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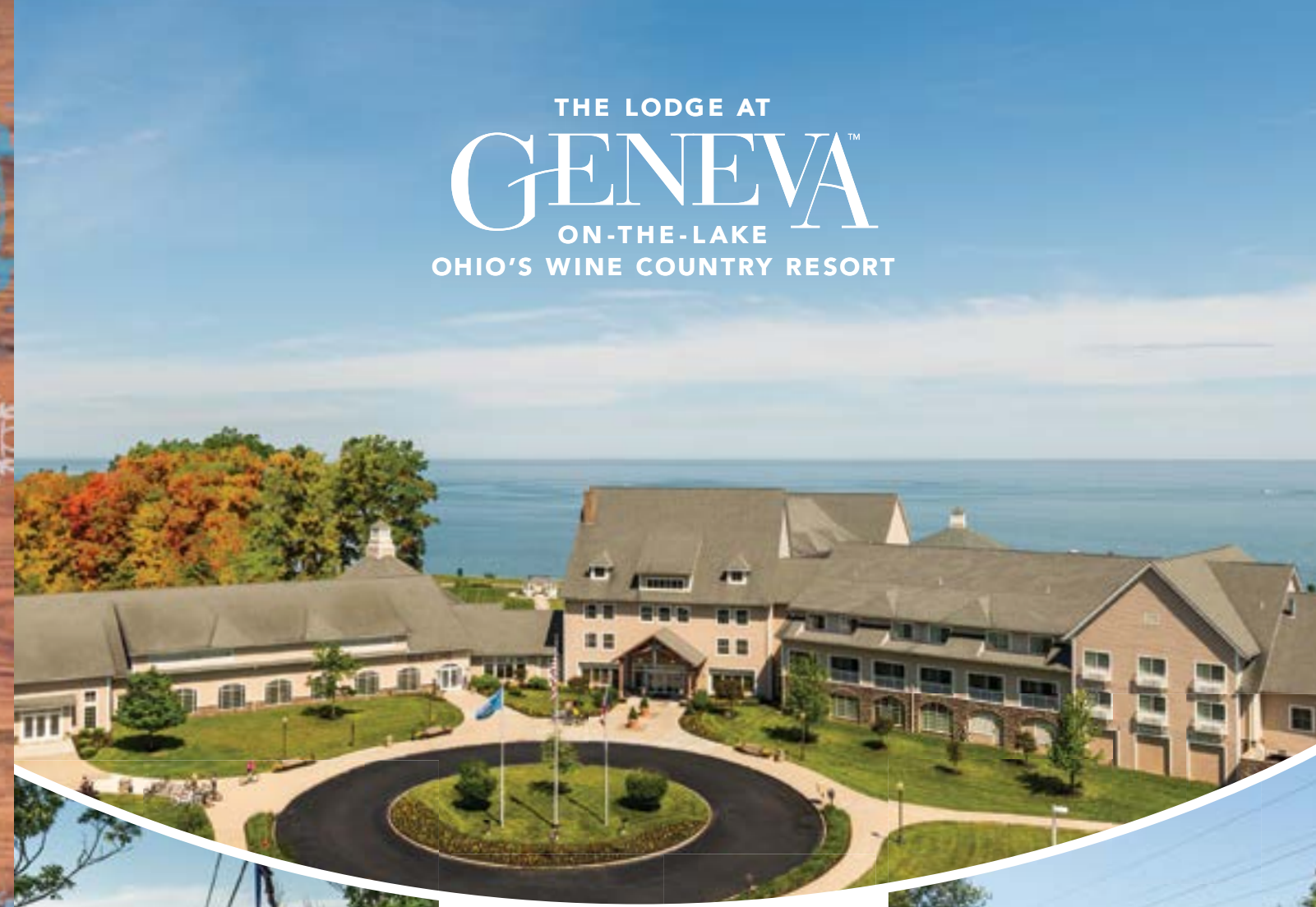


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CANTON PALACE theatre

By Laura Strader

Each year the holiday season brings a little extra magic to the Canton Palace Theatre. The historic beauty of the theatre shines, adorned with wreathes, bows, and more, as patrons come to enjoy their favorite holiday traditions and make new memories. This year's programming is bound to delight audiences young and old.

For many, attending live performances at the theatre with family and friends has become a can't-miss tradition. The Canton Christmas Spectacular on November 15 at 7 pm and November 16 at 2 pm will feature area groups and artists performing holiday music, dance, skits, and more in a variety show format. The talented singers of Majestic Voice Chorus will host the holiday music showcase on December 7. A highlight of the holiday season is watching the snow gently fall on stage as the dancers of Canton Ballet perform *The Nutcracker*, December 13-15. Audiences can witness nationally-acclaimed musicians, the Wizards of

Winter, as they return to the Canton Palace Theatre stage on December 17, and Diamond Rio performing "Holiday & Hits" on December 19.

In addition to live events, patrons can view their favorite holiday films again on Canton's largest screen, or even share classic Christmas movies with the next generation of movie lovers. This year's holiday film schedule includes *A Christmas Story* November 29 and 30 at 7:30 pm, *It's a Wonderful Life* December 20 at 7:30 pm, *National Lampoon's Christmas Vacation* December 21 at 7:30 pm, and *Elf* December 22 at 7:30 pm. And it wouldn't be the holiday season without *The Polar Express*. The film will be the featured free family movie for Canton First Friday on December 6 at 7:30 pm, as well as the Sensory Cinema presentation on December 21 at 3 pm. For all Sensory Cinema showings the theatre environment is tailored to attendees on the Autism Spectrum and their families. This includes lower levels of sound and dim lights, dietary



sensitive offerings in the concession stand including gluten and dairy free options, trained staff and family restrooms.

The diverse programming at the Canton Palace Theatre means there's something for everyone to enjoy. So, gather your friends and family and make plans to join us this holiday season – and don't forget the popcorn! ✨

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AT THE



Nov. 29 & 30
7:30pm
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Dec. 6
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Dec. 20
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Dec. 21
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HOLIDAY CHEER *starts here.*



It's the most wonderful time of the year – especially at The Lodge at Geneva-on-the-Lake. This year, the Geneva-on-the-Lake, Ohio-based resort is elevating the holiday magic like never before. From Thanksgiving to Christmas and right through New Year's, The Lodge is ground zero for festive holiday moments that your entire family will love.

From Friday, December 6 through Sunday, December 8, the inaugural Light Up The Lodge will offer guests a variety of holiday activities, including a Christmas ale tasting & dinner, gingerbread contest, story time with Mrs. Claus and breakfast with Santa. From our popular Thanksgiving buffet and Christmas dinner to other offerings throughout the season, The Lodge can be your family's holiday destination.

“The Lodge at Geneva-on-the-Lake truly offers four seasons of fun,” said Charlene Horgan, general manager, The Lodge at Geneva-on-the-Lake. “Guests can look to our resort for a wide array of holiday events that will appeal to all ages. From our wine shuttles to Lake Erie Canopy Tours, there's excitement year-round at The Lodge. And that's certainly true during the holiday season.”



THANKSGIVING DAY BUFFET

Bring your whole family together this Thanksgiving for a relaxing day on the lake. Enjoy traditional Thanksgiving dishes such as oven roasted turkey, herb stuffing, roasted garlic mashed potatoes and more at our spectacular buffet. The cost is \$41.95* for adults, \$39.95 for seniors, \$19.95 for children 6-12 and \$5.95 for 5 and under.



CANDLELIGHT CHRISTMAS EVE & CHRISTMAS DAY DINNER BUFFETS

Horizons Restaurant is the perfect place to enjoy a festive Christmas meal without the hassle of planning and preparation. We're delighted to be open to share the holiday with our guests from 4:00-8:30 p.m. on Christmas Eve and from 4:00-8:00 p.m. on Christmas Day. Our prime rib dinner on both days is \$29.95 for adults, \$26.95 for seniors, \$19.95 for children 6-12 and \$5.95 for children 5 and under.

NEW YEAR'S EVE

Ring in 2020 at our lavish New Year's Eve bash. This overnight package includes a one-night stay, entrance to the New Year's party in the ballroom, grand action station dinner buffet, late night snacks, five hours of open bar, champagne toast at midnight and live entertainment. Breakfast the following morning and noon late check-out are also included. The New Year's bash has a Hawaiian Luau theme – costumes are encouraged. This package starts at \$399** plus tax per couple.

On New Year's Eve, Horizons Restaurant will be serving plated entrée specials from Executive Chef Ashley Miller and his team from 6:00-10:00 p.m. The Lounge will be open until 2:00 a.m. so guests can watch the ball drop.

The Lodge is also hosting a kids pizza party in the Lakeview Room. This event is \$29 for adults and \$19 for kids 12 and under.



HOLIDAY PACKAGE

Snuggle up at The Lodge with our Home for the Holidays Bed & Breakfast package. This package includes an overnight stay at The Lodge and breakfast in Horizons Restaurant.

PROMO CODE: BREAKFAST

For more information on our holiday package or to make your reservation for the Thanksgiving, Christmas or New Year's events, please call 440-415-1546.

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- Holiday Themed Sip & Paint
- Christmas Ale Tasting & Dinner | 7PM - 9PM

SATURDAY, DECEMBER 7

- Gingerbread Contest | 10AM - 12PM
- Kids Holiday Craft Class | 1PM - 2PM
- Christmas Craft Class for Adults | 2:30PM - 4PM
- Geneva Carolers | 6:30PM
- Santa's Arrival to Light the Christmas Tree | 7PM
- Story Time with Mrs. Claus in the Lobby
- Festive Movies in the Lobby | All Day

SUNDAY, DECEMBER 8

- Breakfast with Santa & Mrs. Claus | 10:30AM
- Christmas-themed Craft | 10:30AM - 1:30PM

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RELIVE

Old English Charm

AT Dickens Victorian Village

By Beverly Kerr

God bless us every one! Those words of Tiny Tim from Charles Dickens "A Christmas Carol" ring out over Cambridge, Ohio each holiday season as their downtown is magically transformed into Dickens Victorian Village.

Charles Dickens would have enjoyed walking Wheeling Avenue during November and December. The downtown becomes Merry Olde England with scenes from Charles Dickens "A Christmas Carol" as well as those that portray life at that time.

Stroll down the street as you view the 94 scenes with 164 life-size mannequins dressed in Victorian style. They can be found under every lamppost for five blocks. Read the brass plaques to discover the connection to Charles Dickens and Victorian times.

The Dickens Creative Team refurbishes the scenes each year working from February through October. Repairs are made on everything from damaged clothing to problems with the framework. The small details they include with hats, capes, and jewelry make the scenes come to life.

This year a special book has been created for Dickens Victorian Village by a local writers' group, Rainy Day Writers, with pictures and stories of each of those 94 scenes. Pick up a copy for a great memory of your visit back to Victorian times.

Stop at the Dickens Welcome Center and Curiosity Shoppe to learn more about the events taking place each weekend. Here you will also find

Imagination Station where guests can dress in Victorian costume and have their pictures taken with the figure of Charles Dickens himself, or in front of a beautiful Christmas tree.

Fourteen years ago, Dickens Victorian Village began and has been expanding ever since. Enjoy the small-town flavor of unique shops, home-style food, and local holiday events from November 1 through December 31. Everything for a happy holiday feeling is happening in downtown Cambridge.

Notice that small town glow from the unique gift shops that line the main street. Stop at the locally-owned restaurants for old-fashioned home cooking. Review the schedule in the Visitors Guide to find special events such as Victorian teas, Dickens Marathon Book Reading, musical shows, trolley rides and others that you might enjoy. Have a Dickens of an experience!

Before heading home for the evening, stop at the Courthouse Holiday Light Show. This spectacular show begins each evening at 5:30 and goes on continuously until 9:00. There are over 60,000 lights synchronized to holiday music with an entire hour of different programming that makes this an extra-special attraction.

Benches on the courthouse lawn are filled each evening with families who want to sit back and enjoy the show. Children dance on the lawn as the music plays. Many families have made their visit a family tradition year after year. If the weather is cold, you can sit in your car and turn the radio to a local station to hear the music from the warmth of your vehicle.

Visit their website at www.DickensVictorianVillage.com for a calendar of events to find just the right time for your family to visit. Mark your calendar now for a step back into Victorian times to catch the holiday spirit.

Believe in the magic of Christmas! ✨



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Making Holiday Memories

By Judy Bratten

Fuel up your car and fill it with your kids, grandkids, neighbors, relatives or friends and take a trip to eastern Ohio to make holiday memories and maybe start a new tradition.

From Thanksgiving to New Year's Fort Steuben Park, on the banks of the Ohio River, is transformed into a unique and magical place: the Steubenville Nutcracker Village and Advent Market. Located in the historic downtown, under a canopy of colored lights and seasonal music, over 150 life-sized Nutcrackers bring delight to young and old.

These cleverly designed and locally produced creations depict professions, literary characters, and famous figures from history and entertainment. Among those you can meet (and take a photo with) are Dorothy of Oz, Sherlock Holmes,

Mother Teresa, John Glenn, a Buccaneer, a dentist, and of course Clara and the Mouse King himself.

The Nutcrackers are on display 24/7 in the Park. For this fifth year of the event, some of the Nutcrackers will be venturing further into the downtown and making appearances by the nearby Jefferson County Courthouse and by the distinctive shops and storefronts on Fourth Street.

On weekends, an Advent Market surrounding the 32' Christmas tree is open from 3 pm to 8 pm where visitors can purchase a variety of crafts, gifts and food including fresh baked pies, wood puzzles, handmade signs, Christmas décor and Nutcracker souvenirs. Holiday music streams through the walkways as well as the joyful sounds of live entertainment with local choirs and performers. Trolley rides provide views of the historic churches and the larger than life artwork of the City of Murals. In the evenings, hayrides are drawn through the city streets.

Also, in the park and decorated as for a 19th century Christmas, the First Federal Land Office welcomes visitors to learn the history of the early



settlement of Ohio. The log structure is set beside a 22' Christmas tree and evokes a quieter and simpler time.

Additional attractions can be found inside the Fort Steuben Visitor Center which is open from 10-6 from Monday-Thursday and from 10-8 on Friday-Sunday. While there, youngsters can write letters to Santa and then visit the Christmas Wonderland. This exhibit includes a variety of displays of holiday memorabilia, a model railroad, and a Nutcracker Tree as well as the new Gingerbread Village. St. Nicholas can often be found strolling among the aisles and giving out treats.

The gift shop offers books, holiday gifts, puzzles, crafts, ornaments and souvenirs as well as the collectible 2019 Steubenville Nutcracker. Sebastian – the singing autistic Nutcracker – stands by the doorway inviting visitors to drop a dollar in his drum to hear a song from Steubenville's own Dean Martin.

After taking photos, singing along with the carolers and sipping hot chocolate, you might want to extend your trip to one of the other holiday attractions in the region such as Oglebay's Festival of Lights in Wheeling, West Virginia or Dicken's Victorian Village in Cambridge, Ohio. And when you return home be sure to download all your photos, get them printed and put them into an album to ensure that those memories will be preserved and shared for years to come. ✨

Photos courtesy of Historic Fort Steuben.





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TOP TEN GIFTS FOR RUNNERS

By Bre Bakan

Believe it or not, the holidays are already well on their way. Department stores seem to have an agenda that brings out red and green tinsel and Christmas sales before we can even get through Halloween. It's tough to go shopping without seeing festive decorations or stumbling on candy-cane scented candles.

Despite the Santa Clause-themed onslaught seeming far too early, we all know Christmas day will be here before we know it, and the last thing you want to be is unprepared. Holiday shopping can be tough, so we're here to help. Here are the top 10 things you can get your favorite runner this holiday season.



#1 - A new GPS watch

Any distance runner knows how convenient it is to have your exact distance available right at your fingertips (and strapped to your wrist). Having a good GPS watch allows you to know how far you went and at what pace. A lot of the newer ones are outfitted with fancy heartrate monitors and other fitness trackers as well.



#2 - Headphones

While most people already have headphones, not everyone has headphones that are good for running. Keeping your favorite tunes bumping can take a run from terrible to at least not so bad. Our top recommendation is the brand Aftershokz—they make bone-conducting headphones that sit outside your ears. This allows you to hear traffic AND your music, preserving your safety and mid-run karaoke session.



#3 - Sunglasses

When the temperatures get frosty, the last thing on your mind may be a pair of sunglasses, which makes them the perfect gift for that runner in your life. A good pair of sunglasses can guard your eyeballs from both the brilliant sun and the pelting snowflakes.

#4 - Water-resistant running shoes

Nothing is worse than cold, wet toes. A pair of shoes with some form of water-resistant material can help protect your feet from winter slush soaking through.

#5 - Rubber floor mats

After running around outside in their water-resistant shoes, there is definitely going to be some snow stuck to them. With rubber floor mats, you can help the runner in your life protect their car from the elements.



#6 - Gym membership

And not because they've eaten too many holiday cookies! Having access to a gym means they can hop on a treadmill whenever the temps get too low. Plus, distance runners can always benefit from some weight training, too.

#7 - Body Glide

All those extra layers of clothing to protect from the cold may be setting you up for a different kind of discomfort: chafing. Chafing is caused by friction, and if you add moisture to the mix (sweat), your chances of a painful rash are on the rise.

#8 - Nutrition

Getting your body moving on a freezing day can be tough, and it's even harder if you haven't fueled properly. Stuff a runner's stocking with some energy gels, granola bars, and other nutrition options to keep them moving!



#9 - Hats and gloves

This might seem like a no-brainer, but having several pairs of high-quality gloves and multiple hats or headbands on deck can be a lifesaver in the winter months. When one set is still wet from the day before, having a clean and dry pair to use feels like a luxury.

#10 - A gift card to your local running specialty store

Still not sure what to get them?? Stop in at a local running specialty store and grab a gift card so they can pick out whatever they need to enhance their winter run!

Holiday shopping can be intimidating, especially if the runner in your life already has everything. Keep this list in mind to make sure you can get them something they want and need this holiday season! ✨

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Oglebay FESTIVAL of LIGHTS

By Lindsey McGlaughlin



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



On Thursday, Nov. 7 at 6 pm, more than 300 acres of Oglebay's landscape will come alive with twinkling light displays as the annual Winter Festival of Lights kicks off for the holiday season. Through January 1, the hills will be alive and twinkling – in 3D, no less – with this nationally-acclaimed light show, which has illuminated the historic park since 1985.

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

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

The Winter Festival of Lights features more than one million lights in displays, on buildings and trees, according to Curt Byrum, Oglebay's Director of Operations. The attraction has grown into one of the nation's largest holiday light shows, attracting more than one million visitors each year. This dazzling light show covers more than 300 acres over a six-mile drive through Oglebay Park. The light show, which features over 90 displays, is refreshed annually.

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

Back by popular demand, Oglebay will once again enhance the show with **holographic eye wear** which transforms every point of light into a magical display.



With the return of 3D 'Sleigh Bans,' the 2019 Winter Festival of Lights promises to be even more stunning. Back by popular demand, Oglebay will once again enhance the show with holographic eye wear which transforms every point of light into a magical display.

"This holographic technology adds a new perspective to the show," said Oglebay's Senior Vice President Rod Haley. "Over the last couple years, with the conversion of the show to LED and RGB lights, we're now able to enhance the show in new ways. It's an exciting new twist."

For a \$25 donation, guests will receive a Winter Festival of Lights season pass and a family four-pack of Sleigh Bans 3D eyewear featuring four unique holographic lenses. Plus, each family four-pack includes more than \$25 in money-saving coupons redeemable at various attractions throughout Oglebay.

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

To Curt and his crew of 'elves,' it's a year-round labor of love. Throughout the year, his crew can be found refurbishing display frames; giving them a fresh coat of paint, changing bulbs, and preparing the equipment for the coming year. "There's so much more involved than just setting up displays and taking them down. Our crew takes great pride in presenting a truly amazing show year after year," says Curt.

For those seeking accommodations, Oglebay offers a variety of cabins and guest rooms in the iconic Wilson Lodge. Guests can browse eight unique retail shops, meet Santa's reindeer at Oglebay's Good Zoo, take an enchanting wagon ride along lighted pathways, and snap a picture with Santa, just to name a few. And after a full day of sightseeing and shopping, guests can unwind with a variety of world-class massage services at Oglebay's West Spa.

"There's no better place to celebrate the holidays than at Oglebay," said Cheryl. "It's an annual tradition my family will cherish forever."

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



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There's No Place Like Home For The Holidays

— OR IS THERE?

By Vicki VanNatta

The familiar song says "Oh, there's no place like home for the holidays."

But sometimes, circumstances bring us to a place where we need to find a change of place for the holidays, a place where we can make new memories or start a new tradition.

Perhaps it's not going to work out for the kids and grandkids to come visit this year and you can't make it to their house either. Or maybe it's your 'off

year' and they are with the in-laws. Maybe you're not only newlyweds but also new to Ohio. Maybe you just want to do something different this year.

Maybe it's your first holiday after a major change in your life. Perhaps, for the first time in a long time, your entire family can be together and you are looking for an amazing place to spend time together.

Whatever the reason or the situation, the Christmas season is a wonderful time to visit Amish Country with an overnight stay at one of the beautiful Carlisle Inns, dinner at the restaurant next door, and an inspirational show at Ohio Star Theater.

Early in November, Carlisle Inns are beautifully decorated for the Christmas season. The spacious open spaces at Carlisle Inn Sugarcreek include two large fireplace areas surrounded by comfy sofas and chairs, table games, coffee and tea 24/7, and complimentary

evening popcorn and cookies. With numerous Christmas trees adding to the ambiance, you'll want to spend more than one night at the inn. The beautiful all-season pool and hot tub are great if you want to swim and play or relax in the hot tub while the snow and cold swirl around outside.

For those that don't swim, you can enjoy corn hole in the pool area and still be part of the party. The Carlisle Inn experience is much more than just a place to sleep. It's a place to gain a new perspective on the holidays; a time to push pause; a time to rest, play, and celebrate.

Don't worry about the weather during your visit. You don't need to move your car to shop at Dutch Valley Gifts and Dutch Valley Market or enjoy a delicious meal at Dutch Valley Restaurant and hot coffee and pastries at the bakery and café. Everything is approximately one hundred steps from the inn's front door, including the new Ohio Star Theater whose Christmas show lineup includes their new musical *The Christmas Tree Ship*. It's based on the true story of the three-mast schooner Rouse-Simmons, a ship that brought Christmas trees from Michigan's Upper Peninsula, across Lake Michigan, to the city of Chicago in the early 1900's.

If you prefer a concert to celebrate the holidays, there's an impressive Christmas concert lineup at Ohio Star Theater:

- **November 22** – The Booth Brothers
- **November 30** – The Ball Brothers
- **December 6** – Phillips, Craig and Dean
- **December 7** – The Collingsworth Family
- **December 14 and 15** – The Nutcracker Ballet presented by Holmes Center for the Arts
- **December 19** – Point of Grace
- **December 21** – It's A Wonderful Life – presented as a live radio broadcast
- **December 31** – Comedian Jeff Allen and the musical group Southern Raised (2 shows)

Come alone and enjoy some me time or come with others. No matter how many in your party, this could be the start of a new tradition. When you travel home, you just might be singing "Oh, there's no place like Carlisle Inn for the holidays."

In addition to the Carlisle Inn Sugarcreek, Dutchman Hospitality has Carlisle Inns in Walnut Creek and Berlin, Ohio and in Sarasota, Florida. For reservations at any of the Carlisle Inns, go to the website www.carlisleinns.com or call 855-411-2275 for the Ohio Carlisle Inns or 844-369-2275 for Carlisle Inn Sarasota.

Tickets to Ohio Star Theater are available online at www.ohiostartheater.com or by calling their box office at 855-344-7547. Note: When buying tickets online, be sure to buy your tickets only through the official Ohio Star Theater website. Third-party ticket agents sell Ohio Star Theater tickets at prices much higher than the theater's regular ticket prices. ✦





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ALL IS Calm, ALL IS Bright

By Lori J. Feeney

The historic Zoar Village was settled in 1817 by German immigrants seeking religious freedom from the state-sponsored church in Württemberg.

Each year, just before Historic Zoar Village settles in for a brief winter's nap, they host a weekend so popular it has attracted visitors for years. It's called Christmas in Zoar, and it is as charming and beautiful a holiday event as you will find anywhere.

Located just about 10 miles south of Canton, Historic Zoar Village was settled in 1817 by German immigrants seeking religious freedom from the state-sponsored church in Württemberg. After struggling to

survive the first two years, the residents banded together to form a communal society that became one of the longest lasting such settlements in the United States, spanning nearly 80 years.

Ironically, the Society of Separatists (as the Zoar settlers called themselves) did not originally celebrate Christmas or any other holiday. Their particular brand of religion eschewed such formal religious celebrations and rites. But anecdotal history tells the tale of a frosty Christmas morning when the Separatists were about to be called

to work, as they were every day, with the blare of a ceramic horn. Just as the trustee wrapped his lips around the mouthpiece and blew, the horn cracked and broke. The Separatists took this as a sign that they should no longer work on Christmas Day.

The cracked ceramic horn is on display, along with many other Zoar artifacts, in the Number One House, one of several museums that can be toured during Christmas in Zoar as part of the festival ticket.

RANKED ONE OF THE TOP 25 MOST FESTIVE CHRISTMAS TOWNS IN AMERICA

Because of Christmas in Zoar, RAVE Reviews online ranks Historic Zoar Village among the 25 most festive Christmas towns in the nation, placing Zoar in the esteemed company of cities like Williamsburg, Virginia; New York City, New York; and Aspen, Colorado.

Among the reasons for that ranking, the web site mentions the picturesque 19th century-era decorations, horse-drawn wagon rides through the village, tours of private homes decorated for the holidays, and the candlelight church service at the original Zoar Meeting House, now a United Church of Christ.

Kelsey Snyder, Christmas in Zoar Committee Co-Chair, offers additional insight into the beloved annual event. "The 2019 celebration will build upon the festival's most treasured German and period traditions while trending toward the next generation of the event." For instance, this year musical entertainment, juried folk art and crafts, German-inspired food and other activities will spread holiday cheer more thoroughly throughout the entire village. A new photo station will allow visitors to take photos in front of a special Zoar backdrop. And extended hours on Saturday until 7 pm will give visitors time to shop for gifts and stroll through the village in the evening amidst the glow of holiday lights.

"Pine Cone Gift Shop from Canton will return this year to decorate the Bimeler House," says Snyder. "They did such an amazing job with this last year that we are bringing them back to see what they will inspire us with this year."

VISITS WITH TRADITIONAL AND GERMAN SANTAS

Christmas in Zoar is a delight for children as they can visit with the traditional American Santa Claus and meet the characters Belsnickel and Kristkind. Belsnickel is a German, fur-clad gift bringer who encouraged children to memorize Bible verses. Kristkind (or Christkind) is a sprite-like child often depicted with blond hair and angelic wings that also brings gifts to children. Children attending Christmas in Zoar can meet these characters and partake in other kids' activities throughout the village.

REPEAT VISITORS

Each year, Christmas in Zoar attracts visitors who have been attending the event for years. They come to make sure they get their collectible, handmade and dated Zoar Christmas ornament and Zoar Christmas cards from the Zoar Store. They also come to find just the right handmade gifts from the folk art and craft vendors set up throughout the village. And they return to make new memories with friends and family in the enchanting environment.

Historic Zoar Village Site Director Tammi Shrum says that Zoar is always a special place, "but the holiday season seems to really bring out the magic of the village as everyone here participates in spreading holiday cheer."

HOURS AND TICKET INFORMATION

Christmas in Zoar hours are Saturday, December 7 from 11 am to 7 pm and Sunday, December 8 from noon to 4 pm. Admission is \$10 for adults and free for kids under age 12. The village also will offer special Christmas tours this year throughout the season for groups of 10 or more, so those who can't attend the Christmas in Zoar festival can still take in the magic and beauty of the village during the holidays.

For additional information, call 800-262-6195, check the website www.historiczovillage.com, or visit facebook.com/historiczovillage. ✦



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Amish Country



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Shop Downtown Wooster, where parking spaces are as abundant as the many shops who call this historic main street community home. Enjoy the “unwrapping” of the Christmas windows on November 22nd as the Downtown Merchants celebrate Window Wonderland and the arrival of Santa.

Just south of Wooster is the Pine Tree Barn, a historic landmark barn built in 1868 on a 200-acre Christmas tree farm. You’ll find beautiful gifts, home furnishings, a year-round Christmas shop and gourmet luncheon restaurant. Take a horse-drawn wagon into the field to cut your own tree!

Visit our small towns and villages for that special holiday experience. Located near the historic Lincoln Highway, you’ll find The J.M. Smucker Company Store and Café in Orrville, where Smucker’s jams and jellies have been proudly made for over 100 years. The P. Graham Dunn Retail Gallery in Dalton invites you to their showroom for inspirational wood décor that can be personalized. And be sure not to miss Lehman’s Hardware in Kidron, offering creative solutions for a simpler life.

The Village of Smithville boasts many fine shops in The Barn Restaurant Complex including the Oak Cupboard General Store and Toyrixfix Specialty Toy Store where it is rumored that the shelves are stocked by Santa’s elves.

The Village of Shreve invites you to stroll its main street and visit Shreve Hardware & Supply. It’s the perfect old-fashioned place to shop for that “hard to buy for” man on your list. Next door you’ll find the Des Dutch Essenhaus Restaurant, Quilt Shop & Bakery stocked with wonderful cookies and cinnamon rolls.

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

Here are a few of the **holiday events** we thought you might enjoy!

November 2	Buckeye Book Fair	OARDC/Wooster
November 2-3	Open House & Christmas Preview	Pine Tree Barn/Wooster
November 15-16	Season’s Splendor Arts & Crafts Show	OARDC/Wooster
November 22	Window Wonderland	Downtown/Wooster
November 29	Home for the Holidays	Downtown/Orrville
November 29-30	Christmas at the Depot	Depot Museum/Orrville
December 6	Churches Walking Tour	Downtown/Wooster
December 6	Dalton Open House	Downtown/Dalton
December 7	Old Fashioned Christmas	Lehman’s/Kidron
December 7-8	Holidays Festival	High School/Dalton
December 7-8	Christmas in the Village	Historical Society/Smithville



Article Courtesy of Wayne County Convention & Visitors Bureau.



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ANTIOXIDANTS AND WHY YOU NEED MORE OF THEM

By Philip Palmer, BA, CPT, GEI



As you walk through the grocery store and pass aisle upon aisle of food you might recall past conversations where those foods came up. Some of those conversations might have been educational or noteworthy, like when someone might comment, "Oh, you should eat that because it has..." Others might have been more of a warning like, "You shouldn't eat that because of ..."

When I'm dining with others, I often explain why I eat something, which is often due to the macronutrient, micronutrient, or mineral content. One thing that I don't mention often, or that I haven't heard others talk about, is antioxidants. Antioxidants are greatly lacking in many of our diets, which is a concern since antioxidants play a major role in improving or preventing many diseases.

When it comes to understanding antioxidants and how to get more in your diet, we first have to understand what they are in the first place. Everything in the universe is made of atoms which are comprised of a core of protons and neutrons. Outside of the core, electrons are rotating around. In order for a molecule to be stable, it must contain the right amount of electrons. The problem arises when a molecule loses an electron causing it to turn into a free radical, which are unstable electrically charged molecules in the cells that can react with other molecules, like DNA, damaging them. This is where antioxidants come to the rescue and donate an electron to the free radical, thus neutralizing it.

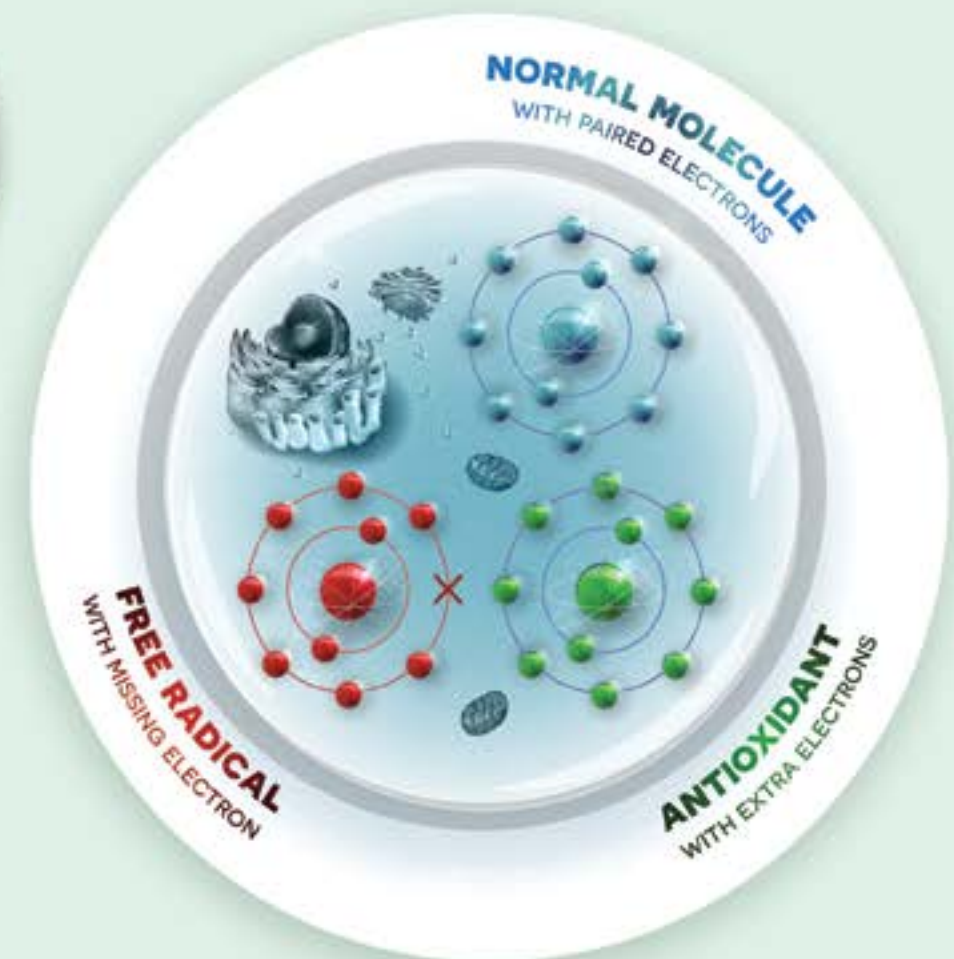
The production of free radicals is a normal body function as they are constantly formed during metabolism and would destroy our bodies quickly if not kept in check. We need a certain balance of antioxidants to free radicals to sustain life. They do play an important role as the body's immune cells use free radicals to kill bacteria that try to infect us. However, it is when this balance gets disrupted things can go wrong.



When free radicals outnumber antioxidants, it can lead to a state called oxidative stress, which causes other molecules in the body to become severely damaged. Research has suggested that the main cause of cardiovascular disease and cancer are due to high oxidative stress levels. There are many factors that can increase free radical formation such as air pollution, cigarette smoking, alcohol intake, toxins, high blood sugar, excessive sunbathing, infections by bacteria, fungi, viruses, intense and prolonged exercise, all of which cause tissue damage, along with excessive intake of antioxidants, such as vitamins C and E, along with antioxidant deficiency.

Prolonged oxidative stress leads to increased risk of negative health outcomes, such as cardiovascular disease and certain types of cancer. It is also thought to contribute to accelerating the aging process. Removing one of these free radical causes can help lower your oxidative stress levels. Pair that with adding more antioxidant-rich foods into your life and you will improve your free radical to antioxidant balance.

Antioxidants are essential for life and, thank goodness, are found in all sorts of foods from both plants and animals. All forms of life have their own defenses against free radicals and oxidative damage caused by them. Because of this, antioxidants are found in pretty much all foods of plant and animal origin that one may consume. Getting antioxidants from foods is so important that our life literally depends



on the intake of certain antioxidants, particularly vitamin C and vitamin E. Meat products contain smaller amounts of antioxidants compared to fruits and veggies.

One of the benefits associated with diets rich in plants is the wide variety of antioxidants they provide. Some foods high in antioxidants are dark chocolate, pecans, blueberries, strawberries, artichokes, goji berries, raspberries, kale, red cabbage, beans, beets, and spinach. Adding a variety of these to your diet can increase antioxidant levels to combat free radical damage.

Knowing your antioxidant score can help you change up your nutrition and lifestyle to include more of the good antioxidants and hopefully remove some of the free radical issues. One simple test that is non-invasive and takes under one minute is the S3 BioPhotonic Scanner, which is the

world's first measuring tool that gives you a skin carotenoid score. This score is immediate evidence of carotenoid antioxidant activity in the body. The test is based on the optical method known as Resonant Raman Spectroscopy, which has been around for many years in research labs.

After taking the test a few months ago and reviewing the results, I dramatically changed my diet from what I thought was healthy, to include more antioxidant-rich foods daily. My recent updated scan indicated an increase in good numbers. Intelligent Fitness is one of the few places in this area to undergo an antioxidant scan using the S3 BioPhotonic Scanner. Scanning will reveal your antioxidant levels, after which you can make changes and improvements in your diet and lifestyle. ✨

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HORMONES AND GUT HEALTH

By Hannah Alderfer, BA, CPT, FMSC

Ah, the great topic of hormones. When you think of hormones, things such as mood swings, weight gain, puberty, menopause, or stress might come to mind. These are all very real effects of hormones working in the body. Hormones are a necessary part of your body's total functioning. Without them you wouldn't survive.

Around 50 different hormones are working in your body to keep it functioning as it should. In fact, they control most of your body's major systems, telling them what to do and when. At least, until those hormones become imbalanced. One hormone in particular, cortisol, can be easily disrupted and that can have a tremendous impact on the way that your gut health works, or doesn't work.

Think of cortisol as nature's built-in alarm system. It's your body's main stress response hormone. It works with certain parts of your brain to control your mood, motivation, and fear. The adrenal glands – those triangle-shaped organs at the top of your kidneys – make cortisol. Cortisol is best known

for helping fuel your body's "fight-or-flight" instinct in a crisis, but it also plays an important role in a number of things your body does.

For example, it manages how your body uses carbohydrates, fats, and proteins; keeps inflammation down; regulates your blood pressure; increases your blood sugar (glucose); controls your sleep/wake cycle; and boosts energy so you can handle stress and restores balance afterward.

So, what can make cortisol levels rise in your body? Any type of stress! And stress in the body can be presented in multiple ways. It can be mental or emotional distress; it can be presented as musculoskeletal pain; dietary stress has an impact on cortisol levels; and even exercise can cause the stress response system to activate, increasing cortisol levels.

If you believe you might have elevated levels of cortisol, you will want to get tested. If you go for testing make sure that you have multiple readings throughout the day, since testing only in the morning can provide a false

positive reading. Because cortisol levels change throughout the day, the timing of a cortisol test is important. A cortisol blood test is usually done twice a day – once in the morning when cortisol levels are at their highest, and again around 4 pm, when levels are much lower.

Consistently elevated cortisol levels can have major impacts on the body. If cortisol levels never decrease in the evening as they should, this is an indicator of some type of regular stress on the body. When this happens, one area it can affect is your gut health. An increase in cortisol suppresses a substance called Secretory Immunoglobulin A (or SIgA for short). Since SIgA produces mucosal antibodies and is an index of immunity, it helps protect the lining of the small intestine.

When SIgA is suppressed by stress, even briefly, it can result in a condition known as Leaky Gut. Leaky Gut can be thought of as increased "intestinal permeability." This means the lining of the small intestine becomes damaged, causing undigested food particles, toxic waste products and bacteria to "leak" through the intestines and flood the blood stream. When this happens, either important nutrients are not absorbed by the body or the body reacts to the toxic substances in the bloodstream.

For many of you who struggle with gut distress, it is like no other stress, as it is always present, 24 hours a

day and 7 days a week. This is mainly because, according to the Harvard Medical School Health Blog, "There is emerging evidence that the standard American diet, which is low in fiber and high in sugar and saturated fats, may initiate this process. Heavy alcohol use and stress also seem to disrupt this balance."

The main things that can cause gastrointestinal distress include:

- 1. Alcohol** – Increases gut permeability, as well as decreases blood sugar and increases cortisol in the middle of the night, resulting in poor sleep and thus more stress.
- 2. Certain Medications** – Antibiotics, hormonal medications (such as birth control), and acid suppressors (PPIs or heartburn medications).
- 3. Food** – Poor diet, as well as those with sensitivities/allergies to certain foods.
- 4. Exercise** – Blood is shunted away from the digestive system during exercise, resulting in GI distress. Usually this occurs more often with ultra-endurance type athletes, but it also can occur with short-term, high intensity style workouts as it depends on the individual; so if you're under a lot of stress already, less is more. Consider a more relaxing type of exercise for the day or until your stress levels are reduced.

Consistently elevated cortisol levels can have major impacts on the body. If cortisol levels never decrease in the evening as they should, this is an indicator of some type of regular stress on the body.

Food allergies, as mentioned above, can also cause GI distress. If you believe you might be sensitive to certain foods, two good sources for food sensitivity testing are Vibrant Wellness and Cyrex Labs. You can also try an elimination diet for 30-60 days and reintroduce one of the top six allergens at a time to determine which foods may be causing GI distress. These include corn products, soy, eggs, legumes, dairy, and wheat.

All in all, remember that hormones, such as cortisol, are impacted by what you consume. If your body's stress response system is kicked into high gear because of the foods you're eating regularly, then it may be time to address what's on your plate and get those hormones back into balance. ✨





Be Thankful for the Small Things

By Rodney Long Jr., LSW, MSSA



The average Joe does not usually get a chance to celebrate. We get stuck in our routine and we forget to be thankful and celebrate the small things. Finding a few bucks in your wallet. Getting a nice note from your spouse. No matter what it is, it's important to remember the little victories.

Holidays are a great way to celebrate these little victories. They're a way to give thanks and enjoy our time with friends and family. Life gets so busy that we forget to be grateful for things we sometimes take for granted. Consider this a reminder that not only are holidays a day away from work, but they're also a chance to be thankful. Thankful for all the small things in life.

While many of us enjoy a day away from work and some good food, some people do not have that option. Holidays remind me to be grateful for this. Because while I'm relaxing and chowing down, there's a ton of people who aren't lucky enough to be doing

the same. While you're enjoying your day off, remember the little victory that is a day away from work.

I spend the holidays with my family and closest friends, and I'm lucky to be able to do this. I know many of our family members can be annoying, but then I remember that I'm fortunate enough to have family, I can be thankful for the people in my life. If your family consists of you, your spouse, and your dog, be thankful for that. If it's just you and your child, be thankful for that. Family means whatever you want it to mean. I hope you're thankful for whatever family you have.

Think of how often we complain about things we should really be thankful for. Waking up each day. A loving dog or spouse. A chance to walk up the stairs with two working

legs. Some of us complain about our job rather than being thankful that we have one. We complain about our spouse rather than being thankful that we have someone who loves us and someone to love in return. This is a reminder to be thankful for all those things that lots of us would love to have and be lost without.

Many of us forget the true meaning of the holidays. I encourage you to think about and be thankful for the small things in your life. Be thankful for all of these things and all of the little victories in your life. ✨

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MERRY CHRISTMAS!

BAM! POW!
WHAM!

IT'S A CLASSIC COMIC HERO CHRISTMAS AT STAN HYWET'S DECK THE HALL...

BY DONNA SPIEGLER

STARTS
NOVEMBER 29, 2019



THWACK! The gallant and intrepid team at Stan Hywet have created an incredible display in the Manor House for *A Classic Comic Hero Christmas*, this year's Deck the Hall theme.

"Comic books are an art form and we're also bringing an element of fun and whimsy to our Deck the Hall décor, using nostalgic stories of classic comic book heroes. There is certain to be something for everyone," notes Chloe Wingard, Curatorial Projects Specialist.

Nineteen rooms in the Manor House will be themed with the stories of classic comic heroes, including favorites like Wonder Woman, Superman, Spiderman, and The Hulk. And while they are slightly outside of the "classic" comic hero time frame, the Ninja Turtles and Power Rangers are nostalgic for a younger generation, and part of the display. To achieve the look, this collaborative effort relies on a cadre of champion decorating partners.



NINETEEN ROOMS IN THE MANOR HOUSE WILL BE THEMED WITH THE STORIES OF CLASSIC COMIC HEROES, INCLUDING FAVORITES LIKE WONDER WOMAN, SUPERMAN, SPIDERMAN, AND THOR.



It's all about Batman in The Library, fearlessly designed by Jill Pangas and Renee Campbell, sisters in their second year of Deck the Hall decorating. And look! It's Superman in the Manor House Music Room! Cleveland designer Edward Sajovic has created a setting that befits the action hero that started it all. Superman stands near a *Super Tree* of stacked gifts wrapped in primary colors of polka dot and glittered boxes – with additional boxes in tribute to Joe Shuster and Jerry Siegel, Cleveland natives and creators of Superman. Completing the room are "bang, pow, and smash" trees, with paper holly leaf garlands accented with comic strips and red berries.

Local non-profit Akron Makerspace is bringing a spunky, creative approach to the design of the Manor House Tower and its theme of *POW!* In the Blue Room, Kern's Home & Gardens is decorating for Christmas with a Spiderman theme. The superhuman all-volunteer Stan Hywet Flower Arrangers are decorating the Reception Room with comic book crafts.



HAPPY HOLIDAYS!
FROM YOUR FRIENDLY NEIGHBORHOOD
SPIDERMAN!

TO BE CONTINUED....ON THE NEXT PAGE!



Christmas decorations and superhero mosaics made from LEGO® bricks are featured in the Great Hall, created by the very talented Northeast Ohio LEGO User Group (NEO LUG).

An evening of Deck the Hall begins in the Courtyard where Santa valiantly lights the Christmas tree each evening at 5:30 pm (Gingerbread Man takes over this noble duty after Christmas). After the tree-lighting, Santa eagerly awaits all children and the young-at-heart, so that they can share their epic Christmas wishes with him and Rudolph the Red-Nosed Reindeer in Rudolph's Corral. Nearby Santa are the fanciful animated shop windows – vintage Akron of the 1920s, and four bakers in perpetual motion at the entrance to Molly's.

The Corbin Conservatory features a traditional poinsettia tree, and with props supplied by Stan Hywet, is always popular with guests for a fun and memorable holiday photo op. The Birch Tree Allée and the West Terrace are perfect places to enjoy a winter stroll, illuminated by an imposing one million

holiday lights that sparkle throughout the estate. Dazzle features three new songs to captivate guests, and Gingerbread Land (Playgarden boldly dressed up for Christmas) promises a new surprise this season.

What's that aroma in the Courtyard? It's the hot gingerbread being baked in the Gingerbread Hut. Cookies and cocoa are best enjoyed near the toasty warming fire, and there's also beer, wine and Bavarian pretzels from the Salty Reindeer to savor. Molly's Café sells salads and sandwiches, and Molly's Shop is brimming with unique holiday décor and gift items for all the heroes on your gift list.

Comic Hero Christmas + Dazzle + Santa + cocoa & cookies + shopping + Gingerbread Land + Corbin Conservatory: It all adds up to a splendid evening spent with family and friends (in the company of your favorite classic comic heroes) at Stan Hywet's Deck the Hall. Boom!



AN EVENING OF DECK THE HALL BEGINS IN THE COURTYARD WHERE SANTA VALIANTLY LIGHTS THE CHRISTMAS TREE EACH EVENING AT 5:30 PM

DECK THE HALL TICKET PRICING

Weekend - Friday-Saturday nights - \$22 adults (18+) \$9 youth (6-17)
Stan Hywet members are \$16 adults and \$7 youth

Value Nights - Sunday-Thursday - \$18 adults (18+) \$7 youth (6-17)
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All nights - children 5 & under are free, and college students with valid ID qualify for the youth price. Groups of 10 or more may purchase tickets two weeks in advance and receive a discount. ✨



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11/29/19	12 PM - 10 PM	12/24/19	11 AM - 8 PM
11/30/19	12 PM - 10 PM	12/26/19 - 1/3/20	11 AM - 10 PM
12/1/19	12 PM - 5:45 PM		



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OUTDOOR ADVENTURE

Gifts

By Christine Kamper

For those people who are go-getters and extremely capable people, you most likely already have all of your shopping done for this holiday season. However, if you are anything like me, then you are staring at an empty closet wondering what gifts to fill it with for your loved ones. Either way, I hope that this little blurb will help get the gift-giving juices flowing, or even inspire you to buy a last-minute gift that you had not thought of before. I hope that you take a moment to come into Appalachian Outfitters and shop a little local this season! Now onto the wish list.

First things first, when it comes to outdoor gifts and gear, much of the equipment that you will need for any outdoor adventure will come in what the industry calls a “system”. Here you will see a glimpse of these systems, but if you ever do have any questions on if you are missing something, that is your keyword, “system”.

That being said, the first “system” that makes a unique and great gift is the sleep system. For the backcountry camper, the continent-jumping world traverser, or the scout or sports parent, a sleep system would be the route I would take for some gifting. In this system, it will include a tent or hammock, a sleeping mattress, a sleeping bag, a liner, and a pillow. To top it all off, you can throw in a pair of down camp booties which are shockingly wonderful and versatile outdoor slippers.

The hottest items and greatest gear grabs for this sleep system are going to be a NEMO tent or a Grand Trunk tech hammock, a Sea2Summit gender-suggested sleeping mattress, a super slick Sierra Designs sleeping bag, and a Sea2Summit liner and pillow. Honestly, having these essentials opens up the world of possibilities for anyone whether they want to pick up and travel Europe, hostel jump South America, or through-hike the PCT. Every experience will require a comfortable night’s sleep, and with these items that can be accomplished.

Come into
**Appalachian
Outfitters** for all
your outdoor
adventure needs
and shop a little
local this season!



Outside of systems, some of the coolest gifts are those that you would never initially think of. For example, ever heard of Secrid wallets? How about RFID? RFID stands for radio frequency identification and it is technology that prevents your personal information from being stolen via a scanner. The most common of these is having your credit card numbers stolen even though you still have your physical card on your person. Yes, it is scary, but you can not only have a gift to give to protect people from theft but also a stylish wallet.

These wallets come in a plethora of different colors and a few basic styles. These are a great gift for virtually anyone that carries around a credit card. They are personal favorites for fathers, teenagers, and grandparents. The coolest feature besides the RFID protection is their pop-up card feature that allows for easy and care-free access to all your credit cards.

Speaking of safety, another huge concern is environmental safety and what we can do to keep ourselves, our environment, and our wellbeing in tip-top shape. One way to do this is reducing plastic consumption by decreasing the amount of plastic water bottles used. What if I told you that

there was a small device that weighed almost nothing, purified your water, and made any water source completely safe within minutes with just a swirl of magic wand? Yes, it does sound like a Cinderella story and that’s kind of what it is.

This piece of wizardry is called the Steripen and has been trusted by professionals across the globe to be taken to developing countries to be used in water purification efforts. There are many different types, but they run on either battery or USB charge and can purify thousands of liters of water throughout its lifetime. That is SO much water. These wands are about as big as your hand and can be taken literally anywhere.

Planning a cruise this summer? The Steripen will guarantee that you don’t get seasick from the water (that you drink). How about going to Greece for your honeymoon? Might want to pack a Steripen in case your hotel water is unsafe to consume. Do you want to stop having to waste money on cartons of plastic water? The Steripen will replace hundreds of those cases for you.

These incredible gadgets are not the only interesting finds in Appalachian Outfitters, there are hundreds more. How about safety headphones for runners and bikers that sit on top of your ears so that you can still hear traffic? Pretty neat. What about a travel solar panel charger that always allows you to have a back-up charge? Hmm, that’d be great for my cousin the photographer. What about a water bottle that holds ice for 30 hours straight? You know what, my son, the soccer player, could use that. Why yes, he could. These and many other great gift ideas await you at Appalachian Outfitters, so come check them out this season. ✨

WE NEVER WIN ON ADVENTURES NOT TAKEN

By Dave Huggins



Every day in life, we are faced with hundreds of decisions. I once met a psychologist, Dr. Roger Hall, who said he ate the same breakfast every day when he traveled. He did this just to take one more decision off his mind. Today's society hits us from every direction with the things we need to think about or work on. Many times, this leaves us paralyzed and lethargic about what to do next. We feel that some tasks or challenges are not worth the effort and we need to just stay home and relax. When we choose not to participate, we miss out on the opportunities that life gives us. We miss out on the adventures that create bonds of friendship stories we'll tell for many years to come.

Sometimes in life, you have to go for it, put it all on the line and just hope it all works out. Registering a Buck Fifty Team is a lot like that. We understand that you'll need ten runners, two drivers and in many cases a spouse or parent for each of these people to say, "Yes, you should go run a 150-mile relay race in Chillicothe, Ohio." This also means we understand the game we are in and what it takes to build a team to run in The Buck Fifty.

Life is all about risks and challenges.

With all those decisions and challenges, we can also assure you this: once a Buck Fifty Runner, always a Buck Fifty Runner! As we move into year four of our event, we have established a very loyal following of runners. In our inaugural year of 2017, we had 38 registered teams for The Buck Fifty, and runners came in from 8 different states. We now have runners coming in from 20 states each year and 77% of those inaugural year teams are still with us, as we expect to have 100 teams for our April 17-18, 2020 race!

Life is all about risks and challenges. The Buck Fifty has built an experience where you will be challenged by having each of your ten runners run three different times to complete your 150-mile journey. On average, each runner will run approximately 5 miles. Of the 30 different legs of the course, they all vary from 3.5 to 9 miles in length. The one thing The Buck Fifty is not short on is elevation. Southern Ohio represents the foothills of the Appalachian Mountains in this region. We take full advantage of those elevated monuments of nature to run up and help us learn how we can conquer life's challenges.

I believe the one thing running teaches us all is that with a plan, purpose, and constant training, our running endeavors can show us how we can accomplish anything. Not just with our running shoes, but with our hearts and minds. Once the mind has learned it can push through any challenge both physical or mental, we have started to solve many of life's biggest challenges and created a joyful future. Now think about that concept which all of us runners know is true and multiply it by ten. Now you are starting to understand the power of a Buck Fifty Team and the lifetime of memories this event provides.

Now that you understand what The Buck Fifty is and what it takes to put your team together, you should also know that all your efforts will not only be worthwhile, but your money invested in your team's registration will be even more impactful! Our race was started as a funding mechanism for a teen drug prevention program in our eight local high schools. This race supports eight high schools and 2,000 members of Drug Free Clubs of America. Students take an initial drug test to become a member and then subject themselves

to random testing throughout the school year. These future leaders are the same people who will hang the Buck Fifty race medal around your neck when your team comes together at the finish line at Ohio University, Chillicothe. In just three years, The Buck Fifty has given back \$390,000 to help support these teens in their efforts to live a drug-free lifestyle.

At the beginning of this article we talked about hope. Hope is the thought that gets us through the next five minutes of our day, the next night of our week, or the next month of our year. Life is tough, and runners learn a new type of grit from their training and planning that gives us the hope of a better tomorrow, a brighter future. With our Buck Fifty Runners and these 2,000 Drug Free Clubs of America teens... well, that's a whole lot of hope that our whole world needs.

You can learn more about our race of hope at our website www.thebuckfifty.com. Use the code COMPASS to save \$50 when you register your team today. ✨



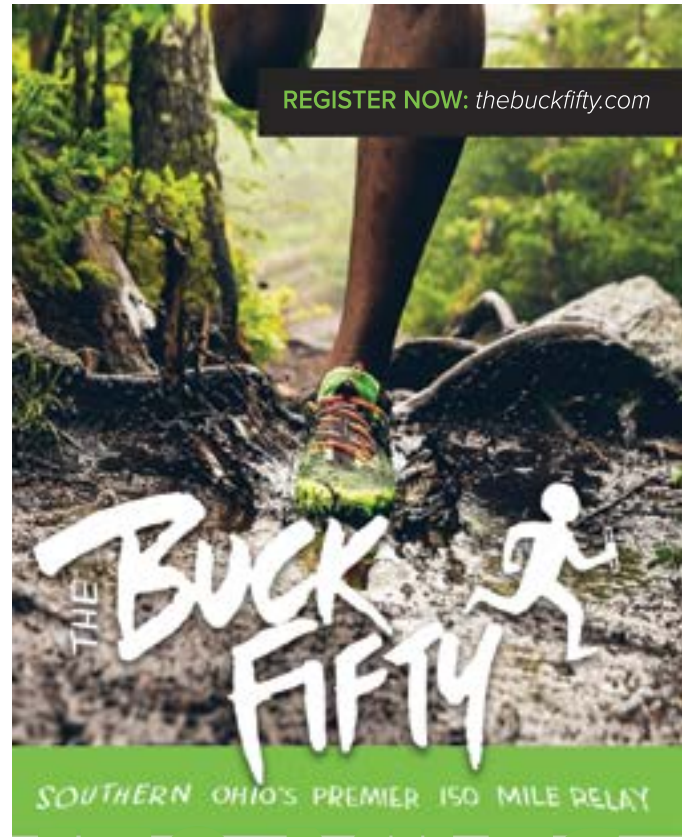
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EMBRACE THE WINTER SEASON

WITH **CLEVELAND METROPARKS**

By Michelle Posch



Have you experienced the icy thrill of Cleveland Metroparks twin toboggan chutes? Or enjoyed a peaceful snowshoe hike along trails surrounded by snow covered pines? With 18 reservations and a world-class Zoo that's open year-round, Cleveland Metroparks is Northeast Ohio's destination for winter fun.

Tobogganing in Mill Stream Run Reservation is a thrilling family tradition each winter

For 52 years, adventure-goers in Northeast Ohio dressed in their snow gear and headed to Mill Stream Run Reservation to experience the icy thrill of tobogganing at the Cleveland Metroparks Chalet.

The twin toboggan chutes plunge down a 70-foot vertical drop and travel along 700-feet of ice while reaching speeds of up to 50 miles per hour. The chutes operate using refrigerated ice and can operate with or without snow, in temperatures below 50 degrees.

The chutes are fun for all ages as the toboggans are transported effortlessly by the Chalet's lift system. In between toboggan runs, guests can warm up by one of the fireplaces at the historic Chalet building while enjoying a hot chocolate from the snack bar. Visitors can also warm up while getting a great view of the chutes from the Chalet loft.

Tobogganing is available on weekends beginning the day after Thanksgiving through early March.



Visit Cleveland Metroparks Zoo year-round

The winter season is the perfect time to experience 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 in winter, one of the most important areas to see is the 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 panda and takin.

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.

Additional cold-climate animals in Wilderness Trek include reindeer, sea lions, a harbor seal and several 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.

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 habitat 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 unique holiday events to Cleveland Metroparks Zoo as well including photos with Santa, Noon Year's Eve – a family friendly New Year's celebration – and more. This Thanksgiving Day, the Zoo is thanking the community by offering free entry to all visitors in addition to special animal enrichment activities across the Zoo.

Educational opportunities are also available including winter camps, and overnight stays at the Zoo that offer a chance to see your favorite Zoo animals after dark.

Plan your next winter adventure

During the colder months Cleveland Metroparks offers unique programming only available in the snowy weather including cross-country skiing, ice fishing, snowshoeing, indoor kayaking and more.

The scenic beauty of Cleveland Metroparks in winter is best experienced on the trails. Recommended visits include the Deer Lick Cave Loop Trail where the icicles and other ice formations that form along the sandstorm in winter make for great photo opportunities. The Upper Edgewater Loop trail offers amazing views of the lake where frozen mist covers every surface and piles of ice form natural sculptures along the shoreline.

If you need a break from the cold, Cleveland Metroparks five Nature Centers offer a natural escape into the wilderness without having to venture outside. From children's play areas and live-animal exhibits to wildlife viewing areas, each Cleveland Metroparks Nature Center offers a unique way to learn and connect with the natural world.

If you're out in the parks, don't forget to explore the winter beauty of Cleveland Metroparks natural waterfalls. Must-see waterfalls include Mill Creek Falls in Garfield Park Reservation, Bridal Veil Falls in Bedford Reservation and Berea Falls in Rocky River Reservation.

For all opportunities to explore winter in Cleveland Metroparks, visit clevelandmetroparks.com. ✨



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