that are the most important ones to track, and they will be discussed in Step Three.

If you choose to use an app like *MyFitnessPal*, you must also use a food scale to weigh your food. Measuring cups can lead to a lot of extra calories and are not made to measure all foods (e.g., how would you measure a steak with a measuring cup?). Therefore, if you want to be accurate, you must weigh everything you log. A food scale will allow you to weigh both solids and liquids. Plus, it makes your clean up much easier.



WEIGHT LOSS

STEP TWO

CALCULATE YOUR DAILY CALORIC NEEDS

Everyone has different calorie needs which are influenced by factors like your lean body mass, age, weight, and activity level, among others. You can easily calculate calories on your own using an online calorie calculator, but these calculators can generate very inaccurate numbers. Therefore, don't think of your calorie count as a concrete amount, but rather as a fluid number you can adjust as needed.

The best way to determine if your calorie goal is the correct number is to weigh every morning and make sure you do not gain weight or lose weight faster than 1-2 pounds per week. Slow and steady weight loss is the only way to be successful in the long run.

STEP THREE

SET YOUR MACRONUTRIENT GOALS

Once you know your daily caloric needs, your next step is to set your macronutrient goals. Macronutrients include three nutrients that your body needs in a large quantity: protein, carbohydrates and fat. Each of these nutrients plays a different and vital role in your body. What many people do not realize is that all foods will break down into some ratio of these three nutrients. For example, an avocado is high in fat, moderate in carbs, and low in protein, while a chicken breast is high in protein and low in carbs and fat. Together, protein, carbs, and fat will equal 100% of your daily calorie intake.

Research has shown that as long as you are in a calorie deficit and have an adequate protein intake, your ratio of carbs and fats does not matter. For example, you could eat a high carb/low fat diet and lose weight in the same manner as a low carb/high fat diet. This allows you to completely customize your diet to what works for you. Generally, you should start with 50% of your calories coming from carbohydrates, 25% from protein and 25% from fat.

STEP 4

BE PATIENT WITH YOURSELF

The beauty of dieting through calorie counting is that it allows much more freedom than restrictive diets. As long as you hit your targets, you can eat anything you want and still lose weight. You can still go out to dinner and indulge your cravings without derailing your progress. This is a much more fun way to diet, as well as being something that you can adhere to for long enough to reach your ideal weight. That being said, we are all human and will certainly make mistakes. The trick to being successful is not letting a bad night turn into a bad week, month and year. If you mess up your diet, accept that it happened, move on, and start again the next day.

If your objective for 2019 is to reach your weight loss goal, don't make drastic changes on January 1. Instead of giving up entire food groups (e.g., carbs) and restricting yourself, use your energy to download *MyFitnessPal* and track your food. Counting calories and macronutrients is becoming a popular way to diet because real people see real results, without having to make too many sacrifices.

So, what are you waiting for? Ditch the restrictive dieting of 2018 and reach your goals once and for all. ✨





Join us everyday for the best analysis and insight from Hugh Hewitt, Bob Frantz, Larry Elder and more!



LISTEN LIVE AT WHKRADIO.COM

PONDS | LAWN | GOOSE CONTROL



POND WISER, Inc

330-833-FROG | pondwiser.com



Get Your Holiday Spirit in Gear!
At the Most Fun Race of the Year!



The 6th Annual family friendly 5K run/walk through the holiday light display in Canton's Stadium Park.



Saturday, December 8th
Start time 5:30PM

You Get:

- ❖ Long sleeve hooded tech shirt
- ❖ Finisher medal
- ❖ Start/Finish at the Canton Garden Center
- ❖ Christmas cookies and hot chocolate at the finish
- ❖ Professionally timed
- ❖ Costumes welcome



Special pricing for families and groups!
Registration is open at
www.runCanton.com



By Sherry Groom

You decide, are trolls real and is Santa really a troll? The Troll Hole Museum in Alliance, Ohio houses the Guinness World Record troll doll collection and troll memorabilia numbering over 20,000 items and growing. Originating in the Scandinavian countries, the history of trolls told in folk tales has survived for over 2,000 years.

Experience a new holiday tradition as you visit the museum aglow with twinkling lights and themed décor. Experience the tantalizing smells of holiday spices, delicious hot chocolate and lattes. The staff has planned an unforgettable experience for young

and old alike. Holiday music streams while exclusive tales of trolls and Santa intrigue and delight.

Take the tour with our guides clad in red, green and white attire where you'll be awed at the legends of Santa, trolls and the many stories that connect the two. Learn about the 13 troll Yule lads of Iceland and their wicked mother Gryla. Participate in the scavenger hunt to locate the 20 missing trolls in the stockings that escaped from the cupboard to win chocolate prizes.

Once your 45-minute tour is completed, you can shop for unique gifts, including garden art, jewelry, candles, soaps, purses, candies, and toys. There is also an extensive section of the

shop which houses vintage troll dolls, souvenirs of the museum, Scandinavian trolls and the latest Dreamworks troll dolls. Sit and relax sipping a delicious handcrafted latte or hot chocolate and savor a Christmas tree waffle at our Grumpy Troll Coffee shop in the back of the gift shop. There will be surprise appearances by Princess Poppy for photo opportunities.

The special holiday season opens November 23 and runs through January 6, 2019. Museum hours are 10am to 4pm, Tuesday through Sunday, or book a holiday party at the Troll Hole for personalized time with the trolls and Princess Poppy. For more information contact Sherry at 330-929-1071 or visit the website www.thetrollhole.com. ✨



Holiday Gift Ideas

By Samantha McNabney

Holiday shopping can be a struggle. With so many people to shop for and so many items to choose from, it's hard to find the perfect gift for everyone. This holiday season make your way to Appalachian Outfitters, located just outside the entrance to the Cuyahoga Valley

National Park in Peninsula, Ohio. Our expertly-trained staff will help you find the perfect gift that will encourage any outdoor adventure from novice to expert. Before you stop in, we have chosen a few of our top gift ideas to share with you.



Stanley PMI Go Tumbler with Cermivac

For the coffee lover in your life nothing compares to the Stanley PMI Go Tumbler with Cermivac. Part of Stanley's Go Series, this tumbler is like no other. It has a smooth-fired ceramic wall over stainless steel construction. Thanks to this construction Stanley was able to eliminate that metallic smell and taste that most tumblers on the market contain. It's 100% BPA free, dishwasher safe, and durable. The double-vacuum insulation keeps your beverage cold up to 40 hours or hot for 6 hours. This tumbler also features a no-skid base minimizing noise and spills, along with an easy slide-open lid for drinking. The Go Tumbler is truly the best option for those on-the-go adventures. It comes in a variety of colors and two sizes: a 16-ounce for **\$30** or the 24-ounce at **\$35**.



Crescent Moon EVA Foam Snowshoe

One gift that is sure to inspire outdoor adventures this winter is the Crescent Moon EVA Foam Snowshoe. It's like a snow tire and an athletic shoe fused together to make one sweet snowshoe. Perfect for first timers, outdoor enthusiasts, hikers, runners, and people who love to get out in the snow. It has a flexible rocker platform that bends and rolls with your foot. It's also easy to use with its simple, secure hook and loop bindings. Voted the Best Snowshoe of 2018 by Outside Magazine, this snowshoe is bound to spark a new generation of snowshoeing enthusiasts. It comes in a variety of colors and retails at **\$179.95**.



Smartwool Merino 250 Base Layer Crew

Awesome is one word to describe the Smartwool Merino 250 Base Layer Crew, made from 100% merino wool, one of the best fibers to use in outdoor apparel. The merino wool breathes, wicks moisture, is a natural heating and cooling agent, and is odor resistant and quick drying. Also, don't worry about this crew being itchy. Merino wool is not like the typical "itchy" wool in your grandma's handmade Christmas knitted sweater. This is the ideal base layer for the trail. Available in both men's and women's sizes, it comes in a variety of colors and patterns. It retails for **\$95**.



SECRID Mini Wallet

The SECRID Mini Wallet is perfect for that frequent jetsetter. It's a great compact size and fits in every pocket. The inside of the wallet is an aluminum casing card protector which protects your cards from bending and breaking, as well as unwanted wireless communication such as RFID and NFC theft. Also, the aluminum core contains SECRID's patented mechanism that allows you to slide all your cards in one simple motion. A stylish and functional wallet, it comes in a variety of styles and colors, and retails from **\$89.99**.





The Grand Trunk Bamboo Footie Blanket

The Grand Trunk Bamboo Footie Blanket is perfect for all your adventures or even just a quiet evening at home on the couch. Made from bamboo, this blanket is 100% viscose making it eco-friendly and super soft. With a pocket at the bottom for keeping your feet nice and toasty, it comes in three colors. It retails for **\$59.95**.



Sherpa Adventure Gear Rimjhim Hat

This is the perfect winter hat. Handcrafted in Nepal by small women's co-ops, each Sherpa Adventure Gear Rimjhim Hat takes about three hours to make. It's made from lambswool and lined with Polarfleece, making it super warm and comfy. For each Sherpa Adventure Gear product sold, a portion of the proceeds is donated to the Sherpa Adventure Gear Fund, which helps to provide education to the children in Nepal. This is a gift sure to please. It comes in a variety of colors and retails for **\$34.95**.



Patagonia Better Sweater 1/4 Zip

A great gift for anyone on your list is the Patagonia Better Sweater 1/4 Zip. Sure to please, this iconic piece is made from 100% polyester fleece and is Fair Trade Certified sewn. This sweater features raglan sleeves that give mobility and provides pack-wearing comfort. Using a flat-seam construction, Patagonia was able to minimize chafing and reduce bulkiness that most fleeces on the market contain. It comes in both men's and women's sizes, has at least a dozen color options, and retails for **\$99**.



Farm to Feet 2 Pack Boulder Medium Weight Crew

The Farm to Feet 2 Pack Boulder Medium Weight Crew is a medium-weight traditional hiking sock, ideal for colder temperatures. It features an outer plaiting construction, which surrounds the softer body yarns with more durable stretch yarns for better insulation and improved longevity. These socks are made from 100% US-grown merino wool which provides exceptional insulation, even when wet with snow or perspiration. They come in both men's and women's specific styles and retail for **\$24.95**.



Intelex Warmies Plush

A perfect holiday gift in the form of a soft toy is the Warmies® Cozy Plush. These Warmies are awesome! You have so many types to choose from, including seals, flamingos, puppies, lions, cats, etc. What makes these stuffed animals so unique is that they are fully microwavable. All you must do is warm them in a microwave for one minute to release the wonderfully soothing lavender scent and have a warm snuggle buddy. Price is **\$24.95**.

We have all these gifts and more in our store. Overwhelmed with too many items to make a choice? No problem. Gift cards are available. We hope to see you soon at Appalachian Outfitters. ✨

From Humble Beginnings

By Jennifer Oakleaf

Nestled in the cozy little town of Wilmot, Ohio sits the home of Amazing Creams & Lotions (ACL), a family business of handmade soaps, lotions and remedies, run by a mother and daughter. Debbie Foutty and her daughter, Jennifer Oakleaf, artfully pour heart and soul into the made-from-scratch herbal recipes passed down to them from Jennifer's aunt, Sandy York. In the century old Victorian House in Amish Door Village, their homespun craft is a perfect fit for Wilmot, the gateway to Amish Country.

ACL was started in 1998 by Sandy York who, in search of a natural pain relief remedy, first created Green Cream in her kitchen. Much to Sandy's delight, the Green Cream helped her fibromyalgia and arthritis pain, and after it helped her friends' pain as well, her business was born. For several years, Sandy worked at perfecting Green Cream and adding several other creams including, Miracle Healing Skin Cream for eczema and psoriasis, Dry & Cracked Skin Repair, Hand & Body Lotions and a complete facial line.

She sold at craft fairs and to local health food stores and chiropractors. She relied on grass roots, word of mouth advertising, and with hard work and relentless passion for her products, Sandy's small beginnings laid the ground work for Jennifer and Debbie to eventually take over her legacy. After a three year battle with cancer, Sandy went home to be with the Lord and left her business to her niece and sister-in-law to carry on for her.

The humble beginnings continued on for ACL as they operated the business out of Jennifer's home in Beach City, Debbie helping in the evenings and on weekends after coming home from her full-time job. For ten years, through ups and downs, long days and long nights, faith tested, hopes high and hopes shattered, they persevered. In those years, Jennifer formulated more products, adding soaps, more creams and natural deodorants to the product line. She sold, like Aunt Sandy, at craft fairs, to local businesses and out of her home on Saturdays, but never let go of the dream to one day own a "real" shop.

In the spring of 2016, with help from friends and family, internet sales grew enough to move the business out of the house and into the location in Amish Door Village. Debbie had left

her full-time job, and the mother and daughter team took the leap of faith to open a "real" shop.

That leap of faith has led them to such blessings in their business and in their lives. The quaint little village of Wilmot and its people have welcomed them with open arms. The Amish Door Village has given them a beautiful location and blessed them with the use of their antique furniture to display products. Tourists that come to Amish Country have found a delightful getaway through the doors of ACL. A place to come for natural relief of your pain and skin problems, and so much more, it's the place where you come as a stranger and leave as a friend. Through the trials of this business venture, the things that have kept Jennifer and Debbie moving forward with purpose and assurance are the testimonials from loyal customers, the faces of the lives changed by their products, and the skeptics that have become believers.

ACL is dedicated to providing natural relief, healing and wellness to their customers. In addition to their own handmade creams, lotions, soaps and deodorants, they also offer therapeutic essential oils and extracts and crafts from local artists. The ACL shop provides chiropractic care, acupuncture, massage and ion cleanse detox as well. All in beautiful Amish Country, where the loudest sounds you hear are the hoof beats of horse and buggy. For more information about products from Amazing Creams & Lotions, see the website amazingcreamsandlotions.com. ✨





Amazing Creams & Lotions
Herbal Remedies for Pain & Skin Problems Since 1998
1010 Winesburg St
Wilmot, OH 44689
Open Wednesday through Saturday 10 - 5

NEW "Make & Take Room"

Where customers can scent their own lotions, sprays and make their own essential oil blends
Make your massage, detox, chiropractic and acupuncture appointments today!
330-265-4056 | www.amazingcreamsandlotions.com



Christmas Open House
Friday & Saturday
November 16th & 17th from 10 AM - 6 PM (extended hours)

Helping people with pain relief since 1998!
Handmade herbal remedies, natural soaps and lotions by Jennifer Oakleaf and Debbie Foutly




BRIMSTONE BICYCLES
VETERAN OWNED
AND
OPERATED
330-970-0911



Winter is coming...
Check out our selection of clothing, fat bikes, gloves, hats, and all your holiday needs including gift cards, and best of all
!!! Free Layaway !!!
Brimstone Bicycles.com



GIFT CARD SALE
at the **Amish Door Village**
November 23 thru December 23, 2018

For Every \$50 of Amish Door Gift Cards Purchased Receive a \$10 Gift Certificate
That can be used at the Restaurant, Bakery, Market, Gallery or Inn
January thru March 2019

Purchase Gift Cards in-store, online at www.amishdoormarketplace.com or at 330-359-5464
Amish Door Village 1210 Winesburg Street US 62 Wilmot, OH 44689



A Lot Like **It's Beginning to Look Christmas**

By Vicki VanNatta

Sometimes, after a long, hot summer, the fresh crisp air of fall and the first flying flakes are wonderfully refreshing. The thought of a night by the fire sounds romantic and cozy. Your eyes fill with happy tears when remembering that special Christmas – the year you received the puppy you begged for or the diamond that meant your life would change forever. The holidays are wonderful, most of the time.

But there are those times when thoughts of the holiday season fill us with dread. The tears stinging your eyes are not happy tears. The to-do list grows longer each year, and you are breathless; but it's not because

of that first amazing snowfall. You're breathless because there isn't enough time, money, or energy. Who decided the Christmas season begins immediately after Halloween? When did the holiday season become a chore? What happened to Silent Nights? And not to be forgotten, that family gathering that went 'off the rails' last year.

If just thinking about the holidays makes you want to run away, there is a place where you can feel the wonder of the season. You can breathe deeply and relax, while enjoying comfort food, great shopping and inspirational entertainment all amidst lavish Christmas decorations.

Just make the short trip to the Dutch Valley campus in Sugarcreek, Ohio and

give yourself a little time to gather your thoughts and prepare for the holiday season. Located just seven miles from I-77 on State Route 39, the Dutch Valley campus has everything you need for a peaceful, comfortable place to rest and rejuvenate so that you can get back to life and face another day.

Plan to spend a couple days on the campus. Parking is free and once you arrive for your escape, you won't need your car until it's time to go home.

The Carlisle Inn Sugarcreek offers professional spa services, available in the privacy of your own room. Each deluxe room includes a Jacuzzi tub, fireplace, microwave, refrigerator, comfortable seating and a spacious deck. The open areas of the inn are



spacious and inviting with fireplaces, natural light and lovely Christmas decorations for the season. With the all-season pool and hot tub surrounded by glass, you can relax unaffected by winter's chill. If traveling to Florida isn't an option, this is the next best thing.

Retail therapy is just steps away at Dutch Valley Gifts & Boutique, and Dutch Valley Market offers fresh cuts of meat as well as deli meats and cheeses, specialty food items and savory snacks of all kinds.

Dutch Valley Restaurant & Bakery Cafe, right next door to the Carlisle Inn Sugarcreek, has comfort food that will remind you of sitting around Grandma's kitchen table. Enjoy a meal around the table without distracting televisions and loud music. A shared meal with great food and fellowship is always a win.

Cap off your evening by seeing a Broadway-caliber musical or concert at Ohio Star Theater. The new musical, *Christmas in Paradise*, is playing November 17 to December 29, 2018. The story follows new business owners Matthew and Mary as they face unforeseen and seemingly insurmountable challenges while caring for an elderly, ailing parent. *Christmas in Paradise* is inspirational, uplifting, and just in time for the holidays.

Ohio Star Theater also has concerts scheduled for the holidays. Go to www.ohiostartheater.com to see the complete schedule, then click on the Buy Tickets button or call the Ohio Star Theater box office at 855-344-7547 to book your tickets.

Give yourself a break. Enjoy the peace and comfort of a getaway. Call 855-411-2275 to book your stay at Carlisle Inn Sugarcreek and enjoy this holiday. ✨



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

Ohio Star Theater *Sugarcreek*

40 minutes South of Canton along Route 39

DHGroup.com | OhioStarTheater.com



Stolen
THE MUSICAL

PLAYING Sept 11—Nov 10

Christmas
IN PARADISE

PLAYING Nov 17—Dec 29

Est. 1981
SECOND SOLE
 SHOES • APPAREL • ADVICE

WHAT LOCATION IS CLOSEST TO YOU?

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

secondsoleohio.com

Buckeye Tax Service

"Tax Preparation & Planning Strategies"

Tax Returns Starting At \$76⁰⁰

New Clients bring this ad in to Matt or Chris and receive \$20 off

330.491.0400
www.buckeyetaxservice.com

BuckeyeTaxService

Compass Ohio
 FITNESS | HEALTH | RECREATION

Want to Advertise YOUR Business?

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

MOHICAN'S BIGGEST THRILL!



Tree Frog CANOPY TOURS

ZIPLINE



MOHICAN AREA'S "MUST DO"

Whether you are a nature lover, adventurer, or an adrenaline junkie you will not want to miss this! For active adventurers 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!



OPEN MAY - OCTOBER

See our website for additional restrictions, group pricing & Reservations

TREEFROGCANOPYTOURS.COM

LOCATED 9 MILES

SOUTH OF LOUDONVILLE

21899 WALLY ROAD | 740.599.2662

 **NIGHT-ZIPS
ALSO AVAILABLE!**

#ZIPTREEFROG





Make Your Own Decorations

By Kathy Ray

I love Christmas! The lights, the sounds, the smells. It is all beautiful to me. However, I know a lot of folks would like to go into hibernation and forget the whole thing. To them, it's crowded shopping, exhausting hours of decorating, baking...in other words, lots of work and money. I would like to help you enjoy your decorating more and maybe even in the long run, save you some money.

One of the best ways to save money is to "make" your own decorations. Hold on, I know what you're thinking, "How is this going to make my life any easier if I have to make my decorations?" Well, I suppose it might be a dream for many to call in reinforcements and let them do the decorating. Let's save that thought for our daydreams and talk about how you can create beautiful holiday decorations and not break the bank.

First of all, think about spending time with family and friends, instead of money, as the perfect reason to get together and create decorations, and don't strive for perfection. Love the camaraderie and make memories. Let's start with a wreath or swag idea. If you feel like you want to buy pine, whether it be real or artificial, and actually wire pieces to a frame, go for it. I like to simplify it even more. Start with a pre-made wreath or swag. Watch for tag sales, browse through second-hand shops, look at classifieds in your local newspaper or on Facebook Marketplace, or maybe catch a late season garage sale. Ask your friends and neighbors. You'd be surprised how many people have some much forgotten Christmas decorations in their basement that they would be more than glad to give you.



That task complete, choose a theme. It could be a color theme or you can choose from Santa, religious, a sports team, a hobby. Just about anything you can think of can become your focus for the decoration.

Once you have figured out what your theme is going to be, start collecting items to add to the pine. I am always throwing things into the so-called “junk” drawer at home. Check and see what you’ve accumulated around the house that you could use. You might be surprised what you will find. Next, peruse the aisles of your dollar store, discount outlet, or sales bins. Literally check sales bins in all stores. I have found many fun things at an office supply store or a pet store. No place is off limits.

While you are out collecting the goodies, pick up some floral wire and a glue gun if you don’t already have these. Once safely ensconced in your comfy clothes back home, put on some of your favorite music or a movie, grab a warm beverage and let your creative juices flow. I prefer wiring as many things as possible, especially if you are planning on using this wreath more than one season. And before you know it, you will have poured not only creativity into the wreath but love into a decoration that will likely get passed through Christmases to come. I have often loved the results so much, I make extras for gifts. And that is what I call

multi-tasking, for sure.

I often hear clients talk about how depressing it is when the flowers stop blooming, the leaves on the trees are gone, and the skies are dark and dreary. To try and continue some color into your winter landscape, don’t pull out the flowers and put the window boxes or flower pots away. Keep the pots out and give them a boost with pine, berries, shiny beads, and twinkling lights. Now that your creativeness is in full swing, carry it on to the outside decorating. There isn’t any reason you can’t continue the favorite theme you used on our wreath or swag.

Often homeowners want something that will extend beyond the holidays. In that case, stay with different varieties of pine, real or artificial, and tie on berries and baubles just like you did with the wreath or swag. If a lot of the dirt came out of the receptacles with the plants, use foam to push the pine into. I prefer the wet foam when using real pine.

Adding lights has become so much easier now that battery-operated strands are available. I wasn’t originally sold on battery-operated lights, but they have become quite reliable. I like them because they have a built-in timer. Going out of town or getting home after dark? Battery-operated light strands will take care of themselves. This eliminates setting up a timer and extension cords, which can be a nightmare.

If you want to leave the pine, but don’t want the lights to continue after the holidays, it is only a flip of a switch to change it. I have found that fresh pine will last outside well into February and depending on the weather, sometimes even into March. By then, we are definitely thinking spring.

Before I nod off and sugar plums start dancing in my head, I want to tell you one of my favorite things to make for window boxes. It’s lollipops. These are easy to make and the supplies are inexpensive. You will need Styrofoam disks, dowel rods, cellophane, tape and a bow. Push the dowel rod into the Styrofoam disk. Sometimes I paint the rods white, but that is a personal preference.

Next, cut a piece of cellophane big enough to wrap the Styrofoam disk. You may need to tape some of the ends down along the sides. Instead of choosing a matte finish, use clear tape, and it will become invisible against the cellophane. Cellophane comes in a plethora of colors. Choose what makes your heart happy. Tie the cellophane under the foam disk to secure it in place. Add a bow, and boom – a lollipop!

I hope I’ve helped kick start your creative juices. Whenever I meet someone who says they are not creative, I believe they are being reserved because they think there is a right or wrong. That’s the beauty of creating. Choose colors that speak to you and throw caution to the wind. Don’t pay any attention to the naysayers if you want to have a cow-themed holiday. Moo-ve into your zone and have fun. Happy Holidays! ✨

Kathy Ray is Vice President of Pond Wiser, Inc.

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 promotional image for Warther Cutlery. It features a dark wooden cutting board with a large knife and a smaller knife resting on it. A red ribbon banner at the top left reads "Holiday Gifts" in white cursive. The Warther Cutlery logo is in the top right. The text "the ANDERSONS" is embossed on the board, with "LOUISVILLE, KENTUCKY" and "EST. 2016" below it. At the bottom, the website "www.warthercutlery.com" and the phone number "330-343-7513" are displayed. The text "Open Daily 9-5" is also present.

An advertisement for Ben Heggy's Handcrafted Chocolates & Candies. The top left features the brand name "Ben Heggy's" in a stylized font, with "Handcrafted Chocolates & Candies Since 1923" below it. The rest of the top section is a collage of six images showing various chocolates and candies. The bottom section has a dark background with diagonal stripes on the sides. It features the text "OLD FASHION CANDIES & HOMEMADE CHOCOLATES SINCE 1923" and the address "743 CLEVELAND AVE. N.W. | CANTON, OH 44702 | 330-455-7703 | WWW.HEGGYS.COM". At the very bottom, there are five circular images showing different types of chocolates and candies.

Make Holiday Memories

Christmas in Zoar

DECEMBER 1-2

food • music • Santa wagon rides • tree lighting • juried craft show
historical demonstrations

**\$8 adults
kids 12 and
under free**

Visit the Zoar Store

Unique gifts for those who love history, crafts and food.

Store Hours in December:

Wednesdays – Saturdays 10-5
Sundays noon-5



1-800-262-6195 • www.historiczooarvillage.com



Enjoy the beautifully decorated shops of Wayne County this holiday season. Watch Santa arrive in Downtown Wooster on Nov. 16 and you may see him again in Orrville on Nov. 23 for their Home for the Holidays. The Dalton Holidays Festival is Dec. 1-2.



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

COMING SOON

to the



605 Market Ave. North
Canton, OH 44702
330.454.8172

cantonpalacetheatre.org



Annual Showing:
The Rocky Horror Picture Show
Oct. 31
7:30pm



Dancing w/
Canton's Stars
Nov. 10
7:30pm



Annual Showing:
A Christmas Story
Nov. 22 & 23
7:30pm



Three
Stooges Fest
Nov. 30
7:30pm

PLUS holiday movies coming to Canton's largest movie screen throughout the month of December.

And so much more!
Check our website for the latest schedule



**NEW LOCATION
WITH DRIVE THROUGH**

\$ 1.00 off any size Smoothie

**SMOOTHIE KING
New 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.



Holiday Gift Certificates Available

NUTCRACKER

VILLAGE

By Scott M. Barr

Nestled in the Ohio Valley, just a scenic drive along the Ohio River, is a magical village that comes alive during the Christmas season. In 2015 Nelson's Gifts, a family-run wood manufacturing business, partnering with the Old Fort Steuben Project, created an event with a village of 37 life-size nutcrackers in the likeness of numerous characters.

Now in its fourth year in Steubenville, the Nutcracker Village and Advent Market has not only grown in visitor attendance, but the number of nutcrackers has increased considerably. Contributions from local businesses, clubs, schools, and individuals have allowed nutcrackers to be custom-built for the village, resulting in this year's total of over 150.

Nutcrackers have been named, designed and clothed in anything imaginable. These characters are six feet tall and some represent the town's dentist, doctor and lawyer. There are favorite fantasy characters, real-life heroes, movie and television characters, and sports teams. Included are the cast



of *The Wizard of Oz*, an Ohio State University football player, astronaut John Glenn and Steubenville-native Dean Martin.

Experience the magic of each nutcracker while walking through Nutcracker Avenue, a sidewalk in Fort Steuben Park which includes a tunnel lined with Christmas lights. Figures are on exhibit waiting for their names to be read and their pictures to be taken. If you wait patiently, Father Christmas will make an appearance walking throughout the village. Towards the end of the park is the visitor's center with a Christmas-themed retail store. Outside the store is a life-size nutcracker nativity set. A free hayride through the area will allow for lots of photo opportunities.

At the entrance to the park, a beautiful 30-foot Christmas tree welcomes you to the Advent Market, which consists of vendors and local businesses branching out from their downtown locations. Froehlich's Classic Corner and Leonardo's Coffee Shoppe are local favorites. Drosselmeyer's Nutcracker Shoppe provides the opportunity to purchase your favorite nutcracker in the old-fashioned miniature size. The year 2017 marked the unveiling of a nostalgically enchanting painting of the Nutcracker Village by Dave Barnhouse. It is available on coffee mugs and t-shirts as a remembrance of your visit.

The Nutcracker Village is a memorable experience for visitors to appreciate something familiar in a magically creative and impressive way. The 2018 event opens on Friday, November 23, and the display is open 24/7 through January 5. The Advent Market is open Friday through Sunday each weekend through December 30. Hours are Fridays and Saturdays 3pm-8pm and Sundays 1pm-6pm. For more information, see the website SteubenvilleNutcrackerVillage.com. ✨





It's Magical!

Eastern Ohio's Newest Holiday Attraction
www.SteubenvilleNutcrackerVillage.com
 120 So. 3rd Street Steubenville OH 43952
 866-301-1787

Nature's Warehouse
 Your gateway to everything natural.
 (800)215-4372
natureswarehouse.net

Dandies Vanilla Mini Marshmallows
 Item # 250151
 \$4.60

Brittany from Marketing
PRICELESS

Boom Chicka Pop Sweet & Salty Kettle Corn
 Item # 627589
 \$2.76

Our Holiday Essentials

Dandies Vanilla Mini Marshmallows

- Vegan
- Non-GMO
- Contains no corn syrup
- Free from common allergens

Boom Chicka Pop Kettle Corn

- Vegan
- Non-GMO
- Contains no corn syrup



Five Simple Ways to “WORK OUT” YOUR MIND

By Rodney Long, Jr., MSSA, LSW

Everyone wants to feel good. That’s why we work out. We want our bodies to look and feel good. If you eat right and work out, you’re going to look and feel better. You can implement the same principles with your mental health. By “working out” your mind, you’ll begin to think, feel, and act in a way that matches how your body feels when you are eating healthy and working out. Here are some suggestions for ways to keep your mind active, no matter what your age.

1. Read something

The self-help genre is full of books promising to help you figure out how to be happy and grow as a person. When people say they don’t like to read, I think it’s just because they haven’t found what they like to read yet. Whether you read a book, article, or newspaper, find something that you like to read. Not only will you learn something, but you take time for personal growth and development which is a vital part of working out your mental health muscles. One of my favorites is *ENOUGH, dammit* by Karen Salmansohn.

2. Watch a YouTube video

If you don’t like to read, watch something. As fun as it is to watch celebrity gossip videos, a TED Talk, instructional video, or Crash Course video can help you learn a lot in a short amount of time.

3. Listen to a podcast or audiobook

Let’s say that you’re not much of a reader and don’t spend much time watching YouTube, how about trying a podcast or audiobook? I often listen to books while I mow the

grass, ride my bike, or am eating lunch. Podcasts are great when you can’t devote all your attention to a topic, but are interested in learning about something. Try Krista Tippett’s *On Being* podcast or Discovery Channel’s *Stuff You Should Know* to find interesting takes and information about things you’re probably already thinking about.

4. Talk to people

I think online communities are great. Facebook, Twitter, IG, are all great ways to have “community.” I think it’s awesome how we’ve been able to connect with people online. But I think we’ve lost our ability to connect with people face to face. Join a gym, join a club, or check out a local Meet Up group. Attend one of the free concerts put on this summer. Join a group bike ride. Go out and talk to people. I think you’ll quickly remember how easy it is to make friends just like we did in the good old days.

5. Go do something you’ve never done before

If you really want to challenge yourself and work out your mental health muscles, go do something you’ve never done before. Whoa. That’s scary. Get outside of my comfort zone? No thank you. But at some point in life, you’ll have to. We like to stay in our little bubble, but growing as a person takes doing some things you may not have thought you would.

Working out your body is simple for many. Get moving and don’t eat terribly. It seems simple, but can often be difficult to follow through with. Working out your mind is a little different. We don’t look at mental health the same as we do physical health. Working out your mind seems like a foreign concept, but just like your physical health needs to be addressed, so does your mental health. These are just a few ways to “work out” your mind, but the possibilities are endless. ✨



Merry Christmas

ALE

By Mary Vlahos



The modern-day concept of Christmas Ale started in England as a dark, strong, and spiced winter warmer brew. American Christmas beers can differ from brewery to brewery and are made in a variety of styles. Most holiday beers are amber or darker-colored beers. Spices that are associated with Christmas such as cinnamon, nutmeg, allspice, ginger, clove, honey and orange are often included in the mix.

Brewing a Christmas or holiday beer usually starts about 3-4 weeks prior to shipping and will last about a month or more in the bottle. Holiday brews

are made with a higher ABV (Alcohol by Volume), generally 8% – 9%, and are fuller bodied with a complex mixture of flavors. If holiday beers are made too far in advance, the spices will fade and the flavor will be lost.

Thirsty Dog Brewery, in Akron, Ohio, brews the 12 Dogs of Christmas and has been brewing it since 2007. Owner John Najewy said they start brewing their Christmas Ale on September 1 to keep it fresh. The first release is always during Cleveland Beer Week in October. What makes the 12 Dogs of Christmas taste so good? “It’s a special

combination of cinnamon, ginger, nutmeg, honey, and Santa’s secret recipe,” said Najewy. A Christmas Ale can be a complicated brew with many layers of flavor. Thirsty Dog does a test run every summer for Christmas in July. He added, “While there are many ingredients that go into this beer, we brew some every summer for Christmas in July so we can adjust the recipe to be consistent year to year, as some of the ingredients and suppliers change from time to time.”

How long can you keep Christmas Ale? According to Najewy, “We suggest



drinking the 12 Dogs of Christmas 6 months from the bottling date for best taste; however, some customers swear it is best after about 3 months as the flavors blend and the sharpness of ginger settles, and others swear they keep it all year if they get their hands on enough of it.”

Another brewery that has a famous Christmas brew is Fat Heads Brewery that just opened its Canton location this year. Their Holly Jolly holiday beer has flavors of sweet malt, ginger, honey, and cinnamon spice. Great Lakes Brewing Company combines flavors of honey, ginger, and cinnamon to create their popular Christmas Ale. In Hartville, Maize Valley Winery and Craft Brewery creates a Jingle My Bells Holiday Ale. This brew combines flavors of brown sugar, molasses, cinnamon, nutmeg, clove, coriander, orange peel, and vanilla bean. As you can see, the names of these brews are as fun as the beer!

IRI Worldwide, a marketing research firm, shows data that lists Ohio as the largest consumer of Christmas Ale. The intense, warm flavors do lend themselves to colder weather environments. Great Lakes Brewery created their Christmas Ale nearly 30 years ago, and started a craze that spread throughout the state and country. Now every craft brewery has a personal holiday brew.

Does any of this make you want to create your own holiday

brew? You can add your own spice combination or use an online kit. Many major breweries started from the small beginnings as a home brewer. A good resource for information for home brewers is the home brewer’s association website, www.homebrewersassociation.org. Whether you’re a brewer or a taster, don’t let this holiday season pass without sampling a holiday brew or Christmas Ale from your local craft brewery. ✨



'Tis The Season



('Nuf Said)

Be Sure To Stop By The
TAPHOUSE

And Take Some "12 Dogs" Home Along With Other Christmas Goodies

Like Us On Facebook thirstydog.com
Thirsty Dog Taphouse 587 Grant St. 44311

HOLIDAY GIFT CERTIFICATES AVAILABLE!

DQ® CAKES

Add a layer of fun flavor to any occasion



DQ® Round Cake



DQ® Heart Cake



DQ® Log Cake



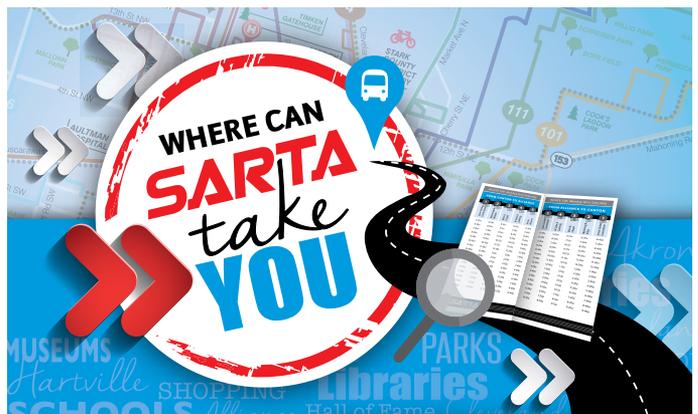
DQ® Sheet Cake



DAIRY QUEEN 330-492-7747

4110 Hills & Dales Rd, NW Canton, OH 44708

Order DQ cakes online! www.dqcakes.com



SARTA

CALL 330.477.2782

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

SARTAonline.com



Santa's Secret Shopping Site

D I S C O V E R E D

If you are tired of waiting in long lines and fighting for parking spaces at the mall, the Wayne County Convention and Visitors Bureau invites you to discover the quaint downtowns and villages of Wayne County, Ohio. A place where you can shop in a relaxed, stress-free atmosphere and experience Christmas Shopping the way it was meant to be.

Shop Downtown Wooster, where parking spaces are as abundant as the many shops who call this historic main street community home. Enjoy the “unwrapping” of the Christmas windows on November 16 as the Downtown

Merchants celebrate Window Wonderland and the arrival of Santa. Whether your shopping style is funky or sophisticated, you’ll appreciate the unique galleries, bakeries, restaurants, book stores, and wonderful one-of-a-kind shops including Everything Rubbermaid, Roomscapes, and Friendtique Hospice Resale Boutique.

Turn your shopping trip into a special holiday getaway and spend the night at the St. Paul Hotel, a New York-style boutique hotel just a block off Public Square, or the Wooster Best Western Hotel both within walking distance to many fine restaurants and night spots.

Visit the southern portion of the county and the Village of Shreve. Village merchants invite you to stroll along the main street visiting an Old Fashioned Hardware Store, complete with creaky hardwood floors, for that hard-to-find gift for the man on your list. Next door you’ll find the Des Dutch Essenhaus Restaurant, Quilt Shop & Bakery, a great





place for dinner or if you need help with your holiday baking. Just down the road is the Pine Tree Barn & farm. This 200-acre family owned Christmas tree farm features several different gift and boutique areas including fine furniture, Christmas decorations, beautiful gifts, period furnishings and decorations. The Granary Restaurant serves lunch daily from 11:00-2:30 and the lemon crumb muffins are a local favorite.

A shopping trip to Wayne County would not be complete without a visit to Kidron, home of Lehman's Hardware. Walking through the front door you'll step back in time 100 years. You will love their selection of oil lamps, handmade pottery, sleigh bells and non-electric toys. The Kidron area is also home to World Crafts, Eastwood Furniture, and MCC Connection Thrift Shop. Right down the road in Dalton is the P. Graham Dunn Gallery, the manufacturer of charming wood gifts and home accessories which can be personalized by their laser wood engraving machines while you watch. Make a day of it and visit Dalton the weekend of December 1 and 2 for the Dalton Holidays Festival and parade. The "coolest" parade in Ohio steps off Saturday at 2:00pm. After the parade

warm up at the Dutch Kitchen and Bakery, known for their plentiful Amish style buffet and salad bar.

The City of Orrville, the hometown of those wonderful Smucker's Jams and Jellies and The J.M. Smucker Company Store and Cafe, kicks off the season on November 23 with their Home for the Holidays Event. Orrville's downtown shopping area beckons you to discover its quaint stores and holiday displays while the kids spend time with Santa, enjoy lively holiday music, food, and crafts.

The Village of Smithville boasts many fine shops in the Barn Restaurant Complex including The Oak Cupboard General Store, Jump n' Shout and Toyrixfix Specialty Toy Store. A trip to Toyrixfix is like a trip to the North Pole, with beautiful dolls, puzzles, games and stuffed animals; you'll find yourself thinking that Santa's elves must stock their shelves.

Need a suggestion for a perfect hostess gift for those holiday parties? How about a bottle of Wayne County wine or a cheese tray from Shisler's Cheese House? Here's a delicious idea, a bottle of eggnog bottled in glass bottles by Hartzler's Family Dairy at their Wooster Dairy. And what theater

goers wouldn't appreciate a pair of tickets to The Ohio Light Opera?

Why fight the traffic and crowds of the malls this year? Wayne County Ohio has something for everyone on your list. Our friendly merchants are ready to share their holiday spirit while welcoming you to their stores. Santa has been known to shop the uncrowded stores of Wayne County, maybe you should too!

Visit the Wayne County Convention & Visitors Bureau website at www.wccvb.com or call us at 1-800-362-6474 for a complete list of holiday shops and events in our area. ✨

Article courtesy of Wayne County Convention & Visitors Bureau.





Nature's Warehouse

By Elaine Kish

It all began as a small store on the front porch of a growing family with seven children. Daniel and Cari Laudon believed that good health was a result of the right choices. For them it included eating natural foods and taking natural supplements rather than medicine. Cari was always part of an agricultural cooperative, also known as a farmers' co-op, which is a group of farmers who pool their resources. Since natural items were usually quite expensive, they soon discovered that buying in bulk was a way to lower the prices. At the same time, it allowed them to sell portions of the large quantity to other families giving them the opportunity to discover affordable healthy food choices and natural products to alleviate health problems.

The business soon progressed from the porch of their home when they created a simple, organized black and white catalog and their first website, godsgreenearth.net. The catalog, together with some magazine ads, resulted in a steady stream of orders which were filled and shipped to customers. All of the family members worked together for years to increase sales and eventually sons Dan and Tom took the helm. Expanding their catalog mailing list and adding informational articles to the catalog, they soon needed a bigger warehouse to fill orders. They built a warehouse in Philadelphia, New York near their family home.

A few years later and with ever-increasing orders, the Laudons noticed they were receiving orders from customers all over the United States. A decision to open a warehouse in the Midwest was made in an effort to lower

shipping charges and the Dundee, Ohio facility was born. After 15 years, Nature's Warehouse continues to have Pennsylvania and Indiana locations which deliver to local customers in those areas. The New York location is now strictly a retail store.

While the Ohio warehouse does accommodate walk-in customers, most of their business revolves around taking, filling and shipping phone and mail orders, as well as delivering local orders. Many local orders are filled and delivered on the same day they are received. While delivery to the Canton area has not yet started, it is slated to begin in the near future.

Nature's Warehouse does not produce any items, but purchases products from manufacturers and local businesses. The products they distribute are chosen carefully to ensure that ingredients are natural,

safe and effective. They also require their manufacturers to have good business practices, and treat employees and animals with integrity.

While they currently process about 12,000 orders a month, the majority of which are from the Midwest portion of the United States, Nature's Warehouse most popular product is Mama Bear Prenatal tablets. They offer a wide range of vitamin and mineral supplements, and herbs in capsule, extract and essential oils forms. Personal care items include shampoos and hair products, body lotions, beauty masks, shower gel, soap and deodorant, and dental needs including toothpaste and mouthwash. They offer diapers and children's toothpaste.

In the grocery area, they have baking ingredients, spices, sweeteners, fruits, seeds, nuts, grains, pastas, beans,

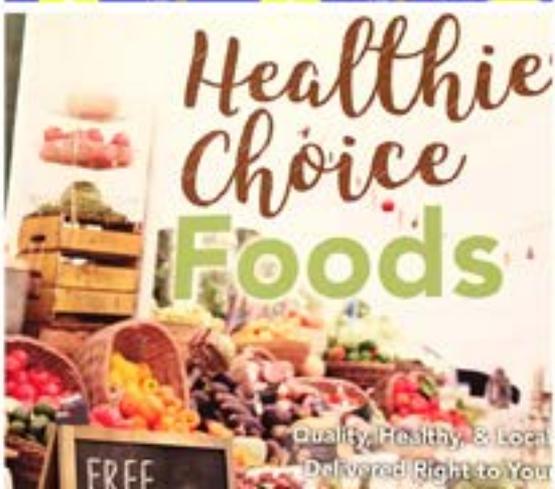
breakfast foods, and condiments. They offer beverages, including tea bags and drink mixes, candy, gum, and snacks, as well as a large selection of various canned goods.

Nature's Warehouse carries cookbooks and an array of books about family and spiritual life, physical and mental health, gardening and plants. For first aid, they offer natural remedies for pain, muscle and bone problems, and burn and wound treatment. Another extensive area is household products, kitchenware, cleaning and laundry products, and aromatherapy items.

There is a 100% satisfaction guaranty on all products purchased from Nature's Warehouse. Owners Dan and Tom Laudon and their knowledgeable staff are eager to help customers find natural and healthy

choices to meet their daily needs.

For more information about products, ingredients and prices, or to request a Nature's Warehouse catalog, visit their website www.natureswarehouse.net. Their website also contains a Kid's Corner section with educational games and coloring pictures centered on living healthy naturally. ✨





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



Christmas Gift baskets & Boxes



Choose from one of our
party trays, gift boxes
or baskets
or create your own!



WE SHIP FOR YOU! Place your order online at walnutcreekcheese.com
or call us at 330-852-2888

SAVE \$1

America's #1 Christmas FUN PLACE!

Castle Noel
MEDINA

HOLLYWOOD CHRISTMAS MOVIELAND

BLIZZARD VORTEX

NYC Windowland

THE BEST SANTA PHOTO EVER!

Tell your own Christmas story

CastleNoel.com • 330-721-6635 •  Castle Noel

STARK COUNTY SKI CLUB

 Find us on Facebook

WWW.STARKCOUNTYSKICLUB.ORG

CompassOhio
FITNESS | HEALTH | RECREATION

Want to Advertise YOUR Business?

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



PREPARING

FOR A

HEALTHY SKI SEASON

By Hannah Alderfer, BA, CPT, FMSC

The air is brisk. Snowflakes are powdering the earth. The slopes are calling. It's ski season! If you take advantage of the colder months in Ohio, or other states, by dusting off your skis each winter, you are not alone. In 2015 about 9.51 million people in the US headed to the slopes to either ski or snowboard. Skiing, whether downhill or cross-country, is a beautiful sport that allows you to enjoy the outdoors in a season that often forces people indoors. Unfortunately, along with the beauty of this sport often comes injury, and some of these are avoidable with proper preparation.

Being prepared when you hit the slopes can mean a variety of things, such as having the proper equipment, being aware of the snow conditions for the day, knowing your skill level and what you can handle, and most importantly, making sure that your physical condition is at its best.

Examining when ski injuries most often occur helps determine what appropriate pre-season preparation should entail. The American Orthopaedic Society for Sports Medicine finds that when people are skiing, it is often on a trip, and injuries occur most often on the first day of ski week; in the early morning when the skier is not warmed up; in the late morning and late day when fatigue sets in; and at the end of the week when the cumulative effects of the vacation make the skier tired.

According to Jasper Shealy, PhD, professor of the Rochester Institute of Technology, injuries from both skiing and snowboarding are on the decline; however, they still occur. Even though the statistics are better than ever, why risk an injury that could put a hold on enjoying that fresh powder? About one-third of ski injuries are knee-related injuries that might require time off, physical therapy, or even surgery. Often, common ski injuries can be avoided with a comprehensive pre-season ski conditioning program.

Here are some tips and strategies to best prepare you for ski season. Skiing requires a variety of skills, from your cardiovascular endurance to your muscular strength, from flexibility to balance, and from agility to explosiveness. Your pre-season program should include work in all of these areas. Having the conditioning and skills needed in advance will help you maneuver on the slopes for hours and keep you from being another injury statistic.



CARDIOVASCULAR ENDURANCE

Give yourself some time to condition your aerobic system if you are not currently doing any cardiovascular exercises. This could include cycling, running, using an elliptical, swimming or rowing. Start with 20-30 minutes 3-4 times per week. You should feel your breathing increase during these workouts, but still be able to talk. Wearing a heart rate monitor will help you accurately gauge your aerobic effort. If you need help calculating heart rate zones visit <https://www.mioficial.com/en-uk/calculate-heart-rate-zones.htm>.

According to Jason Amrich, a physical therapist and Director at the Boulder Center for Sports Medicine, "If you are relatively de-conditioned, consider starting off by building an aerobic base and beginning a simple strength training program. These two components alone, done for 4 to 12 weeks will vastly improve your physical condition when you hit the slopes."

If you do have a good aerobic baseline, then you can begin adding in anaerobic segments to your workouts. For example, by using the heart rate monitor as your guide, add in short intervals (1-3 minutes of higher intensity effort with a period of at least equal rest after each). That will push your lactate threshold, which is when your heart rate exceeds 85% of your maximum heart rate. Adding these intervals into your cardiovascular training will help you handle higher intensity skiing.

STRENGTH TRAINING

Your strength training routine should include exercises for your major muscle groups, multi-plane exercises, core strengthening, and balance work. Perform strength workouts 2-3 times per week, focusing on the major muscles used in skiing: gluteus medius and maximus, quadriceps, hip flexors, hamstrings, lower leg muscles (peroneus longus and tibialis anterior) latissimus dorsi, and deep core muscles (transverse abdominis and obliques). Your strength routine should also include balance and core work due to the instability of skiing and constant shifting of movement needed to stay upright on your skis.

For balance try single leg standing to start and then progress to standing on an unstable surface such as a BOSU or pillow. Form is key; if you cannot maintain good form, adjust your reps or weight. Or if you simply aren't sure how to perform an exercise properly, seek guidance from a certified personal trainer. To download your Ski Strength Workout, visit: <https://www.intelligentfitnesspt.com/blog/preparing-for-a-healthy-ski-season/>.

FLEXIBILITY/MOBILITY

Focus on stretching the areas around your hip flexors, quadriceps, hamstrings, latissimus dorsi and thoracic spine. Hold stretches for 20-30 seconds each and only perform stretches after you are properly warmed up. (Appropriate stretches and instructions on how to perform them properly can be found in the downloadable workout above.)

PLYOMETRIC EXERCISES

Plyometrics should only be added to your program under the direction and guidance of a professional. This type of movement uses a quick, eccentric-concentric phase to harness elastic muscle properties to create an explosive movement. Although plyometrics give you the ability to quickly respond to unexpected obstacles and are an important part of performance and injury prevention in skiing, they can also be risky movements themselves. For more advanced skiers, this type of training simulates on-slope conditions, reactions, and explosiveness. If you are interested in incorporating plyometric exercises into your routine, make sure to have a baseline of strength first. Amrich recommends at least 6 weeks.

Start with simple ankle hops, beginning in an upright stance, feet shoulder width apart. Then hop up, with primary motion at the ankle joint. Land softly and immediately repeat the hop. Your movement should be as vertical as possible with little movement horizontally or laterally. Then move to low skips or side-to-side hops with two feet, then one foot. Then progress to higher skips and finally jumps, such as a jump squat.

Remember that the key to a good explosive movement is the loading or re-loading portion. Think about landing soft as a feather, trying to make as little sound as possible. If you cannot, you aren't ready for plyometrics.

Now that you have the right tools to prepare for your best ski season ever, begin putting them into practice. It's never too early to begin. When you are preparing for your next ski trip this winter, making sure you have all the right gear and checking that the weather conditions look just right, hopefully your physical condition will match and you'll be able to enjoy the slopes and the outdoors that much more! ✨





Kathy Calasone-Perry, Mayor
Massillon
City of Champions

*Santa received your wish list. He thought you had a great idea –gift certificates to the **The Massillon Recreation Center**. After talking to him, we have decided to give you a \$5 gift certificate for every \$20 in gift certificates you purchase.*

Happy Holidays,

Upcoming Holiday Events:

- Santa's Mailbox (11/16 – 12/14)*
- Swim with Santa (12/7)*
- Breakfast with Santa (12/15)*

For information on these and other events, visit our website at www.massillonparks.com

*The Massillon Parks and Recreation Department Staff
505 Erie Street N., Massillon OH
(330) 832-1621
www.massillonparks.com
FB: [massillonparksandrecreation](https://www.facebook.com/massillonparksandrecreation)*

HIT MUSIC
50,000 WATTS
LIVE AND LOCAL

Q92
TODAY'S HIT MUSIC
WBJQ

WWW.Q92RADIO.COM

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



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



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

MYTHOLOGICAL MONSTER LEADS TO HOLIDAY LIGHTS

By Robin Monsky

Despite the fact that Christmas is not celebrated in China the same way it is here in the United States, a Chinese tradition that has survived more than 2,000 years is responsible for perhaps the most spectacular display of holiday lights Ohioans can find this winter.

More than 30,000 twinkling LED lights create a wonderland of brilliant color and Chinese culture at Natural Resources Park at the Ohio State Fairgrounds during the Dragon Lights

- Columbus festival that runs from November 23, 2018 until January 6, 2019.

A riot of illuminated colors built into 40 larger-than-life hand-made lantern sculptures enthalls visitors and provides an unforgettable experience six nights a week during this authentic Chinese Lantern Festival. The Lantern art form dates back to 206 BCE.

According to Chinese mythology, in the spring time around the Chinese New Year a monster would come out of hiding to attack livestock and people. His name was 'Nian' which was pronounced the same as the word for 'year' in Chinese.

A wise man found out that Nian was afraid of bright colors, strong light and loud noises so a tradition arose to hang colorful fire lanterns to keep



Nian from ruining the harvest. Since then, Chinese people have lit lanterns and lampions on the 15th day of the first calendar month of the year to pray for a good harvest. To this day, Chinese lantern festivals are held every year in all corners of the country around the Chinese New Year.

The traditional Chinese Lantern Festival holiday roughly compares to Americans' Christmas holidays. It's a time when Chinese family members travel back home to be with their loved ones so they can enjoy the holiday lights and festivities together. And even though the lanterns are no longer needed to scare away the monster, they have evolved over the generations to become an art form that represents culture and achievement. Each light object tells a legend or symbolizes an ancient Chinese folktale.

Lanterns originally were crafted with bamboo, wood and paper – and were small enough to be carried in ancient times. Not so here in Columbus where a 200-foot long, multi-story tall, towering dragon guards the exhibition. His head alone weighs 600 pounds.

The modern-day lanterns have been transformed in size, scale and materials although each and every one is still proudly hand-made. They have become individual customized pieces of art in their own right. They are so striking that some of the Dragon Lights' festival lanterns were used in a scene in the James Bond movie *Skyfall*.

The breathtaking sculptures on display at the Ohio Expo Centre and State Fairgrounds begin as a collection

of 20 tons of metal rods and pipes delivered to the Fairgrounds. Once there, they will be touched by more than sixty Chinese artisans who specialize in building these lanterns and who fly to Ohio just to create the pieces. Their skills are so singular that each artist comes from China's Sichuan Province, the cultural capital for the ancient art of lantern-making. An estimated 2,000 lantern artists reside in the area.

While the metal skeletons are created and then strings of lights are hung in the structures to light them from the inside, other Chinese artists cut 65,000 feet of raw silk, dye each piece, paint details on the newly-colored silk and then bring each character alive by attaching the silk to the forms. The work is so detailed that it takes an entire month of effort on the ground in Ohio to stage this elaborate light extravaganza.

As if the dazzling lights are not enough of a reason to go see the Dragon Lights – Columbus Festival, there is also a twice-nightly stage show, set to traditional Chinese music that features traditional Chinese contortionists, hoop divers, jugglers, plate spinners and the magical Chinese Face Changer.

Additionally, there's a demonstration area with artists showing the intricacies behind thousand-year-old Chinese

crafts that have been passed down through their families for generations. Visitors will see things like Inner Bottle Painting (painting elaborate designs and calligraphy inside of already made glass bottles), Iron Wire Weaving, Sugar Painting and Knot-Tying. The artists will also sell their creations as unique personalized gifts just in time for the holidays.

Children of all ages will be charmed by the "Panda Theater" – a corridor featuring not only lighted versions of the cuddly creatures but also playing a live video show named "ipanda" which shows the real life of pandas in China.

Dragon Lights – Columbus is part of a 15-city tour produced by Tianyu Arts and Culture. Each city welcomes its own unique set of hand-crafted lanterns. None of the silk sculptures in Columbus will be used in other cities. The Chinese company believes that bringing the experiential lantern festivals to the U.S. can improve intercultural communication between China and the World.

Come explore the tradition-filled culture and history of China in your backyard right here in Ohio. See the Ohio State Fairgrounds in a whole new light - but beware of a monster named Nian! For more information, see the website DragonLightsColumbus.com. ✨



NOV. 23rd thru JAN. 6th, 2019



Dragon Lights

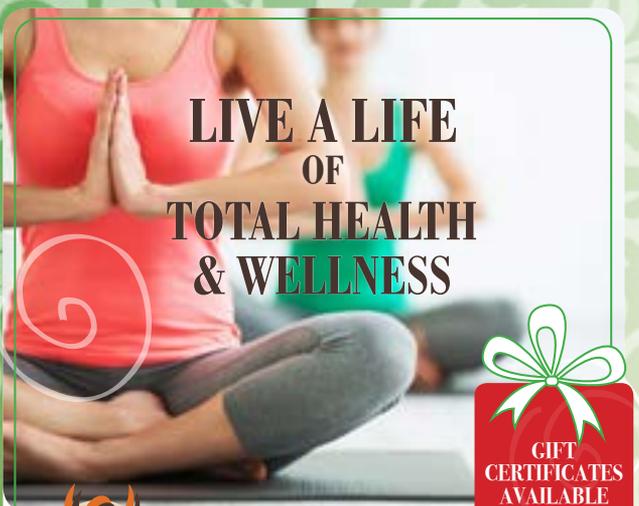
Illuminating the Ohio Expo

Tuesday to Sunday - 5:30pm - 10pm, Closed on Monday
EXCEPT FOR Dec. 24th & Dec. 31, 2018



- 100% **NEW** Lantern Displays
- Nightly Acrobat Performances
- Traditional Handicraft Demonstrations
- Panda Souvenir Marketplace
- Lantern Food Court

For tickets and more information, visit: dragonlightscolumbus.com



LIVE A LIFE OF TOTAL HEALTH & WELLNESS



Total
HEALTH & WELLNESS
Center

MINDFULNESS-BASED PSYCHOLOGY
ACUPUNCTURE • MASSAGE THERAPIES • YOGA
REFLEXOLOGY • MEDITATION AND TAI CHI

2401 Whipple Ave, NW Canton, OH 44708

www.TotalHealthAndWellnessCanton.com

330-956-5681



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@appalachianoufitters.com

www.appalachianoutfitters.com

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

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**

GEARING UP

FOR

COLD

WEATHER

R U N N I N G

By Katelyn Luther

Every year, without fail, the sudden transition from balmy late summer days to frosty fall and winter mornings takes Ohio's runners by surprise. With those cold days comes the temptation to skip your workout and opt to instead stay inside with a warm blanket and a mug of hot chocolate. However, with the right adjustments, you can make cold weather workouts feel as warm and comfortable as a summer day.

One of the easiest ways to stay accountable and committed to training through our hibernation-inducing winters is to recruit a training partner. Knowing you have a friend waiting to meet up with you not only makes you less likely to skip your workouts, it also makes the workouts more enjoyable.

Unfortunately, as great as training partners are, you will still have to combat the cold. With so many brands of shoes and clothing to choose from, it can be hard to know what products will keep you warmest.



When looking for footwear, the most important thing to consider is finding the right type of shoes for your feet. At a store that specializes in running shoes trained and experienced staff are able to provide a personalized gait analysis to determine what type of support is appropriate for you. Most shoes will provide enough warmth, but there are Gore-Tex options available to keep your feet dry in slushy conditions. Merino Wool socks will add extra warmth and moisture-wicking technology to prevent frozen toes.

When I first started running, the rule of thumb I learned was to always dress as if the temperature was 20 degrees warmer than the actual temperature outside. I noticed this to be accurate, considering your body temperature warms up considerably when doing physical activity. Temperatures below

freezing can make this difficult, but it can still help if you are at a loss for what to wear.

Layers are the key to staying warm in those single-digit temperatures we are bound to experience. Always start with a thermal base layer, lightweight and moisture-wicking. Depending on the temperature, additional layers can include fleece jackets, thermal vests, and wind-breaking shells. For temperatures below 40 degrees, full length pants are usually a necessity. When temperatures are below freezing, these layers should be wind-breaking as well.

If you plan on running in the mornings or evenings, opt for reflective gear and additional safety products such as headlamps. Gloves and hats or headbands that cover the ears are extremely important as well to keep

extremities from the blistering cold. Brands like Nike, New Balance, Mizuno, Brooks, and Asics, among others, offer great options for all of these products.

Even after you've survived the cold and finished your run, there are a few things that you can't forget to do—especially in the winter. It's easy to remember to rehydrate in the summer months, but it is just as important in the cold! Products like Nuun, Tailwind, and Maurten are great drinks to rehydrate with and to replace electrolytes and other nutrients.

Your muscles will need attention too, as the cold can cause you to tighten up very quickly. Rolling out with the Roll Recovery R8, a foam roller, and The Stick will help keep your muscles loose and ready for your next endeavor in the cold. ✨

Winter running checklist (Great ideas for Stocking Stuffers)

- Training partner
- Gore-Tex shoes
- Thermal tights/layering tops
- Windbreaker shell
- Hat/Headband/Balaclava (covers ears)
- Gloves
- Merino Wool socks
- Headlamp (for early mornings and late nights)
- Roll Recovery R8
- The Stick
- Nutrition Products (Nuun, Tailwind, Maurten)



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



"That's My Station!"

Music that Lifts You UP!

955thefish.com



WEDDINGS
CORPORATE
SOCIAL
OFF SITE SERVICES



AA
EXECUTIVE
CATERING, INC.



Executive Event Center • 5211 W. Tuscanway St. NW, Canton, OH
330.477.8588 • www.OneStepCatering.com

Raisin Rack
NATURAL FOOD MARKET

Stark County's Healthier
Grocery Store!

40 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

RAISINRACK.COM

4629 Cleveland Ave. NW • Canton • 330-966-1515

2545 W. Schrock Rd. • Westerville • 614-882-5886

ESTABLISHED IN 1978 • LOCALLY OWNED AND OPERATED



Raisin Rack Mobile
Download our
free mobile App!



We invite you to
**EXPLORE THE
POSSIBILITIES**

Medina County, Ohio

330.722.5502 | 800.860.2943
www.visitmedinacounty.com

Indoor Entertainment

Holiday Shopping

Fine Dining

Castle Noel

MEDINA COUNTY HOLIDAYS





The holidays are a wonderful time to visit Medina County. The season has numerous celebrations and events. Everything kicks off with the 34th Candlelight Walk in Medina on November 16. Following the initial lighting of the Square on Friday, luminaries will be lit each evening. Saturday evening brings the Light Parade, fireworks, music, entertainment and children can visit the Santa House. Stores will be open late for shopping during the event which continues through Sunday, November 18. The 2018 Candlelight Fun Run is also scheduled for Sunday, November 18.

Hometown Root Candle Company is the main sponsor of the Candlelight Walk. Be sure to visit their retail store for some wonderful holiday scents and gifts for everyone on your list.

Castle Noel, the world's largest entertainment complex, has NYC department store window displays from Sax, Bloomingdales, Macy's, and Lord & Taylors. Walk through the

Blizzard Vortex and the "I Had That" Toyland Experience where you can find toys from when you were a child. Feel what Santa feels when you go through the Santa Squeeze. Then view the largest collection of Christmas movie set pieces, props and costumes. See things like Will Ferrell's *Elf* costume, pieces from Tim Allen's *Santa Clause* movies, *The Grinch* costumes and props, even Cousin Eddy's RV from *Christmas Vacation*. Slide down the slide like Ralph did in *A Christmas Story*.

A visit to Castle Noel is fun for the whole family. Their Saturday Elf Labs for kids begin on November 17 and will continue through December 15. Krafts with Mrs. Klaus will be December 1 and 8. You can find more information and even register online at castlenoel.com.

You can see Tomassen Foley's *A Celtic Christmas Concert* at the Medina Performing Arts Center on December 1 or the Medina Holiday Pops Concert featuring the Akron Symphony Orchestra on December 8.

Creek Bend Ranch in Burbank will host Christmas on the Ranch

December 1 and 2. There will be a live nativity scene, games, music, a bon fire and wagon rides. Also beginning on December 1 and continuing on Fridays and Saturdays through December 22 will be Candy Cane Christmas at Spring Mist Farms. They will offer wagon rides, a petting farm, as well as other activities.

Medina County with its old time atmosphere is a wonderful place to make family holiday traditions. Come for the day or the weekend. Visit the variety of unique stores for holiday gifts and enjoy a delicious family dinner at one of our fabulous restaurants. Window shop and, of course, check out the seasonal tree farms for that spectacular tree for your home. You can buy a fresh-cut tree or pick and cut your own. There is something for everyone so... Explore the Possibilities in Medina County for the holidays. ✨

Article courtesy of Medina County Convention & Visitors Bureau.



the WINTER FESTIVAL of lights

The Gardens of Light display features 150 twinkling hanging baskets, thousands of lighted flowers and trees, and a festive Nativity display.





Visions of sugar plums quickly fade as the holiday passes. It's the traditions of the holiday that stand the test of time. Nearby, in the picturesque hills of Wheeling, West Virginia, Oglebay offers one of the nation's finest traditions – The Winter Festival of Lights. Between November 9 and January 1, the hills are alive and twinkling – in 3D, no less – with the Winter Festival of Lights, which has continued to illuminate the historic park since 1985.

Each year, thousands of visitors flock to this popular holiday attraction, but for Cheryl and Dick Jones, it's a holiday ritual. For two decades, their family has traveled from Columbus, Ohio, to see the spectacle, and as far as Charlotte, North Carolina, to participate in their family's longstanding holiday tradition.

"We make the trip every other year," said Cheryl. "We rent a cabin for Christmas. The most exciting part of our stay is experiencing the lights with our grandchildren. Whether you're a parent, a grandparent or a child, the lights are truly spectacular."

The Winter Festival of Lights features more than one million lights in displays, on buildings and trees,

according to Curt Byrum, Oglebay's Director of Operations.

The attraction has grown into one of the nation's largest holiday light shows, attracting more than one million visitors each year. This dazzling light show covers more than 300 acres over a six-mile drive through Oglebay Park. The light show, which features over 90 displays, is refreshed annually.

"It's a truly magical attraction," said Cheryl. "And we're fortunate enough to have Oglebay Park in our own backyard. My husband was involved with the Winter Festival of Lights way back at the beginning of it all. And since then, Oglebay has continued to add new displays. Every year there's something new to experience."

With the new addition of 3D 'Sleigh Bans,' the 2018 Winter Festival of Lights promises to be even more stunning. This year, Oglebay has enhanced the show with holographic eye wear which transforms every point of light into a magical display.

"This holographic technology adds a new perspective to the show," said Oglebay Senior Vice President Rod Haley. "Over the last couple years, with the conversion of the show to LED and



Oglebay's Rainbow Tunnel is a must-see attraction.





Oglebay offers eight unique retail shops offering a variety of seasonal gifts and holiday décor.

This year, guests can experience the show like never before with new 3D 'Sleigh Bans'.

RGB lights, we're now able to enhance the show in new ways. It's an exciting new twist."

For a \$25 donation, guests will receive a Winter Festival of Lights season pass and a family four-pack of Sleigh Bans 3D eyewear featuring four unique holographic lenses.

"A few years ago we installed the Rainbow Tunnel above Schenk Lake," Curt said. "That was our first foray into RGB lighting, which allows the bulbs to fade seamlessly into an array of colors. It's pretty amazing – and we're now applying this new technology to more and more displays. This year, for example, we've revamped the Light & Music Extravaganza light show at Oglebay's Good Zoo to include RGB lights choreographed to the music of the Nutcracker on the zoo's outdoor patio. It's going to be truly spectacular."

To Curt and his crew of 'elves,' it's a year-round labor of love. Throughout the year, his crew can be found refurbishing display frames; giving them a fresh coat of paint, changing bulbs, and preparing the equipment for the coming year.

"There's so much more involved than just setting up displays and taking them down. Our crew takes great pride in presenting a truly amazing show

year after year," says Curt.

Throughout the six-mile drive you'll find a variety of thematic light displays. This year, in honor of Oglebay Park's 90th birthday, guests can expect to see a new birthday themed display designed by second-grader Lakin Chambers of Woodsdale Elementary School in Wheeling, WV. Lakin's design concept was selected from dozens of entries submitted by local students.

"We live in Wheeling and the show gives our kids one more enticing reason to come home for the holidays. Now, when our grandkids in Columbus and Charlotte see Oglebay advertisements, they know that's where their grandparents live," said Cheryl.

For those seeking accommodations, Oglebay offers a variety of cabins and guest rooms in the iconic Wilson Lodge. Guests can browse eight unique retail shops, meet Santa's reindeer at Oglebay's Good Zoo, enjoy train and wagon rides at the new Winter Carnival attraction, and snap a picture with Santa- just to name a few. After sightseeing and shopping, guests can unwind with a variety of massage services at The West Spa.

"There's no better place to celebrate the holidays than at Oglebay," said Cheryl. "It's an annual tradition my family will never forget."

For information about the Winter Festival of Lights, visit www.oglebay.com. ✨



www.VisitAshtabulaCounty.com

Plan a HOLIDAY GETAWAY



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.

SHOP NORTH CANTON



New York Strip Steak

WHAT'S COOKING AT MAIN STREET GRILLE

By Preston Milstead

Quality and fresh ingredients are always the standard at Main Street Grille. This holiday season we are featuring two of our absolute favorites.

Hand Cut Certified Angus Beef New York Strip Steak

This is how much we love our beef. Not only does our beef pass USDA inspection for prime level quality, it also has to pass a 100 point inspection from Certified Angus Beef before it even reaches our restaurant. Once here we break down the strip loin ourselves and make sure every steak meets our standards. We rub down your steak with our house special spice blend and cook it to order. Butter makes everything better so our strip loin gets the same service. Our home made smoked salt steak butter gets topped on your steak, and our house potatoes accompany every order.

Fresh Atlantic Salmon

It's the next best thing to catching it yourself. Our salmon always comes in as a whole fish so we can assure the highest quality and the best taste for you. After hand cutting, the salmon is rubbed with a slightly sweet bbq spice and then pan seared to order. We place the salmon in our roasted vegetable and chardonnay sauce, top with sautéed mixed vegetables and sprinkle with five spices. A ring of balsamic finishes this dish.

Whether you're in the mood for beef or salmon, we know these dishes will not disappoint. Hope to see you soon. ✨



Fresh Atlantic Salmon

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



Fresh Atlantic Salmon



New York Strip Steak



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



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 Beds - 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

Get Outside in 2019!



Purchase Gift Cards
online @ wwaraft.com



Ohiopyle Falls

Ohiopyle
State Park

Main

Sherman St

Lincoln St

Logan St

Blaine St

800-WWA-RAFT



White Water
Adventurers Inc

6 Negley Street
Ohiopyle PA, 15470

Share Your Adventure #WWARAFT



HIT MUSIC
50,000 WATTS
 LIVE AND LOCAL

Q92

TODAY'S HIT MUSIC
WDJQ

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
 August 1st - \$1,150

October 1st - \$1,250
 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

THE BUCK FIFTY IS AWESOME

By Dave Huggins



After two years of putting on this unforgettable 150-Mile Relay Race in Southern Ohio, we have realized one major thing; The Buck Fifty was built to be AWESOME, not easy! For those in the running community, you may have already heard about this AWESOME race taking place in Chillicothe, Ohio each April. This adventure through four State/National Parks combines a plethora of amazing experiences all coming together for one amazing cause.

The inaugural year in 2017 had 38 teams and runners from 8 states. That nearly doubled to 74 teams and runners from 21 states in 2018. Runners traveled from as far away as California, Oregon, and Florida, and they're already registered for next year. Truth be told, we had 36 of those 74 teams register for 2019 within 30 days of the 2018 race. Those numbers tell our story as

well as anything. Buck Fifty runners don't want to miss out on what has become a staple event for them each spring. Current team count is 41 teams, and a possible sellout of 150 teams is on the horizon if history repeats itself.

So why do these runners come back? We believe it's the experience of being in The Buck Fifty Family. The Ross County Community comes out with huge support for these runners at 29 designated checkpoints to help park vans, guide runners, and even feed and entertain them. Each runner takes on three different legs of the 150 mile course. Our major sponsors, National

THE GREAT THING
ABOUT A 10-PERSON
RELAY RACE IS YOUR
FOCUS CHANGES FROM
AN INDIVIDUAL TO A
TEAM CONCEPT.



Church Residences, United Way, Nationwide Insurance, U.S. Army, Ross Co. Farm Bureau, Michelob Ultra, First Capital Rotary, and Agenter Orthodontics, together with our volunteers and runners all know the importance of this race. All the proceeds from The Buck Fifty support over 2,000 teenage members who have volunteered to live a drug free lifestyle by enrolling in Drug Free Clubs of America. This program has changed the culture in our 8 local high schools, and why wouldn't it? Of these teens, 65% have stood up to be members. Our runners' lives are being changed as well by being part of The Buck Fifty experience. When the going gets tough on race weekend, our runners dig down deep knowing they are saving the lives of these teens. They know when they get to the finish line one of those teens in DFCA will hang the immaculate Buck Fifty Race Medal over their head.

The great thing about a 10-person relay race is your focus changes from an individual to a team concept. Instead of thinking about what will my time be for that next half marathon or did I set a PR today, it becomes how should I train



and prepare to support my teammates. When it's only 20 degrees outside in January and you don't want to run, you know you need to get out on the street to put those miles in to be ready for April 12. You can't let your teammates down, so you must be prepared.

The Buck Fifty Course is no joke either, with 23 miles of trail runs, and over 8,800 feet of elevation gain throughout the course. The Southern Ohio terrain is not flat and the 30 Legs of Buck Fifty Course will leave your legs screaming for more each time. Many of our runners who returned for year two ran the same legs as they did in year one. They came back to get revenge, improve their times, or just to feel more comfortable on a familiar route. Many runners are working to take on each section of the 150 mile course by changing up their runner positions each year.

Leg #24 "The Double Black Diamond" is becoming legendary. This run takes place on Saturday afternoon in Scioto Trails State Park and covers 6.25 miles of some of the toughest terrain on the entire course. The first 2 miles are on a gravel road along the ridge tops of the Appalachian Mountains. The next 4 miles are pure trail with a lot of ups, downs, creek crossings and many thoughts of when will it end. Running the third leg of any relay race is difficult with a lack of sleep, sore muscles and maybe some dehydration, but this bad boy will test all of your mental and physical being. One runner even went looking for our race director to simply ask "Why did you do this to me?" Yes, that Runner #4 is coming back again next year too!

So if you ever thought that getting a team of 10 runners, 2 drivers, and a couple vans, and driving around in an overnight relay was a good idea, let me just stop you right there and confirm that it is a stellar idea. We can't wait to see you on race day, April 12 & 13, 2019. For more information or to register, check out the website www.thebuckfifty.com. ✨



DISCOVER AN OHIO ORIGINAL



Amos Ives Root

(1839 - 1923)

America's First Family of Beekeeping and founder of the A.I. Root Company.

It all started with a swarm of bees.

Nearly 150 years ago, Amos Ives Root was inspired to start a beekeeping business when a swarm of bees landed on the window of his jewelry store. That simple event created a company that has become synonymous with beekeeping, honey, pure beeswax, and the highest quality candles.

A Root candle is clean burning, long lasting, elegantly designed, and luxurious. It is a candle burning experience unlike any other.



623 West Liberty Street
Medina, Ohio 44256
330-723-4359 • rootcandles.com



EST. 1869

AMERICAN MADE CANDLES



We love bees...

Root is actively involved in advancing the knowledge and science of beekeeping.

We proudly call out our "Bee Friendly" products and services.

Visit the Root Candles Flagship Store in Medina to browse over 22,000 sq. feet of luxurious home decor inspiration.

Residing in A.I. Root's original beekeeping and candle factory built in 1878, our historical building is home to not only Ohio's oldest candle manufacturer, but also the place to find unique and stylish home accents and gifts.

**Discover an Ohio original,
visit us today.**

P. Graham
DUNN

EST. 1976

BRAND NEW
CHRISTMAS
COLLECTION



Shop

OUR FACTORY STORE

630 HENRY ST. DALTON, OH | MON-SAT 9-5

PGRAHAMDUNN.COM |    

One Million Lights Across 300 Acres

WINTER
FESTIVAL
of **LIGHTS**
2018-2019

EXPERIENCE THE MAGIC
NIGHTLY
NOVEMBER 9 – JANUARY 1

NOW IN 3D!

Supported by 
WesBanco
WesBanco Bank, Inc. is a Member FDIC


Oglebay
WHEELING, WV

465 Lodge Drive | Wheeling, WV | 877-436-1797 | www.oglebay.com