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& FITNESS TIPS FOR THE HOLIDAYS**

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TIGER MUAY THAI

By Morgan LaVallee

Thailand was always a dream destination, albeit one that seemed perhaps too distant a location to be a dream that could easily come true. After all, there are amazing beaches far closer to home that I have yet to enjoy. But when my boyfriend expressed his desire to train traditional martial arts at a gym located near the beautiful beaches of my ideal vacation getaway, we seized upon the unique opportunity to live out our dream holiday escape.

After about a 26-hour journey and three connecting flights, we made it to Bangkok, Thailand. After spending a few days exploring Thailand's capital city, we took an hour flight to Phuket, a southern province of Thailand with beautiful beaches along the Andaman Sea. A major reason for our trip awaited there: Traditional Muay Thai lessons at the world-famous Tiger Muay Thai gym.

Tiger Muay Thai gym, in the Chalong area of Phuket, is a Mixed Martial Arts and fitness gym. With daily classes for everyone, ranging from beginners to professional fighters, Tiger Muay Thai creates an encouraging training environment for all people of every fitness level. For those enthusiasts wanting a more authentic fighting experience, long-term lodging and training options are available both on and near site.

We chose to stay in a hotel a few minutes' walk from the gym to better accommodate his training schedule. There were multiple training package options, ranging from all-inclusive training packages for one week, one month, and even three-month pricing options. Each fitness discipline, from Muay Thai and MMA, to Grappling, CrossFit, and even Western style Boxing, had several options to choose from.

With a limited amount of time, we chose the private one-on-one Muay Thai lesson option. These sessions lasted an hour, and were very similar

in price to the cost of a single group lesson. Private training sessions would be especially ideal for those visitors who perhaps feel a little uncertain or uncomfortable exercising in new environments, or for those wishing to see substantial progress in a shorter amount of time.

With absolutely zero martial arts experience, I was a little apprehensive to take classes at a gym where professional fighters train. There were a lot of fears. Would there be classes for someone like me? Would I be able to physically keep up? Would I even like it? But training at Tiger Muay Thai was important to my boyfriend, so it was important to me to try.

The gym is located in a part of Phuket dedicated almost entirely to fitness and healthy living. The street is lined with gyms, healthy restaurants, fitness clothing stores, and the hotels where these fitness travelers stay. We met many people from all over the world who had taken a week, two, and even months off of work to stay and train here, in what many people declared was the greatest fighting gym of the world.

Entering the class was intimidating. All classes were held in a large, open-air gym spanning the length of multiple fighting rings. The beginner class was held in the far back corner of the gym, past professional athletes training one-on-one with their coaches, the sound of fists and kicks on punching bags echoing loudly.

To enter the ring, we had to first remove our shoes and wash our feet, as is the custom. We began with a warm-

up run and calisthenics. The warm-up alone was difficult in the ninety-degree Thailand heat and humidity. Luckily for us, we were conditioned. But there were tourists there to get into shape, and their fitness levels were taken into consideration as the coaches encouraged us in Thai and some English.

Several coaches worked with our beginner class. They mostly lead by example, showing us our moves and watching as we followed. Despite the occasional language barriers, I learned a lot. I went from less than no martial arts experience, to being able to throw combinations as they were called out.

The class lasted an hour, but felt much longer. By the end, we were dripping with sweat and my muscles were becoming sore. Prior to working out at Tiger Muay Thai, I considered myself to be in pretty good shape. Despite my conditioning, this was one of the best workouts of my life. I could easily see the draw of a fitness vacation; taking several weeks off to relax through a focus on health and fitness.

Training at an authentic, prestigious martial arts gym added unique experiences and excitement to an otherwise very traditional holiday. Like most of our adventures, the most memorable moments were the ones where we pushed ourselves outside of our comfort zones, and sought to achieve new physical boundaries. Was it worth it? Absolutely. If I could change anything? I would stay longer, train more, and really bask in the enjoyment that is a traditional Muay Thai experience.

For more information, please check out <https://www.tigermuaythai.com>. ✨



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AUTUMN IN THE CUYAHOGA VALLEY

By Katie Brewer



This fall experience the changing colors in Northeast, Ohio aboard the Cuyahoga Valley Scenic Railroad. Running along 26 miles of track from Independence to Akron, the train will transport you back in time to the golden age of railroading. Passengers sit back and watch the passing scenery as the train weaves through Cuyahoga Valley, racing along with the revitalized Cuyahoga River. You will be delighted by the sights along the way and the wildlife that can be spotted alongside the tracks.



For first time riders or those who want to explore Cuyahoga Valley National Park, the National Park Scenic excursion is a perfect option. Visitors can climb aboard this excursion on Wednesday through Sunday at any of the main boarding stations through October. Main boarding stations are located in Independence (7900 Old Rockside Road), Peninsula (1630 Mill Street) and Akron (27 Ridge Street). The National Park Scenic excursion travels the length of Cuyahoga Valley National Park for a three-and-a-half-hour round trip. When booking tickets, you can choose from a variety of seating options including Coach All-Day, First Class, Upper Dome, and Executive Lounge. A Coach All-Day ticket allows passengers to de-board at any main boarding station throughout the day and get back on the train at a later time.

Bike the trails and ride the rails with the popular Bike Aboard program! Bike or hike along the towpath trail in one direction and ride the train back to your starting point, or vice versa. The train can be flagged down at any of CVSR's eight stations. The fare is \$5 for a one-way (once per day) ride.

Returning to Cuyahoga Valley Scenic Railroad in September is Steam in the Valley. The historic Nickel Plate Road steam locomotive No. 765 will chug through the valley and give visitors a glimpse of railroading history. Guests can take a two-hour ride with the 400-ton locomotive at the helm and will have the opportunity to de-board the

train for an exclusive photo run-by. A variety of seating options will be available including open air cars, coach, table car, first class, and upper dome. Excursions run on September 21, 22, 27, 28 and 29.

Those looking to see the changing colors of fall will be delighted in the two-hour nonstop Fall Flyer excursion. The Fall Flyer excursion gives passengers an opportunity to view the breathtaking scenery from a variety of seating options aboard historic railcars. Among popular seating options is the vista dome of the historic California Zephyr train cars, where guests get a 360-degree view of the valley. Fall Flyer rides will depart from Independence and Akron Stations on Saturdays and Sundays in October. Tickets range in price from \$25-\$35 per person and will go on sale in August.

Looking for more ways to ride the train during fall in Cuyahoga Valley? CVSR offers evening beer and wine tasting excursions throughout September, October and November. On Ales on Rails™ passengers will experience a beer tasting that is one

of a kind. On board, guests will enjoy five beer samples paired with appetizers, and even get a souvenir tasting glass to take home. Grape Escape is CVSR's premier wine tasting excursion and features changing wines each month. Passengers will be served five glasses of wine paired with appetizers and receive a souvenir wine tasting glass to remember the experience. A variety of seating options are available on Ales on Rails™ and Grape Escape excursions including Coach, Tabletop, First Class, and Upper Dome. Special to beer and wine tasting excursions is the opportunity to ride in the California Zephyr train cars.

For more information about CVSR's train schedules, ticket information and events, visit cvsr.org. All tickets for train rides can be purchased online at cvsr.org or by phone at 1-800-468-4070. It is recommended that tickets are purchased in advance of the ride and that passengers arrive 30 minutes prior to departure. No food or beverage is allowed on board. Guests may purchase food, beverages, and merchandise in the concession car on board the train. ✨



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A guide on a ghost tour is captured in this nighttime photo.

The Number 1 House in Zoar is said to harbor a number of spirits from the past.



MIGHT

THESE Ghost Tours

SCARE THE HELL OUT OF YOU

By Lori J. Feeney

Footsteps on the stairs when no one is there. Hushed whispers in the corner. Things that go bump in the night—and in the light of day. Those who live near and work at two historic sites near the northernmost tip of Tuscarawas County, Ohio have seen—and heard—it all.

One of those sites is an old village settled in 1817 by Germans fleeing religious persecution in Germany—Historic Zoar Village. The other is the site of Ohio's only Revolutionary War Fort, Fort Laurens, near Bolivar, Ohio. Each year the two sites offer tours of a ghostly, ghostly nature based upon true stories that have been either handed down through the generations, or that have actually happened to the people who currently live or work there.

In Historic Zoar Village, just about 10 miles south of Canton, Ohio and

located on State Route 212, museum docents and volunteers guide the Ghost Tours of Zoar every October and share the stories of others, along with ghostly encounters of their own in the village. Visitors during Ghost Tours tour the dimly lit village at night by lantern light, entering some of the 19th century buildings like the Number 1 House, a virtual palace built originally to house the village's older residents and the kitchen behind the Number 1 House, where tour guides have heard and seen some very strange things.

The staff who work for the Zoar Community Association, which manages the historic site, have tales of their own to tell. But you won't hear them on the tour, so we'll share a couple of them here. The bookkeeper tells of a time when the burglar alarm at the Zoar

Store was ringing. The maintenance man at the time lived right next door, so he ran over to see what was happening. As he was looking around, he heard someone run up the stairs in the hallway next to the store, so he instantly placed a call to the police. The police came, searched the building top to bottom, and found no one.

On another occasion, a staff member was attending a baby shower at the Zoar School House. A friend of hers went to the restroom in the basement and just never came back. Don't worry; a ghost did not abscond with her, but she did have a ghostly encounter. She told the staff member later that she had heard someone in the other restroom stall beside her. She also heard their footsteps behind her as she went to the sink to wash her hands. So, when she



A strange light is captured in a photograph of the Number 1 House in Zoar.

The Zoar Hotel, said to be haunted, is unfortunately no longer open to the public.



was leaving the restroom, she decided to hold the door open for the person behind her—only to discover that no one was there. The woman was so spooked she simply could not stay for the remainder of the party.

Sheri Brake, who operates Haunted Heartland Tours, has her own hair-raising stories to tell from the times she has taken groups through Zoar buildings in the past. When the Zoar Hotel (which is now closed for the foreseeable future for repairs) was still open for tours, a number of her guests would pick up on a “ghost dog” that would rub against their legs and lick their hands.

Visitors also noticed the sounds of glasses clinking together in what Sheri calls a “ghostly toast.” She also mentioned visitors who, after seeing a costumed guide down the hall, went to ask her a question, only to discover no one was there.

Fort Laurens has ghosts of its own

Just about 3 miles away, outside of Bolivar, Ohio, is Fort Laurens, the site of Ohio’s only Revolutionary War fort. Here, ghosts of Colonial and British soldiers are said to walk the grounds at night. Could they be angry about the deplorable conditions at the Fort when they were there? The freezing temperatures and lack of food were so severe they once had to eat a stew made with boiled moccasins? No one can say, for sure.

If you want to discover the Ghosts of Zoar or Fort Laurens, you can choose a lantern-lit walking tour, or, in Zoar only, a Haunted Horse-Drawn Wagon Ride for \$30 with a tour guide sharing ghost stories. Either way, reservations are required at least one week in advance of your tour date. And be advised, these

tour slots sell out fast, so the earlier you reserve, the better. Here are the details:

- Call 330-874-3011 or 1-800-262-6195 for reservations.
- Tours run October 18, 19, 25 and 26 in Historic Zoar Village from 6:30-9:00 pm, with tours leaving every 15 minutes.
- Fort Laurens Ghost Tours take place October 25 and 26 from 7:30 to 9:00 pm, also leaving every 15 minutes. Cost is \$15 for adults and \$10 for kids.
- Due to the frightening nature of the tours, they are not recommended for smaller children. ✨

Photos courtesy of Sherri Brake.

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Fall is Festival Time in Carroll County

By Amy Rutledge

The weather starts to cool and the children are heading back to school so it must be festival time in Carroll County. The county offers many festivals so you should be able to find one that will tickle your fancy. So, take a trip to the country and enjoy the cooler temperatures, beautiful scenery and one of our many festivals.

The season kicks off with the 38th Annual Great Trail Festival just outside of Malvern, August 24 & 25, and August 28 – September 2. It is an olde time festival of great music, arts and crafts located in the trees at the Great Trail Buffalo Farm. Visitors will see a buffalo herd grazing in the field next to the festival grounds. The Rendezvouses de la Grande Trace is also held during the festival. This is a living history based on the period of time when the state of Ohio was still a territory. There is a daily battle reenactment as well as the State of Ohio Tomahawk Throwing Championship on Labor Day. There is also live music, clog dancing, fiddlers, Scottish Pipers, lectures and demonstrations throughout the two weekends. Of course, you can't forget the food and arts and crafts that are scattered throughout the grounds. It is a great time for one and all.

Saturday, September 28, is Scarecrows on the Square in downtown Carrollton. Businesses and local

organizations construct scarecrows on Public Square in the middle of the village. The creative creatures of the community will be on display through October 22. The crows are created between 10 am and noon, during that time there are some games for the kids and other activities on the square.

The 36th Annual Atwood Area Fall Festival will kick off Friday, October 4 and run through Sunday the 6th. There is something for everyone at this annual event, located at beautiful Atwood Lake Park in Mineral City. There is food, music, handmade crafts, hands-on displays, entertainment, interpretive demonstrations, exhibits and more. Sunday is the annual car show that brings hundreds of old cars to the grounds as well as antique engines that are there all weekend. There are plenty of activities for kids including a tractor pull, haunted hayride, pumpkin decorating, petting zoo, and arts and crafts.

The second weekend of October means it is time for the 49th Annual Algonquin Mill Fall Festival south of Carrollton on Scio Road. The pioneer village setting around the 19th century operating, steam-powered flour mill will transport you back in time. Time-honored crafts, skills and techniques are actively demonstrated throughout the weekend with many products

available for purchase. Sit back and enjoy country, bluegrass or gospel music, clog dancers or high school bands, or choirs on the open-air stage. This is a festival you will want to come to hungry as the food is prepared on site and is the major fundraiser for more than 15 local groups from the community. Breakfast, lunch and dinner are all served on site though out the weekend. The Carroll County Historical Society will turn nine tons of cabbage into sauerkraut and you will want to get there early to make sure you get your share. There is also a church service in the schoolhouse on Sunday at 8 am.

The 18th Annual Carroll County Antique Collector Club Power Show is October 18-20 at the Carroll County Fairgrounds in Carrollton. The event has free admission and parking. There are displays of all kinds of farm equipment old and new. The evenings have tractor pulls in front of the grandstands. For more information on dates, schedules of activities and locations check out www.carrollcountyohio.com. ✨



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| Sept 28 | Oktoberfest-Minerva |
| Oct 4-6 | Atwood Fall Festival-Atwood Lake Park |
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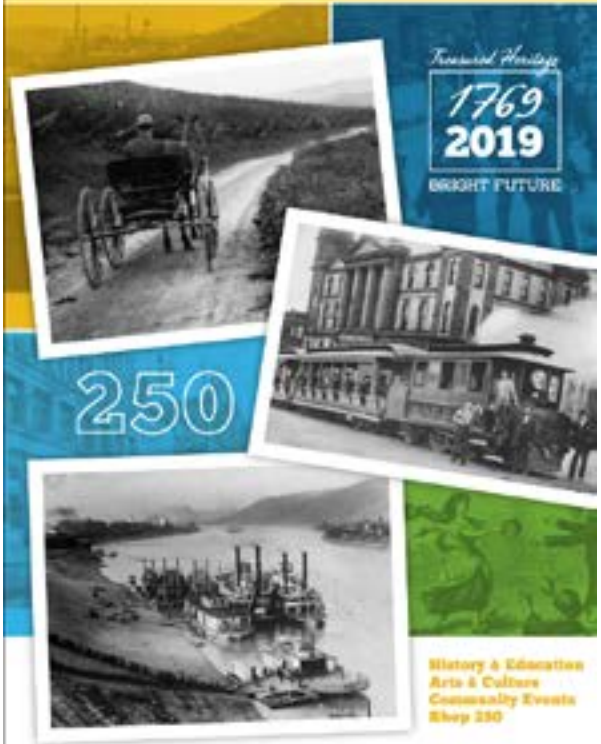
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THE FIVE BORO BIKE TOUR

By Janet Eagon, CPT





Manhattan, The Bronx, Queens, Brooklyn and Staten Island. Sounds like a great tour of New York, doesn't it? In reality, these are the five boroughs of New York City we travelled through during the Five Boro Bike Tour on May 5, 2019. While I have participated in previous bike races and bike tours, this was by far the most incredible for me.

While a bike "race" is simply a contest to see who can get to the finish line first, a bike "tour" is a means to see and experience the route up close and personal. There are opportunities along the way to see the sights, to take photos, and to take a break when you need it, while still proceeding toward the finish line. Normally there is an allotted time to finish the tour, as busy streets are usually closed to traffic for a period of time.



The first Five Boro Bike Tour was held in 1977 when 250 riders rode 50 miles through New York City with no road closures or protected bike lanes. Their mission was to show New Yorkers that cycling is a safe, viable way to get around the city. Today, entry is limited to 32,000 people who come from around the world to participate. About half are residents of New York state, and about 11,000 actually live in New York City. The tour route crosses five bridges over two rivers, the Hudson River and the East River. If the current 40-mile route is expanded in the future, the number of entrants may also be increased.

I was lucky enough to have a friend traveling to the New York City area who could transport my bike, enabling me

to ride my own personal bike for the tour. Our group of five bikers elected to drive our transportation vehicle to the end of the route on Staten Island and park it there. Then riders with their bikes began boarding a ferry to the start line in Manhattan. A closeup view of the Statue of Liberty with her torch held high in the harbor gave everyone faith that they would complete the course. With numerous waves to follow, the initial group started at 7:30 am.

Although the day before the tour had been hampered by occasional rain, it did not bother anyone who attended the packet pickup and trade show event at Pier 36's Cruise Terminal. About 100 vendors exhibited an array of products from the latest in bikes to

cycling apparel and gear. The weather on Sunday, however, was not nearly as kind. It poured down rain from start to finish, and I was certainly grateful for my waterproof jacket.

Starting with my original group of riders, I stayed side-by-side with them for about 5 miles before I took off at a faster pace. At that point, we entered Central Park and riders were given two course options to alleviate the congestion of the narrow road. Everyone joined back together on one route before we exited Central Park.

We eventually reached our first bridge, the Madison Avenue Bridge, where we crossed the East River into The Bronx. Moving on, at around the 10-mile area, we crossed the 3rd



James Hankins • Meagan Bernatchez • Anne Hankins • Knute Hankins • Janet Eagon

TD FIVEBORO BIKETOUR

Avenue Bridge returning to Manhattan. The route then followed the East River passing 84th Street. At the Queensboro Bridge, our third bridge, we crossed over into Queens at around 15 miles. A short loop in Queens took us near Astoria Park and across our fourth bridge. Although I would have enjoyed the luxury of a stop for a drink, a photo, or a rest, I continued plodding along through the rain determined to reach the finish line.

We again followed the East River and at the 20-mile mark, we passed the Con Ed Learning Center. At 26 miles, in Brooklyn, we saw the Commodore Barry Park and at the 30-mile mark, we were headed down the home stretch to the Gowanus Expressway. At this point my

high was so incredible I started thinking only 10 miles left and I was slightly disappointed because I felt so strong at this point, like I was unstoppable.

Mile-marker 35 was in the middle of our fifth bridge, the Verrazano-Narrows Bridge, a double-decked suspension bridge that carries thirteen lanes of traffic on two levels, and took us back to Staten Island and the 40-mile finish line. The Verrazano Bridge was by far my most favorite part of the entire ride. It was a steep but gradual incline the first half and the second half, an exhilarating downhill ride to the fifth borough the bike tour had to offer.

During the ride I saw places like Barry's Bootcamp, the fountain from the popular television show "Friends," the Brooklyn Zoo, One World Trade Center, Trump Tower, and double-decked bridges with traffic completely diverted to one deck to make the other level available to riders.

The Finish Festival, held in Fort Wadsworth and open to tour participants only, offered food vendors,

music and entertainment. It was also an opportunity for participants to have their photos taken with the Verrazano-Narrows Bridge in the background.

Tired, yet proud of myself for having the stamina to finish in what was a continuous downpour. My joy was diminished when I saw a photo of my co-riders stopping for breakfast at a restaurant while I was still pedaling through the rain. That only lasted a few minutes, though, until I again realized my accomplishment. I travelled through five New York Boroughs, 40 miles to the finish line. Lady Liberty was right!

I will always remember my ride in the Five Boro Bike Tour in 2019 and I hope that I can do it again someday. And if you ever get a chance to do it yourself, I highly recommend it. Just hope for better weather. In the end, if I had the choice to ride in the rain or skip it all together, I would definitely pick ride in the rain. ✨

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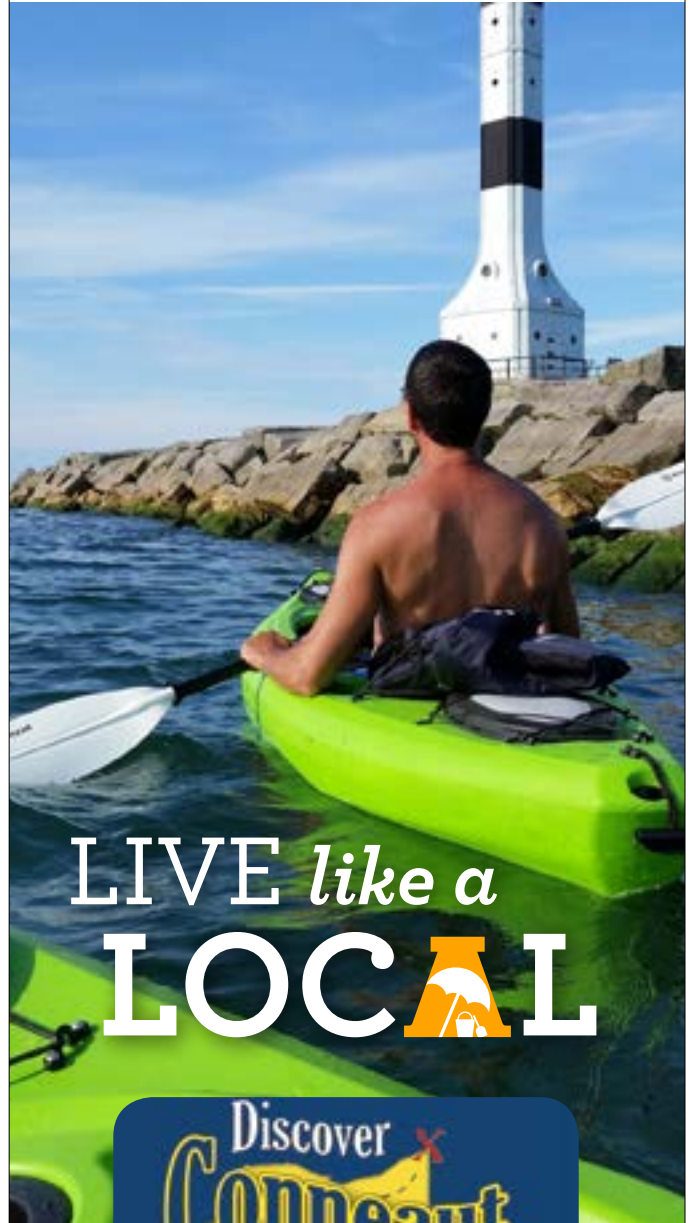
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The *Beauty* of an Energy-Efficient LOG HOME

By Douglas M. Kish, MA



The charm and mystique of log homes has been with us since early frontier days and remains just as captivating today. A warm fire, exposed timbers, colorful accents and rich furnishings contribute to the beauty of a log home. Although there are limited contractors in the area for log homes, Hochstetler Log Homes, Ltd., is a family-owned company with more than 33 years of experience designing and manufacturing log and timber homes.

The cost of a log home is comparable to a simple wood-frame home. However, log home owners like to include cathedral ceilings, exposed timbers, quality cabinets, chandeliers and a unique front door, which adds to the cost. You can build a log home yourself with general carpentry experience and skills, providing you can devote several months of good weather to the project. Alternatively, hiring a contractor with the proper tools would be more efficient timewise.

The average amount of time to build is six to nine months for a 2,000 square foot log home. Although Hochstetler has numerous standard home designs, their professional design team can assist you with a completely custom design from your ideas or a sketch.

You might be surprised to learn that log homes are energy efficient. Logs are natural insulators. Forget R-values, think thermal mass. Unlike man-made insulation, logs insulate by thermal mass, which simply means they “store” heat and release it later. Logs are sealed with caulking and gaskets as they are stacked using their tapered tongue-and-groove cuts to insure a precise fit.

You can choose from Northern White Cedar, Eastern White Pine, Western Red Cedar or Cypress logs. In addition, Yellow Pine and Aromatic Cedar can be available. Hochstetler will help you decide which logs are best for your area of construction. Whatever your choice, there are several steps you can take to preserve the beauty of your log home. Designing your home with large overhangs of at least two feet and covered porches to shield it from the sun’s rays is always recommended.

Depending on your state’s climate, you can choose 6” or 8” thick walls. The inside walls of a log

home require little maintenance, as owners usually prefer to keep the timber appearance rather than drywall. Log homes have been proven to withstand wind, hail and even hurricanes. The outside of the finished home will require staining and you can choose from an array of dark or light colors. Always use a quality finish that allows the logs to “breathe.” A good finish also contains a UV guard to protect from sun exposure.

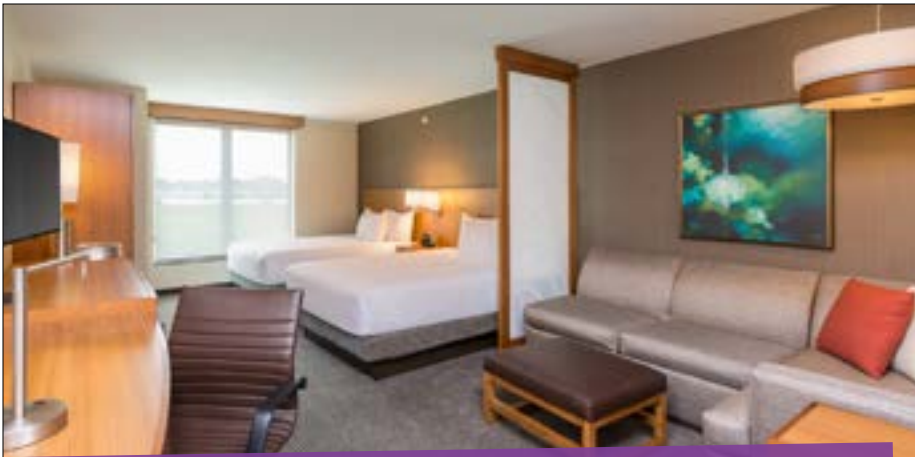
Hochstetler Log Homes has two furnished log homes in the area for you to see the finished product. They are located at 552 State Route 95 in Loudonville, Ohio. The McKay is a 2,007 square feet home which features the popular open-concept great room with a large fireplace and exposed timber ceiling, inviting sunroom, master bedroom with master bath, and a large open loft with two additional bedrooms and a bath upstairs. This model is open for viewing every day except Sunday.

The smaller Black Fork model is well suited to a wooded or lakefront lot. It offers a timbered front porch, open-concept great room with fireplace, an adjoining dining area and kitchen, and a bedroom. The large loft upstairs provides additional living space and overlooks the great room.

For more information about log homes, see their website www.hochstetlerloghomes.com. Or call 800-368-1015 for information or to schedule an appointment to visit the two furnished models. It will change your opinion of a log home forever. ✧



Unlike man-made insulation, logs insulate by thermal mass, which simply means they “store” heat and release it later.



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SHENANDOAH NATIONAL PARK

By Kristine Camper



SHENANDOAH HAS INCREDIBLE LODGES FOR AN INDOOR OVERNIGHT STAY

If you are looking for any sort of adventure that is not too far of a drive, Shenandoah National Park is the perfect getaway for you. This park is ideal for anyone looking for longer day hikes, short trips to scenic overlooks or waterfalls, long drives in the car with beautiful views, backpacking treks, or taking a journey through the Appalachian Trail (AT).

For a great family camping or car camping destination, Loft Campground is a great stop on your journey. They have restroom and shower facilities, electrical connections, and are within five minutes of a camp store for those forgotten and last-minute needs. This whole area is normally the last area to fill up, so it is your best bet for securing a spot during peak season. The campground is within walking distance of the AT so you and your family can create great memories on an iconic American pathway.

If you are hoping to do a longer trek, then a great website for help to plan your trip is www.nps.gov/shen/planyourvisit/backcountry-trips.htm through the National Park services. This gives great detailed trips that you can peruse to find the perfect trek for you. You must obtain a backcountry permit to do any overnight backcountry camping, but

they are free and can be picked up at any ranger station or entrance station, or at Big Meadows.

You are very likely to see a black bear and many a tick or mosquito. Luckily, there are appropriate and safe bear and bug supplies available. I recommend a Sea to Summit dry bag with lots of rope and a carabiner for your bear bag, and Ben's bug wipes or spray for those nasty ticks, mosquitoes, and gnats.

Finally, if you just want to see some new sights and beautiful scenery but do not want to be caught sleeping outside, then Shenandoah has some incredible lodges for you. Skyland has an awesome breakfast buffet and Big Meadows is a popular fan favorite for an outdoorsy, but still inside, overnight stay.

Some great longer day hikes to do are Rip Rap trail with gorgeous overlooks, or Overall Run Falls which has a waterfall that is almost 100 feet tall. Beecher Ridge trail has a really cool swimming hole that sits perfectly in the sunshine for a great day hike and picnic destination.

Hopefully these tips and bits of advice will help you plan your trip in the Shenandoah National Park. Happy camping! ✨



HELPING LEARN



By Barb Allen-Novad

Today's world is so fast paced, it can be a tough place to raise confident kids. As parents we need to help our kids have the self-confidence to tackle this crazy world of ours.

How do we do that? We can start with clear lines of what's right and wrong. That clear knowledge helps keep those gray areas to a minimum. Having three sons, two with ADHD, I had a tough time with the whole discipline thing at first. I thought I was punishing them for having a disorder. After asking many people their opinion, something clicked for me. I'm not even sure what it was.

The first one in our family to be diagnosed with ADHD was our middle son, Aaron, when he was 4 years old. He was always into everything and forever on the move. Discipline was an all-day event in time out. It wasn't easy, but it had to be done and when consistent, they finally got it, though it was exhausting. When given a clear understanding of the rules, kids know where their boundaries are and they don't have to push so hard after that.

How we treat our kids when we discipline them, play games with them and just live everyday life with them really does make a difference in how hard they are on themselves as they grow up. It matters how we treat them, because that's how they will treat others. They need to learn to respect other people and by doing that, they respect themselves. It's important for them to grow up knowing you love them enough to guide them in the right directions. They might not get it for a while, but eventually they will.

Many parents think it's a good idea to be their child's friend, but honestly, they have lots

YOUR KIDS

SELF-CONFIDENCE

Being a kid is a time to find out who you are.

of friends. They need someone to guide and model how to treat people and how to treat themselves. I do not believe in raising entitled kids. In fact, I point it out when I see entitled kids, so they know what it looks like and what not to do. I tell my kids, you work for what you get in this life, don't expect it to be handed to you. To me that's a false sense of self-confidence that will crash and burn quickly. Being a kid is a time to find out who you are. It truly is a process to growing up.

Let them try new activities, as it's important that they figure out what their true interests are. Have them try new activities at school or church, or new groups in the community. It might take a little handholding if they don't like change, which not many of us do, but encourage them to stick it out. The only time I would let them back out is if they wholeheartedly tried and it was just miserable for them and the

group leader. Activities must be age appropriate, too.

Our oldest son was in 7th grade when he came home one day saying he wanted to quit band. He had been in it since third grade, but he was getting picked on by some kids not in band. We told him to stick with it through the year and we'll see. He wasn't happy, but he stuck with it and by his junior year he was the marching band drum major. His senior year he not only was the drum major again, but he received the John Philip Sousa Band Award. He matured in the position, and found his voice and his self-confidence. It was a road that had to be traveled. He's a strong resilient young adult now.

As our kids grow, we as parents want to protect them, but when they are old enough, we have to know when to step back and let them handle things. Do it while they are in high school because you are close by and able to help if it

doesn't go well. I'm not saying it's easy, but we can't always take obstacles out of the way that kids really need to go through to help them build their character and maturity level.

If there was a really bad or life-threatening situation, I would say step in and get them out, but other than that, step out and let them figure things out. By being supportive and listening to them, they learn to make their own decisions, which makes them more confident in themselves. The important thing is that we are there for them.

For more information visit my webpage www.theadhdfamilyadvocate.com and join me on FaceBook "theadhdfamilyadvocate." I hope my years of experience and research can help you live a more balanced and fulfilled life. ✨



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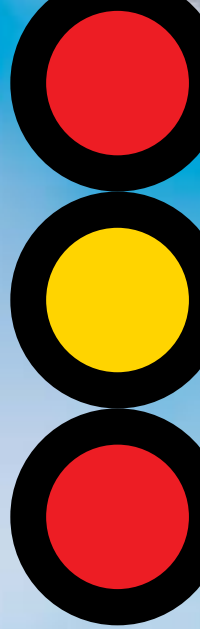
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RUNNING FORM DRILLS

By Hannah Alderfer, BA, CPT, FMSC

For many years during my early days of running and all through college, form drills were a routine part of practice. They were often the fun part, as we got to skip, jump, hop and move in ways that seemed more like play than work. Little did I realize how much these simple drills did to help me become a better runner. I know better now. Form drills can be used as both a dynamic warm up before a run or race as well as to work on your running form. They help to improve your neuromuscular connection, which in turn helps improve your form, especially when you become tired during a run or race.

Overall these drills help to work on your coordination, foot speed and agility, running economy, cadence (or strides per minute), balance, strength and power. That's a lot of benefit for just a few simple drills. They may feel a bit awkward at first, but give it some practice and you'll begin to notice an improvement in your ability to perform them well and over time begin to see that translate into better running form.

Here are seven drills that will help you accomplish all of the above (try to use your arms like you would while running, with a natural arm swing):

- **High Knees** - think quick turnover;
- **A-Skip** - traditional high knee movement, drive knees high;
- **B-Skip** - high knee with an extended kick;
- **Butt-kicks 1** - think heel to butt while driving the knee up;
- **Butt-kicks 2** - traditional "butt-kicker" with lots of hamstring activation, helps loosen up hip flexors;
- **Carioca 1 & 2** - can also perform with high hip drive to activate and warm up hip muscles;
- **Straight-leg bounds** - make sure to land on the ball of your foot and use your arms to counterbalance.

For a great video reference for each drill, check out this video on Strength Running's YouTube channel at <https://www.youtube.com/watch?v=6H8WLFyavWk>.

**OVERALL THESE DRILLS HELP TO WORK
ON YOUR COORDINATION FOOT SPEED
AND AGILITY RUNNING ECONOMY
CADENCE OR STRIDES PER MINUTE
BALANCE STRENGTH AND POWER**



How many running drills should I do & how often?

Most runners don't have the time to complete all of the drills every time they run; instead, choose 3-4 drills and don't forget to rotate through them and choose new ones the next time. Most drills should be completed for about 30 meters; take a short break or walk back to where you started before beginning the next drill; and perform 2-3 sets of each one before beginning the next drill.

Begin by incorporating these drills on at least one run a week. If you incorporate a faster pace workout day doing a tempo or interval style workout, this would be an ideal day to add them in before your workout as a great warm up.

If you do strength training on an off day, these could be used as a dynamic warm up prior to lifting. Then slowly add them to two days a week or more. They can safely be done each day if time allows.

How are these drills helpful to me specifically?

If you can't fit them all in and are wondering which drills may be best for you, particularly if you have any issues currently or have had problems in the past, there are certain drills that can help keep those issues in the past.

If you struggle with IT band syndrome, A-skip, carioca and straight-leg bounds are recommended because they increase cadence, improve hip flexibility and activate the glutes – all of which help treat and prevent ITBS.

For those who struggle with tight or painful hip flexors, the high knees, A and B skips, and butt kick 1 variation will help to warm up and loosen those areas. If you have piriformis pain or tightness, the second carioca variation is helpful in loosening up the hip musculature.



In case you aren't convinced yet about the benefits of running form drills, here are details about why each drill is helpful in improving your running; **Butt-kicks** (second variation in the video) - improves quadricep and hip flexor flexibility and reinforces high cadence; **High Knees** - reinforces midfoot landing, high cadence and hamstring flexibility; **A-Skip** - reinforces midfoot landing, high cadence and improves coordination; **B-Skip** - improves coordination and hamstring flexibility; **Butt-kicks** (first variation) - increases hip flexor strength and reinforces midfoot landing; **Carioca** - improves coordination and increases hip flexibility; and **Straight-leg bounds** - activates glutes and improves coordination. ✨



CELEBRATE FALL AT *Cleveland* METROPARKS

By Michelle Posch

Fall is the perfect “Time to Explore” Cleveland Metroparks. The season’s cooler temperatures also bring colorful displays of fall foliage to the reservations, golf courses and trails throughout the Emerald Necklace. Fall also brings some of Cleveland Metroparks most beloved events such as Boo at the Zoo, Nature at Night, Fall Fest and Hands on Heritage.

BOO AT THE ZOO PRESENTED BY CITIZENS BANK MARKS 30 YEARS OF FAMILY HALLOWEEN FUN

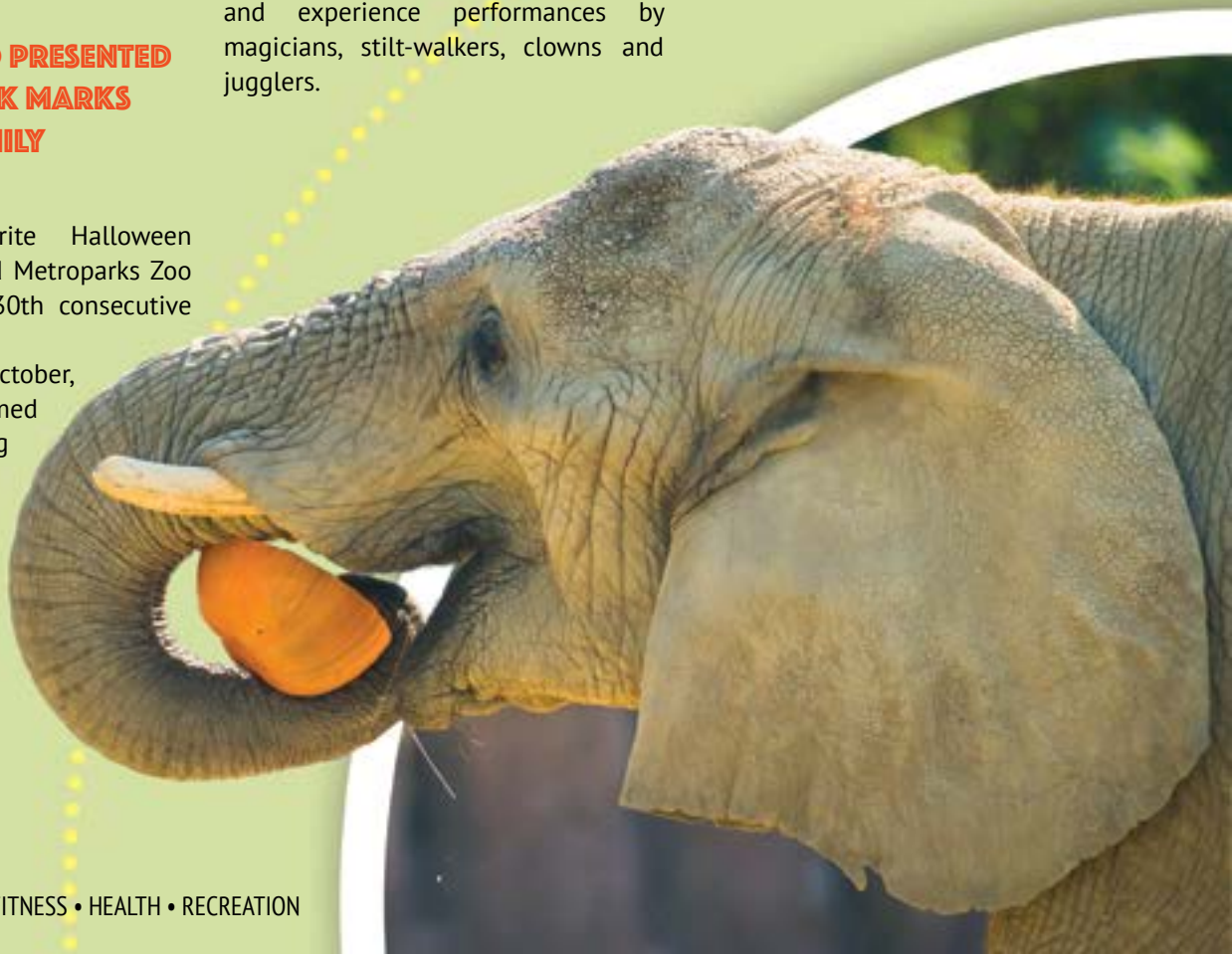
Cleveland’s favorite Halloween tradition at Cleveland Metroparks Zoo is returning for its 30th consecutive year of family fun.

For nine nights in October, the Zoo is transformed into an enchanting Halloween festival. Dress up in fun costumes, make creepy crafts and visit treat

stations on Trick or Treat Way. Additional Halloween activities include costumed characters, a hay maze, a monster mash dance party and attractions such as the Boomerang Train Line, 4-D Theater and Circle of Wildlife Carousel.

Boo at the Zoo is a great opportunity to visit the Zoo after hours and see your favorite zoo animals under the stars. Illuminate the night with flashlights and experience performances by magicians, stilt-walkers, clowns and jugglers.

Visit Cleveland Metroparks Boo at the Zoo the weekends of October 11 to 13, October 18 to 20 and October 25 to 27. Kids of all ages will enjoy this neighborhood of safe and fun Halloween entertainment. Several nights sell out each year, so get your tickets before they disappear at FutureForWildlife.org/Boo!



EXPLORE THE NATURAL WORLD AFTER DARK WITH "NATURE AT NIGHT"

Join Cleveland Metroparks on Saturday, September 21, at North Chagrin Nature Center for a variety of night-themed exploration and activities. Learn and look for nocturnal animals after dark from 5 to 10 pm with a walk through a nighttime animal maze, a shadow puppet program and children's crafts. Use this opportunity to discover the night sky through telescopes where the moon and stars are magnified. Nature at Night is a free event and open to all ages.

TRAVEL BACK TO THE 18TH CENTURY AT FALL FEST

Visit Brecksville Reservation on Sunday, September 29, to experience a day in the life of an 18th century pioneer. This free family-friendly event takes place from 11 am to 4 pm with folk music, candle making, magician and more. Sample a variety

of traditional 18th century foods such as fresh pressed apple cider, popcorn and honey. Additional opportunities for purchase include pony rides, food and souvenirs.

LEARN ABOUT CLEVELAND'S HISTORY AT FIRST PEOPLE DAY

Bring your family to the Rocky River Nature Center on Saturday, November 16 from 11 am to 4:30 pm for a free event dedicated to the unique history of Northeast Ohio cultures. Explore Cleveland's native history and how Native Americans lived on the land with demonstrations, talks, hikes and more. The day will be filled with cultural dance performances, presentations by local scholars, native craftsman and guided history hikes.

EXPERIENCE FALL HAY RIDES, A CLEVELAND METROPARKS TRADITION

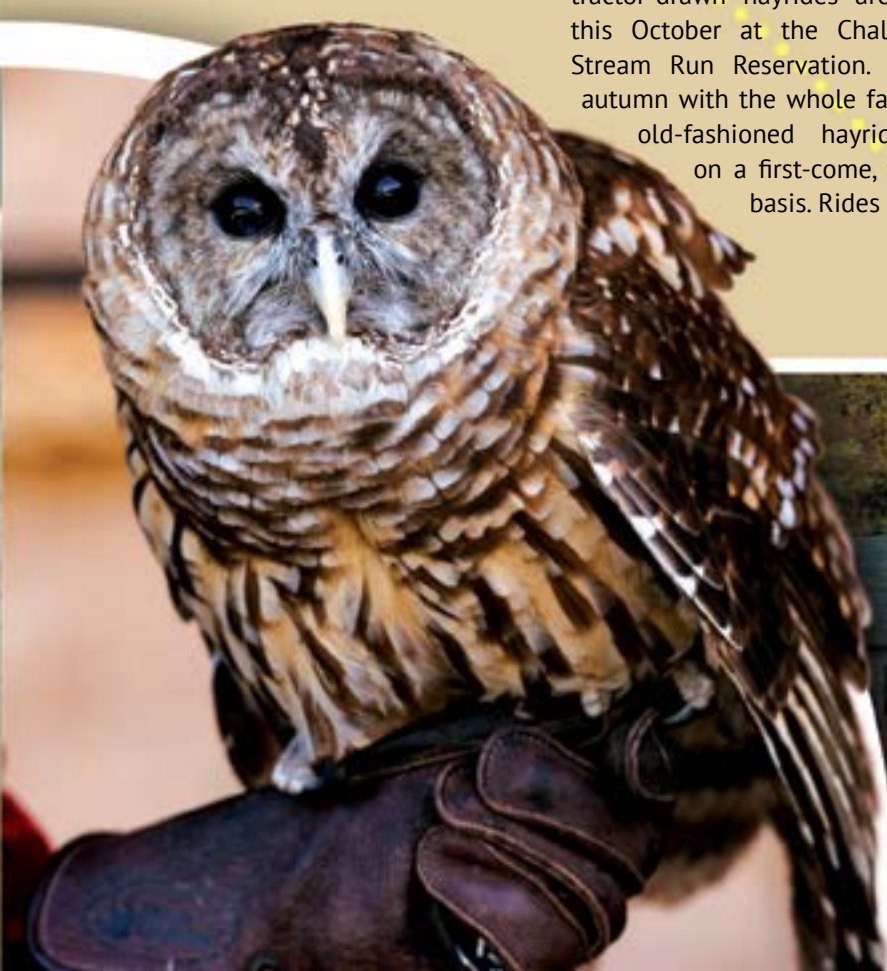
Cleveland Metroparks popular tractor-drawn hayrides are returning this October at the Chalet in Mill Stream Run Reservation. Experience autumn with the whole family on an old-fashioned hayride offered on a first-come, first-served basis. Rides are offered

every Saturday in October, rain or shine, and leave every 30 minutes. Rides without hay throwing are available upon request for families who prefer a calmer experience.

EXPERIENCE FALL AT CLEVELAND METROPARKS EIGHT GOLF COURSES

Golf into fall with seasonal discounts at all of Cleveland Metroparks eight spectacular courses throughout the Emerald Necklace. There's a perfect course for everyone, whether you're a beginner seeking a quick nine holes or an experienced golfer looking to master a championship layout.

Fall in love with countless fall activities offered by Cleveland Metroparks. In addition to the family-friendly special events, take time to appreciate the natural world at one of the park district's 18 reservations. Cleveland Metroparks features more than 300 miles of trails across the Emerald Necklace offering picturesque views of peak fall foliage such as at Hinckley Lake in Hinckley Reservation, Tinker's Creek George Scenic Overlook in Bedford Reservation and Squire's Castle in North Chagrin Reservation. Learn more about all of the experiences offered at Cleveland Metroparks at clevelandmetroparks.com. ✨



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FARMERS' MARKETS



As the hazy, lazy days of summer slide into the glorious days of fall, there's a vibrant array of products on sale at Ohio's local farmers' markets. From golden corn to crunchy cabbage to the reds, greens and purples of tomatoes, choosy shoppers can purchase fresh vegetables from the growers themselves.



Yet it's taken a while for those market stalls to fill. The drenching rains this past spring set many of the farmers back; they couldn't get into their fields and gardens to plant their crops. Those who had greenhouses or "high tunnels" were able to get a head start on their hot peppers, cucumbers and melons but even they were deterred by rainy market days. But finally, their work and patience has paid off for them and their customers.

Farmers' markets can take different forms and offer a variety of products. Some are even worth a day or overnight trip. In Steubenville, Ohio for example, there are three markets – each a unique experience.

On Wednesdays from 4:30-6:30 pm, the Farmers' Gateway Market sets up in the parking lot of Eastern Gateway Community College, just off a main road through the city. This market is organized and run by the producers themselves under the auspices of Jefferson Soil and Water Conservation District. It is limited to local growers who offer only their own agricultural products (including meat, vegetables & fruits) and homemade food and beverages. The Ohio

Department of Natural Resources, the Ohio State University Extension and Master Gardeners offer classes and demonstrations throughout the season. It is a popular stop for those on their way home from work.

Early risers often prefer to go to the Downtown Steubenville Farmers' Market on Thursdays from 8:00 am to 1:00 pm, located in a lot on the corner of South and S. 4th Streets. This market has been operating for over 30 years by the Steubenville Visitor Center and offers a more diverse selection of products. Vendors are not limited to selling only their homegrown produce, so shoppers will find bananas and pineapples as well as locally grown apples and peaches. Crocheted goods, jewelry, hand-painted slate, flower arrangements and other crafts are available, as well as canned pickles, jams and jellies, pies, and cookies. Several non-profits offer information on their programs and the health department does blood pressure checks.

The newest market is part of a larger event coordinated by the young members of the Harmonium Project that draws hundreds of people from

the tri-state area: First Fridays on Fourth. On the first Friday of every month from 6:00-11:00 pm, colorful canopies line Fourth Street for sellers of everything edible such as gourmet cupcakes, fudge, hot dogs, ribs, fresh produce, craft beer and bread, as well as crafters with soap, jewelry, candles, clothing and dog treats! All through the evening there is live entertainment, dancing, carriage rides, games and activities for kids, art on display and contests. Each month has a different theme – 20's, Irish Fest, 80's, Halloween – and local shops stay open late, offering specials. It's like a giant party for one big happy family.

Farmers' Markets today offer more than produce and can become a travel destination on those golden autumn days. So, pack a bag, check in to a local B&B and shop at a market for a pleasant fall getaway.

For information on the Steubenville area markets and other attractions, see www.visitsteubenville.com. ✨

Article courtesy of Historic Fort Steuben.



Nickajack FARMS

By Amanda Sebolt

Nickajack Farms is a family owned and operated farm that specializes in farming, events and their local Fall Festival. In 2003 the Sebolt family took a leap into the agriculture world. Joe and Debbie Sebolt own and operate Nickajack Farms located in North Lawrence, Ohio on State Route 93. They have three daughters, Rebecca, Amanda, and Jessica who grew up on the farm and now help run the operation. The family is passionate about not only educating people about agriculture, but allowing people to enjoy Nickajack Farms as much as they do.

Debbie started her career as a teacher, and applied those skills and her passion to educate children about agriculture. As she watched her three daughters grow up learning the importance of agriculture, Debbie knew she had to continue to pass these agricultural lessons on to others in her community. It was at that time they chose to start field trips to teach people about agriculture.

Joe loved the agricultural side of the farm and found his passion in growing pumpkins. Starting with just a small one row planter, the Sebolts chose to plant one acre of pumpkins and sell them by the road. Soon the festival grew and they bought a tent and added games, like gourd golf and the rubber ducky races. In 2015, Joe and Debbie decided to stop boarding horses and move more towards education, events and focus on Fall Festival improvements. The festival took over what was to be a horse barn and is now the Mane Barn; 15 years later the festival has left the road stand and is now leaving the Mane Barn.





It has been a groundbreaking summer in 2019 at Nickajack Farms.

The Fall Festival at Nickajack Farms has family fun for everyone. You can visit our non-pay area to purchase pumpkins, play pumpkin bowling, see our toddler straw maze and enjoy many photo opportunities. You also can enjoy lunch or a snack at the farmers café. Erik and his staff are always happy to provide home-cooked goodies. We have additional activities like the corn cannons and a train ride to pick your own pumpkin from the patch.

If you decide to spend the day at Nickajack, there is an admission fee of \$10 for the full farm adventure. This includes access to the farms seven-acre corn maze, 25-minute hayride, Farmer Joe's Barnyard animals, peddle carts, rascals round up, and much more. We also offer pony rides for \$6. The Nickajack family is always working on improvements and new fun activities for their fans. For the 2019 season

we will have a new barn to house our gift shop. We will also have many entertainers this year, as well as some new attractions which includes Strides Slides.

It has been a groundbreaking summer in 2019 at Nickajack Farms. Literally ground breaking. The new building to house Fall Festival was under construction and should be ready in August. This building will be completed in stages over the next few years. The family hopes that in the next three to five years they can construct a building or buildings specific to their customers' needs. This includes a hay ride loading dock, private rooms with bonfire pits, and a greenhouse-type structure for pumpkins. The Sebolt's are very excited about this new change and are hoping this new building will bring new opportunities for growth. The Mane Barn will be open throughout the fall festival for weddings and special events.

Also, to promote the new setup, they have come up with a few new special days at the farm. One, being the Harvest Festival. Throughout the day on October 12, along with all the regular Fall Festival fun, there will be demonstrations, square dancers and extra activities. In the evening there will be a dinner/dance to celebrate the harvest season.

There will also be special days that fans have seen before, like horsepower day, farmer Joe's birthday celebration, and flashlight mazes. New this year, Nickajack will have pet adoption days. Partnering with adoption groups, the farm will be promoting adopting dogs and cats.

The Nickajack family is very excited for the 15th season of the Fall Festival. The dedicated fans have brought the farm so far, and the family plans to continue to grow, improve and teach people about agriculture in Ohio. Check out the Nickajack Farms website, www.nickajackfarms.com, for dates and more information. ✨





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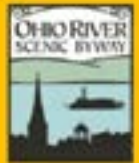
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FALL YOUTH SPORTS PROGRAMS

MASSILLON T-BALL September 3 — October 1

AGES: 3 - 4 **TIME:** 5:30 - 6:30 pm **DAY:** Tuesdays **LOCATION:** Community Park **FEE:** \$70

T-ball is a fun introduction to baseball for 3 and 4 year olds boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running. Then they apply what the have learned in fun non-competitive games.

ROOKIE BASEBALL September 9 — October 13

AGES: 5 - 6 **TIME:** 6:30 - 7:30 pm **DAY:** Tuesdays **LOCATION:** Community Park **FEE:** \$70

Players will receive instruction in all basics of the sport and will apply what the have learned in fun games. The games will be non-competitive and no score will be kept. Players who are not able to hit a pitched ball will be able to use a tee while learning.

LITTLE ROOKIE SOCCER September 9 — October 13

AGES: 3 - 4 **TIME:** 5:15 - 6:15 pm **DAY:** Mondays **LOCATION:** Community Park **FEE:** \$65
AGES: 5 - 6 **TIME:** 6:15 - 7:15 pm **DAY:** Mondays **LOCATION:** Community Park **FEE:** \$65

An age appropriate program that utilizes fun games and activities to teach the fundamentals to beginning soccer players. Coaches focus on teaching the basics of dribbling, passing, scoring, and the concept of game play. Proper sportsmanship is emphasized in a positive and encouraging atmosphere enabling children to enjoy learning soccer while also having fun being physically active.

LITTLE HOOP STARS September 18 — October 23

AGES: 4 - 5 **TIME:** 5:15 - 6:15 pm **DAY:** Wednesday s **LOCATION:** Massillon Rec. Ctr. **FEE:** \$70

This instructional basketball league is a great introduction for young players. Children are taught the basics skills through fun drills that focus on the fundamentals. Teams play a short scrimmage at the end. Coaching is conducted by Jump Start Sports staff in an organized, fun, and age appropriate format.

HOOP STARS September 18 — October 23

AGES: 6 - 7 **TIME:** 6:15 - 7:15 pm **DAY:** Wednesdays **LOCATION:** Massillon Rec. Ctr. **FEE:** \$70

Players are taught the basics of dribbling, passing, shooting, positioning, defense and rebounding in this fun instructional basketball league. Each week they will apply their skills in low competitive games. Coaching is conducted by the Jump Start Sports staff in an organized, fun, and age appropriate format.

YOUTH VOLLEYBALL September 22 — December 15 (no class December 1)

AGES: 7 - 11 **TIME:** 12:10 pm **DAY:** Sundays **LOCATION:** Massillon Rec. Ctr. **FEE:** M \$47 TP \$52 NTP \$65
AGES: 12 - 15 **TIME:** 2:10 pm **DAY:** Sundays **LOCATION:** Massillon Rec. Ctr. **FEE:** M \$47 TP \$52 NTP \$65

Open the eyes of your children to the fun sport of volleyball. Our youth volleyball leagues will be held on Sunday afternoons for 12 weeks. There will be instructions, drills, and games. Each participant will receive a team t-shirt.



Working Together to ESCAPE

By Douglas M. Kish, MA

Working together and fast. Those are the requirements of one of the latest social activities, escape games. An escape game is an interactive and physical game where all members of a team are locked in a themed room. The goal is to work together and use elements around you to find clues and solve puzzles in order to escape the room within a certain time limit. Not only is it a lot of fun, it's an excellent team building activity and mental challenge. It requires the cooperation, trust and commitment of everyone in the group. Cell phones are not permitted in the escape rooms thereby prohibiting use of the internet to help you solve the clues. Located at 1282 Triplett Blvd. in Akron, this facility has two escape rooms to choose from.

In Cell Block E, the corrupt warden of HSHL Reformatory has given the facility a major renovation in an attempt to avoid another mass escape from his prison, like that which occurred 20 years ago. By installing updated technology and a tear-gas bomb into the maximum-security wing, he believes he has outsmarted the prisoners. However, he is unaware that one of his own guards aided in the escape years ago, and is ready to help out again. You will need to find all of the clues to escape the evil warden's grasp before time runs out.

The Spellbound escape experience takes place deep within the swamps of Southern Louisiana in a crumbling shack rumored to have been home to the witch Magdalena Cazelar and her coven of mystical sisters. The cabin has long since been abandoned with no known life having ventured into it, until now. Summoned to this place by the High Priestess herself, her spirit has chosen you to finish a deed 200



years in the making. While the witch's enemies rise from their graves, only those most worthy may gain entry to the coven of the five witches. You will need to decipher sacred spells and send the Vampire Patriarche to his eternal resting place before nightfall in order to escape.

On the night of our visit, we became prisoners in Cell Block E. Although we worked as a team to escape, the clues were difficult to solve and we remained trapped. At any point, you can ask the gamemaster for additional clues to help you escape. After our allotted 60 minutes, we were ultimately released. Statistics show that only about 24% of teams are able to escape this room within the limited timeframe, although this is considered the easiest of their two rooms.

Kelly Murray of our group said, "It was very challenging but that's what made it fun." Another team member, Mary Angeli, described it as "A challenging yet intriguing evening of fun." Both agreed they would like to try to escape again. Another Compass team member, Melissa Kibler, commented, "It was such a creative atmosphere, being locked in a jail cell, needing to unlock codes, combinations and puzzles. We worked well as a group and the challenge brought us closer

together." As for myself, I can see how these escape rooms are becoming so popular. The fun we had laughing our way through the clues while moving as fast as possible made it seem real. I look forward to trying another room in the future.

Two additional escape rooms are scheduled to open in the near future. There is a room available for private parties. It accommodates up to 20 people, with decorating and catering options available. Another space is a conference center available for before or after team-building exercises. That room holds up to 50 people with a coffee/tea station and catering available.

At their sister location, Escape Canton, located at 4125 Mahoning Road, NE, there are eight escape room options. Both locations have an Axe Throwing area where your group can spend 2 hours learning and practicing to throw an ax, after which you can compete in a tournament. Throwing sessions are operated by trained experts, and you will learn safety and accuracy to hit the bullseye.

Reservations for escape rooms are required at both locations and can be made online at www.escapeakron.com for the Akron location and www.escapecanton.com for Canton. ✨





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Mohican ROCKS In The FALL

By Laura R. Weirick

Mohican in the fall is on fire, with color of course. The leaves are transforming the hills of Mohican into a brand new landscape full of reds, yellows and oranges. Local farmers' markets have pumpkins, mums and more, out and ready to sell. Visitors are amazed at the view of the Clearfork Gorge Overlook as it changes to a sea of color each day. It truly is a sight to behold.

At the Camp & Canoe Capital of Ohio, canoeing is not over. What a treat to float down the Mohican State Scenic River under an arbor of color. Some of the canoe liveries are open through October. It is a perfect time to grab a camera with family and friends and enjoy the serenity of the river.

Fall is full of activities that will keep everyone having fun while enjoying all there is to offer. Whether staying for a week or weekend, discover why Mohican rocks any time of year. Stay in a treehouse, castle, resort, Inn, historic B&B, or a choice of one of many private cabins. Several of the private cabins or cottages have hot tubs, spectacular views; all the amenities of home and some are even pet friendly.

The 28th Mohican Bluegrass Festival returns to Mohican Wilderness

Campground, September 12-14. This a family friendly event that takes place in the beautiful Mohican River. Performances include the Open Highway, The Hillbilly Gypsies, The Cleverlys, and many more. Don't miss this first-class event.

September 28 is the annual Oktoberfest at Wolf Creek Grist Mill. Taste and enjoy 100 varieties of domestic and international beer, and wine to support fundraising efforts for Wolf Creek Grist Mill Historic





Park & Museum. Live music, games, food, and more. Free busing to and from the event for patrons staying at any of the following sponsorship lodging locations: Red Window Townhouse, Mohican Adventures, Wally World Riverside Resort, Arrow Point Campgrounds Inc, Mohican Little Brown Inn, Blackfork Marken Inn Bed & Breakfast, and The Mohican State Park Campground.

There are plenty of events happening this fall. October 1-5 is the 131st Loudonville Street Fair. Family fun and affordable, with five days of free admission, free entertainment, food, rides, and more.

October 13-27 is Mohican in the Fall Foliage Drive-It-Yourself Tour. Take a leisurely drive through the Mohican State Park and the Mohican-Memorial State Forest during the peak of the season. Hike or bike the trails and enjoy nature as the trees and wildlife get ready for winter. Then enjoy time at the restaurants and independent stores. Special offers are available for a limited time. Visit loudonvillechamber.com for a map and more information.

October also brings in ghost enthusiasts to Landoll's Mohican Castle. Throughout the year, they offer public Ghost Walks. These walks will take one through the history of the

property and also allow the opportunity to communicate with the "other side" by using 'tools of the trade.' If wanting to go more in depth, ask about the possibility of a Ghost Hunt. This will take several hours and permits the visitor to conduct a paranormal investigation.

During November and December, make sure to plan an individualized adventure in Mohican. Fishing, outdoor sports and more occur all year long. Hiking trails are open to the public year-around at the Mohican State Park. Skiing, snowboarding and snow tubing are available at nearby Snow Trails Ski Resort.

All of this and more await – Discover Why Mohican Rocks! ✨





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What Is **LURKING**

In YOUR

CANDY?

By Philip Palmer, BA, CPT



It is that time of year when the leaves start changing colors, the temperatures drop, the days turn shorter, and virtually everywhere you look from the gym counter, to almost all reception desks, to multiple aisles in the grocery store, there is Halloween candy.

Candy can be traced back to the ancient Egyptians who used a mixture of figs, honey, dates, and spices. While the first chocolate bar was developed in England in 1847, candy has changed dramatically since. Basic ingredients derived from nature have now disappeared to cheaper, more colorful, and longer-lasting chemicals.

As many are concerned about their health and wellbeing, ingredients in one's diet can dramatically affect energy levels, potential cancer risks, and body weight, along with illnesses and diseases. This article dives into specific ingredients that can be found on the back of wrappers of the Top 10 Most Popular candies according to CandyStore.com.



Sugar - A sweetener and the best motto is less is better. Most candies are sweetened with sugar or high fructose corn syrup.

High Fructose Corn Syrup (HFCS) - Used as a sweetener that comes from corn, usually a genetically modified organism (GMO). Linked to insulin resistance, metabolic syndrome, obesity, type 2 diabetes, and more.

Dextrose - More often called glucose, it is a type of sugar that is not very sweet.

Dextrin - Can be made from almost any starch source, like corn, wheat or potatoes. Used as a thickener for soups or stews, along with making foods crispy or as a coating.

Gelatin - Made from prolonged boiling of skin, cartilage, and bones of animals. Found in Jell-O and many gummy candies.

Salt - A preservative and flavor enhancer. Best to limit your intake, as high salt diets are linked to high blood pressure.

Citric Acid - Found naturally in citrus fruits like lemons and limes which is what gives them their tart sour taste. Used as a flavoring and preserving agent.

Natural Flavor - According to the Environmental Working Group, natural flavors must be derived from plant or animal material. Natural flavors can contain hundreds more flavor chemicals than artificial ones, yet makers are often willing to pay more because they know that some consumers prefer "natural" flavors.

Artificial Flavor - According to the Environmental Working Group, an artificial flavor must be comprised of one of the nearly 700 FDA-allowed flavoring chemicals or food additives categorized as "generally recognized as safe" or any of 2,000 other chemicals not directly regulated by the Food and Drug Administration but sanctioned for use by an industry group.

Hydrogenated Palm Kernel Oil - Used to keep a food solid at room temperature. Hydrogenated palm oil is hidden in trans fats. Even if the Nutrition Facts panel indicates zero trans fats, products containing less than 0.5 grams of trans fats can be labeled as trans-fat-free. If the label says no trans fats, it probably has them except under .05g per serving along with a different name as there are many names for hidden trans fats.

Confectioner's Glaze - Used for coating fruit, vegetable, and candy. An estimated 300,000 Lac Beetles are killed to make 2.2 lbs. of shellac/glaze. If you don't want to eat bugs or are vegan, then this is one ingredient you want to avoid.

Artificial Dyes - Used to make the bright colors in candy, sports drinks, and baked goods. A 2004 analysis of 15 studies concluded that artificial food dyes increase hyperactivity in children. According to the Center for Science in the Public Interest, "Synthetic chemicals do absolutely nothing to improve the nutritional quality or safety of foods."

Yellow 6 - Allowed to be sold in Europe yet must carry warning labels saying "May have an adverse effect on activity and attention in children." The Food and Drug Administration concludes that

Yellow 6 does not pose a significant cancer risk to humans. Note that Yellow 6 may cause occasional but sometimes-severe hypersensitivity reactions."

Yellow 5 - The second most widely used coloring. Has shown hypersensitivity reactions, primarily in aspirin-sensitive persons, and triggers hyperactivity in some children.

Red 3 - In 1985 the commissioner of the Food and Drug Administration said that Red 3 "Has clearly been shown to induce cancer." It was banned, yet years later was brought back and is still in use.

Red 40 - Replaced Red 3 as the most used food dye. Mainly found in junk food.

Blue 2 - Animal studies that showed brain cancer due to consumption in male rats were mixed.

Blue 1 - Very little testing has been done on it. Has triggered allergic reactions in some.

This article only scratches the surface of a few ingredients in Halloween candy. If you want to learn more, from October 22-31 on my YouTube channel *PaleExercise* I'll be featuring a different candy everyday and going deeper into each ingredient. Check it out and be prepared to learn something new. ✨



YOUNGSTOWN MARATHON

By Crystal Siembida Boggs

Discover what local runners have been excited about for years by running the third annual Youngstown Marathon, Half Marathon, and 5K on Sunday, October 27, 2019. While the marathon itself may only be in its third year, historic Mill Creek Park, which is featured in all three distances, has been claiming a loyal following of avid trail and road runners for years.

Mill Creek Park was founded by Volney Rogers in 1891 as a way to provide public health benefits to the rapidly growing City of Youngstown as well as to prevent the acreage around Mill Creek Gorge in the current parkland from being completely milled out by the local sawmills. With over 2,600 acres of land, Mill Creek Park is one of the largest parks in the country and is ranked as the top metropolitan park by size in the United States. It also hosts the title of being the first park district to be established in the state of Ohio.

Participants in the full and half marathon will be delighted with views of multiple bridges, lakes, and plenty of shaded area due to the quantity of trees within the park. For the first time, the race takes place in the fall and will provide runners with a view of autumn

foliage in the park. Mark Lipinsky, CEO of the Youngstown Marathon Foundation, noted, "I'm really excited for our race this year. October is a beautiful time to run in Mill Creek Park, registration is exceeding expectations, and the course will be a Boston Qualifier."

After running, participants can extend their stay and take in the other opportunities within the park including the Ford Nature Center, over 15 miles of nature trails, Fellows Riverside Garden, Lanterman's Mill, and opportunities to stay active with biking, boating, fishing, and golf just to name a few.

Runners participating in the full marathon will get to see a portion of downtown Youngstown including Youngstown State University while running miles 9 to 13. All races start in front of Second Sole on Route 224 with the 5k beginning 15 minutes after the



TAKE IN THE OTHER OPPORTUNITIES WITHIN THE PARK INCLUDING THE FORD NATURE CENTER, OVER 15 MILES OF NATURE TRAILS, FELLOWS RIVERSIDE GARDEN, LANTERMAN'S MILL, AND MORE!



marathon and half marathon distances. All races share a mutual finish line on Ron Park Place which is right next to the after party. There is plenty of free on-site parking next to the start/finish lines of the race.

The Covelli Center, home of the Youngstown Phantoms, a junior league hockey team, will be host to this year's expo.

The free health and fitness expo, presented by NovaCare, is open to all participants as well as the public and takes place the day prior to the race from 10:00 am-5:00 pm.

The Youngstown Marathon Expo features booths from companies as varied as HelloFresh to 81 Originals, a locally owned running-themed clothing line. Participant packet pick-up, pacer and ambassador meet and greets, and a Kid's Fun Run at 11:30 am will be part of the day's festivities. Expo Director, Crystal Siembida Boggs, stated, "I'm excited for this year's expo as we are bringing back a few vendors from past years as well as some new ones. Our goal is to increase attendance within the public sector as well because the health and fitness expo isn't just for runners alone!"

The public will also be able to visit each of the recipients receiving proceeds from the 2019 event. The Youngstown Marathon Foundation board recently named Youngstown Blue Coats and Beatitude House as the recipients of donations from the 2019 race proceeds. A third beneficiary

will be announced after a participant vote. In its first two years the Youngstown Marathon Foundation was able to donate \$24,000 to local charity partners including Youngstown United Way, Youngstown CityScape, and the Down Syndrome Association of the Valley.

For the third year, Chemical Bank, Mercy Health, and Second Sole are the presenting partners of the Youngstown Marathon. See them at the after party, participating in contests during the registration year, and along the course. Josh Boggs, Vice President of the Youngstown Marathon, stated, "Due to the proximity to Halloween, we will be seeing some great costumes and holiday-themed water stations along the course. We might even see awards for a costume category."

Siembida Boggs commented, "The great part of coming to a big city race like Youngstown is that there are things to do before and after the event itself. Bring your family and check out the OH Wow Center, a personal favorite of mine, or come with friends and check out some of the unique dining experiences in the Valley. You just ran a marathon and you deserve to eat whatever you crave!"

Speaking of food, the Youngstown Marathon Foundation is in the early stages of planning a spaghetti dinner the night before featuring Marie Bartoletti, who has run over 450 marathons, and Erik Reed, who was the winner of the 2018 Youngstown Marathon.

Registration is open, including on race day, for all three race distances and full race details can be found online at www.youngstownmarathon.com. ✨



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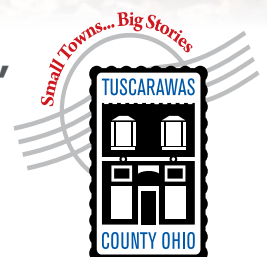


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