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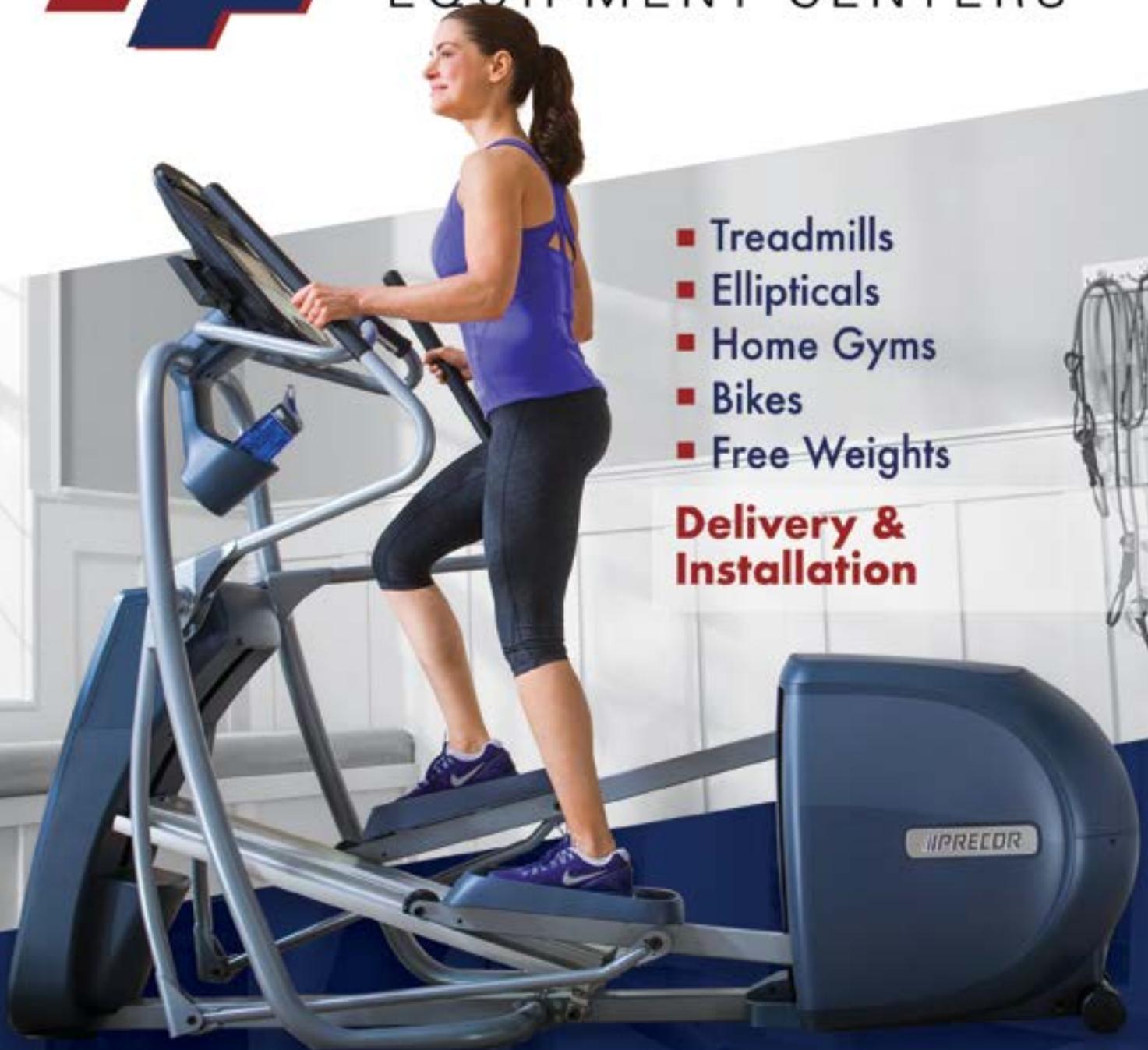
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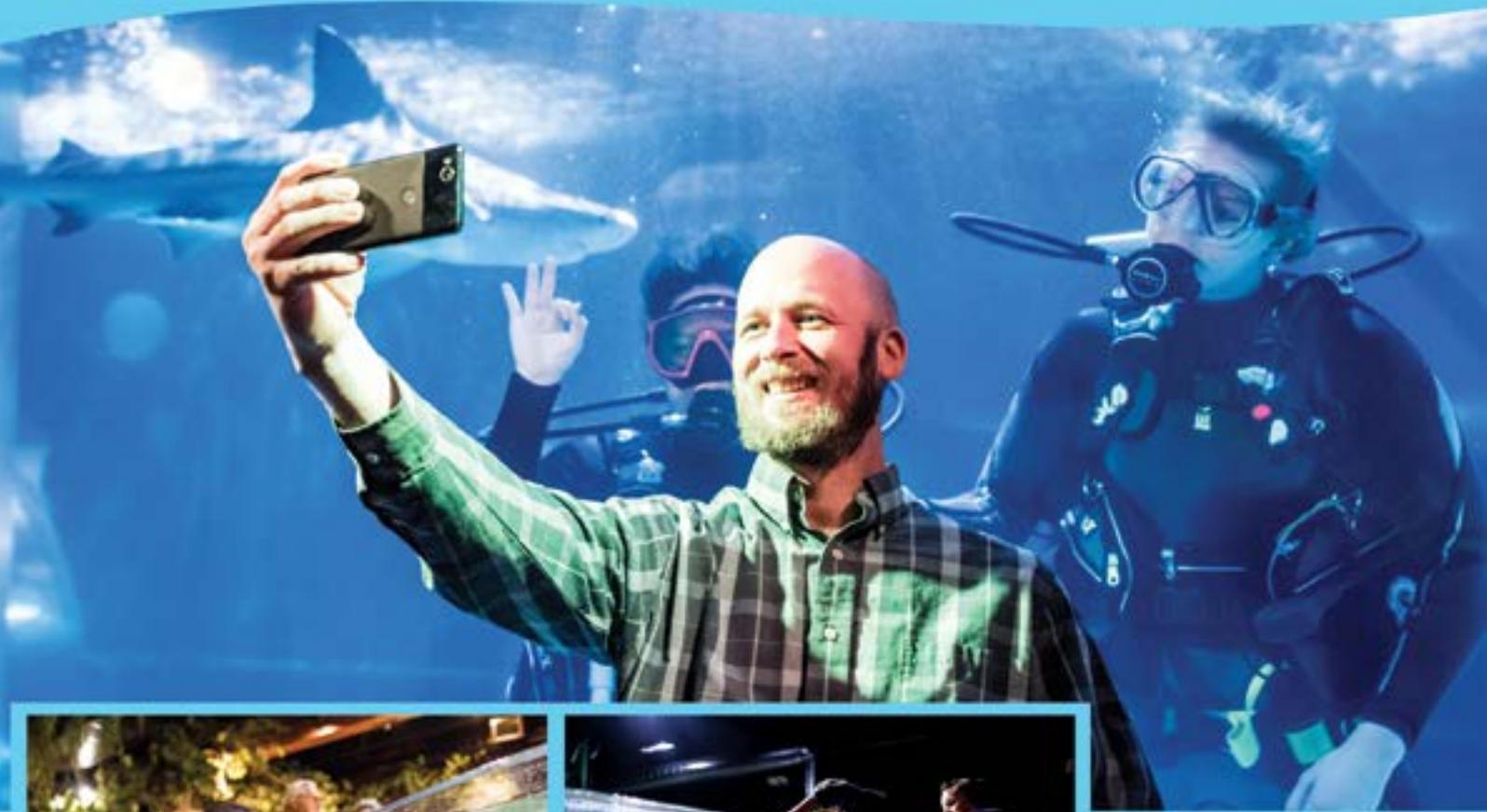
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CONTENTS

8 **Holiday Valley in Ellicottville: The “Just Right” Winter Family Vacation**

12 Choosing Happiness

16 **Winter Recreation in the Cuyahoga Valley National Park**

20 The Invisible Universe Within

24 Training for a Marathon

26 **What to Expect from Your First Yoga Class**

30 Seasoned Firewood is Best

32 Better Than Good

36 Inspired by the American Dream

40 A Record Breaking 2019: The Year in Movies

42 **The ADHD Family Advocate**

46 Center Ice Sports Complex

48 Exercise at Home and Make Your Resolution Stick!

50 **Climbing Mt. Kilimanjaro**

56 1899 Indoor Golf

58 Skin Care Solutions

60 **Run the 419**

64 Experience the Winter Season at Cleveland Metroparks Zoo



IN THE NEXT ISSUE:

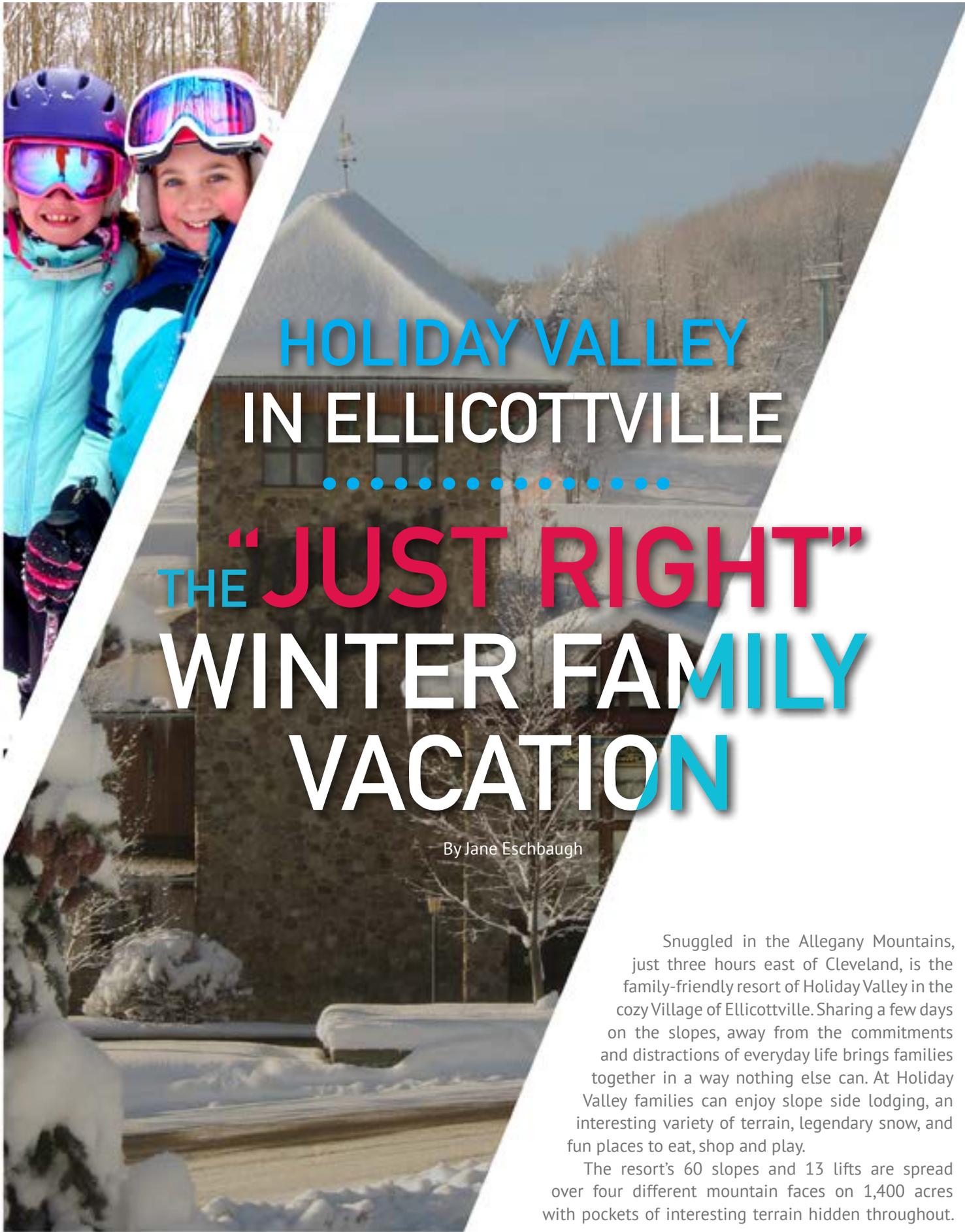
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HOLIDAY VALLEY IN EL LICOTTVILLE

THE “JUST RIGHT” WINTER FAMILY VACATION

By Jane Eschbaugh

Snuggled in the Allegheny Mountains, just three hours east of Cleveland, is the family-friendly resort of Holiday Valley in the cozy Village of Ellicottville. Sharing a few days on the slopes, away from the commitments and distractions of everyday life brings families together in a way nothing else can. At Holiday Valley families can enjoy slope side lodging, an interesting variety of terrain, legendary snow, and fun places to eat, shop and play.

The resort's 60 slopes and 13 lifts are spread over four different mountain faces on 1,400 acres with pockets of interesting terrain hidden throughout.



Park with 22 groomed lanes and a conveyor lift, a warming hut and a huge bonfire pit. For the little ones under 7 years and 42 inches tall, there's the Li'l Tubers area, weather permitting. The Tubing Park is open Thursdays through Sundays and holidays.

The Tamarack Club and the Inn at Holiday Valley both offer ski-in, ski-out access, indoor/outdoor heated pools, outdoor hot tubs and saunas. The Tamarack Club is just steps from the Day Care center and the Children's Snowsports School.



THE RESORT'S 60 SLOPES AND 13 LIFTS ARE SPREAD OVER FOUR DIFFERENT MOUNTAIN FACES ON 1,400 ACRES WITH POCKETS OF INTERESTING TERRAIN HIDDEN THROUGHOUT.

Happy Glade, one of four glades at Holiday Valley, is a kids' delight with a gentle pitch and tightly packed evergreens that lead to a secret fort in the woods. Kid-sized moguls, just perfect for learning to ski bumps, can be found on the moderately pitched Morning Star Slope. The Riglet Park at Penguin Hill at the bottom of School Haus slope is a downsized learning area and terrain park that gives kids (and parents) a place to learn how to ride and slide on non-intimidating terrain and features that are shorter and low to the ground. The Sky High Mountain Coaster is a thrilling ride down the mountain through the trees. Holiday Valley's efficient lift system includes 11 family-friendly quad chairs (three of which are high speed), and 2 "magic carpet" conveyor lifts.

Holiday Valley's Mountain Adventures Children's Snowsports School is the perfect place for kids as young as three to learn or improve skiing or snowboarding skills. Day Care, which can be combined with lessons, operates daily. And after a full day on the slopes, families love the Holiday Valley Tubing



Slope side condominiums from Holiday Valley Property Management are a great choice for families who want extra living space, additional bedrooms and the convenience of a kitchen.

Weekday lift and lodging packages at these three Holiday Valley properties include free lift tickets for two children up to age 17 when accompanied by two paying adults.

Don't forget, a family vacation is for moms and dads too. Besides having the most variety of terrain in the region, there are plenty of services and activities to keep adults as happy as the kids. The Holiday Valley Snowsports School is a great resource for learning or improving your skiing or snowboarding skills. The full service Ellicottville Oasis Spa is located in the Tamarack Club, as is the lively John Harvard's Brew House where over 20 craft beers are on tap. Shopping is delightful in the welcoming Village of Ellicottville with several boutiques, antiques, galleries and restaurants.

Holiday Valley Resort in Ellicottville is on the web at www.holidayvalley.com and reservations can be made by calling 800-323-0020. ✨

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Choosing Happiness

By Rodney Long, Jr., MSSA, LSW



I believe that happiness is a choice. Truth be told, as a therapist and a person, one of my core beliefs is that almost everything is a choice. Things are rarely thrust upon us without us having some say in the matter. Now, we may like the options we have to choose from. Maybe all choices are terrible options, but it doesn't change the fact that we almost always have options to choose from.

If you've never known how to choose happiness before then there's a good chance that happiness won't feel like a choice. It will feel like no matter what, you just can't be happy. You may feel like you've been dealt a crappy hand and that not everyone is meant to be happy. The belief that you can't be happy is built on what therapists call an Original Point of Reference and it forms your Core Beliefs about how you feel.

Allow me to push up my glasses and nerd out a bit. The basis of a lot of therapy is what we call Cognitive Behavioral Therapy. The premise of Cognitive Behavioral Therapy is that our thoughts (cognitive) affect our feelings and our feelings affect our actions (behavior). Put another way, what you think affects how you feel which affects how you act.

An example of this is if people teased me as a child, I began to overeat. My thought may have become, food makes me feel better. This leads to



the action of overeating. Thus, forming various Original Point of Reference such as: food makes feel better, I don't look good, I can't control my eating. The only way we're able to choose happiness or anything else is by learning how to do that. By learning how to create new Original Points of Reference and Core Beliefs we can change the way we think, feel, and act.

Let's return to the overeating example. In order to escape the cycle of overeating we could use what we call Reframing. This allows us to change our point of view. A reframe of our eating may be: I need food for sustenance and enjoyment, but not to be a primary source of joy (thought/cognitive). I feel better when I eat healthy portions, which allows me to feel more positive and continue to make positive changes (behavior).

This brings us to a larger point. Focus on what you can do, don't worry about anything else. Put another way, I can't control everything, I can only control my role in things. Regardless of our lot in life, we always have the option of choosing to be happy, choosing to be positive, and choosing to look for the silver lining. More importantly, we always have the option of reframing. If life isn't going the way you want it to, take some time to think about your thoughts, feelings, and behaviors.

For many, our thoughts are affected by what we watch on TV, what music we listen to, and who we interact with.



Maybe it's time to reevaluate and focus on how we can bring more positive thoughts into our life. This will allow us to feel better and as a result we will be able to continue to carry out those positive actions.

If you allow positive things in your life, you're more likely to continue with positive things. Good in equals good out as we say. If you're allowing too many negative influences in your life, reevaluate if you're choosing happiness. If you're not, it's time to find more positive influences in life. Maybe that's church. Maybe it's a dodgeball league to make more friends. Maybe it's a change you've been fighting.

So often we get stuck in this idea that our lives are settled and they can't be changed. That's the furthest thing from the truth. Do something you haven't done before. Take a chance. Visit the art museum. Go out alone. A popular saying is "In order to have something you've never had, you're



going to have to do something you've never done." This is true in many ways. If you're not choosing happiness, maybe it's time to do something different and embrace the changes that can help you be happier. ✨



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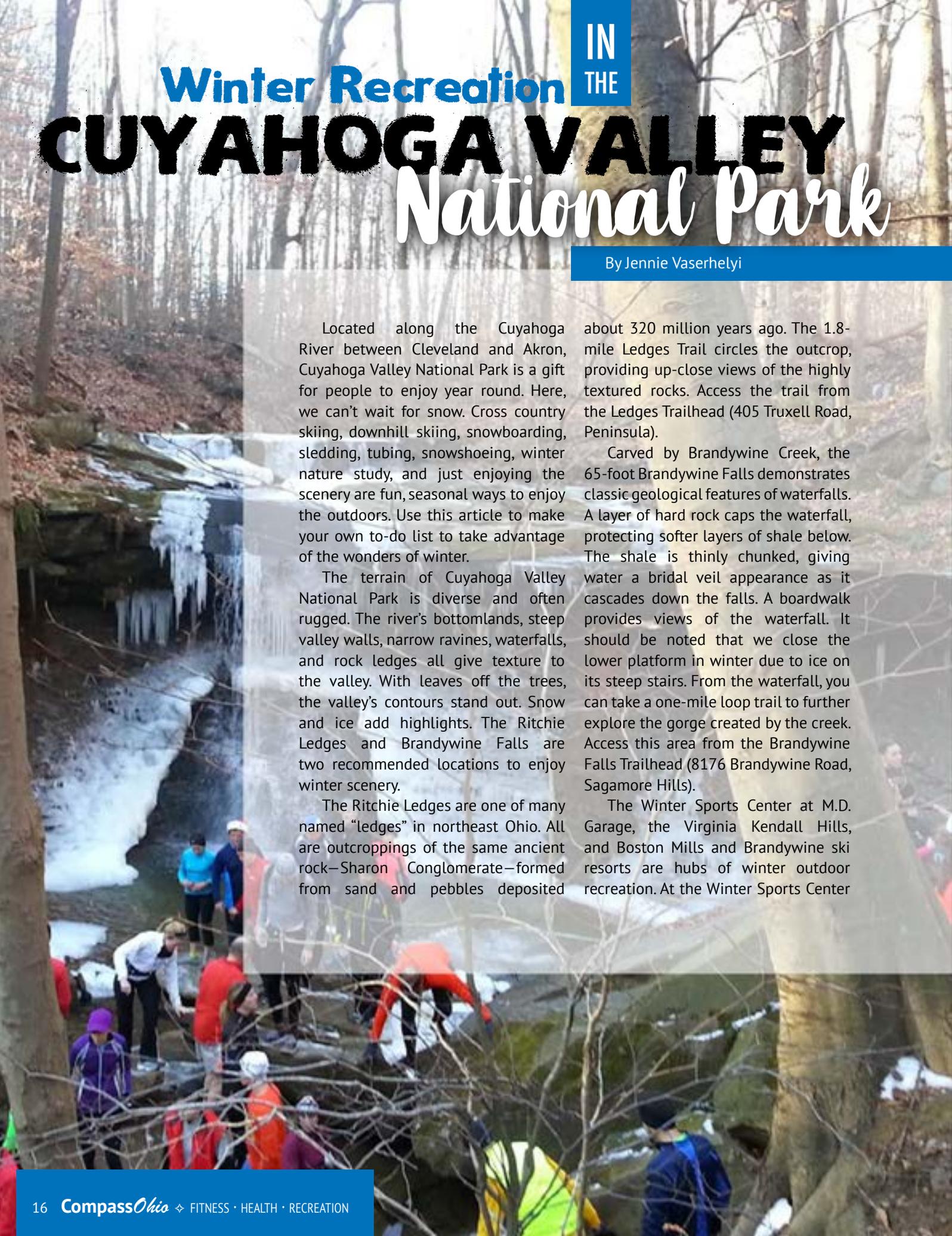
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Winter Recreation **IN THE**
CUYAHOGA VALLEY
National Park

By Jennie Vaserhelyi

Located along the Cuyahoga River between Cleveland and Akron, Cuyahoga Valley National Park is a gift for people to enjoy year round. Here, we can't wait for snow. Cross country skiing, downhill skiing, snowboarding, sledding, tubing, snowshoeing, winter nature study, and just enjoying the scenery are fun, seasonal ways to enjoy the outdoors. Use this article to make your own to-do list to take advantage of the wonders of winter.

The terrain of Cuyahoga Valley National Park is diverse and often rugged. The river's bottomlands, steep valley walls, narrow ravines, waterfalls, and rock ledges all give texture to the valley. With leaves off the trees, the valley's contours stand out. Snow and ice add highlights. The Ritchie Ledges and Brandywine Falls are two recommended locations to enjoy winter scenery.

The Ritchie Ledges are one of many named "ledges" in northeast Ohio. All are outcroppings of the same ancient rock—Sharon Conglomerate—formed from sand and pebbles deposited

about 320 million years ago. The 1.8-mile Ledges Trail circles the outcrop, providing up-close views of the highly textured rocks. Access the trail from the Ledges Trailhead (405 Truxell Road, Peninsula).

Carved by Brandywine Creek, the 65-foot Brandywine Falls demonstrates classic geological features of waterfalls. A layer of hard rock caps the waterfall, protecting softer layers of shale below. The shale is thinly chunked, giving water a bridal veil appearance as it cascades down the falls. A boardwalk provides views of the waterfall. It should be noted that we close the lower platform in winter due to ice on its steep stairs. From the waterfall, you can take a one-mile loop trail to further explore the gorge created by the creek. Access this area from the Brandywine Falls Trailhead (8176 Brandywine Road, Sagamore Hills).

The Winter Sports Center at M.D. Garage, the Virginia Kendall Hills, and Boston Mills and Brandywine ski resorts are hubs of winter outdoor recreation. At the Winter Sports Center



(1556 Boston Mills Road, Peninsula), you can rent snowshoes and cross country skis to explore the area's trail system. We offer equipment in both adult and child sizes to let enjoying the snow become a family activity. The center is open from 10 am – 4 pm on weekends from December 22 through February 25 when there is at least four inches of snow. Additional dates may be added if conditions warrant. Call 330-657-2752 for current information.

Snowshoes mimic adaptations commonly seen in animals that live in snowy climates. These animals have big feet that spread out their weight, allowing them to walk on the snow. Snowshoes strap onto boots, giving your feet a wider platform and preventing you from sinking into the snow. Snowshoeing is easy to learn. When you rent snowshoes, center staff will give you a short lesson that will prepare you to successfully use them. Cross-country skiing follows the same basic idea as snowshoeing. Skis distribute your weight and let you stay on top of the snow.

If you are looking for the thrill of speed, head to the Virginia Kendall Hills, Cuyahoga Valley National Park's destination for sledding. The wonder of the hills will become apparent from the

moment you arrive at the Pine Hollow Trailhead (5465 Quick Road, Peninsula). Some of the most panoramic scenery in Cuyahoga Valley National Park can be viewed right from the parking lot. Try to pause a minute to take in the view—a challenge with the lure of steep hills calling to your young sledders. The hills overlook an area whose history includes farming by the Ritchie family and then development for recreation by the Civilian Conservation Corps in the 1930s.

Peak Resorts owns Boston Mills and Brandywine ski resorts, located within the boundaries of Cuyahoga Valley National Park. They provide downhill skiing, snowboarding, and tubing. For details and fees, visit bmbw.com or call 330-467-2242.

Hiking series allow you to regularly join a ranger to explore the park and enjoy winter scenery. These series take you to places you might not find on your own, as well as offer the safety and socializing that comes with hiking in a group. Winter programs include bird walks, full moon hikes, lantern walks, and winter warm-up hikes. The park publishes its programs in a quarterly Valley Guide. The winter schedule was just released with listings for January

and February. Programs are also listed online at www.nps.gov/cuva.

The best way to enjoy all of these programs is to dress appropriately. The obvious goal is to avoid becoming cold. The less obvious goal is to avoid becoming too hot and having clothes get wet from sweat. Dress in layers and avoid cotton, which holds moisture. The bottom layer should be wool or a synthetic material, such as capilene, which wicks moisture away from your skin. Fleece is a good middle layer. The outer layer should block wind and water, but should also breathe so it does not trap moisture. Gortex is a good material for the outer layer.

Also pay attention to your feet, head, and hands. Waterproof boots and wool socks will keep your feet dry. Another key to warm feet is maintaining blood circulation. If your socks are too thick for your boots, they can cut off your circulation and be counter-productive. You lose much of your heat through your head, so a hat makes a big difference. Warm gloves or mittens should go without saying. I prefer mittens, because they let your fingers benefit from the heat of their neighbors.

We hope to see you in the Cuyahoga Valley National Park this winter. ✨



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the Invisible Universe Within

By Hannah Alderfer, BA, CPT, FMSC

Justin Sonnenburg, a microbiologist at Stanford, suggests that the next step toward good health may be when we realize we are “an elaborate vessel optimized for the growth and spread of our microbial inhabitants.”

In 2003, the Human Genome Project, the international scientific research project with the goal of identifying and mapping all of the genes of the human genome, was completed. Since its completion scientists have discovered more than 1,800 disease genes, genetic testing is available for patients who might be at risk for certain diseases, causes of rare diseases are being identified, and a field of study called pharmacogenomics is able to look at an individual's genetics and determine which drug is most appropriate for their treatment. That's pretty incredible!

More recently, the Human Microbiome Project has been underway as an extension of the Human Genome Project, and is revealing some amazing discoveries and ways that we can treat, prevent, and diagnose disease.

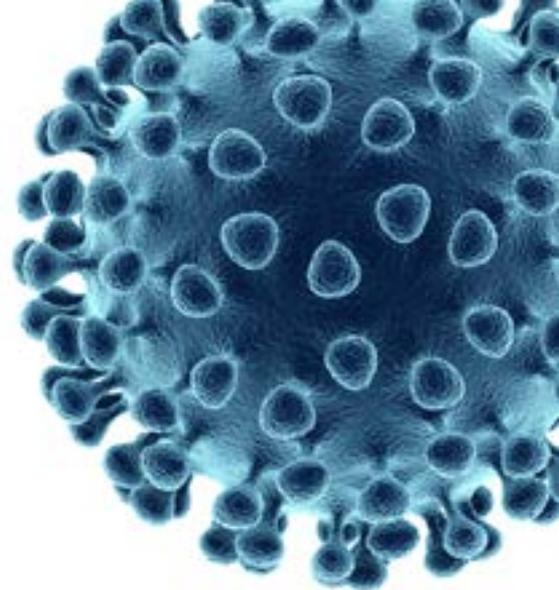
Did you know that without the microscopic, foreign organisms we call bacteria we would not survive? In fact, the number of bacteria cells that live on and in the human body outnumber our own cells ten to one. We have more than 100 trillion bacteria living on or in us. So what do these helpful little bacteria do? Here is a list of just a few things we know our microbiome is doing for us... It helps digest our food, regulate our immune system, protect against other bacteria that cause disease, and produce vitamins including B vitamins B12, thiamine and riboflavin, and Vitamin K, which is needed for blood coagulation.

The National Institutes of Health Common Fund Human Microbiome Project (HMP) “was established with the mission of generating research resources enabling comprehensive characterization of the human microbiota and analysis of their role in human health and disease.” This study of the bacteria living within the human body has already revealed a number of



connections between our health and disease states such as heart disease, cancer, diabetes, autoimmune disorders and more.

The Cleveland Clinic states that, “The chemicals [bacteria] emit interfere with the way food is digested, medicine is deployed, and even how a disease progresses. Biotech companies once focused on the genomic market are pivoting to the potential of the microbiome to develop new diagnostics, new therapies, and ‘probiotic’ products to prevent dangerous microbe imbalances.”



As they continue to research the ways in which the microbiome impacts our health, the future looks bright. For example, the next steps of the HMP include looking at how bacteria impact pregnancy and preterm birth. Babies get their first microbes from their mothers, so understanding what microbes are present will provide information to give babies a healthier start in life. One particular research group will be looking at how the mother's microbiome affects the health of her child and in turn make progress towards decreasing preterm births and deaths.

Another area of research is set to study the onset of inflammatory bowel disease (IBD). With 1.5 million people suffering from some form of IBD in America, this is one of the most researched disease states for the microbiome and immune system connection.

Lastly, a new study will be looking at the way bacteria influence the onset of type 2 diabetes. Research has already shown that people with type 2 diabetes have variations in their microbiome compared to those without the disease. This isn't happening with type 2 diabetes alone. Scientists are finding out that there are differences in the microbiome of individuals with other diseases and those who do not have those diseases as well.

So now you may be wondering what you can do to promote the health of your friendly bacteria. The answer

isn't simple. We've got a lot of things that potentially are working against us. We get our first dose of bacteria from our parents and the rest from our environment as we age, but there are factors that influence how our microbiome flourishes (or not), and which helpful strains remain in our system.

Antibiotics are a life-saving discovery in medicine; however, constant use of them also has a deleterious effect.

Antibiotics, for example, will kill off not just the harmful bad bacteria that cause infection, but also the good bacteria we need. Antibiotics are a life-saving discovery in medicine; however, constant use of them also has a deleterious effect. From a young age, we encourage our children to stay clean, wash their hands, and limit the amount of germs that are spread, often for very good reasons.

Some scientists are suggesting that we are now creating environments that are too sterile, and we are not allowing the good bacteria to do their jobs. Others point their fingers at our western diet of processed foods and additives for the disruption of the microbiome. Another theory blames the bacteria in our digestive system which, when compromised, allow harmful bacteria, toxins, and other non-

harmful, but uninvited, guests to trip our immune system response.

Without fully knowing what disrupts our microbiome and all that it does, experts are still pointing to a few things you can do to help keep your bacteria thriving. Probiotics are a choice of many when trying to increase healthy bacteria. Yet probiotics designed to promote microbiome health can be very unregulated, so be careful when selecting one. Instead, you may first want to try incorporating probiotic friendly foods such as sauerkraut, yogurt, kombucha, keifer, or any other fermented foods.

Making sure to intake plenty of fiber rich foods (get in those veggies and fruits), and avoiding processed foods as much as possible will not only help "feed" your microbiome but also keep you healthy in other ways. Foodie and food researcher, Michael Pollen, states, "With our diet of swiftly absorbed sugars and fats, we're eating for one and depriving the trillion of the food they like best: complex carbohydrates and fermentable plant fibers."

Until we know more about our microbiome begin with those simple measures. It was only in 2001 that the invisible universe that lives within us was officially coined the "human microbiome," so there is much to be learned. It is a complicated subject, yet scientists are just starting to scratch the surface of what might be revealed to improve our health in the years to come. ✨





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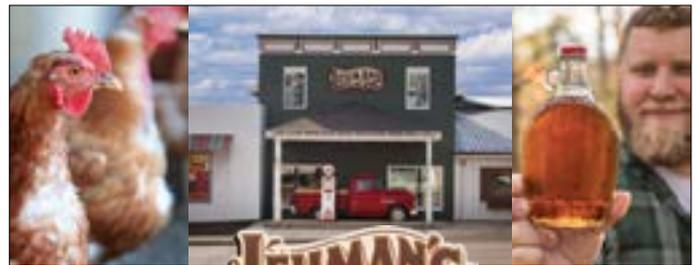
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TRAINING FOR A MARATHON

By Katelyn Luther

With the New Year comes new resolutions. For many of you, these resolutions probably relate to physical health. One of the biggest reasons that you fall through on resolutions is that you do not set tangible goals. Setting a resolution to “workout more” gives you no accountability. For this reason, choosing a more defined goal, such as training for a marathon, has a much higher success rate. Not only do you have a way to benchmark your progress, but if you sign up for the race in advance, you are less likely to back out because you have already paid the entry fee. Plus, you can set smaller daily, weekly, and monthly goals to stay on track.

So how do you even begin to train for a marathon? There are so many variations of marathon training plans online and in running publications that it can be a bit overwhelming to try to figure out what is right for you. Here are some steps to help you decide what training is best for you.

SET GOALS

Why do you want to run a marathon? Are 5Ks not long enough? Do you have a time goal, a weight loss goal or a goal to “just finish” a marathon?

If you are only trying to lose weight, a marathon may not be the right goal for you. While running does improve physical health, it is not the fastest or easiest way to lose weight. Your motivation to run a marathon should be more specific to the marathon in order to succeed.

If you have a time goal, it may be in your best interest to find a personal coach who can work with you and give you individualized training and feedback to let you know when to work harder and when to take it easier.

Whether you are aiming for a certain time or just to complete a marathon, if you give yourself enough time to train and are able to stay motivated, you can achieve your goal.

CHOOSE A RACE

If your New Year's Resolution is to run a marathon, there are a few things to consider before signing up for the race. First, the timing is extremely important. It takes about 16-20 weeks of training in order to be prepared for the distance. Before you begin this training, however, you should have a base of being able to run for at least 30 minutes without stopping and be consistently running at least 12-15 miles per week. If you are already able to do this, a spring marathon may be a good goal.

If you are completely new to running, it is best to choose a fall marathon, to give your body time to get used to running and build a base. This will help to avoid the most common cause of running-related injuries, overtraining, or training too much, too soon.

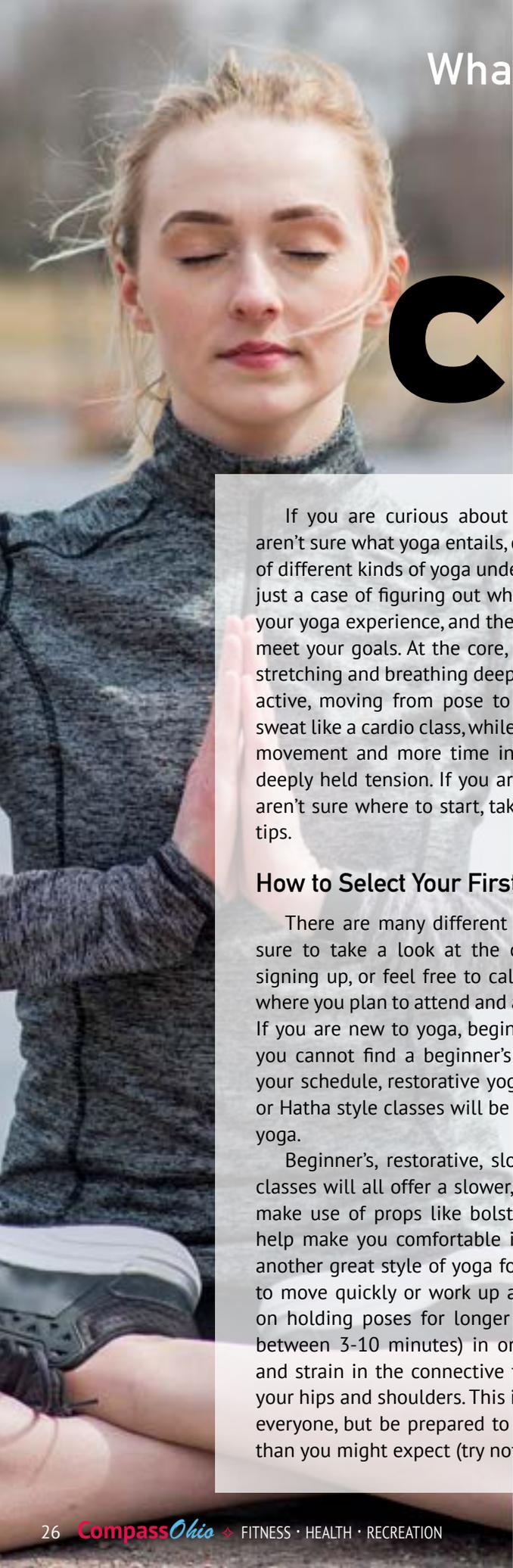
TRAINING

Here is a simple training plan that will allow you to build mileage at an appropriate rate in order to complete a marathon in 16 weeks. The days can be changed to fit your schedule, but it is important to be consistent, and to get in easy runs, a long run, and recovery days every week.



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	3 Miles	Rest	4 miles	3 Miles	Rest	5 miles	Rest	15 Miles
2	3 Miles	Rest	4 miles	3 Miles	Rest	6 Miles	Rest	16 Miles
3	3 Miles	Rest	4 miles	3 Miles	Rest	7 Miles	Rest	17 Miles
4	3 Miles	Rest	5 miles	3 Miles	Rest	8 Miles	Rest	19 Miles
5	3 Miles	Rest	5 miles	3 Miles	Rest	10 miles	Rest	21 Miles
6	4 Miles	Rest	5 miles	4 Miles	Rest	11 Miles	Rest	24 Miles
7	4 Miles	Rest	6 miles	4 Miles	Rest	12 miles	Rest	26 Miles
8	4 Miles	Rest	6 miles	4 Miles	Rest	14 miles	Rest	28 Miles
9	4 Miles	Rest	7 miles	4 Miles	Rest	16 miles	Rest	31 Miles
10	5 Miles	Rest	8 miles	5 Miles	Rest	16 miles	Rest	34 Miles
11	5 Miles	Rest	8 miles	5 Miles	Rest	17 miles	Rest	35 Miles
12	5 Miles	Rest	8 miles	5 Miles	Rest	18 miles	Rest	36 Miles
13	5 Miles	Rest	8 miles	5 Miles	Rest	20 miles	Rest	38 Miles
14	5 Miles	Rest	8 miles	5 Miles	Rest	9 miles	Rest	27 Miles
15	3 Miles	Rest	5 miles	3 Miles	Rest	8 Miles	Rest	19 Miles
16	3 Miles	Rest	3 Miles	2 easy	Rest	Race	Rest	34.2 Miles

While you are increasing your mileage, remember that your body is working hard and you will likely need to increase your nutrient intake as well. For long runs, you should be taking nutrition products when you begin to feel fatigued. These can include Gu, sports drinks, energy chews, or whatever product works best for you. Staying hydrated is important as well to allow you to perform your best. ✨



What to Expect from Your First YOGA CLASS

By Morgan Zollars, BA, CPT, 200 RYT

If you are curious about trying a yoga class, but aren't sure what yoga entails, don't worry. There are lots of different kinds of yoga under the "yoga" umbrella; it's just a case of figuring out what you want to get out of your yoga experience, and then finding a class that will meet your goals. At the core, all forms of yoga involve stretching and breathing deeply. Some classes are more active, moving from pose to pose and building up a sweat like a cardio class, while others emphasize slower movement and more time in each stretch to address deeply held tension. If you are looking to try yoga but aren't sure where to start, take a look at the following tips.

How to Select Your First Class

There are many different variations of yoga, so be sure to take a look at the class descriptions before signing up, or feel free to call the gym or yoga studio where you plan to attend and ask for a class description. If you are new to yoga, beginner's yoga is ideal, but if you cannot find a beginner's class that fits well with your schedule, restorative yoga, gentle/slow flow yoga, or Hatha style classes will be the best way to ease into yoga.

Beginner's, restorative, slow flow, and Hatha yoga classes will all offer a slower, gentler practice and will make use of props like bolsters, blocks, and straps to help make you comfortable in each pose. Yin yoga is another great style of yoga for those who do not want to move quickly or work up a sweat. Yin yoga focuses on holding poses for longer periods of time (usually between 3-10 minutes) in order to address tightness and strain in the connective tissues around joints like your hips and shoulders. This is incredibly beneficial for everyone, but be prepared to stay in a pose for longer than you might expect (try not to get fidgety).

What to Do Prior to Class

If you are new to a studio or gym, try to arrive about 20-25 minutes before class starts so that you have time to pay for class and fill out any liability waivers used by the facility. If you sign up online and have paid ahead of time, it is only necessary to arrive about 15 minutes before class, so that you have time to get familiar with the facility, put your belongings in a cubby, and get your place in class. If you do not have a mat, most places have mats you can rent or borrow for class.

Wear flexible and comfortable athletic clothes and if you have long hair, a pony holder is highly recommended. If it has been a while since your last meal, feel free to eat a small, healthy snack, and sip on water, but try to avoid eating anything heavy or drinking too much water right before class. You want to make sure you can be as comfortable as possible. Also, if you have any injuries, please bring them to the attention of the instructor. It is very helpful for them to know ahead of time, so they can offer you extra modifications if necessary.

YOGA STUDIO

What to Expect During Class

In many studios, there will be markings on the floor to indicate where the top of your mat should be placed so that there is enough space between each mat if the class becomes busy. If there are no markers, feel free to ask the instructor where he/she suggests you place your mat. While many beginners tend to head for the two back corners of the room, consider setting up your mat toward the front two corners, so that you have a better chance of being able to see the instructor when he/she demos each move.

Once you have your mat in place and have spoken to the instructor about any injuries you may have, look around the room for the props. Usually studios and gyms will have an area in the room with shelves to hold yoga blocks (blocks made of high density foam or cork), yoga straps (woven straps about 6 feet long), blankets, and bolsters (large, dense pillows). Feel free to ask the instructor if you need any particular props for the class; for your first time, it is usually good to grab a strap to help you stretch and a foam block to use for



balance. Most yoga classes start off gently so you have time to settle in on your mat, let go of your day, and focus on your breath and moving your body.

Instructors will give lots of cues and instruction on how to set up each pose and how to modify or intensify each pose so that you are able to do what feels best for your body. Throughout class, instructors usually offer hands-on assists. If you prefer not to be touched while you practice, let the instructor know ahead of time. If you are comfortable with being assisted, know that if the instructor gives you an assist, it does not always mean you are doing something wrong. Very frequently, instructors will give deepening assists to help you get even more out of the pose.

Toward the end of class, the pace will start to slow, until you end in Savasana (pronounced “shah-vah-sah-nah” where you rest on your back and just breathe. Instructors will frequently offer Savasana assists where they massage your neck with essential oils or a muscle rub. If you would prefer not to be touched during your resting period, just let the instructor know; instructors will usually ask that if you don’t want an assist that you let them know by resting with a hand on your belly or some other signal so that they can make sure you are comfortable with everything.

One of the biggest reasons why people don’t try yoga is that they don’t think they are flexible enough for yoga and they are afraid of looking silly. Let go of those fears. In yoga, nobody will be looking at you; they are all focused on what they are doing. One of the best things about yoga is that it can be adjusted to meet every person where they are, regardless of how tight or how bendy they are. Ultimately, it is about making each pose feel good for you. ✨

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Seasoned

FIREWOOD

IS

BEST

By Kathy Ray

Trees. I seem to write about polarizing topics. Not intentionally. Maybe I just see both sides of the issue; or in this case, the hot and cold of the issue.

First, I want to talk fire, Scarecrow. As in firewood. 'Tis the season to enjoy a hot toddy by the fire or you might even heat your entire home with wood. I'm more of the hot toddy kind of girl, so let's talk wood-burning fireplaces.

You may have been advised to purchase seasoned firewood. What exactly does that mean? All firewood contains water. Freshly cut wood can be as much as 45% water. If you allow the wood to "season" it will reduce that moisture percentage to approximately 20-25%.

Wood is composed of bundles of microscopic tubes that are used to deliver water from the roots of a tree to its leaves. These tubes stay saturated for years, even after a tree is dead. This is why it is important to either cut your firewood or purchase wood that has been cut to length for six months or more. Splitting the wood also helps the drying process by exposing more of the wood to the sun and wind or in other words, it is seasoned.





If you are going to purchase wood, firewood is generally sold by volume. The most common measure is called a cord. A standard cord of firewood is 128 cubic feet. This basically means the pile of wood should measure 8' long by 4' tall by 4' deep.

This should not be confused with a face cord. A face cord is also 8' long by 4' tall, but the biggest difference is a face cord is only as deep as the wood is cut. Be diligent in determining the measurement before purchasing.

Once you are sure you are buying the correct amount of wood, check to see if it appears to be seasoned. One of the easiest visual ways to determine if wood has had time to dry is to inspect the ends of the logs. Well-seasoned firewood will generally have darkened ends with cracks and splits and feel relatively light.

A few extra minutes inspecting your firewood before purchasing is time well spent. Quality, well-seasoned firewood will burn cleaner and more efficiently. Green or wet wood can cause smoking problems, odor problems, creosote buildup and possibly even chimney fires.

So, let's get fired up and snuggle up. And while we're snuggled up on the couch, watch the birds outside. Brrr! Imagine those little creatures out there searching for food.

I have fed birds for 40-plus years. I wouldn't say that makes me an expert at bird-feeding or even bird-watching. It does (and has) brought me

an unbelievable amount of joy during the cold, dark, winter days of Ohio. The most common birds I have had frequent my feeders during the winter are Chickadees, Titmice, Nuthatches, Creepers and Woodpeckers. These types of birds are known as tree-dwelling birds, or if you want to throw out the technical term, arboreal birds.

All of these birds will eat sunflower seeds and suet. I've heard it said that feeding the birds costs as much as feeding a family. It can get pricey. When we lived where there was an abundance of trees, hence an abundance of arboreal birds, we made our own suet. It is not difficult, just a little messy. We used to invite a few friends over and make it a little party. You know, friends of a feather, flock together... or something like that.

The recipe is very simple. You will need lard, crunchy peanut butter, sunflower seeds and containers. You can add millet or other seeds if you like. Dried fruits such as cranberries are well-liked by the birds too, but if the idea is to keep the cost down, they aren't necessary.

When deciding what type of containers to use, think about what type of suet feeder you have. It's so much easier if you make the suet cake a size that will easily fit into your feeder. This will keep the mess to a minimum and make your bird-feeding experience more joyful. This is something the kids can do, and as we all know, anything with kids can become messy.

I use Styrofoam bowls for containers. They are a good size and the foam peels away easily to expose the hardened suet cake when you are ready to use it. Always allow the mixture to cool slightly before putting it in containers. There are two reasons for this. One, if too hot, the Styrofoam will melt. And two, if the mixture is too cool, it will start to set up and the grains will merely lay on top.

In a large kettle, melt the peanut butter and lard. After everything is melted, remove it from the heat to cool. Once slightly cooled, spoon the melted lard and peanut butter into each container about 2/3 of the way full. Mix in the fruit and grains you've chosen.

Allow them to sit for a while at room temperature prior to putting the containers in the freezer. The suet cakes will start to set up at room temperature and if you need to stack them in the freezer, they won't "squish" out over the top. I've already made this mistake for you, so you don't have to. Place waxed paper between the containers. That's it! They will last all year in the freezer, so if you don't use them completely in the winter, no worries.

I hope this helps you enjoy our Ohio winter a little bit better. Sit by your safe fire and be thankful you're not a bird outside eating. And your birds will be thankful they don't have to forage so hard to find food. It's a win-win! ✨

Kathy Ray is Vice President of Pond Wiser, Inc.



Everyone is always on the lookout for healthy snacks that taste good and are good for you, but a new local company, Better Than Good Snacks makes healthy snacks that not only taste amazing, but also help others at the same time.

The founders of the company, Dr. Tina Mahajan and her husband, Katen "Keith" Pabley, are no strangers to healthy snacking. They are the founders and creators of the Good Greens Bars which in 2013 became the #1 selling nutrition bars in Northeast Ohio according to Nielsen/SPINS Data. Pabley says, "We created Good Greens when we realized that most nutrition bars weren't much better than candy bars, and we wanted to create something better for our kids."

But when their 4 year old son was diagnosed with leukemia in 2015, healthy snacking and good nutrition became much more important. Mahajan explains, "As our son was going through chemotherapy, he wasn't eating much of anything. All he would want was junk foods, like potato chips and cheese puffs, and it's hard to argue with a 4 year old who's going through cancer."

"Our whole world was turned upside down," says Pabley. He continued, "As a parent, you're always trying to give your kids food that you can feel good about but what can you do when they won't eat anything but junk, and if they don't eat, they don't get better? We tried to find snacks that tasted like





chips but were high in protein, and fruits and vegetables, and low in carbs, sugar and calories. We couldn't find any, so we decided to make it for our son." That's how Better Than Good Snacks was born.

In early 2016 the entire staff started collaborating, took the big step of contracting with a food scientist and began working on developing a high protein whey puff that was infused with 12 different fruit and vegetable extracts containing 25% of your daily vitamins and tasted like your favorite chip or sweet snack. The results are tasty snacks that have 16 grams of protein, but have (on average) only 3 carbs, and 3 grams of sugar with only 110 calories.

Their son was their first taste tester and according to Mahajan, "His favorite flavor is Ranch and he would eat 2 to 3 bags a day. After about 2 months, his albumin count (protein level) almost doubled. His doctor said that he'd never seen a child with that high of

an albumin count while undergoing chemotherapy."

"After we got our son's lab results, we knew that we had something," says Pabley. He continues, "But we also saw what happens to a family going through childhood cancer. We wanted to do something to help the families and kids who weren't as fortunate, so we donate a portion of each sale of Better Than Good Snacks to help sponsor a family going through cancer every month at University Hospitals Angie Fowler Adolescent & Young Adult Cancer Center."

The company launched 4 flavors on Amazon in September, 2018: Ranch, BBQ, Salted Caramel, and Jalapeno Cheddar. You can find them at www.amazon.com/shops/BetterThanGoodSnacks, and they are already an "Amazon's Choice" for vegetable snacks and crisps. "We wanted to launch online first to get feedback from customers. What we learned is that it's not only a great snack for kids, but it's also a good fit for



people who are diabetic, on a keto diet, or just looking for something to help with weight loss," says Hampton.

Pabley added, "We also discovered that moms love Better Than Good Snacks as a quick grab and go breakfast option, because there really isn't a high protein, low carb, low sugar option for kids in the morning -- your choices are Pop-Tarts, Eggo Waffles, or nutrition bars that typically are high in sugar and carbs."

So far, the Salted Caramel and Ranch are the bestselling flavors on Amazon, but for a limited time, you can discover which flavors you like best at no charge. Through January 31, 2019, Better Than Good Snacks is offering free samples by visiting their website www.betterthangoodsnacks.com. ✨



HOW DOES IT COMPARE?

	Better Than Good	Hippoes	Goldfish	Cheetos	Sun Chips
Serving size (Varies averaged)	25g 4	20g 5	30g 6	30g 6	20g 7
PROTEIN	16g	4g	3g	2g	2g
CARBOHYDRATES	3g	17g	20g	15g	18g
SUGARS	3g	2g	1g	11g	2g
FAT	3.5g	2g	2g	11g	2g
CALORIES	110	130	142	164	140
% DAILY VITAMINS	25%	8%	0%	0%	8%
*SERVINGS FRUITS & VEGGIES	2	0	0	0	0.5
ALL NATURAL	YES	YES	NO	NO	NO
NON GMO	YES	YES	NO	NO	NO
GLUTEN FREE	YES	YES	NO	YES	NO
KOSHER	YES	YES	NO	NO	YES

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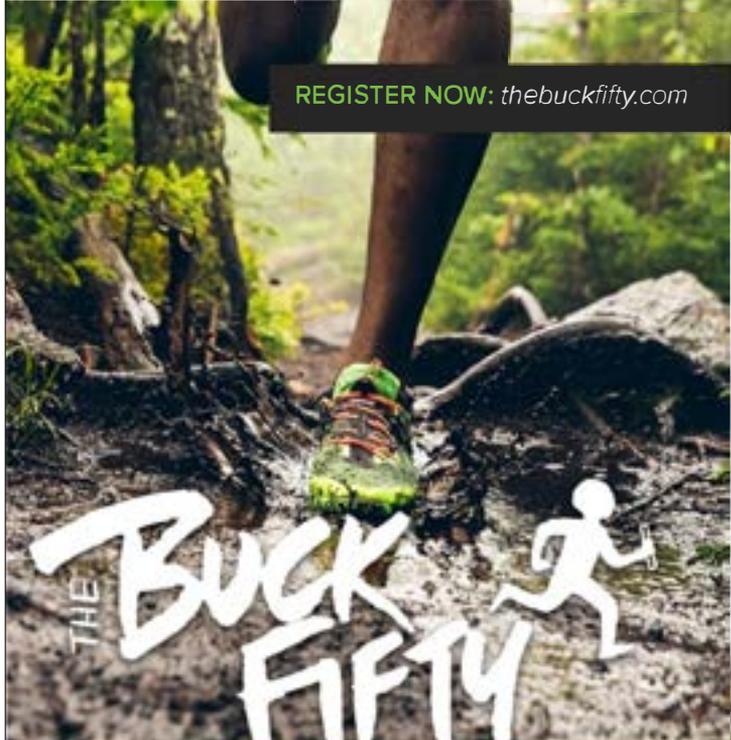
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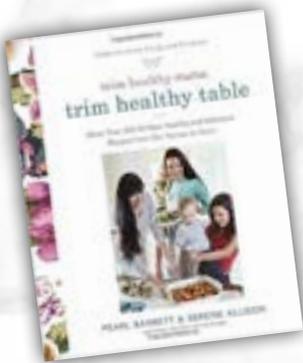
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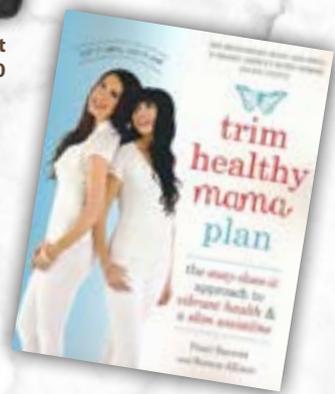
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Inspired by THE AMERICAN DREAM

By Scott Barr, BA, BS, DTR

Family-run, locally-owned and operated, a familiar face behind the counter, a part-time job that feels like home away from home, and co-workers that feel like family; these coined terms are becoming hard to find in a world of online shopping and corporate conglomerates. From a customer's perspective, it's something special to support a business that was inspired by the American Dream.

A hidden gem that's still family-run lies in the heart of Stark County. It was started by a husband and wife, in a converted house, just blocks away from its current location. Employed by the public school system, Don Caster and his wife, Paulette, worked tirelessly to turn their health-minded vision into a brick and mortar storefront. As the business took off, a nearby vacant building became available. The decision was made and Raisin Rack, a natural food grocer, has had a permanent home for 40 years.

Today, it has gone through numerous expansions, employed hundreds within the community and has felt like family for countless customers seeking a healthier lifestyle. Once a local pioneer of providing a healthier grocery store, its shelves still focus on organic, gluten-free, dairy-free, paleo-friendly and vegan choices. The exclusively organic produce department is widely known for being in a class of its own. Invite a friend and enjoy a smoothie or juice directly from their produce section at the juice bar. Sit at the counter, admire the peaceful, trickling pond outside and be proud that you're doing your body good.

Local purveyors, families and farmers are proud to sell their products at the store. Farmers of locally-raised and nurtured chickens sell their eggs in Raisin Rack's dairy section. A made-from-scratch hot sauce by locals Dave and Toni Rorick, and a red pepper relish, by Rust Belt Pepper Co, are thrilled to

see their product being sold at the store. From a vendor's perspective, Dave Rorick believes that, "A family-run business feels personable, cultivates a great business relationship and hopes the tradition carries on."

A creatively, crafted, nutrient-dense salad is an effective way to consume immune-boosting vitamins A, C, & E. Start your bountiful salad with dark-leafy greens and sliced carrots to provide vitamin C, while spinach leaves provide vitamin's A & C. Oranges, and other citrus fruit, kiwi and red bell pepper continue adding vitamin C that experts say can shorten the duration of the common cold. Top off your salad with protein-packed sunflower seeds and almonds to include vitamin E into your diet. Almonds provide a great on-the-go snack between meals as a source of protein and fiber.

Chicken Soup

Collagen and the amino acid, Cystein, both found in chicken soup and its bone broth, are vital components in fighting a cold. Ingredients of garlic, ginger, and turmeric are backed by studies that show anti-inflammatory and possible cold-fighting properties. Teresa Cutter, author of *The Healthy Chef* cookbook, offers this fantastic chicken-soup recipe.

Ingredients

- 2.2 pounds organic chicken thighs
- 6 pints filtered water
- 2 carrots, roughly chopped
- 2 onions, peeled and quartered
- 2 sticks celery, roughly chopped
- 6 cloves garlic, smashed
- 2 tablespoon finely grated ginger
- 2 tablespoons fresh grated turmeric
- 6 spring onions, thinly sliced
- 3 tablespoons wheat-free Tamari soy sauce
- Sea salt to taste if required

Directions

- 1 Place the chicken thighs, carrots, onion and celery in a large pot and cover with cold water; you will need approximately 6 pints of water
- 2 Bring water to a boil and reduce the heat
- 3 Add the ginger, garlic and turmeric
- 4 Cover the pot slightly and simmer for 1 1/2 to 2 hours on a gentle heat until the meat is tender and broth is flavorful
- 5 Add the spring onions and Tamari soy sauce and then adjust the seasoning if required by adding a little sea salt and pepper
- 6 Strain the broth and remove the meat and shred into smaller pieces
- 7 Discard the vegetables
- 8 Serve the broth with pieces of organic chicken and any other vegetables you choose.
- 9 Add the shredded chicken, then pour over the hot chicken broth
- 10 Garnish with extra spring onions or a little parsley and enjoy

Avocado-Salsa Dip

Would you love to start the year off with a new you? Did you know that exercise isn't half the battle in living a healthier lifestyle? Studies show that what we put into our bodies is the bullseye we're missing the most. Search for grub to chow on during the big game that won't spoil your diet. Make time to prepare for the week ahead. Scour the pantry and discard food items that are delaying your progress. Simple snack recipes like the following Avocado-Salsa Dip will leave you feeling full, yet guilt-free.

Ingredients

- 2 whole avocados
- Chopped cilantro
- 1/4 cup red onions
- 1/2 jar salsa
- Sprinkle of Redmond Real Salt (available at Raisin Rack)

Optional Ingredients

- Black beans, corn, Jalapeno peppers

Directions

- 1 Cut both avocados and dispose of the large seed inside of each fruit
- 2 Mash with a spoon in a bowl
- 3 Add cilantro, red onions and sea salt
- 4 Combine with your choice of salsa

Healthy fat in the avocados and fiber in the black beans are a surefire way to curb any appetite.

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A RECORD-BREAKING

2019:

THE YEAR IN MOVIES

By Tracey L. Peyton, MA

Most industry sources say that 2018 was a great year for movies. They say not only great but the summer box office numbers for 2018 were the second-best numbers recorded (second to 2013) to the tune of \$4.8 billion. These same industry sources say that Disney will have a record-breaking year in 2019. And Disney is only one of the major big six film studios. So grab your popcorn and Twizzlers and sit back and enjoy my take on the biggest movies of 2019.

Glass, release date 1/18 – for those of you that saw *Split* and *Unbreakable*, you have been waiting far too long for the duo movie sequel. *Split* rejuvenated the career of M. Night Shyamalan and this one promises to become a cult classic. Also in January look for *The Upside* with Bryan Cranston and *Serenity* with Matthew McConaughey.

How to Train Your Dragon: The Hidden World, release date 2/22, and *The Lego Movie 2: The Second Part*, release date 2/8, will be movies for the kids. Both movies have franchises to build upon. Also in February look for *What Men Want* (think Taraji P. Henson playing the Mel Gibson role in a different



Egerton as Elton John and *Godzilla: King of Monsters*.

June will see one mega-franchise and one mini-franchise in kid's films. *Toy Story 4* from Disney will follow Woody and Buzz as they try to find Bo Peep on 6/21. *The Secret Life of Pets 2* will arrive in theatres on 6/7. Also this month look for *X-Men: Dark Phoenix* and the untitled *Men in Black* spinoff with Chris Hemsworth and Tessa Thompson.

In July, there are only three movies that you should see: *Spider-Man: Far from Home* (7/5), *The Lion King* (7/19) and *Once Upon a Time in Hollywood* (7/26). Since last April when I saw Quentin Tarantino and Leonardo DiCaprio onstage at CinemaCon, I have been waiting to see *Once Upon a Time in Hollywood*. It's a take on the Manson family murders with Leonardo DiCaprio, Bratt Pitt, Margo Robbie and Burt Reynolds in one of his final on-screen roles. Did I mention Al Pacino too?

As movies begin to slow down in August there are two movies worth mentioning both coming out on August 2: *The New Mutants* and *Hobbs & Shaw*. Both movies are long awaited with the first film that was supposed to be released in mid-2018. *Hobbs and Shaw* is the first movie as a spinoff to the mega popular *The Fast & the Furious* franchise.

September will be dominated by *IT: Chapter 2*. Last year *IT* broke all kinds of records and turned the Warner Brothers Studio around. Look for much of the same with this final installment of the Stephen King adaptation. Two weeks later on 9/20 look for the *Downton Abbey Movie*, taking place four years after the series ended. Finally, because it is intriguing, *The Kitchen* released on 9/20 is set in the 1970s Hell's Kitchen starring Elisabeth Moss, Tiffany Haddish and Melissa McCarthy.

As we arrive in October, *The Joker* released on 10/4 stars Joaquin Phoenix and Robert DeNiro and is a take on Batman's nemesis. *The Gemini Man* is an action movie where Will Smith, an aging assassin, fights against his cloned younger self also released on 10/4.

Zombieland 2 will reprise the roles made famous by Woody Harrelson and Jessie Eisenberg. On 10/18 the untitled Mr. Rogers/Tom Hanks Project by TriStar Pictures chronicles the friendship between Fred Rogers and journalist Matthey Rhys, fresh off his Emmy win from *The Americans*.

In November, there are really two movies that need mentioning: *Terminator 6*, release date 11/1, has the old gang back together again. In the timeline, this movie takes place after T2. James Cameron is producing, and 62-year-old Linda Hamilton is looking cut and fit for this role. The other movie is Disney's *Frozen 2*, released on 11/22 which will surely bring us more adventures in Arendelle.

Drum roll for December, please. One of the top five anticipated movies of the year by all accounts has to be *Star Wars: Episode IX* on 12/20 which will be the final installment of the Luke Skywalker saga. Counterprogramming on the same release date because there are some people who may not want to see Star Wars is *Cats* starring Taylor Swift and Jennifer Hudson, adapted from Andrew Lloyd Webber's Tony-winning musical. What is important to know is that director Tom Hooper also directed the Oscar-winning film *The King's Speech* and directed another Oscar-winning musical, *Les Misérables*. *Jumanji 3* will be released just one week before which is a sequel with the same cast of the monster hit headed by Dwayne Johnson and Jack Black.

So, I think you can agree with the movies that I mentioned 2019 will be a banner year for the industry. Of course, there are so many movies that I didn't talk about that may prove box office bait as well. And, as I mentioned, there could be some surprises with movies whose details may not be known yet. Remember, the best place to see a movie is the communal environment of your local movie theatre. Nothing beats the taste of buttery popcorn and the 20 minutes of previews making it all the easier to plan out your 2019 moviegoing schedule. ✨

industry) and *Flarsky* with Seth Rogen and Charlize Theron.

March promises to be a great month for Disney with releases of *Captain Marvel* on 3/8 and *Dumbo* on 3/29. *Captain Marvel* will no doubt hold some sort of key or precursor to the long-awaited Avengers movie in May and *Dumbo*, well, if you haven't seen the previews yet, get out from under the rock you've been hiding under. In addition, March has some alternative content with *Greyhound*, starring Tom Hanks, and *Us*, another Jordan Peele project.

Shazam! and *Pet Semetary* will both be released on April 5th. Also in April look for the family documentary from Disney Studios *Penguins*. *Avengers: Infinity Wars Part 2*, release date 5/3, but I also look for an early release to April 26th...that is what happened this past year. *John Wick 3: Parabellum*, release date 5/17 – you can't get much better than Keanu Reeves reprising his role unless you add Ian McShane, Lance Reddick and Laurence Fishburne to the mix.

Disney will bring another classic back to theatres for Memorial Day weekend – *Aladdin*, with Will Smith playing the Genie. On 5/31, we have two more anticipated movies that will be released: *Rocketman* starring Taron



THE ADHD FAMILY ADVOCATE

By Barbara J. Novad

What do food, exercise, certain essential oils and vitamins have in common? The answer is Attention Deficit Hyperactivity Disorder (ADHD). All of these things can help a person with ADHD focus better on work, homework, and their daily activities.

Everything you put in your body affects your brain. When the levels of dopamine, serotonin and norepinephrine that flow through our bodies are too low or too high, that's when ADHD or ADD comes to life.

You might be wondering how I know this. As a mom of three boys, two of which have ADHD, I have studied it for 15 years to be able to help our sons get through their school years. My

studies and experience have resulted in so much success, our school has asked me to speak with other parents, and share what I do and have learned about ADHD. It has become my mission to help other families find peace in the chaotic life of ADHD. So I created "The ADHD Family Advocate" to teach people how to use food, exercise, essential oils and vitamins to help their kids focus and to better understand how ADHD works.

Let's start with food. It's more important to know what not to choose, than what to choose. Of course sugars and red dyes, but also preservatives. This is huge, because there are preservatives in so many foods. If you shop on the outer edges of your favorite

store, you are safer because most of the food with preservatives is in the middle. Also remember there are preservatives in fast food products. I know life is busy, but when you choose fast food, there's a price to pay. My crockpot is my bestie.

Exercise is another important element. When you walk, run, or play hard for 20 to 30 minutes you not only get endorphins which make you happy, but your dopamine levels rise and you focus better. So before study time, go for a walk or play ball for a while and then sit down and focus on the task at hand. Staying physically fit is a great way to keep your brain healthy. Take little breaks when needed to help recharge with a walk or some kind of activity.



Vitamins support your body and reduce impulsivity, inattentiveness and hyperactivity. Specific vitamins and minerals that can help include iron, zinc, magnesium, potassium, calcium, and vitamin C.

We did this with our boys. Our middle son, who was first diagnosed with ADHD at the age of 4, has really taken to being physical fit. He sees a difference in his focus when he exercises. Trust me when I say it was no easy task to keep him focused when he was young. Now he plays basketball in college and has been doing well in his studies.

Essential oils and natural medications have really been lifesavers for us. We only use doTERRA essential oil products. I did my research and found them to be one of the top essential oils out there. That's why I became an advocate for them as well. They have a

blend called Intune, which is a focus blend. I use it personally, as do the boys to help with balance and focus. I also use Vetiver every night in my diffuser. You get a restful night's sleep, and wake up refreshed and alert. Other oils you should look into are Frankincense (it's the king of oils for a reason), Lavender (very calming), and Lemon (helps with moody outbursts). DoTERRA Kids Collection is a "whole body" essential oil toolbox designed to help families with ADHD kids.

Vitamins support your body and reduce impulsivity, inattentiveness and hyperactivity. Specific vitamins and minerals that can help include iron, zinc, magnesium, potassium, calcium, and vitamin C. We also use doTERRA's vitamins which contain Omega threes and are easy for kids to take. There's so much that goes into vitamins, I could talk for hours about them. Remember doses are computed by the weight of each person. Also, know that some of these vitamins can upset stomachs and should be taken with food.

Our boys try to maintain a good diet, daily workouts, vitamins, essential oils and some naturopathic medication. Over the years we tried some prescription drugs for ADHD, but they

seemed to cause more issues than we were ready for. Our oldest was able to take prescription drugs for ADHD, but the side effects got to be too great. Now he's out of school and doesn't take any medication, but some essential oils from time to time and he works full time as an automotive. Remember, there are natural things you can intertwine with medications that will work with ADHD kids.

I know how busy life is these days. Trust me we had all three of our boys involved in school activities at once, so I totally understand what it takes to get through the day and stay sane. Try to find simplicity when possible. Find one-on-one time with your kids, even if it's a drive in the car, and really talk to them. Make sure they have their feet on the ground and are going in the right direction. And remember what you put into their mind, body and soul really does make a difference.

For more information on The ADHD Family Advocate, visit my website www.theadhdfamilyadvocate.com. I hope my years of research, these tips and information on the website will help you find new ways for you and your child to live and grow with ADHD. ✨



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CENTER ICE

SPORTS COMPLEX

By Tom Schervish, II

Located on Port Jackson Avenue in Jackson Township is a premiere family entertainment destination containing a National Hockey League (NHL) regulation size ice rink. Center Ice Sports Complex is open year round to provide traditional winter-time fun, as well as a break from the oppressive heat during the summer months. The ice arena offers recreational ice skating for everybody during public skating hours, along with drop-in ice hockey games, figure skating, adult ice hockey leagues, and much more. Whether you are looking to watch a live hockey game, learn how to ice skate, or just have a fun afternoon out with your family, they have something to offer you.

Center Ice is a popular option for hosting fun and unique birthday parties. The kids' party packages include private use of one of three party rooms,

ice skating, pizza, cake, decorations and more. From setup to cleanup, they do all the work, allowing party-goers to just show up and have fun.

The distinguished Learn to Skate program at Center Ice caters to children and adults. Whether someone is looking to learn how to figure skate, play hockey, or just stand without toppling over, the friendly instructors will help you achieve your goal. Beginners may want to rent skates, which are available in all sizes, before investing in their own personal skates. For children interested in ice hockey specifically, there is a Learn to Play Hockey program, which will guide the child through basic skating instruction, up to the youth travel hockey level. Hockey equipment is available for use at no charge to class participants.

The Canton-Akron Hockey Association is an organization dedicated to introducing and

**WHETHER SOMEONE
IS LOOKING TO LEARN
HOW TO FIGURE
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OR JUST STAND
WITHOUT TOPPLING
OVER, THE FRIENDLY
INSTRUCTORS WILL HELP
YOU ACHIEVE YOUR GOAL.**



CENTER ICE SPORTS COMPLEX IS OPEN YEAR ROUND

creating greater access to the game of ice hockey for children ages 5-15 in the community. Center Ice is also proud to be the home rink for the University of Akron Zips ice hockey team, the Canton-Akron Jets High School Hockey Club, and the Center Ice Skating Club, which has sent skaters to compete in national figure skating competitions.

Additionally, Canton Precision is a theater on ice program that stages choreographed figure skating exhibitions throughout the year. The facility also hosts games and practices for sled hockey players through their relationship with Adaptive Sports Ohio, a nonprofit organization dedicated to promoting the health and wellness of individuals with physical disabilities.

Many of these programs are made possible, in part, because of the Center Ice Foundation, whose mission is to provide funding for ice time, purchasing equipment, coaching/instruction and the overall advancement of our ice skating organizations. The Foundation was established in 2015, and since its inception has raised over \$300,000 to help the programs to thrive. Donations made to the Center Ice Foundation, which are accepted at Center Ice, are specifically earmarked for whichever

organization the donor specifies; proceeds do not go to administrative costs.

The Foundation is actively looking for donors for 2019. The program subsidizes: Canton-Akron Youth Hockey Association; Center Ice Skating Club; Canton Precision – Theatre on Ice; Canton-Akron Jets High School Hockey Club; Adaptive Sports Ohio Wildcats Sled Hockey Team; and the University of Akron Zips Ice Hockey Club.

For those looking to play fun, but competitive, ice hockey, The Adult Hockey League (AHL) has three separate divisions to accommodate any skill level, with sessions offered throughout the year.

In addition to the planned events offered here, there is an option for private ice rentals. The private ice rentals are ideal for large groups, such as church and school groups who are looking for something different and fun to do. For private events, typically the ice is divided in half, with one side used for skating, while the other side is set up for a fun game of broom ball.

The full service concession stand can feed hungry little skaters, and the air hockey table and arcade style games also provide fun entertainment for all ages. There is a Pro Shop on the premises for skate sharpening and expert equipment advice.

As you can see, there truly is something for everyone at Center Ice Sports Complex. Their warm and welcoming staff is excited to host you

and your family for a fun adventure in ice skating this winter. Give it a try! For information about open skate times, class schedules and hockey games, see the website www.centericesports.com. ✨



EXERCISE AT HOME

AND MAKE YOUR

RESOLUTION STICK!

By Meghann Reich

The New Year is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. Setting small, attainable health and fitness goals throughout the year, instead of a singular, overwhelming goal on January 1, can help you reach whatever it is you strive for. By incorporating a healthy exercise routine into your everyday life, there is a greater chance that you will keep your resolutions throughout the year.

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instant we lose our health, there is nearly nothing we would not do to retrieve it. It's so important to make our health our number one priority, no matter what, because indeed it is our greatest wealth. So be proactive and invest in your health and wellbeing now. An ounce of prevention is worth a pound of cure. ✨



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CLIMBING MT. KILIMANJARO

By Morgan LaVallee, MFA



I thought my boyfriend was joking when he first suggested climbing Mt. Kilimanjaro. Mt. Kilimanjaro: One of the seven summits of the world. We have accomplished many crazy physical feats together--Spartan races, marathons, and hikes across the world. But at 19,341 feet, Mt. Kilimanjaro is the highest peak in not only Africa, but also the tallest free-standing mountain in the world. The thought of stepping foot onto any portion of that, let alone climbing it, seemed impossible.

Mt. Kilimanjaro: ONE OF THE SEVEN SUMMITS OF THE WORLD

Located in northeastern Tanzania, Mt. Kilimanjaro is a benchmark in mountaineering success. People from all over the globe travel to Tanzania in the hopes of summiting this great giant. Taking on such a serious endeavor would never have crossed my mind, but for James, the decision was obvious: We at least had to try.

The initial idea was born as we relaxed one evening, reading a story about someone who had recently climbed the mountain. Soon the idea turned into research, which became conversations with mountain guides, which transformed into plane tickets and downpayments. Within the span of a few months, our trip was set, and all that remained was the training.

It is easy to agree to do something when the event itself is five months away. Much like any race I have ever agreed to do, the idea coupled with time created a sense of security. Impossibility was replaced with training schedules and goal setting. We ran, hiked, and lifted weights. But as each day ticked by, there was one important element missing in our condition: elevation. There is no great way to train to climb a mountain, especially when you live in Akron, Ohio. With an elevation of about 1,004 feet, attempting to summit Mt. Kilimanjaro would be a challenge.

Training alone is not enough, however. It takes a skilled team of guides and porters to get any group of hikers up Mt. Kilimanjaro. Our team from Ascend Tanzania consisted of 3 guides, John, Derek, and Alfred (all locals from the surrounding communities), 16 porters, and 5 hikers, including ourselves. The guides ensured our daily safety, setting our pace and checking our vitals throughout each part of the climb. The porters, the backbone of the group, carried our tents and overnight gear, setting up camp and even preparing our meals.

On day one, we rode as a team through the busy city streets of Moshi and into Kilimanjaro National Park. At the gate of the trail, boarded by tall thick trees and wide green leaves, it was difficult to grasp what would happen next. Research and anecdotes do little to prepare a person when it comes time

JAMES ANDERSON & MORGAN LAVALLEE



to start the climb. In theory, it is pretty straight forward. Hike slow, take time to adapt, and just keep going. But once you enter through the gates, nothing is straight forward.

Day one of the seven-day Machame Route began in the rain forest. Lush greenery lined the dirt path that twisted and turned through an ever more steep route up into the mist of the mountain side. It was a seven mile hike, lasting roughly five hours, ending at Machame Camp which sits at 9,350 feet of elevation, already a substantial height.

The first night on the mountain was strange, the quiet overwhelming. The deep black night sky seemed to pulse alive with millions of stars while the cool mountain air crept over our camp. That first night James and I attempted to roll out our sore muscles and ease the lingering pain with creams and sleep. I remember the shock at just how tired my body was, already, and the tiny fear that began to bubble inside, wondering how much further I'd make it.

Day two was, to my surprise, even more difficult. It was only a three mile hike to Shira Camp, but one that felt endless. On this part of the trail, rain forest quickly gave way to an extremely steep, rocky gray path that stretched into the clouds. Trees became scarce and less and less vegetation remained. By Shira Camp, the elevation reached 12,500 feet and the clouds settled well below to the depths far beneath our camp. From this point forward, the horizon was nothing but cloud and sky, and the remaining jagged slopes of the mountain left to be climbed.

There were more moments during day two than any other day when I was certain I could not keep going. The near vertical rocky paths were difficult to navigate as my body slowly tried to adjust to lessening oxygen. Many times we stopped to rest on nearby boulders and stretched our straining muscles. Water, mustard packets, and group

It takes a skilled team of guides and porters to get any group of hikers up Mt. Kilimanjaro.

encouragement carried me forward, albeit very slowly.

Countless times I stopped and looked upward toward the heavens, at the place I imagined the peak to be, and began to feel overwhelming dread. With involuntary muscle cramps and spasms and pain, a single mile would drain all that my body had left to give. It may seem obvious now to say, and I just kept going, but that decision, to consistently put one foot in front of the other took all of my resolve, all of my willpower and focus. With each step I accepted the pain and the discomfort and the fear, and just kept going.

Days three and four were short, two to four mile days of acclimatization, which meant hiking up to 15,190 feet and back down to sleep at 13,044 feet. These days were meant to help the body adjust, and mine seemed to do so. But more importantly, these days were easier on my body, restoring some belief in myself.

Day five was the most important day. That morning, we hiked two miles to Barafu Camp, or base camp. It was there that we set up our tents and relaxed for a small part of the day, before attempting sleep that afternoon. This day was so important because day five began summit night. Day five was also the day when, for us, everything went wrong.





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In theory, summit night is spent preparing with warm tea or coffee and a small snack. Guides check the hikers' vitals to verify their health, and everyone dresses for the arctic temperatures that await on the six hour journey to the top of Africa.

But at 15,331 feet, James and I began to experience the severe side effects of altitude sickness. My fears were coming true. By somewhere over 16,000 feet, our guides rechecked our vitals and with oxygen levels well below the safe threshold, turned us around.

Much of that night is now forgotten. As severe altitude sickness set in, I remember the blueish tint that crept over James's face before I began to fade in and out of consciousness. Luckily, our guide, John, helped us down to a lower elevation immediately and

provided the necessary care to ensure our symptoms would improve. The next morning was difficult, not because of our physical state, but our emotional one: We didn't make it.

It took a day and a half to hike down the mountain. We did finish as a team, meeting up with the rest of our crew along the way. There were moments on the way down when devastation gave way to embarrassment and dread. How would we tell our families, how would we tell everyone we didn't make it? But these thoughts of self-defeat quickly faded. For five days I succeeded in overcoming every physical and mental barrier placed in my way. I may not have summited, but I accomplished more than I ever imagined I was capable of.

Climbing mountains often serves as a metaphor for enduring the most treacherous moments life has to offer.

The achievement of which is rewarded with a sense of great accomplishment and pride. The actual mountain, it turns out, is much more treacherous than the rhetorical comparisons it often inspires.

We did eventually tell our family, and everyone else. No one was disappointed, and now neither are we. Trying new things, taking on new, scary, challenging adventures are never about the destination you intend to reach, but rather about the obstacles you overcome along the way. Life truly is a journey, one that involves multiple attempts and several series of successes and failures. After all, we never climbed a mountain before Mt. Kilimanjaro, and now we know we can. All that's left to conquer is the summit. ✨

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1:00 p.m. - 3:00 p.m.

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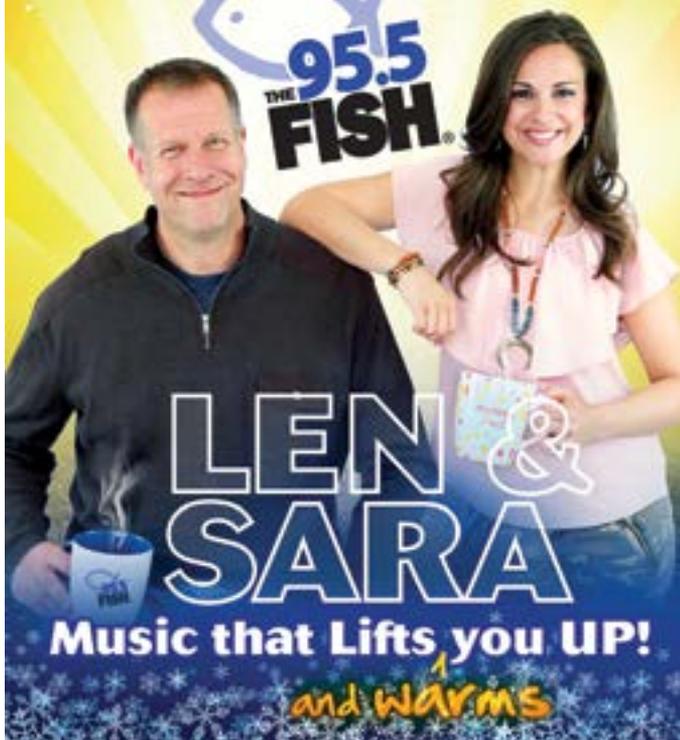
Weekly Starting Apr. 1
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1899

INDOOR GOLF

By Morgan LaVallee, MFA

There are few activities more enjoyable than a round of golf with friends on a warm summer's day beneath a clear blue sky. Unfortunately, in northeast Ohio these days can be few and far between, even during the summer months. At 1899 Golf, Jackson Township's new indoor golf facility, every day is that perfect day for golf, no matter the weather. And in Ohio, that is pretty impressive.

Named after the year of the first golf course established in Ohio, 1899 Golf opened in late 2018. They have 28 virtual courses to choose from and guarantee the weather will always be a perfect 73 degrees and sunny. Five state-of-the-art TrackMan 4 simulators allow golfers to choose their desired activity from a variety of options, including a virtual driving range, several target games, and an 18-hole round of golf.

The simulators are an important component of 1899's unique and



elevated experience. Each TrackMan 4 simulator offers the industry's most progressive and sophisticated performance enhancing software, separating 1899 Golf from all other indoor facilities. Used by coaches and professionals worldwide, this simulator provides players with insights and customized recommendations designed to continually improve their game. Utilizing dual radar technology, TrackMan records 26 impact and ball flight statistics in real time for each and every swing made, tracking both the movement of the club and the ball. This includes club path, face angle, dynamic loft, ball speed, carry, and launch angle, just to name a few.

Players will have the ability to see these statistics immediately on their screen and access them at any time on their own integrated app. They will also have access to hundreds of model swings from actual professional

Each TrackMan 4 simulator offers the industry's most progressive and sophisticated performance enhancing software, separating 1899 Golf from all other indoor facilities.



players on tour. With these top-of-the-line simulations, anyone from a first time golfer, to high school athlete, to aspiring pro, can improve faster and smarter, while practicing year round.

Choose from the best courses around the world and enjoy an 18-hole round with friends. The simulator features a variety of championship courses including Muirfield Village, all 4 courses at St. Andrews, Innisbrook Copperhead, Bethesda Country Club, Olympic Golf Course, PGA National, Royal Birkdale, Royal Troon, Sebonack, Sedgefield Country Club, Sea Island Seaside Course, Sea Island Plantation Course, The Groove, Crystal Pines (Fantasy Course), Devil's Island (Fantasy Course), Hidden Canyon (Fantasy Course), Kissing Tree (Fantasy Course), Shadowlands (Fantasy Course), and Par 3 Challenge (Fantasy Course). With 28 courses to choose from, the stunning graphics ensure every golfer will have an ideal day on the course, no matter what the weather is outside.

1899 Golf is one of the only facilities to feature such advanced simulations for an unparalleled golf experience. Not only can golf enthusiasts enjoy the driving range all year or gather with friends to play a weekly round of golf, but they can easily improve their game as well. And the only thing better than improving your game is the 365 days of perfect Ohio weather.

Cocktails, beer and wine, as well as light food options, are available for that clubhouse experience. You can also host your next event at 1899. A private space is available for meetings, fundraisers, birthday parties, bachelor parties and holiday parties. You can book a simulator for an entire day or take over the space. The VIP Simulator Speak Easy, their VIP room, can accommodate 30 people and features two 50" TV's, an optional satellite bar, comfortable seating and a TrackMan simulator.

For those eager to tee it up regularly at 1899 Golf, membership

registrations are available with various package options. Junior memberships are available for those in high school and younger. Numerous options for one-time reservations and rentals are also available. Scheduling playing time can be done by simply visiting their website and selecting from the options, such as 1-3 hours rental of the simulator. Suggested guidelines are listed for the average time needed to complete a course based upon the number of players for those wanting to play a full 18-hole round of golf. League play is being organized to start during January 2019. Lessons are available with certified PGA professionals. There are options for single lessons, as well as packages.

Check out 1899 Golf online at www.1899golf.com or stop by their newest location at 4700 Everhard Road, NW, to experience it for yourself. ✨



SKIN CARE Solutions

ELITE MEDI SPA

By Victoria Conley

For ladies and gentlemen who want to look as young as they feel, the doctors of Skin Care Solutions are adept at creating a customized plan using one or more of the latest non-invasive advancements engineered to turn back the clock and achieve natural-looking results.

The staff administers a subtle cocktail of procedures, from a little filler here to smooth out wrinkles around the mouth, to a little Botox to smooth the forehead and around the eyes, preventing wrinkles from worsening.

The Docs

Board-certified physicians include Dr. Dana Bonezzi, Dr. Debra Fast, and Dr. Kathleen Fearon. Kelly Roberts, CNP, administers injections along with the physicians. SCS Elite Medi Spa specializes in Non-Invasive Facial and Body Rejuvenation including: Botox, Fillers, Liquid Lifts, CoolSculpting, Microneedling, Dermaplaning, Laser Photo Facials, Customized Facials, Chemical Peels, and much more!

When consulting with patients, the staff first asks what an individual wants to improve most about his or her look, then establishes a timeline of treatments that is best for the patient!

"With talent, patience, and attention to detail, our doctors spend personal time with patients to help them meet their aesthetic goals. We blend art and science, with lots of listening on the side." — Skin Care Solutions

Replacing What's Lost

As skilled master injectors, the ladies offer an arsenal of techniques to replace lost volume in the face or lips.

A comprehensive umbrella of aesthetic services includes:

- Wrinkle Smoothing with Botox and Dermal Fillers
- CoolSculpting- Fat Reduction with no surgery or downtime
- Non-Invasive Liquid Facelift- combo of botox and dermal fillers
- Laser Photo Facial- treats sun damage and rosacea
- Medical Grade Skin Care and facial treatments
- Microneedling- treats fine lines, wrinkles, improves skin texture and overall glow
- Dermaplaning for the perfect complexion
- Latisse Eyelash Lengthening

The Liquid Facelift

One procedure in particular has been gaining in popularity—the Liquid Lift. The doctors at Skin Care Solutions are among the few in the area to have perfected this lift of the jowl area by creating naturally fuller cheeks using dermal filler. Without surgery or sutures, women are seeing a dramatic tightening and lifting of sagging jawlines.

And the dermal filler Voluma, they report, is an amazing and natural-looking filler that contains hyaluronic acid—lasting up to a year. The technique is especially suited to gently plumping the cheeks and heightening cheekbones. Other popular fillers include, Juvederm, which enhances lips, softens smiles lines and helps to smooth out the lower face. There is a good chance you will walk out of the office looking and feeling years younger.

For body sculpting, SCS also specializes in CoolSculpting to reduce fat in the abdomen, flanks, back, and inner and outer thighs with zero downtime or surgery.

Call today to schedule your beauty assessment and see what treatments are best suited for you to look your most youthful self!

Skin Care Solutions has three locations serving Northeast Ohio. The Uniontown location is at 3705 Massillon Road, and the phone number is 330-933-6493; the Wooster location is at 3727 Friendsville Road, Suite 2, and the phone number is 330-202-3460; and the Medina location is at 410 South Court Street, and the phone number is 330-636-1608. Visit SCSSpa.com for more information and before/after photos. ✨



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RUN THE 419

Some of Ohio's Best Events

By Aaron Z. Haydu

Toledo is known to many Ohioans as its gateway to the north. But to those who stopover, and those who live there, it's readily evident that Ohio's northwest is a real gem of the state and worth exploring. For runners, Toledo is the place to be for sure.

Its long running history dates back to 1971 and earlier. From the annual spring marathon (Glass City), a top Boston Qualifier with a field of 10,000 that has become a 3-day event for the whole family to enjoy; to Dave's Running Shop, the oldest running shop in Ohio and a Top 50 Running Store in America; Toledo has been on the forefront of running as a sport and lifestyle.

There is so much to do in Toledo that you can take the whole family and make a weekend of it. Downtown Toledo is in the midst of a modern revitalization that will continue adding to the fun. Their Metroparks are many and beautiful, with activities for all to enjoy. Water life is on its doorstep too. The mighty Maumee River runs through and it borders the Great Lake Erie with just a short boat ride to Put-in-Bay. The Toledo Museum of Art and Glass Pavilion are world-renowned,





and the Toledo Zoo is one of the best around. Toledo's Huntington Center, Stranahan Theater, Imagination Station and Toledo Rep offer premium entertainment all year round. And don't forget about Fifth Third Field, rated one of the top ballparks in the country. It is home to the World famous Toledo Mud Hens triple-A baseball team, in the heart of downtown. If it's dining you're looking for, look no further. You'll find cuisine to suit every palate and taste, in all corners of the greater Toledo area.

What's more, Toledo is home to the popular "Run the 419 Grand Prix Series" which offers a running experience like none other. The Series consists of 5 events, in Long Track and Short Track forms to accommodate varying abilities and preferences. Each event highlights a different region of the Toledo Metro area, giving participants the opportunity to experience unique courses with scenic views of the city by foot.

The WTOL River Run 10k kicks off the Series with a tour of downtown Toledo. Runners start near the historic Cherry Street drawbridge, run south through downtown along the Maumee River before climbing the High Level Bridge. The run continues north along

the east side of the river before crossing back in the shadow of the beautiful new Veterans' Glass City Skyway bridge and down the road to a waterside finish line. This is one of the most scenic courses around.

If that weren't good enough, the next event in the Series is the Muddy Mini point-to-point half or quarter marathon starting in Maumee and finishing in centerfield where the Mud Hens play. Take the whole family for this one; there's a 5k being added in 2019 as well. This scenic route takes runners past the riverview at Sidecut Metropark, and north along historic River Road, past the Toledo Zoo to a Fifth Third Field entrance from under the outfield bleachers, along the warning track to the finish in centerfield. The race culminates with a party outside at Hensville Park, adjacent to the stadium, where a live band will be playing, kids entertainment is setup and hotdogs, hamburgers, beer and soda are served – all included in registration.

The third race is locally considered an original border battle with a taste of Michigan included – where runners will pit bragging rights for their favorite team on who finishes the race first. The Ohio-Michigan 8k is a mid-week

race and also a Dave's Running Shop Customer Appreciation event. Start in Ohio, run across the border to Michigan and circle back to a post-race party that goes well past dark. Centennial Terrace is the host for this event, with the adjoining Quarry open for swimming until dusk. Burgers, bratwurst, beer and sides are served while a live band plays on stage.

The Series continues with the Boy Scout Half Marathon, 10k and 5k tour of Bowling Green; running along Main Street in downtown to a finish at the Wood County Fairgrounds; then the finale Rock'tober, where live bands entertain you from start to finish.

If you want to know what the running community is like in northwest Ohio, register for the WTOL River Run 8k and the Muddy Mini Half Marathon, Quarter Marathon and 5k. Once you get a taste of Toledo at these races, you'll be going back for more; winter, spring, summer and fall.

And remember what they say about the flat terrain in northwest Ohio, "you'll run faster in Toledo."

All race details and registration information for the Series can be found on www.runoledo.com. ✨



Toledo is home to the popular "Run the 419 Grand Prix Series" which offers a running experience like none other.

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Experience the

Winter Season

at **CLEVELAND METROPARKS ZOO**

By Jacqueline Gerling

The winter season is the perfect time to experience the Cleveland Metroparks Zoo. As one of northeast Ohio's most popular year-round attractions, Cleveland Metroparks Zoo offers different and compelling experiences for each season.

If you're visiting this winter, one of the most important areas to see is the new state-of-the-art Asian Highlands destination. Located in the Wilderness Trek area of the Zoo, the immersive addition is the home to Amur and snow leopards, red pandas, and takin a new species to Cleveland Metroparks Zoo.

At Asian Highlands, like many other areas in Wilderness Trek, winter can be one of the best times to visit. The animals have unique adaptations to the winter months such as the Amur leopard's long legs to help trudge through deep snow and the snow leopard's large paws that act as snow shoes and pale gray coat that helps camouflage them. Among the highlights of Asian Highlands is the snow leopard triplets who were born last April.

Asian Highlands boasts several unique and interconnected areas so the snow leopards and Amur leopard can explore different areas on different days. The different spaces of Asian Highlands have offered the triplets the ability

to develop and learn on elevated platforms and spaces that match their ability. From a smaller cub yard early in their development to the high elevated platforms, the triplets have advanced significantly as they soon approach their first birthdays.

Asian Highlands also features an education plaza that highlights the conservation issues these species face. Both the Amur and snow leopards are two of the most threatened cat species in the world.

The Zoo's Wilderness Trek destination includes many additional cold-climate animals such as reindeer, sea lions, a harbor seal and five different bear species. Wolf Wilderness also offers an indoor cabin where you can warm by the fire while visiting the Zoo's pack of Mexican gray wolves.



Many animals across the Zoo enjoy cooler temperatures. At Rosebrough Tiger Passage, four interconnected habitats offer the Zoo's Amur tigers the ability to climb and explore areas that offer a climbing pole, shallow pools and streams and more. It also features heated rocks – for tigers and visitors – for a place to warm up during winter. Two overhead pathways offer unique views of the tigers and important vertical climbing space for the large cats.

For animals inclined for warmer weather, Cleveland Metroparks Zoo activates different features during the cooler winter months such as radiant floor heating in the lion cave, heated rocks in the cheetah exhibit, overhead heating for the African elephants and more.

Cleveland Metroparks Zoo also features several indoor areas that offer an escape from the weather. In the center of African Elephant Crossing is the Elephant Care & Visitor Center. Inside the exhibit, guests can see the Zoo's herd of African elephants, colony of naked mole rats and an African rock python. Guests may also see some of the training and care the elephants receive through one of the protected contact training walls.

The Zoo's complimentary heated shuttle bus offers quick rides up to the Primate, Cat & Aquatics Building. The indoor habitats of the Primate, Cat & Aquatics Building feature a wide variety of animals from South America,

Africa and Asia including monkeys, fossa and various aquatic animals from both salt and fresh water habitats. It is also home to the Zoo's western lowland gorillas including the male silverback gorilla, Mokolo.

The Sarah Allison Steffee Center for Zoological Medicine is another indoor space where guests learn about animal care, experience a day in the life of a zookeeper or veterinarian, and possibly even see a live veterinary procedure through the operating room viewing windows. The center is the headquarters for the important animal care of all of the Zoo's animals.

Australian Adventure offers several highlights year-round including kangaroos and wallabies. Cleveland Metroparks Zoo's koala can be found in GumLeaf Hideout along with the Goodfellow's tree kangaroo.

Of course, no winter visit would be complete without a tropical visit to The RainForest, where it's always 80 degrees. The RainForest showcases more than 10,000 plants and 600 animals in a unique, two-acre, two-story exhibit that gives visitors an extraordinary look at tropical species from threatened habitats including Bornean orangutans, ocelots, free-flying birds, Asian small-clawed otters,



bats, sloths and a host of reptiles and amphibians.

Winter brings several educational opportunities to Cleveland Metroparks Zoo including winter camps and overnight stays at the Zoo that offer a chance to see your favorite Zoo animals after dark.

Cleveland Metroparks Zoo also offers several unique settings and venues to host special events. Stillwater Place is a state-of-the-art indoor venue located in the heart of the Zoo. The venue overlooks the Zoo's scenic Waterfowl Lake and can accommodate up to 300 guests year-round.

Cleveland Metroparks Zoo is open 363 days a year from 10 am until 5 pm. For more information, visit the website futureforwildlife.org. ✦

Many animals across the Zoo enjoy cooler temperatures.





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