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CONTENTS

Cover photo courtesy of Thomas Conti

8 21 Days is a Myth

12 **Boston Mills / Brandywine Ski Resorts**

18 I Lost 90 Pounds and You Can Too

22 **Climbing in the Cold**

26 Films in 2020

28 Amish Door Winter Village

30 Optimize Your Sleep: Leave the (Blue) Light Off

34 **Five Steps to Keep Your New Years Resolution**

38 Winter Backpacking

42 **Storybook Weddings at The Lodge at Geneva-on-the-Lake**

46 A Destination Fairytale

50 Going Off the Hill

52 **Say "I do" at Nickajack Farms**

56 Too Cold to Run? Try Cross-Training

60 **Glacier National Park**

64 Rite Aid Cleveland Marathon

IN THE NEXT ISSUE:

OUTDOOR EXERCISE, SEQUOIA NATIONAL PARK, & STRENGTH BUILDING

VISIT US ONLINE:



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21 DAYS

IS A

MYTH

By Philip Palmer, BA, CPT, GEI



Ask someone how long it takes to establish a new habit and 21 days is frequently mentioned. This number is confidently spoken, not questioned, and believed to be true for everyone. After hearing it so often, I decided to investigate where this number came from to see if there is truth behind this infamous number and also to find out if one can create a lasting habit in less time.

Maxwell Maltz was a plastic surgeon who, after studying many patients and himself, came up with the theory that it takes 21 days to form a new habit. He came to this conclusion after seeing patients every day after their plastic surgeries. Asking what they thought about their new bodies, he noticed it took patients around 21 days to get used to their facial alterations or body

parts. He went on to publish this in his book *Psychology Cybernetics*, which sold over 30 million copies. The problem isn't that Maltz's math was incorrect; his observations were merely that, observations. And some of the people who read his book and were influenced by what they read went on to write their own self-help books based upon information that wasn't backed by any scientific data.

Maltz's original theory proposed at least 21 days to form a new habit, which was then shortened to only 21 days. This misinformation has taken off since few questioned the legitimacy of the statement. Let me remind you that having plastic surgery and a new face is much different compared to changing behavior habits. The research points in a much different direction with behavior change.



In 2010, a group of researchers at University College London wanted to find out how long it would take to create the formation of a habit. In this study, 96 participants chose an eating, drinking, or activity behavior to carry out each day for 12 weeks. Participants reported if they did the behavior daily or not, and if they did, how automatic it felt. After the completion of the study, results showed that it took the average person 66 days for the behavior to become automatic/habitual, which is over two months, while the overall range was anywhere from 18 to 254 days. I don't mention this to frustrate or disappoint you, but to introduce you to habit forming that takes just days and has impacted over 40,000 people. Welcome to Tiny Habits.

The Tiny Habits method was created by BJ Fogg, a Behavior Scientist at Stanford University. In his research,

Fogg quickly realized that in order to create behavior change, one needs motivation. The main concept behind the Tiny Habits method is to take the behavior you want in your life and make it tiny which makes it attainable and also removes the high degree of motivation many behaviors need to complete. This tiny behavior should be something that you can do once a day, takes less than 30 seconds to complete, and requires little effort.

The Tiny Habits approach is similar to how a large tree starts as a seed. Just as a seed needs daily attention, desired behaviors have to start small and become bigger and longer lasting. Neither a tree nor a habit grows big overnight.

Starting a Tiny Habit is as simple as developing a behavior you want to start doing, not a behavior you should do. Once you have a behavior in mind, you then break it down into smaller parts. For example, Fogg wanted to start flossing his teeth daily; instead of flossing all of them, he started tiny with one tooth. It is important to make the behavior tiny, thus it appears easier and effortless to complete.

After you have created your tiny behavior, then you need to find a spot

to put it in your day behind an already formed behavior, which Fogg calls anchor points. In the example where Fogg decided to floss one tooth after he brushed his teeth, brushing his teeth was already an anchor point or habit for him. By putting the new behavior (flossing) behind an already habitual routine (brushing), it helped increase success. Now that you have your new tiny habit and an anchor point, it is time to complete what Fogg calls the recipe.

To complete and create a new behavior, a recipe must first be designed and then followed. With your tiny habit and anchor behavior in place, you will now create "After I" statements and "I will" statements. "After I" statements are existing behaviors (anchors) and the "I will" is the new behavior (tiny step) you want to add into your life. For example, After I brush my teeth, I will floss one tooth.

Overall, the Tiny Habits program for lasting behavior change helps make new behaviors simpler to accomplish. By taking out the motivation factor and making new behaviors tiny, the success rates tend to be higher. The wanted behavior isn't as intimidating and thus seems easier to achieve.

Another great aspect of the Tiny Habits program is that you can participate in it for free. Every week, Fogg starts a new 5-day session of the Tiny Habits program. A coach gives daily support along with guiding you through your desired tiny habits. I personally have gone through this program and recommend it, especially if you want to start incorporating a new habit into your life.

Check out the website tinyhabits.com if you are interested in making a change in your life for the better. Also, on my YouTube series *PaleExercise* we'll cover strategies about how you can make new habits. ✦



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BOSTON MILLS BRANDYWINE

Ski Resorts

By Thomas Conti



Nestled in the scenic Cuyahoga Valley National Park are a dynamic pair of winter destinations, Boston Mills/Brandywine Ski Resorts. The pair of resorts are located under 30 minutes south of Cleveland and 20 minutes north of Akron, bringing winter activities to your backyard of Northeast Ohio.



Only one thing is guaranteed in NE Ohio; winter. Well, Boston Mills/Brandywine Ski Resorts capitalize on the season's change and embrace winter. The resorts look forward to seeing the beautiful white snow blanket the slopes creating an adrenaline rushing experience that will get you hooked.



The duo of ski resorts offers a unique winter experience and creates memories that will last a lifetime. Featuring some of the most skier beginner conducive areas in the country, Boston Mills/Brandywine is proud to be one of the largest facilitators to introducing new skiers and snowboarders to their lifelong passion for winter sports. Coupling this incredible terrain are hundreds of certified ski instructors that are looking forward to teaching you the proper mechanics so you can enjoy your time on the snow.



If you already possess an understanding of skiing then you will be thrilled to hear that the ski resorts offer a diverse portfolio of trails between the properties, ranging from beginner to expert. Are you looking for a long, mild cruise down the slopes? Outer limits, at Brandywine, would be perfect for you. In the mood for some steep pitch? Tiger, at Boston Mills, features the largest downhill pitch in Ohio. Want to switch it up? Both properties feature a terrain park with a wide variety of options to enjoy, including freestyle terrain with jumps, rails, boxes, and more.

Did we mention that a single lift tickets gets your access to BOTH properties? Yes, you read that correctly! A single day-pass grants you access to both Boston Mills and Brandywine Ski Resorts in the same day. The best part is they are just five minutes apart. Shred Boston Mills all morning long and then head over to Brandywine for an afternoon skiing session to get the best of both worlds. Yes, we are open until 1 am on weekends at Brandywine. Seriously.

If you've been on the lookout for the perfect family outing, Polar Blast Snow Tubing at Brandywine is the place to be. The tubing park accommodates tens of thousands of guests annually and is the perfect family getaway. The best part about tubing, other than the super convenient conveyor belt that takes you up the top of the tubing hill, is that no prior experience is necessary. We see children as young as three and grandparents in their 80's enjoying the snow tubing park. Best of all, all you need is yourself. Snow tubes are provided on site and we have friendly staff members available to assist you in your tubing journey.

Looking to go FAST on the tubing hill? Brandywine features Super Lanes, which as the name suggests, are faster and taller versions of the regular tubing lane. Feel free to link up with your family or friends for an added speed boost. Don't forget that Polar Blast Snow Tubing is the perfect party location featuring an Igloo Party Hut that is a great get-together space for any occasion.

Nothing is more refreshing, after a long day on the slopes, than sitting down with a hot chocolate in front of a stone fireplace. When you are ready for a break from the action, visit our eateries at any location where you will find a variety of options that will satisfy your cravings. Freshly made pizza, four varieties of salad, crispy French fries, and vegetarian options are all available at both Boston Mills and Brandywine. Looking for an adult beverage? All three locations, Boston Mills/Brandywine/Polar Blast, feature beautiful bar areas with 20+ tap handles and plenty of seating.

Don't let another winter season sneak by without embracing one of the most thrilling activities NE Ohio has to offer. Visit our website at bmbw.com or give us a call at 330-657-2334 to learn more about our options. Also, if you've never visited us before, our social media platforms would be a great place to see the resorts in action. Find us on Facebook at Boston Mills/Brandywine/Alpine Valley Ski resorts or on Instagram at [@bmbw_av](https://www.instagram.com/bmbw_av). ✨

Photos courtesy of Thomas Conti

Looking to go **FAST** on the tubing hill? Brandywine features **Super Lanes**, which as the name suggests, are **faster and taller** versions of the regular tubing lane.





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I LOST 90 POUNDS

AND YOU CAN TOO

By Brittany Ostrander

My apologies if this sounds like a gimmicky sales pitch, but I lost 90 pounds and you can too. A year ago, I never could have anticipated writing those words, just like many other adults. I saw my weight steadily creep up after my son was born until about a year ago when I was tipping the scale at 252 pounds. That's when I made the mental shift and decided to change my life. I was constantly tired and struggled to keep up with my son, so I started to evaluate my diet and become serious about what I needed to change foodwise.

Rather than turning to the latest fad diet, I decided to take a logical and holistic-based approach. I tried to think about the subject in an objective way. Why has my weight increased? What have I truly been eating? And most importantly, how can I change?

I wanted to develop a way of thinking that resulted in sensible lifestyle changes, not just temporary "quick fixes." That being said, these are the things I focused on the most.



CALORIES IN, CALORIES OUT

A well-balanced and health-conscious diet requires a lot of consideration, but the simple science behind weight loss is that you simply need to burn more calories than you consume, absent a medical condition that causes weight gain or obstructs weight loss. If you consume more food than you need (calories in), the excess calories turn into extra weight. But if you burn more calories than you consume (calories out), you burn stored body fat for energy and you will lose weight. Here are a few steps you can take to increase the number of calories you burn and decrease the number of calories you eat.

Increase your daily step count -- Make it a point to walk more every day. Just make small adjustments to your routine. When my son takes a nap, I carve out time to walk around the house and find odd things to clean or take note of things we need to repair.

Downsize Portions -- The first thing to do is go into your cabinet and take a look at your dinner plates; How large are they? Decide if you really need to fill all of the space on that plate with food. Buy a few new plates that are much smaller and you will subconsciously eat a lot less. When I didn't want to weigh out all of my portions, I used my toddler's plates. They're much smaller and you can fill the plate relatively full while not going over on calories.

Swap high-calorie drinks -- If you are like many other Americans, you consume several high-calorie drinks

each day. Sugary sodas, juice drinks, and coffee drinks full of cream and sugar are common issues for many. If you make it a point to drink water instead, you can cut 100-400 calories or more from your daily intake. Try Slender Sticks. They have been a lifesaver for me.

Skip condiments and sauces -- You can reduce the calories in your meal by avoiding that high-calorie gravy on those mashed potatoes or mayonnaise on that turkey sub. Those sauces and condiments are full of extra fat and calories. And if you can avoid creamy sauces on any of your main dishes, you'll cut fat and calories even more.

Start an easy exercise program -- If you want to burn more calories, you don't necessarily have to go to the gym every day if you're busy like me and you just simply don't have the time. Instead, start an easy exercise program at home and commit to a 20-minute session in the comfort of your home or surrounding property. Each day after work, I take my toddler on a walk to a trail near our home. It affords us a chance for some bonding time and is a great way to teach children. You'll be surprised at how many times you hear the phrases "What's that" and "Why." Even the smallest amount of deliberate exercise can make a difference, so make it a priority. It will get easier.

WHOLE FOODS

Eat whole grains and food in their most natural form whenever possible. Substitute white flour with whole wheat flour and strawberry toaster pastries

with fresh organic strawberries for breakfast instead. (Working at Nature's Warehouse helped so much with this!) Remember heavily processed foods have little to NO nutrients. Here are some suggestions of how to add more whole foods into your diet.

Wash and chop fresh organic vegetables when you get home from the grocery store. Place them in reusable to-go containers, or snack baggies in the refrigerator. Eat them with a natural nut butter or hummus. This is great for the kids too.

Boil a bunch of organic eggs ahead of the week so they are ready to grab at a moment's notice during the week. Buy all your nuts or seeds in bulk, and place appropriate portions in to-go containers or snack baggies. This will save money too.

Add fresh fruit to organic Greek yogurt for a great and nutritious breakfast. Make a fruit salad with fresh organic fruit at the beginning of the week. This saved me so much time on breakfast prep and it makes a great desert as well. Cut out the starches! Roll natural deli slices over a mozzarella cheese stick, and top it with fresh tomato slices for a quick lunch that's hard to beat for great taste.

Before embarking on your journey, consider your ways of thinking and habits. That is always the first step in making real, permanent changes. Some things you may find helpful along the way are a food scale and a good water bottle so you can measure your food and track your water intake. If you decide to take some of these steps, I wish you success. ✨

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CLIMBING

IN THE COOL

By Ashley Reynolds

One of the greatest feelings in my world is to be out at the crag for an entire day of climbing. The nerves of that first climb, the uncertainty of a new place, and the pure joy of sharing those experiences with others are all reasons why I enjoy climbing so much. I want to share with you some tips and tricks for cold weather climbing. Now, I'm not talking about ice climbing or alpine climbing, but rather living in the Midwest with a strong desire to climb outside for as many months out of the year as possible.

After a 14-hour drive to Horseshoe Canyon Ranch (HCR) in Arkansas, we arrived at 3 am and pitched our tent in the rain to get some rest. As 6 am rolled around, we decided to get an early

start on climbing. This clearly wasn't the plan that mother nature had in mind for us.

Throughout the summer months, climbers from all over are wishing for a slight breeze or cooler temps. Once we start hitting 60-degree days, the climbing could not be better. But, of course, as the temperatures drop, they continue to drop in most areas of the country.

After spending a week in HCR with 15-degree mornings and 35-degree highs, I'd like to share with you how I was able to climb every single day and still have a blast. I want to highlight tips and tricks that go beyond the specific clothing and gear that you may need for a day or week of cold climbing, because most cold weather hiking



It was so important during those moments to remind myself of the strength and skills I know I have worked toward, and that the possibility of failure is nothing to walk away from.

gear that you can find at Appalachian Outfitters will do you just fine out at the crag.

Most importantly I was able to climb through this week because of a few precautions. Every morning I would boil two pots of water with my pocket camp stove and keep them in thermos bottles for the day. Periodically sipping on these warmed my body from the inside out. Gear and clothing keep you warm from the outside in, but if you can warm yourself with multiple different methods, you will have better success.

Another way I stayed warm at the crag was by using handwarmers. The rock was brittle and frozen to the touch which made it very difficult to feel anything during most climbs. I was able to keep going by putting one hand warmer in my bag, and another in a pocket. Taking a minute to warm up those fingers made a huge difference in whether I completed a climb or not.

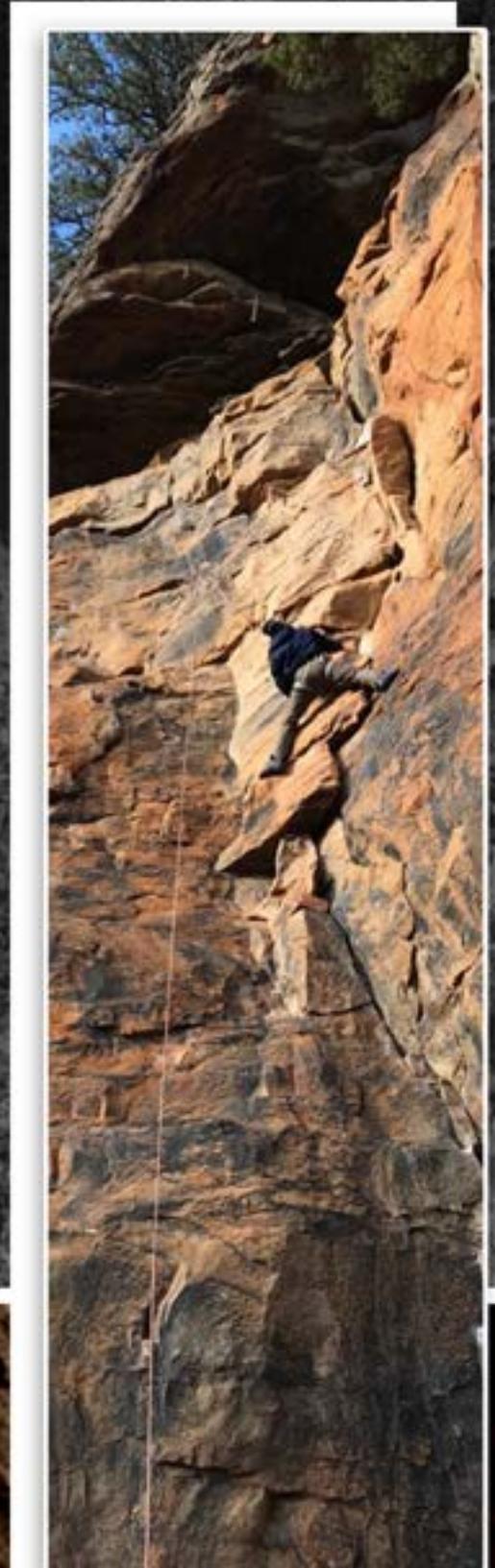
Not only were cold fingers a common problem throughout the week, but cold toes were just as bad. While I was on the wall, I always made sure to have warmers inside of my hiking shoes waiting for me at the bottom. This made for comfortable belaying and bearable single pitch climbs.

Speaking of climbing lengths, we tried to keep our climbs below 60 feet. While you're back at camp searching through your guidebook for your next ascents, it's important to also consider the heights of your climbs. Possibly shorter and steeper routes is something you might try, instead of those long slabby climbs.

As I mentioned, the rock was freezing cold, especially in the mornings. Just like summer climbing, the rock gets very warm when the sun hits it. While the rock gets almost too hot to touch on those steaming summer days, it also warms quicker in the winter. Finding a crag with morning sun (or any sun at all) made for much more enjoyable climbs.

There were times throughout this cold and difficult week where I found myself at the bottom of a seemingly impossible climb. It was so important during those moments to remind myself of the strength and skills I know I have worked toward, and that the possibility of failure is nothing to walk away from.

Keep in mind you most likely won't be breaking into new grades while climbing in temperatures below 30, but you can still push yourself and have a whole lot of fun. Using these simple tips to stay warm in the winter can keep you climbing more months out of the year than you ever have before. ✨





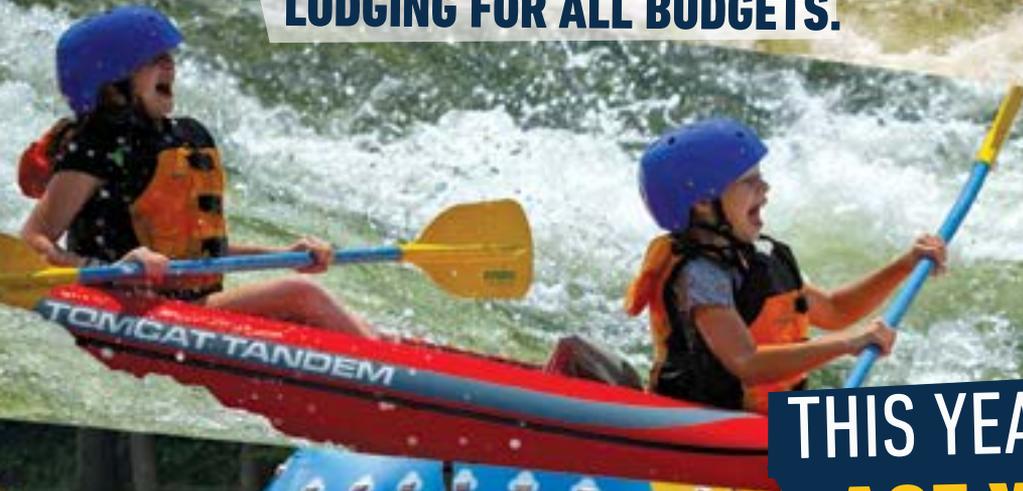
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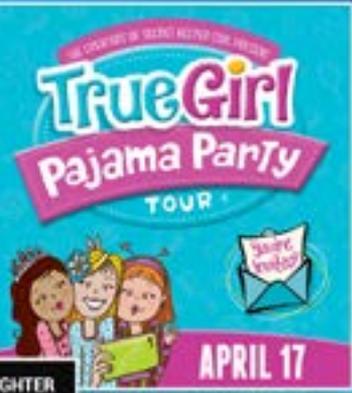
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FILMS

A YEAR OF MARKETABLE SIMILARITIES AND A FEW SURPRISES

By Tracey L. Peyton, MA

On one hand I don't expect films in 2020 to look much different than 2019. You will have your superhero blockbusters and your animated remakes and sequels. On the other hand, I suspect the highly anticipated films including another Nolan masterpiece, another sexy cool edition of James Bond and a few long awaited "where are they now" sequels round out what to expect in 2020. As a disclaimer, I offer that this list is by no means a complete list, the list is constantly changing and evolving as release dates change and films are revamped when Studio's slates of films are released.

In the way of animated films and live action films, we have the following Disney films *Onward*, *Mulan*, *The Bob's Burger Film*, and *Raya & the Last Dragon* should do well. Don't count out *Peter Rabbit 2* and *Minions 2*. Disney-Pixar's film *Soul* starring Jamie Foxx, Tina Fey and the Pixar good luck charm, John Ratzenberger arrives in June 2020.

Phase 1 of the Marvel Cinematic Universe ended with the record breaking and success never to be repeated *Avengers: Endgame* in 2019.

Birds of Prey, *Bloodshot*, *Cyborg*, *The New Mutants*, *Venom 2*, *Wonder Woman 1984*, *The Green Lantern Corps*, *Morbius*, *The Eternals*, and *Black Widow*. The year of the woman will dominate the superhero releases in my opinion. Look for the *Black Widow* origin story, *Wonder Woman 1984* and *Birds of Prey*, featuring Margot Robbie's Harley Quinn to soar.

Celebrated franchises often produce some film successes. One sure bet for blockbuster success is *Fast & Furious 9*—the popcorn film is shoot 'em up heaven for car lovers. Also, for those of you that love the Taron Egerton franchise, hold on because he is not in this installment of *The Kingsmen*. This is an origin story that will show how the spy agency is formed. You also know what you are getting with Will Smith and Martin Lawrence in *Bad Boys for Life* and in *Godzilla vs. Kong*. One film that may deserve separate mention here is *Candyman*. Yep, that one from 1992. This time the Jordan Peele-produced film will be a sequel to, starring the original Candyman himself, Tony Todd. I am excited to be scared with this one coming in mid-June 2020.

The big one in 2020 is Stephen Spielberg's *West Side Story* remake. It has one of the arguably best directors of all time tackling it. Plus, EGOT icon and original cast member Rita Moreno is in a newly created role in the film. *In the Heights* is the other musical slated for release in 2020. The winner of four Tony awards in 2008, penned by Lin-Manuel Miranda before *Hamilton* days is the life in a few days of a Latino family in the Washington Heights neighborhood in New York. This film may be formulaic considering its origins; but I believe it will do well in June/July 2020.

Hamilton geeks rejoice. Lin-Manuel Miranda has written an entire animated musical entering theatres in November 2020. *Vivo* is a Sony vehicle that centers on a monkey travelling from Cuba to Miami to fulfill his destiny. Because of his role in the success of *Moana*, I look to see this as a smash hit.

Robert Downey Jr.—Iron Man himself recreates himself once again to play *Dr. Doolittle* in the January 2020 release. Also starring Antonio Banderas and Michael Sheen, with the voice talents of Tom Holland, Marion Cotillard, John

IN 2020



Cena and Emma Thompson, you can't go wrong on this voyage.

Christopher Nolan's newest film is *Tenet*, which stars John David Washington, Kenneth Branagh and Michael Caine in a story of international espionage. That's all really anyone knows about the film. And in typical Nolan style, we will have to wait until mid-July to find out all the rest. We also know that Nolan typically casts time as a main character ... our lips are salivating over the palindrome title.

No Time to Die is the 25th James Bond film to star Daniel Craig, Ralph Fiennes, Rami Malek (as the villain), Jeffrey Wright and Naomie Harris. Hold on tight, it's a long wait till April 8, 2020 but it will be worth it.

Dune, the sci-fi classic, is being taken on after 30+ years when David Lynch tried to bring this novel to life, by director Denis Villeneuve of *Arrival* and *Blade Runner 2049* fame. My expectations are high because of the cast and director.

Death on the Nile, another Agatha Christie novel, will be remade in this version by Kenneth Branagh who both directs and stars in the film. The latest adaptation arrives in theatres in October 2020.

Horror/Thriller films have two additional strong contenders for

2020. The first is *A Quiet Place 2*. Who was lighting those fires we saw in the distance in the original *A Quiet Place*? We may just find out in the sequel, entering theatres on March 20. The second one is *Halloween Kills*, the second of a reported *Halloween* trilogy which sees the return of newly badass Laurie Strode and her grown up daughter. This one, of course, comes out just in time for Halloween.

We will have to wait until May to see some of the most highly anticipated "where are they now" films. First up is *Legally Blonde 3*, 15 years after #2, in theatres May 8, 2020. *Top Gun: Maverick* has Tom Cruise back after 31 years reprising his title role. And Val Kilmer is back as Iceman, entering theatres on June 26, 2020. *Bill & Ted Face the Music* features Keanu Reeves and Alex Winter reprising their roles after first film in 1989 and second film in 1991. Good fun ensues on August 21, 2020.

Greyhound, a World War II epic, starring Tom Hanks, released in May 2020. *Artemis Fowl*, a Kenneth Branagh adaptation of the popular fantasy book comes to theatres in May 2020. A new film franchise is born: *Jungle Cruise*, based on the theme park ride of the same name. This film stars Dwayne Johnson, Emily Blunt and Edgar Ramirez. All board in July 2020.

For all of you Soprano fans, a prequel entitled *The Many Saints of Newark* will be in theatres in September 2020 just in time for Labor Day. Michael Gandolfini, real life son of the late James Gandolfini, will portray a young Tony Soprano. Other stars include Vera Farmiga, Jon Bernthal and Ray Liotta.

Finally, the untitled co-written and directed by Tom McCarthy airing in November 2020. The plot is about an Oklahoma oil-rig worker (Matt Damon) who travels to France to unravel a mystery and clear his daughter's name. Tom McCarthy directed 2015's two-time Oscar-winning film *Spotlight*.

So, as you see the year of 2020 has a lot of which to select to provide entertainment for everyone from kids to parents to grandparents. It has some new faces and some long-awaited old friends just waiting for YOU to go to see your selected films, at your local movie theatre to engage in cinema the way cinema was meant to be enjoyed--on the big screen where that all-important transformative experience awaits. ✦



The Amish Door in nearby Wilmot, Ohio is excited to announce the creation of an outdoor Winter Village. The all new outdoor Winter Village will be open on select days through January 20, 2020.

"We are excited to unveil a unique experience that has not been done before in our community. We have procured gigantic and one-of-a-kind outdoor attractions. Our hope is that families of all ages will come from all over to the Amish Door Winter Village and celebrate Christmas with us!" said Milo Miller, Amish Door Founder.

Ticketed attractions will include an Ice-Rink, Snowzilla - an artificial snow tubing experience standing over 60 feet tall, Bouncy - the world's largest snowman bouncy house, and Snowmaze - a family friendly outdoor maze.



Miller adds, "The Winter Village will also have warming areas with hot chocolate and snacks as well as firepits to stay warm and enjoy the surroundings."

Tickets and information can be found at the website www.amishdoor.com; calling the Amish Door Village 330-359-5464, ext. 421; or emailing info@amishdoor.com. Parking is free. ✨

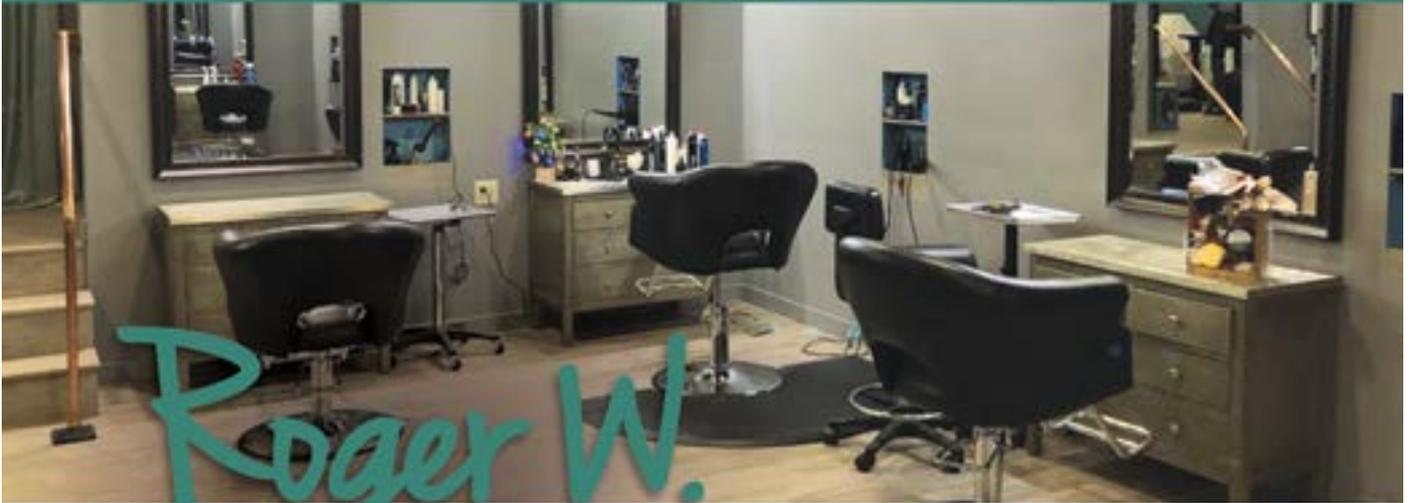
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Optimize Your SLEEP

Leave the (Blue) LIGHT OFF

By Kylie Thompson, BS, CPT

What do you do before you go to bed? Most often, I find the answer revolves around checking email, mindlessly scrolling on social media, and watching the latest television series. This latenight screen time could be costing you a great night's sleep. The culprit causing your sleep to suffer may be the blue light emitted from the device you may be using to read this article.

In order to understand what blue light can do to our eyes and body, we need to know what blue light is. The human eye is only

sensitive to the visible light spectrum. The light, formed from electromagnetic particles, travels in waves and is seen as colors: red, orange, yellow, green, blue, indigo, and violet. Each color varies in wavelength and energy with an inverse relationship between the two. Light that has a short wavelength contains more energy while long wavelengths have less energy. Blue light is one of the shortest, highest-energy wavelengths with red light on the opposite end of the spectrum. The high-energy waves penetrate the eye's retina deeper than other wavelengths making our eyes more sensitive to blue light.

Sunlight, digital screens, LED lighting, and electronic devices are included as sources of blue light and

All of this light affects the body's biological sleep-wake cycle, or circadian rhythm, positively and negatively.



are found everywhere in our lives. All of this light affects the body's biological sleep-wake cycle, or circadian rhythm, positively and negatively. Natural and artificial blue light has been shown to elevate mood, cognitive functions, and alertness. When the amount of daylight becomes shorter in the fall and winter months, it becomes harder to get adequate exposure to natural light as artificial blue light takes over. Your eyes detect the change from light to dark and send a signal to the brain to release the hormone melatonin that slowly causes you to feel sleepy.

Continuing to expose the eyes to the artificial blue light into the evening tricks your brain into staying in the active state and suppressing the production of melatonin. Most common symptoms for low melatonin are feeling awake around 10 pm, low immunity, tiredness during the day, and finding it difficult to fall asleep. These symptoms increase your risk for chronic illness and diseases, such as

heart disease, depression, obesity, and diabetes, due to not getting 7-8 hours of quality sleep.

There are practical ways to decrease blue light exposure in your life. It is recommended to minimize screen time in the two to three hours before bedtime and dimming or turning off lights at sunset. This includes manually dimming the brightness or putting down electronic devices. However, if you are unable to step away from your device, there are ways to help your eyes filter blue light. Newer cell phones, tablets, and computers have a blue light or nighttime filter setting built into the device. Check your device in your Settings and then Display to see if there is an option. On some devices, you can manually set a time for the filter to turn on/off or a specific sunrise/sunset setting based off your location. Free applications are accessible in Apple's

App Store and Android's Play Store for those that do not have a filter built in.

Screen protectors or covers are available for your computer monitor, phone, tablet, and laptop through Amazon and Eyesafe. There are even orange-tinted glasses designed to block blue light waves, if you plan on staying up late watching television. Amazon has a great selection of glasses, including the brands Eyesafe and Cyxus. If you prefer to try before you buy, most eyewear and optical retail chains, like LensCrafters, carry these glasses.

The road to quality sleep can be a difficult one and will require patience and persistence, as the change will not happen overnight. The first step is easier said than done when it comes to disconnecting our eyes from our devices before bed. With all of this information, let's return to the initial question of this article. Which of the tips could you put into practice tonight as a step toward better sleep? Check to see if your phone has a built-in blue light filter. If 2 hours feels daunting, try turning off devices 30 minutes before bed.

If you follow some of these tips and find you are still having trouble sleeping, there may be more going on than meets the eye. I encourage you to talk with your doctor to dig deeper and get a better understanding of why you are awake. *Sleep is the golden chain that ties health and our bodies together.* – Thomas Dekker ✨



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FIVE STEPS

TO KEEP YOUR

NEW YEARS RESOLUTION

By Rodney Long Jr,
LSW, MSSA

Is it me or do most resolutions not make it past February 1st? Every year, without fail, I make plans to hit the gym on January 1st and by the 15th, I've lost steam. I either push myself too hard and get hurt or I don't push enough and lose interest. This year is going to be different. This year I'm going to use SMART goals to make sure I continue with my resolution well past the first 30 days of the year.

If you've ever done any sort of goal planning, you've probably heard of SMART goals – Specific. Measurable. Attainable. Realistic. Time-based. If you haven't, you've probably heard of some sort of goal planning strategy. What I like about the SMART system is that it's a step-by-step surefire way to ensure I stay on task. Here's how SMART goals work.

First: You're going to want to be *specific* about your goal. It's important to be specific about your goal because if you're not specific, you leave yourself a ton of room to spit in the wind and claim progress or success. Let's say my New Year's Resolution is to lose weight. That sounds reasonable. But if I lose 10 pounds and my goal was to lose 20, then I haven't reached my goal. State the goal as specific as possible. Don't just say that you want to lose weight. State exactly how much weight you want to lose.

Second: Make it *measurable*. It's important to measure your progress for two reasons. The first is that it's helpful to take joy in the small victories that come with losing a pound or two at a time. Second, if you're not doing well, tracking things helps you adjust when needed. You can't do that if you're unaware of the progress you're making. Track your progress as you go. This doesn't need to be intense tracking, sometimes once a week works just fine. I don't weigh myself obsessively every day, but I do need to know if I'm losing weight, so weekly tracking works great for me.



PICK A SPECIFIC GOAL. MAKE IT MEASURABLE. MAKE IT ATTAINABLE. MAKE IT REALISTIC. AND PUT A TIME LIMIT ON IT.

Third: Make it *attainable*: You want to work towards a doable goal. Is it attainable for me to be a bodybuilder? Sure. But unless I'm willing to make some serious life changes, it's probably not going to happen. If I can't become a bodybuilder, can I work towards being muscular and looking like the guys in the magazines? Totally. You want to make your goal something attainable for you. For me, being a bodybuilder probably isn't super attainable, but working towards a better body is.

Fourth: Keep it *realistic*: Let's return to the bodybuilder example. Could I become a bodybuilder? Sure, anyone who works hard enough could possibly become a bodybuilder. But it's probably not super realistic for me. I'm certainly well past the age most people start bodybuilding. My body type is not typically what most bodybuilders have. Most of all, there's about one percent

of people on this planet who have what it takes to become a professional bodybuilder. As an average joe, I'm not in that club. And that's okay. While being a bodybuilder isn't realistic, getting down to 10% body fat might be. Find a goal that's realistic for you.

Fifth: Put a *time limit* on it. This is important because if I say I want to lose weight, I probably want to do it sooner than later. I've certainly been the person who says I'll start Monday or next week or by the summer. But that doesn't help because I never get started. It's always next Monday or next week or the next summer. I have to start now and continue to work for the next thirty days or three months and continue that. When working toward my goal of working out, I like to use the 10-week 5K programs or the 30-day jumpstart programs. These programs are a great way to get started now.

There it is. Your surefire way to keep your resolution for longer than the first month. Pick a specific goal. Make it measurable. Make it attainable. Make it realistic. And put a time limit on it. That's the basis of SMART: Specific. Measurable. Attainable. Realistic. Time-based. Whatever your goal is, the SMART system will increase the likelihood that you stick with it and reach your goals. ✨

About the Author: Rodney Long, Jr. is a counselor at Rubber City Counseling, a private practice counseling service focused on blended family dynamics. Their offices are located at 338 Northeast Avenue, Suite K, in Tallmadge, Ohio.



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WINTER BACKPACKING

By Trent Dibell

The steam rolls out of your mouth and evaporates before your eyes and you look beyond the ridge from the trail. You are captivated by the wonders of creation and how we get to enjoy the wilderness that surrounds us. Winter backpacking... are you up for the adventure?

Time, we do not have much of it to spare during our busy lives with family, work and other obligations we find ourselves doing throughout the year. As much as we love and enjoy time spent with family and friends, we each need to take time to reflect on ourselves and where we are in life. Do not be misled by that previous statement. This time needs to be spent in the quietness of creation and not the noises of our modern-day society. With the endless resources of our local and state parks, here is one that will give you time and quietness with just you and yourself.

Caution, please make sure you use all resources available prior to hitting the trail. Being ill prepared for the trail is one thing, but being ill prepared for the trail during the winter months is another.

Winter backpacking is one of the most enjoyed and underrated hobbies. The trails are mostly empty during this time of year and some trails even shut down during the winter months, so be sure to check before you go. There are three different ways to prepare for a trip. Each area is equally important and each are distinctly different, however, they will all connect together during the trip. This might be with a group or solo, but all three areas need to be considered and well planned before turning the ignition in the car.



AREA 1: MENTAL AND SPIRITUAL

As a born-again believer in Jesus Christ, the first part of preparing for a trip is time spent in prayer and getting Scripture ready for the trail. Being surrounded by God's creation is humbling and overwhelming at the same time. The sober feeling of being surrounded by absolute silence is something that we actually have to prepare ourselves for. If we do not prepare ourselves in this area, we will find ourselves wasting time instead of enjoying the time on the trail.

Here is a list of items and ideas to consider before you hit the trail: pocket-size Bible; small, lightweight journal; and a cell phone for taking pictures and other emergency uses.

Mental preparation is vital. When I was an athlete, I was always coached to imagine myself doing the right things and making the right plays. This also applies to backpacking. See yourself making the trip, not turning back when you feel tired, and desiring to enjoy the trail.

With that being said, you must take the following steps before you hit the trail. Call the local/state park to ask about the trail and the current conditions and rules and tell at least two people where you are going. This includes giving them the exact name and location of the trail and trailhead. These are beginner steps to getting ready, but vital steps for a successful and enjoyable trip.

AREA 2: PHYSICAL

Start walking and then walk some more! Use some local trails around you to get out and build both muscle and lung capacity before you hit the trail.

Cramping up on the trail is not enjoyable. Discipline yourself to be hydrated. If your urine is anything but clear, you are dehydrated. If you are thirsty, you are already dehydrated. It is important to discipline your body to be hydrated. With these two components in place, you are over halfway there to prepare yourself for a successful winter hike. Please consider the following areas that I have found resourceful as I have prepared for different hikes: Dundee Falls in Beach City--take good hiking boots or shoes; The Wilderness Center in Wilmot--beautiful trails that offer different levels of difficulty, after a good pace lap or two, you will feel like you got in a good workout; Stark Parks trails all through Stark County--they have really done a great job keeping up on their trails.

AREA 3: GEAR

This is the most important thing and this is not an extensive list of what to take or do. This is to gain interest in enjoying God's creation during the winter months.

I used several resources before I even considered hitting the trail, so here is a list of items and resources to consider:

Gear--lightweight tent with footprint, hydration pack, backpack, portable stove, matches and lighter, fire starters (cotton balls covered in vaseline in a zip lock bag work great), multitool with knife and small saw blade, headlamp/flashlight, sleeping bag (synthetic is cheaper and will do better if it gets a little wet), sleeping mat, and a map;

Food--snack bars, mac and cheese, and Raman noodles (trust me, they're gross at home but taste amazing on the cold trail);

Resources--download the following apps: MTB project (for mountain biking but gives hiking trails, too), Hiking Project, and All Trails.

In closing, I hope this article sparks some interest as you prepare for your next adventure. You can get into backpacking pretty cheap, but spend the money to remain safe on the trail. While you enjoy God's creation always remember the Bible verse we use at Camp CHOF and do "all to the glory of God." Check out the website www.campchof.org as we are looking into launching a backpacking ministry for guys. ✨





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Storybook Weddings

at The Lodge at Geneva-on-the-Lake



The hardest part about getting married is finding the right person. Second-hardest? Finding the right place to have your wedding. A decision that lasts a lifetime requires a picture-perfect location like The Lodge at Geneva-on-the-Lake, in Geneva-on-the-Lake, Ohio.

According to Anna Hofer, marketing assistant/event coordinator at The Lodge at Geneva-on-the-Lake, this lakeside resort offers the ideal setting for weddings of all sizes and budgets. “It’s a beautiful lakefront venue and there’s so much for your guests to do in the area,” said Hofer. “Having a wedding right on the shores of Lake Erie is really hard to beat.”

The resort offers a convenient destination wedding site that caters to couples in Ohio, Eastern Pennsylvania and Western New York. The Lodge is just over a two-hour drive from both Pittsburgh and Buffalo, making it easy to reach for most guests. “Our lakefront gazebo ceremonies are gorgeous,” said Hofer. “Count on The Lodge for delicious food, a professional staff and a ballroom that was just renovated in 2019.”

From grand receptions to intimate ceremonies, The Lodge’s wedding professionals – including both a sales manager and catering manager – take care of the details so guests can focus on the celebration. The staff can help facilitate the special occasions leading up to the wedding day, such as rehearsal dinners. Many couples also look to The Lodge for bridal showers and bachelor and bachelorette parties.



The Lodge's experienced team is always at the forefront of the latest trends. "Fall weddings are becoming increasingly popular due to the beautiful foliage we have here in northeast Ohio," shared Hofer. "And now, instead of receiving lines, the couple is joining in on cocktail hour to greet their guests. It offers a chance to capture photos of some great moments."

Guests of The Lodge can stay at one of 109 guest rooms or one of 25 two-bedroom cottages that sleep six, which are perfect for extended families. Other amenities include indoor and outdoor pools and hot tubs, shuttles to area wineries plus bicycle, snowshoe and cross-country ski rentals.

The Lodge offers four full seasons of wedding excitement, with winter weddings being another specialty. "Winter here is as beautiful as summer, just different," said Hofer. "The wedding and reception are held inside. However, the photos you can take in the snow by the frozen lake are stunning."

At the annual Grand Bridal Tasting, brides and their guests can sample

food and beverages. Hofer said most guests want to put a custom spin on their wedding. "We want you to make the wedding day yours," said Hofer. "You choose your vendors for photography, music, flowers and more. It's all in your hands."

The Lodge team adds a number of small touches that make a wedding experience even better. Everything from putting all the key wedding details into one packet of information to a complimentary suite for the married couple the night of the wedding.

"We work to make the wedding experience easier," explained Hofer. "Our team caters everything to the marrying couple. If they're looking for something unique, we'll do all we can to make that happen." The Lodge's grand ballroom can host wedding receptions for up to 300 guests. It opens up to an outdoor patio that has a fire pit and outdoor heaters, which extends the space for guests.

Located next door to The Lodge, Lake Erie Canopy Tours offers both zipline and aerial climbing courses.

Golf cart rental services are available for guests to make the drive to the beach at Geneva State Park or to ride into downtown Geneva-on-the-Lake, a mile-long strip of restaurants, shops and other attractions.

"From our wealth of local wineries to Lake Erie Canopy Tours, there are plenty of activities for guests to choose from nearby," said Hofer. "There is so much right here in the area around the resort, which will keep your out-of-town guests engaged and entertained."

Prior to the wedding, the catering manager holds a final detail meeting to iron out any last-minute considerations. It's a chance to see how the tables will be set up and go over options for linens and chair covers, ensuring that everything goes smoothly the day of the wedding.

The key takeaway? The team at The Lodge at Geneva-on-the-Lake has the experience and vision to make your lakeside wedding a reality. "Every couple wants their wedding to stand out," concluded Hofer. "With the lake as your backdrop, you'll definitely have that here."

For availability and pricing, call (866) 890-1273 or visit TheLodgeAtGeneva.com. ✦

The Lodge offers four full seasons of wedding excitement, with winter weddings being another specialty.



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A Destination Fairytale

By Lindsey McGlaughlin

Nestled in the rolling hills of Wheeling, West Virginia, the historic Oglebay Park—featuring a restored mid 1800’s mansion—offers once-in-a-lifetime weddings to couples from across the country. It’s sprawling views and historical beauty provide the perfect backdrop for romantic ceremonies and receptions alike.

Just ask Pittsburgh natives Shannon and Trevor Gibson who hosted their recent nuptials at the picturesque venue. “Our ceremony was something out of a storybook. A horse-drawn carriage brought me down the aisle for the dramatic entrance I had always dreamed of,” said Shannon. “Our Mansion Woods ceremony was everything I had ever imagined.”





Oglebay's picturesque beauty is only surpassed by its staff's commitment to excellence...

Boasting a wide variety of ceremony settings ranging from the rustic Camp Russell to the manicured landscapes of the Formal Gardens, customizing is the name of the wedding game at Oglebay, especially when it comes to menus and venues.

For the reception on the big day, couples can choose among different packages—Diamond, Platinum, and Gold—featuring a four-hour hosted bar, hors d'oeuvres, a champagne toast, and a delicious plated or buffet dinner. Depending on the tier, the packages can include Chicken Provençal with herbed polenta, crab-stuffed sole with caper vin blanc, tenderloin of beef with foraged mushrooms, and Oglebay's own jumbo lump crab cake, plus a variety of sides, salads, and vegetables. A three-tiered wedding cake from Oglebay's in-house bakery tops off the celebration.

For Shannon and Trevor, the stately Glessner Auditorium with its dramatically draped wooden ceiling, unique split-level layout and elevated stage provided the perfect reception venue to dance the night away with family and friends to the sounds of the award-winning Bachelor Boys band. "But it wasn't just about us," Shannon recalled. "With guests traveling in from Pittsburgh, Florida, New York and California, we made it a priority to plan a memorable getaway that everyone could enjoy."

Entertaining their guests for a weekend-long event was a breeze with a pre-wedding golf outing, welcome party, ceremony, cocktail hour and reception at various points of interest across the historic park. And resort-style accommodations in Wilson Lodge

and recently-renovated cottages guaranteed a relaxing retreat for all.

"Our guests enjoyed having the whole weekend to explore Oglebay and celebrate with us," Shannon said. "Everyone had a taste of what they wanted to do—hiking the trails, golfing, visiting the Good Zoo, or watching sports at Glassworks Grill."

Oglebay's picturesque beauty is only surpassed by its staff's commitment to excellence in providing every guest with a truly memorable experience. "Everyone was so accommodating and eager to make our day a success," Shannon and Trevor reminisced. "It was as though the entire Oglebay team was enjoying the day right along with us."

Visit www.oglebay.com and begin planning your fairytale wedding today. ✦



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GOING

OFF THE

HILL

By Jeremy Morris

While there are endless possibilities of how to spend your time at Oglebay, there is plenty to explore off the hill as well. Wheeling is a destination rich in history, culture, and entertainment options.

Founded in 1769, the town predates America and is recognized as the founding city of West Virginia. Here you will find a community that celebrates its affluence along with its blue-collar underpinnings. As a result, it is a great place for a dive into a working-class bar followed by a night at the Theatre.

Grab a drink with the Moose—Ye Olde Alpha is a Wheeling institution that opened in the 1930s. Step into the bar side and bask in a vast array of taxidermy that has been collecting since the doors opened. Belly up to the bar and ask one of the old-timers at Happy Hour if they remember Babe, a long-time bartender who, though deceased, probably still watches over the place.

Find your Wine—Good Mansion Wine and Bakery offers one of the most thorough collections of wines in the Mid-Atlantic, and we are not kidding. If you are a wine connoisseur, you will truly be amazed. When done perusing the wine, head back to the bakery where you will find the finest selection of deli cuts, olives, and cheeses anywhere in town. The menu features a different selection of handcrafted sandwiches each day and the desserts are to-die-for French favorites. Check their website goodmansionwines.com for a schedule of tastings and more information.

Get Smoked with Hangover BBQ—Located at the foot of Oglebay hill, Hangover smokes the best brisket, ribs, and pulled pork in the valley. As their name suggests, it's the perfect food cure after a late-night reception. It's a take-out joint and superb for a catered meal at an Oglebay cabin or shelter, or dine like a local and eat in your car in the parking lot. Ask about the ice cream sandwiches. The website offers menu information at hangoverbbq.com.

Hit the Market—Located in the Centre Market Historic District, the 1853 Market House is the heart of the activity in Wheeling. Here you will find an art gallery along with the iconic Coleman's fish market. The Coleman Fish Sandwich is legendary and has been credited as the "best fish sandwich in America" by Gourmet magazine. The Market House is surrounded by coffee shops, retail shops, restaurants, and two microbreweries.

Trek the Trail—The Wheeling Heritage Trail is a 26-mile urban rail trail that winds along the Ohio River with a spur that shoots up Wheeling Creek. It is a flat, asphalt paved trail that provides a gentle walk or ride. Bikes can be rented for a small fee at the waterfront through the city's new bike-share program.

Have a Night on the Town—Catch some action on the ice with our professional hockey team, the Wheeling Nailers. Relax for a night of Broadway or symphony at the historic Capitol Theatre. Find what's happening at wesbancoarena.com.

Visit the Wheeling-Ohio County Convention and Visitors Bureau website visitwheeling.com to learn about all there is to do. ✦



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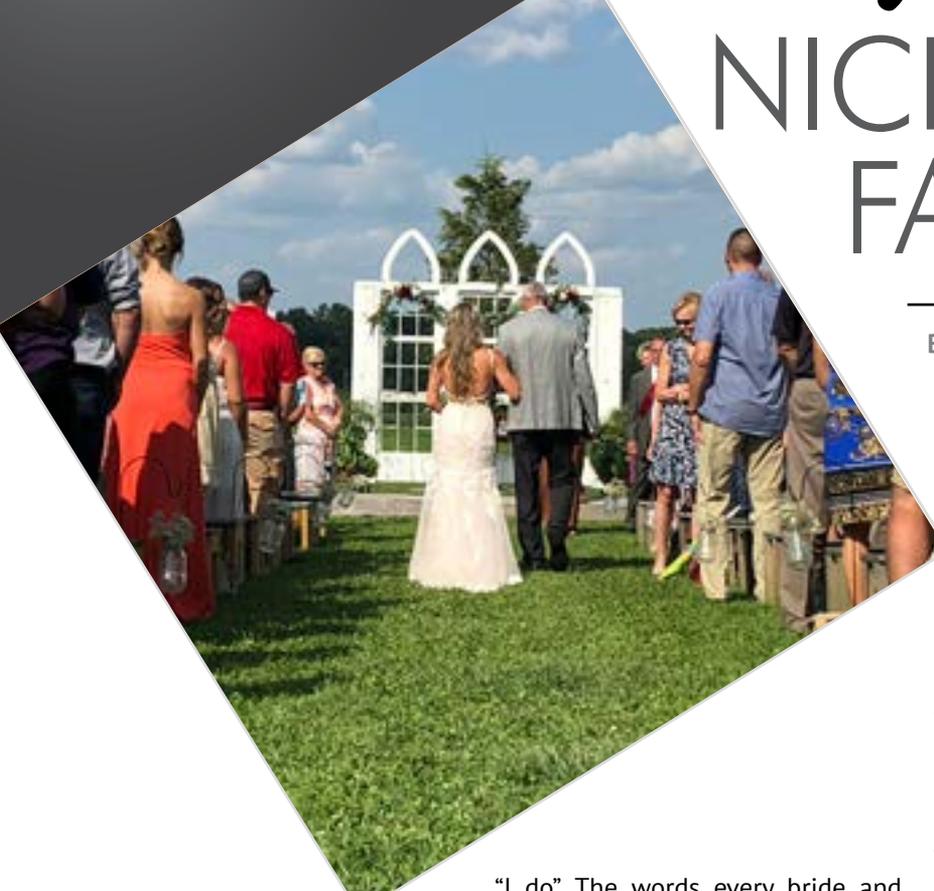


Nickajack Farms is a wedding venue with a twist, it is a fully operational farm.



Say "I do" at NICKAJACK FARMS

By Amanda Sebolt



it is a fully operational farm. Guests can look out and see hay, pumpkins, soybeans, corn and much more. Apart from the crops on the farm, we have a variety of farm animals. One unique aspect of the farm is that the serene outside venue has horse pastures next to it.

"I do". The words every bride and groom are waiting to hear on their wedding day. Nickajack Farms has helped many people over the years to hear those two simple yet meaningful words on their special day. Nickajack Farms is a wedding venue with a twist,

Debbie Sebolt owns Nickajack Farms along with her husband Joe and three daughters, Rebecca, Amanda, and Jessica. All three daughters actively help on the farm. They do a variety of jobs, one of which includes helping couples make their dreams come true.



...the wedding planners at Nickajack are happy to help with many of the major areas of planning, such as food, DJ, linens, decorations and so on.



In the beginning Nickajack was a horse boarding facility with 42 horses residing on the farm.

Debbie got the idea for the venue after boarders, along with family friends, started asking about getting married at the farm. After the horse boarders moved out and as we were remodeling, more and more interest was gained for renting the barn as a venue. Today what is the main event hall “The Mane Barn” is a renovated barn that once housed 16 horses, a tribute to the barn’s past with its name.

Nickajack Farms boasts two ceremony locations; The Chapel and The Mane Barn, though the bride and groom can choose another location, if desired. The Chapel is a picturesque outdoor location with a view of the front fields full of crops like corn, soybeans and the pastures. A gravel path leads guests to bench seating and a beautiful ceremony. This setting is perfect for a spring, summer or fall day. This site is created to look like

remnants of a white barn, giving the Chapel a stunning rustic element to your special day.

The Mane Barn is the indoor ceremony and reception site. With black iron railings, high ceilings and romantic lighting, The Mane Barn is ideal for couples who want that rustic barn look. Guests can relax inside, with both heating and air conditioning, The Mane Barn sits at a comfortable temperature all year long. Equipped with indoor restrooms, built in bar and seating for 200, this barn makes for a great reception hall as well.

The reception will be full of memories with a large dance floor. The barn has options for extra activities like a bon fire, yard games, hayride or wandering into the animal barns for a night full of fun. With the reception hall you will get standard circular tables for guest seating, and a rectangular table for the head table and other areas. Also, a part of the barn is a separate room for the food to be set up. With this room, you give your caterer a quiet place to work, and allow for a buffet line to flow smoothly.

Don’t worry about wrinkling suits or gowns on your way. Nickajack has locations for the bride and her entourage to get dressed, as well as the groom and his groomsmen. “The Bridal Suite” is a stunning handcrafted

building that has three makeup stations, a sitting area and privacy to change. This suite, along with the groom’s room, is temperature controlled and in a private area of the farm.

With each wedding Nickajack provides three staff members for the ceremony, two of which also work the reception to help ensure that each couple’s special day runs smoothly. Staff members are happy to help with any last-minute details that may pop up. Our staff is friendly, knowledgeable and excited to make this day amazing.

If the thought of all the planning that goes into a wedding has you stressed out, the wedding planners at Nickajack are happy to help with many of the major areas of planning, such as food, DJ, linens, decorations and so on. There are many vendors who work with Nickajack to make sure each bride and groom has everything exactly as they want it.

The Mane Barn at Nickajack Farms is located at 2955 Manchester Avenue NW, North Lawrence, Ohio. Call us at (330) 323-9714 with any questions or to save a date. Check us out on our website www.nickajackfarms.com or Facebook to stay up to date with all upcoming events. Dates are filling up fast so call or email us today. ✨



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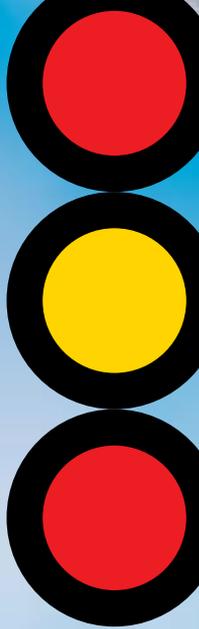
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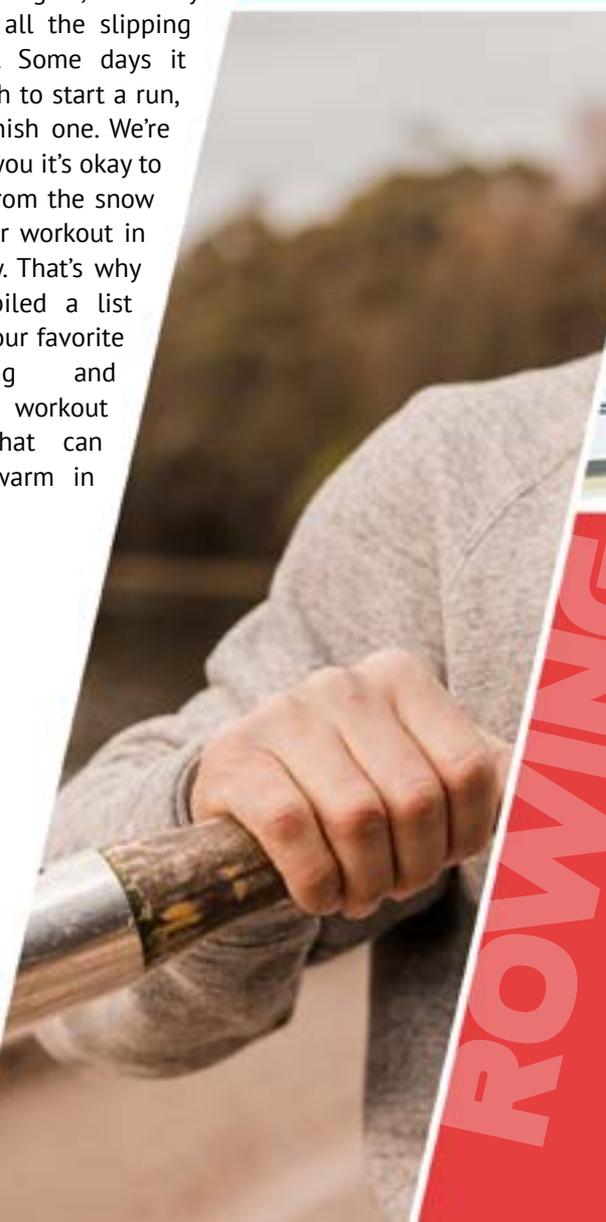
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TOO COLD TO RUN? TRY CROSS-TRAINING

By Breanne Bakan

As winter drags on, it can be hard to get out the door to get your mileage in. Trudging through the snow and the slush can leave you with numb toes, frozen fingers, and achy joints from all the slipping and sliding. Some days it can be tough to start a run, let alone finish one. We're here to tell you it's okay to step away from the snow and get your workout in another way. That's why we've compiled a list of a few of our favorite cross-training and non-cardio workout activities that can keep you warm in the winter.



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- ◆ **Rowing** -- This is a great way to shake up your traditional cardio. Rowing focuses a lot more on the upper body muscles (something us runners can tend to neglect) which is all the more reason you should throw it into your winter training. It's a great way to get the heart rate up, burn fat, and build muscle.
- ◆ **Elliptical** -- The elliptical is the closest you can get to running without actually stepping on the treadmill. The form used on the elliptical is very similar to the form used when running and the best part is that it is very low impact. That means you can get your run in without pounding away on the pavement.
- ◆ **Swimming** -- If you are looking for a serious workout, look no further than your nearest indoor swimming pool. This non-impact activity is sure to leave you out of breath, and the health benefits of swimming are just as high as running. Many experts cite swimming to be a more efficient fat burner, which is perfect if you've got some holiday pounds to lose.
- ◆ **Weight training** -- As a runner, it can be easy to ignore the importance of weight training. Who wants to lift weights after a run anyway? Frigid days are a great reason to hit the gym. Lifting weights doesn't just build essential muscle strength, it also strengthens joints and tendons. This goes a long way in both faster race times and injury prevention.
- ◆ **Hot yoga** -- Okay, this might not be an actual cardio exercise, but hear me out. Hot yoga has been proven to reduce stress, build bone density, burn calories, reduce blood glucose levels, and provide an overall cardiovascular boost. Plus, when the temperatures are in the teens, what sounds better than stepping into a room heated to approximately 80-100 degrees Fahrenheit?

If there's a snowstorm coming your way, don't stress about how you're going to get your run in. Take this winter as an opportunity to explore other options. Just because the cold weather is here doesn't mean your running has to suffer. Take our advice and try something new so you can hit the road running when the weather breaks. ✨

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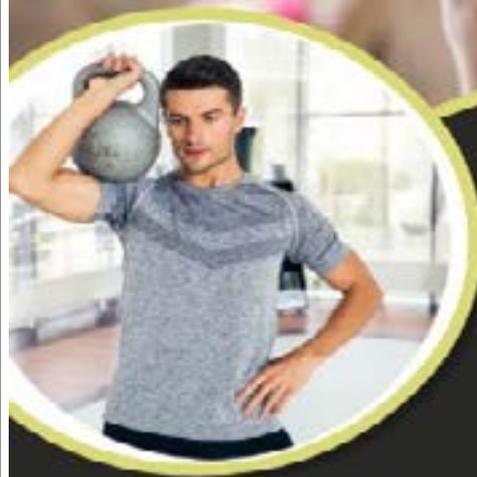
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GLACIER NATIONAL PARK

By Josh Gonzalez



Out of the many great hiking locations I have been to, my most recent adventure led me to the beautiful Glacier National Park. If you ever find yourself in this great national park, here are two of my favorite trails.

We arrived near Glacier National Park, Montana late at night. It was our first official stop on our trans American-Canadian road trip. Glacier National Park is situated right on the border between the US and Canada, and anchors the great Canadian Rockies to the US. We quickly set up our rooftop tent on the banks of a fast-moving river alongside other overlander rigs and vanlifers.

We were just outside Columbia Falls, Montana, a small town on the outskirts

of the park. The date was August 15th and the morning air was brisk when we awoke. Being this far north, bringing a light fleece or puffy jacket would be smart. The weather changes fast with systems moving through these mountains regularly.

I pulled out my trusty MSR Windburner from the mess of gear in the trunk of our recently converted 2000 Jeep Cherokee to Overland Vehicle. I quickly made oatmeal and instant coffee to get the day going. We were all slow to start this morning since we had been driving non-stop the past two days from Ohio to make it here on time and in line with our large itinerary.



Our hike of the day was the famous Highline Trail, a long traverse overlooking the entirety of the west glacier valley down to Lake McDonald, and we quickly readied our gear to get an early start. We left our awesome free campsite for the entrance to Glacier with our National Parks Pass (good for a whole year and well worth the investment). Entering the immense park, we began our drive alongside Lake McDonald. As we traveled into the mountains, the road changed from a lakeside drive to a series of long switchbacks making our way to the Logan Pass Visitor Center. Going-to-the-Sun Road is a site in itself.

The final stretch was a long traverse with steep drop-offs to the right of the mountain. The views were remarkable in every direction. The deep greens of the alpine foliage in contrast to the bald rocky tops of the mountains left a Jurassic Park like impression. Every couple of minutes you would turn a bend and see a glacial waterfall pouring down into the valley feeding the lake. After a 45-minute drive from our campsite we made it to the crowded visitor center. Needless to say, the earlier you arrive the better. It took us 20 minutes of looping around the parking lot for a spot to open up for us.

Highline Trail begins via Logan Pass and is a 15 mile out and back trail with a 2,578-foot cumulative elevation gain. There are two locations to choose where to start. If you are looking for a more gradual hike, I recommend starting from Logan Pass where the elevation change is negligible throughout the first 11 miles. Once you hit Granite Park Chalet, the trail drops 2,200 feet in 4 gradual miles of switchbacks to the Loop Trailhead. Here a park shuttle can

pick you up and drive you back to your parked vehicle at Logan Pass.

If you like elevation gain, then beginning from the Loop Trailhead to gain the immediate 2,200 feet, break at the Chalet for tea, and then coast through the traverse to the visitor center would be just as fine a hike. Because much of this route passes through prime grizzly bear habitat, it's extremely important for hikers to make a lot of noise, carry bear spray, and hike in groups. It's also a good idea to check with a ranger on the status of recent bear activity before proceeding on any hike in the park.

We left our campsite early in the morning to begin our drive to East Glacier, which is roughly a 2-hour cruise through northern Montana skirting the outer borders of the park. If we thought West Glacier was scenic, we were soon blown away again by the approach to the park entrance. The huge granite domes of the mountains flank Lake Sherburne creating an amphitheater of rock and forest.

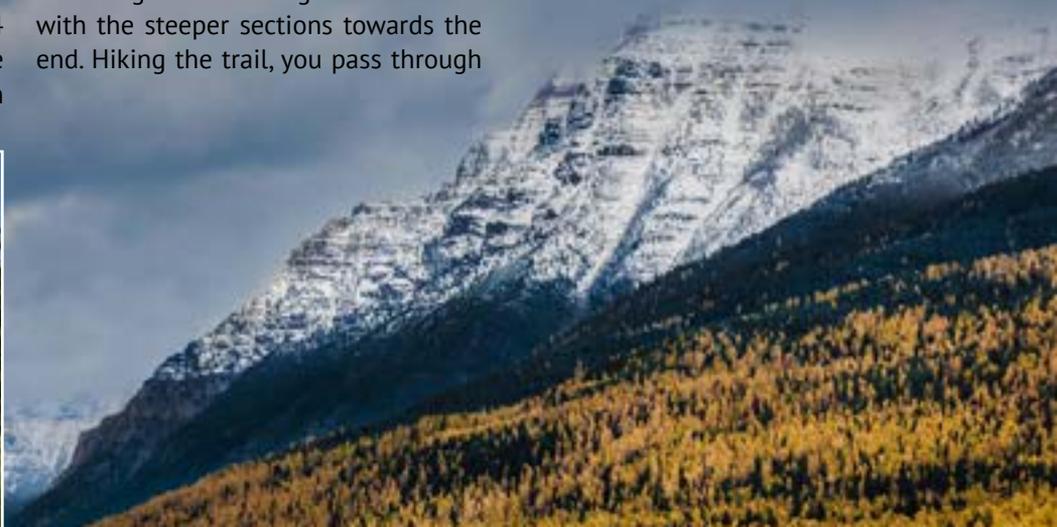
After arriving, we quickly passed historic Many Glacier Hotel to the trailhead and began to ready our day packs. Upper Grinnell Glacier begins from the Grinnell Glacier Trailhead, located roughly one-half mile past the turnoff for the Many Glacier Hotel. You can shave 3.4 miles off your round-trip hike by taking the two shuttle boats across Swiftcurrent Lake and Lake Josephine. The round-trip length of the trail is around 7.6 miles and the total elevation gain from the beginning of the trailhead is 1,840 feet. Most of this is gradual throughout the trail with the steeper sections towards the end. Hiking the trail, you pass through

large swaths of alpine meadows with numerous wildflowers.

The wildlife is also abundant throughout the park. Walking alongside Lake Josephine we noticed a pair of moose grazing on the opposite shore and when we approached the final sections of the trail, a family of mountain goats, unabashed by hikers, came right up to the trail to say hello. Just like Highline trail, this too is grizzly bear territory, so it is important to follow the proper protocol when hiking. Carry a canister of bear spray per group and remain together throughout the trail.

Once you pass over the final ridge, Grinnell Lake fills the vista. The light blue glacial lake is littered with small to large icebergs breaking off the glacier. A small trail from the overlooks leads you down to the banks of the lake for a closer look. This is also a very notable example of climatic change in these environments. In 1850, at the end of what has been referred to as the Little Ice Age, Grinnell Glacier, combined with The Salamander, measured 710 acres in surface area. As of 2005, it has shrunk to less than 200 acres and continues to recede.

As you prepare for your trip, I suggest obtaining appropriate gear. The trails above the tree line become tricky to navigate the more rocky it gets. Trekking poles help increase your sure footing and balance in these tough sections. Most of the trails can be done in a day, so a lightweight day pack between 16-22 liters is perfect for a trip to Glacier National Park. ✨



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RITE AID
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CLEVELAND MARATHON

RUNNING STRONG FOR 42 YEARS

By Jack Staph

The Rite Aid Cleveland Marathon is one of the 50 oldest marathons in the United States and began as an effort to bring a positive and meaningful fitness event to the City of Cleveland, which was suffering economically at the time. More than 350,000 runners have participated in the race since its inception in 1978.

The original course began at Cleveland State University and traveled west to Bay Village, a suburb approximately 14 miles west of Cleveland, and back. The race now weaves through many of Cleveland's iconic and ethnic neighborhoods and gives runners from all over the country a chance to experience the city's diverse fabric. Runners also pass some of Cleveland's best-known landmarks, including the Rock and Roll Hall of Fame, Playhouse Square, FirstEnergy Stadium, Progressive Field, Rocket Mortgage FieldHouse and more.

For 42 years, the marathon has been living its mission: to provide a running experience for all individuals who want to participate regardless of their abilities, to produce an event that highlights the Cleveland community and provides a positive economic impact for the community, and to give charities an opportunity to benefit financially from the Rite Aid Cleveland Marathon, Half Marathon, 10K, 8K and 5K.

According to an economic impact study by Pittsburgh-based Forward Analytics, during a single race weekend the race generated \$18.25 million toward the City of Cleveland's economy. The Cleveland Marathon also has a long-standing commitment to helping local charitable organizations and has donated well over \$3 million to Cleveland-area charities since its beginning. Cleveland Marathon Charities, a 501(c)(3), was formed in

2007 to organize and financially reward school, church and other non-profit groups that show support of health and fitness through running by their active involvement in the marathon as participants, volunteers or spectators in the marathon.

"The Rite Aid Cleveland Marathon is a true gem in the City of Cleveland and has given back to the community in so many ways," said David Gilbert, president and CEO of Greater Cleveland Sports Commission, an organization that attracts, creates, manages and enhances significant sporting and competitive events in the region. "The Cleveland Marathon leadership has built a much sought-after event that draws people from all over the country to Cleveland each year."

The race's most significant growth has occurred under the Rite Aid Cleveland Pharmacy sponsorship, which began in 2003. Since that time, race participation

THE RACE'S MOST SIGNIFICANT GROWTH HAS OCCURRED UNDER THE RITE AID PHARMACY SPONSORSHIP, WHICH BEGAN IN 2003.

has grown 300 percent. The marathon's partnership with Rite Aid is truly unique in its longevity and has been a positive force in shaping the race into what it is today.

This year's marathon will feature a more streamlined race schedule, including the half and full marathons, a 5K and 10K, Kids' Run and Health and Fitness Expo.

The marathon is offering four new Challenge Series levels in 2020, providing new options for runners and walkers who wish to challenge themselves with two events over a two-day period. The Challenge Series offers four event combinations and levels of difficulty: 10K and Full Marathon, 10K and Half Marathon, 5K and Full Marathon, and 5K and Half Marathon.

Additionally, for the first time, runners can be eligible for the Abbott World Marathon Majors (AbbottWMM) Wanda Age Group World Championships in 2021. The Cleveland Marathon has been chosen as a qualifying event partner of AbbottWMM, which is a series of six of the largest and most renowned marathons in the world - Tokyo Marathon, B.A.A. Boston Marathon, Virgin Money London Marathon, BMW Berlin-Marathon, Bank of America Chicago Marathon and TCS New York City Marathon.

"Global Cleveland is thrilled that the Rite Aid Cleveland Marathon will once again welcome runners from all over the US and the world," said Joe Cimperman, president of Global Cleveland. "Our city embraces visitors from Kenya to Akron, from Denmark to Downtown Cleveland. This Marathon embodies the best of all of us: determination, endurance, and the reality that we are one community on this planet. We are so happy you are here."

For more information about the Rite Aid Cleveland Marathon, please visit www.clevelandmarathon.com/. ✨

RITE AID CLEVELAND MARATHON FAST FACTS:

- ▶ First race to offer finishing runners large cash prizes – the first cash prize in 1988 was \$150,000 total for the 10K and marathon winners (male & female)
- ▶ First to invite elite runners from the Soviet Union to the marathon during the Cold War
- ▶ First to incorporate a 10K race into the marathon events in 1978
- ▶ Voted one of the top 15 spring marathons by dailyburn.com in 2016
- ▶ Ranked in the top 13 fastest marathons in the U.S. by verywell.com in 2016
- ▶ Average mile pace for the marathon winner is 5:13
- ▶ 10K World Record was set in 1996 by Joseph Kimani of Kenya at the 19th annual Revco/Cleveland Marathon and 10K Run





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