

DESTINATION GEAUGA

It's only cold if you're standing still.

Cross Country Skiing

Enjoy this great winter sport in the parks

Don't let the snowy winter get you down! Try cross country skiing for a healthy life activity suitable for any age, pace or fitness level. With a little instruction, you can be gliding peacefully through the beauty of snow-covered trails surrounded by Nature's winter wonderland in the Geauga parks or your own backyard.

To learn how to ski, please register for the naturalist program on Sunday, January 22, 1-3 p.m. at Orchard Hills Park. There you will learn the basics from Chris Newman of Geiger's in Chagrin Falls, including clothing, equipment and technique.

Registration is required for Learn to Cross Country Ski at www.geaugaparkdistrict.org or 440-286-9516, which you may also

call with questions.

Already know how to ski? Then our Full Moon Ski is for you, Friday, February 10, 6:30-8:30 p.m. at Headwaters Park. A naturalist will lead this ski along The Maple Highlands Trail by the light of the full moon, then open the Boathouse so skiers can warm up before heading home.

For both programs, ski rental will be available in advance from Geiger's, 440-247-4900, with a special program rental rate of \$17 if picked up Friday and returned Monday.

Visit Geauga Park District online at www.geaugaparkdistrict.org, Facebook, Twitter, Instagram and YouTube.

Chardon VFW Post Serves Up Pancake Breakfast Season

Chardon VFW Post 6519 will begin their annual pancake breakfasts every Sunday starting February 12 and running through April 9, 2017. Serving time is 8:00am – 12:00pm.

For over 20 years dedicated veterans, post members and volunteers have been serving up delicious breakfasts, and each year the number served seems to grow. In 2016 they served over 2300 people.

The post offers special menus for seniors and kids. Regular menu items include Pancakes (regular, apple, blueberry & flavor of the day), French Toast, hash browns, eggs made to order, Sausage, bacon and ham. Coffee, tea and orange juice beverages are available. Enjoy genuine Geauga County maple syrup, which is also available for purchase.

Proceeds go toward the post's operational expenses and to help the Boy Scout and girl Scout troops, who also volunteer during pancake breakfast season.

Menu prices vary. Join us at 752 Water St. Chardon, Ohio 44024. For more information call 440-285-3699. Additional parking is available across the street at Sages Apples.

Feb 3, 10, 17, 24 (5:30 pm)

Friday Fish Fry

Fish Fry every Friday thru April 14. Dinner choices Orange Roughy, Lake Erie perch, Shrimp or Chicken tenders. Dinners include your choice of; french fries or home fries, salad or cole slaw, bread, coffee, tea, hot chocolate, and water. Other beverages for sale at the bar. Cost range; \$6.00 – 12.00 depending on your choice. TO GO Dinners are available.

Fraternal Order of Eagles, Chardon Area Women's Auxiliary | 440-286-9921

Feb 3-12 (Fri-Sat 8pm Sun 2pm)

Anything Goes!

It's Delightful...It's Delicious...It's De-lovely!

All aboard for one of the greatest musicals in theatre history, Cole Porter's unforgettable Anything Goes, winner of three 2011 Tony Awards including Best Musical Revival. It's non-stop laughs and madcap fun on the S.S. American

February Events

with an unusual array of passengers including a gangster, a wealthy debutante, a charismatic nightclub singer and a lovesick stowaway. With spectacular dance and a boatload of Cole Porter tunes like "You're the Top," "I Get a Kick Out of You" and the title song, you'll get a 'kick' out of Anything Goes!

Geauga Lyric Theater Guild | Reservations: 440-286-2255, Business Office/Education: 440-285-7701 www.geaugatheater.org

Feb 4-26 (WEEKENDS 8am-12:30pm)

Authentic Italian Weekend Breakfast at Vinny's

Vinny's Specialty Items include: Brioche Biscuits and Gravy Banana Bread French Toast, Eggs Bruschetta and...Oscar Style Eggs Benedict – Crab Meat, Asparagus, Poached Eggs and Red Pepper Hollandaise over Toasted English Muffin with Home Fries Standards include: Breakfast Calzone Buttermilk Pancakes, Vanilla Bean French Toast or

Eggs Cooked Your way and...Breakfast Pizza – Vinny's Secret White Sauce, Spinach and Artichoke Sauce, Pancetta Ham, Crumbled Home Fries, Over Easy Egg and Red Pepper Hollandaise Sauce For Kids: Waffle with Fruit Dino Bambino and... Mini Chocolate Chip Pancakes – Whipped Butter, Bacon or Sausage Mangia! Vinny's Authentic Italian Eatery | (440) 632-0111 www.vinnysofmiddlefield.com

Feb 4, 11, 18, 25 (9am-12pm)

Geauga Fresh Farmers' Market - Winter Market

Here you will find many of the quality products sold at the summer market. The market runs October 22 through March 18th from 9am to Noon. Pastured meats, free-range eggs, winter vegetables, honey, maple syrup and bakery are just a sample of what is offered.

Lowe's Greenhouse and Gift | 440 474 9885 and 216 219 6840 | www.geaugafarmersmarket.com

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Geauga Fresh Farmers' Market Opens Indoors

The Geauga Fresh Farmers' Market is pleased to announce that the second half of the indoor winter market is open from 9:00-Noon every Saturday.

January through March 18, 2017 and will feature winter soup samples popular with shoppers last year. The winter market is located in Lowe's Greenhouse, Florist and Gift Shop on Chillicothe Road in Bainbridge.

The winter market will offer many fresh, local, quality products and many vendors familiar to those who attended both our summer and winter markets including apple products from Woolf Farms, meat, eggs and syrup from Harvest Bell Farm, local produce from Bat Barn Farm and Foraging, fresh pasta from Nina's kitchen, gluten free bake mixes from MinusG, Geauga Artisan Bacon, coffee from Gray Duck Coffee, fresh and dried herbs from Sandee River Farm, Silver Rose Alpaca Farm products, gifts from the Goodee Basket, honey products from Aurora Springs Honey, Natural Excellence Farm and Gardens, pork, beef and free-range poultry from BB Farms, skin care products from Free Range Skin Care, Little Green Oasis and the Good Stuff Soap Company, sauces and rubs, jams and more!

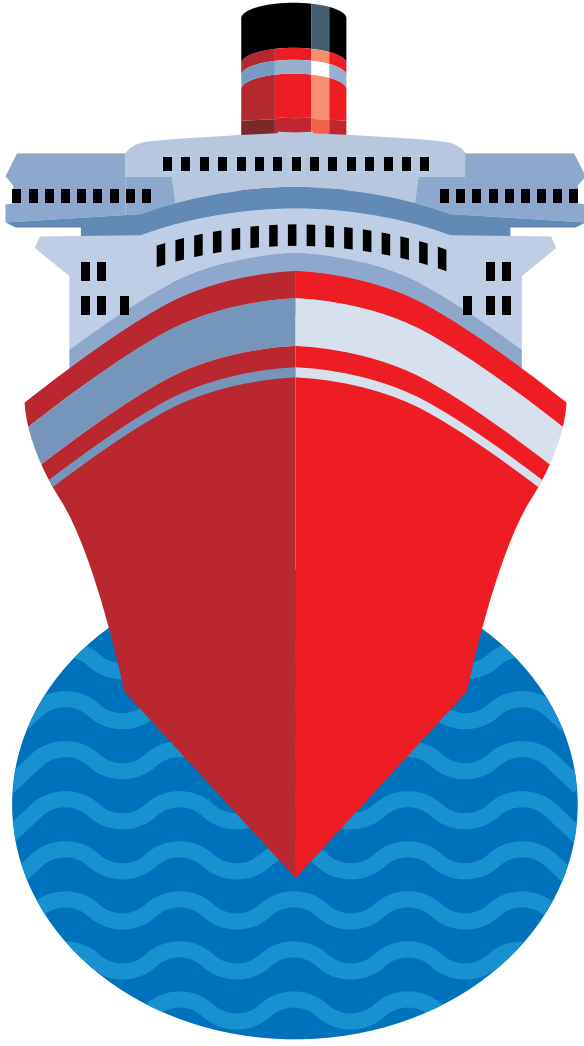
The market is open 9:00-Noon every Saturday at Lowe's Greenhouse - 16540 Chillicothe Road in Bainbridge. Keep up to date on weekly special market events on Facebook or at www.geaugafarmersmarket.com/

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Jan 27 - Feb 12 (Sat & Sun 8pm; Sun 2pm)
Geauga Lyric Theater Guild
Reservations: 440-286-2255
Business Office/Education: 440-285-7701
www.geaugatheater.org



How chocolate became tied to Valentine's Day

Heart-shaped boxes filled with decadent treats are coveted gifts on Valentine's Day. Chocolate lovers typically have a favorite type of chocolate, whether it's creamy filled truffles or chocolate pieces with fruit or nut fillings.

The tradition of gifting chocolate is anything but new. Chocolate and other sweet treats have been offered for centuries as prized gifts. Even ancient Aztecs and Mayans celebrated chocolate and saw it as a hot commodity. Drinks made of cacao beans would be given as presents to people of high status. Chocolate also would be offered to the gods as a token of appreciation. Cacao beans were even used as a form of currency at one point.

During the 17th century, chocolate consumption grew considerably across Europe. Chocolate houses cropped up in London, and the French elite often indulged in chocolate. Chocolate's popularity continued to grow, but the dessert was not linked to Valentine's Day until nearly 200 years later. In the mid-1800s, an enterprising individual named Richard Cadbury was looking for a way to make chocolate even more popular than it already was. He sought out a method to make drinking chocolate more palatable and created "eating chocolates." These



chocolates were packaged in decorative boxes. Eventually, Cadbury saw the benefit of putting images of cupids and roses on the boxes. Cadbury even designed chocolate boxes in the shape of hearts that could be saved as mementos. These chocolates soon became intertwined with Valentine's Day celebrations.

On the other side of the Atlantic, Milton Hershey dabbled in commercializing chocolate as well. Hershey began as a caramel maker, but experimented with covering the caramels in chocolate in 1894. Hershey would go on to develop one of the most successful brands of chocolate in the United States, which included the famous Hershey bar. In 1907, Hershey launched production of tear-drop shaped "kisses." (The chocolates were given their unusual name because of the "smooching" noise made by the

Continued on page H3 >



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Lake County Loan Production Office

Central Ohio Region Offices in: Dublin • Sunbury • Westerville



FEBRUARY EVENTS FROM PAGE H1

Feb 4-26 (Weekends 12pm-5pm) Ma & Pa's Horse Drawn Sleigh Rides

Remember the Days of O'le. Dashing through the snow in a one horse open sleigh! Afterwards warm up by the fire with some fresh maple coffee and cookies made by Ma. Shop 'til you drop in our 1820's log cabin. A winter adventure you won't forget. Make a Memory this Winter here at Ma & Pa's! Sleigh Rides are weather permitting, we can take you out in the Carriage or Surrey if there is no snow, Weekday rides are available, Call us for more information! Reservations are Required! Ma & Pa's Gift Shack | 1-440-548-5521 | www.maandpas.com

Feb 7, 14, 21, 28 (5:30 pm) Spaghetti Dinner

Dinner includes; AYCE Spaghetti, two meatballs, salad, garlic bread, coffee or tea. Meatball sandwiches are also available. Beer, wine etc. available for purchase. TO GO dinners available Proceeds benefit the Ladies Auxiliary Charities Chardon Eagles Ladies Auxiliary | 440-286-9921

Feb 10, - Feb 14 (10am - 5pm) Chocolate Covered Strawberries Days

Sunrise Farm dips sweet, luscious strawberries in premium chocolate for St. Valentine's Day. Deliciously decorated available by the pound, 1/2 pound or individually. Red raspberry tarts, blackberry tarts and chocolate dipped cherries, grapes and bananas are also available as well as potato and corn chips! 440-834-1298 | www.sunrisefarmgifts.com

Feb 11, (10am) Tree Tapping Ceremony

The official start to the Maple Syrup Season with demonstrations and hot chocolate and donuts. Tap your own tree in the park and put your name on it for the length of the season.

Burton Log Cabin & Sugar Camp Burton Chamber of Commerce | 440-834-4204 | www.burtonchamberofcommerce.org

Feb 11 (1pm) Valentine's Day at White House Chocolates!

Valentine's Day Lovers love chocolate and we have the chocolate that goes right to the heart of this holiday. Our Chocolate Covered Strawberries reign and can be ordered ahead to guarantee that they are ready when you arrive. First dipped in rich milk chocolate, then coated in creamy white chocolate for beauty and extra creaminess. Strawberry, rich chocolate, creaminess – all comes together in a beautiful piece of candy. This and many other Chocolate Delights are here for your gift giving. 440-834-3133 | whitehousechocolates.com

VALENTINE'S DAY FROM PAGE H2

chocolate when being manufactured.) The kisses became wildly popular and made for affordable chocolate gifts on Valentine's Day.

Many other chocolate manufacturers soon began packaging their chocolates in special boxes for Valentine's Day. Russell Stover and Whitmans are two such manufacturers who have long specialized in heart-shaped boxes or other decorative Valentine's gifts.

Traditionally, men have gifted women with boxes of chocolate for Valentine's Day. However, that role is reversed in other areas of the world. For example, in Japan, women give gifts — namely chocolates — to the men in their lives to express love, courtesy or social obligation. This tradition first began in 1936 when confectioner Morozoff Ltd. ran the first ever Valentine's Day ad in Japan through a local English newspaper. By the 1950s, other Japanese confectioners were following suit.

Chocolate has long been tied to Valentine's Day gifting. Whether one believes that chocolate symbolizes heightened status, acts as an aphrodisiac or is just a special treat, chocolates will likely always be associated with the day of love.

Stay Up-To-Date



with The News-Herald's
New App

Feb 12, (1pm) Arthritis and Beyond: Caring for Your Geriatric Pet

Dogs and cats, like humans, are living longer lives. Medical advancements that help us live longer can also make those golden years more comfortable. Help your pets enjoy healthy long lives through proactive measures, as well as working with your veterinarian when ailments arise.

Linda Mitchell, DVM is passionate about giving geriatric pets the best care possible. In this workshop, she will review:

- What the physical needs are of aging dogs and cats
- What you can do to avoid or delay the onset of age-related ailments, such as arthritis
- Working with your veterinarian to identify early indications of ailments, and what to do
- Overview of current available treatment options for the ailments geriatric pets are most likely to suffer from

Dr. Mitchell graduated from The Ohio State University College of Veterinary Medicine, fulfilling a life-long dream that started when she was 5 years old. In September 2002, Dr. Mitchell started Rainbow Mobile Vet Clinic, later expanding to the stationary clinic. Dr. Mitchell lives in North Royalton with her wife and step-daughter; they also share their home with their three dogs and one cat.

Cold Nose Companions Dog Training Center | 855-286-3647 | www.coldnosecompanions.com

Feb 13 - 14 (10am) Valentine's Day at White House Chocolates!

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Feb 15, (6pm) Sweet Hearts Dinner & A Show

Didn't get to take out your sweetie on Valentine's Day?? That's OK!! The Amish Country Theater is back and better than ever with a great new show!

Each ticket reserves you a seat at the ACT 6pm performance and a dinner (tba) provided by the Mespo Expo's Western Cafe! Couples Tickets \$50 / Adult Tickets \$30 / Child Ticket \$18

Order your tickets online mespoexpoevents.wixsite.com/events-venue/online-store or by calling 855-315-5665 Accepting Cash/Checks/Credit Cards

Feb 18, (10am) Lichen Workshop

Janet Traub and Jim Toppin with the Ohio Moss and Lichen Association present the interesting relationship between algae and fungi. A two-hour indoor introductory session with samples to view will be followed by a lunch break, then a field foray in search of examples. Bring lunch and a hand lens. Joint program with the Native Plant Society of Northeastern Ohio. Partially wheelchair/stroller accessible. Registration required.

Geauga Park District - The West Woods Nature Center | 4402869516 | www.geaugaparkdistrict.org

Feb 24, (6pm) Amish Wedding Dinner

Experience a traditional 'Amish Wedding Dinner' in an Amish Home. This family style dinner will be served the 4th Friday of each month. Reservations are Required.

Please reserve 1 week in advance. Also taking private dinner reservations for your group of 10 or more. Horse & Buggy Dinners | 440-632-5822

Feb 26, (3:30 pm) 1917 Vacation: Geauga's Land of Lakes and Ledges

Follow the adventures of a Cleveland family, vacationing in Geauga County 100 years ago as they visit Chesterland Caves and Bass Lake, traveling by steamship, interurban rail and auto. Wheelchair/stroller accessible. Geauga Park District - The West Woods Nature Center www.geaugaparkdistrict.org



University Hospitals Gauga Medical Center

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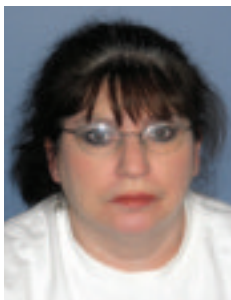
Congratulate UH Geauga Medical Center's

Heroes of the Month



George Kish

George Kish - The gentle giant of Protective Services who knows the importance of giving back to the community where he serves. George recognizes it is not just a good thing to give back, but it is our duty to try and make the world a better place for those less fortunate than ourselves. George organized a toy drive for children in Geauga County so that no child would be disappointed during the holidays. He enlisted the help of other employees to put smiles on the faces of forty children. George went above and beyond the call of duty; visiting all the local schools within Geauga County to determine the families that were in need and spending his spare time making sure the toys were delivered. The toy drive was a success not because of his good work ethic, but because of his big heart.



Sherry Jones

Sherry Jones - Is known as one of the angels of Environmental Services. She can be found on 1 South visiting with patients, valuing them with empathy, compassion and active listening. Recently, Sherry extended compassion to a patient when she needed it most. The patient received life altering news and her family wasn't able to get to her due to a snow storm. Sherry ended her shift and sat with the patient until her husband arrived. But that's not how the story ends. The next day, Sherry purchased a light up angel from the gift shop. She told the patient "Whenever it lights up remember that we care." This act of kindness brought the patient so much peace and comfort that she took it everywhere. It's Sherry's norm to practice compassion well beyond her job description.



Amanda Musial

Amanda Musial - Is the Nurse Manager of the Seidman Cancer Center. She embodies all of the organizational values that our institution esteems. She is closely involved with numerous supportive care issues encountered by cancer patients and their families. She promotes compassion and patient comfort. Amanda is always finding ways to help educate other people about cancer, whether amongst our patients and families or within the hospital itself. She cares so deeply about the profession of nursing, the caregivers within Seidman, and the patient and families themselves. If there is ever a need to step in and assist in whatever way she needs to support her team, she does so whole-heartedly and without hesitation.



Charlene Turk

Charlene Turk - Char is an integral part of Rehab Services. She is the first touch point of the patients, vendors, and physician offices. Her job entails so many tasks that it is impossible to say how it all gets done; and she does it all with a smile and "how can I help you". Char truly wants to get the job done and will work diligently to that end. She looks for ways to help patients and team members so each person has a "best experience" when they walk through the doors. She will make sure they have a seat, gets their information in a comfortable way, and will get them a cup of coffee. When a patient appears to have an issue she will let the therapist or team lead or manager know so the concern can be addressed. She is a hero for each of the patients that walks through the door.

Each Hero will receive a gift certificate courtesy of



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