



THE BEST OF WINTER INSIDE

See how WCNV members from across Central New York, the Finger Lakes and Mohawk Valley enjoy winter indoors, kick off the New Year with healthy living tips from *Cycle of Health*, and indulge in healthy versions of comfort food.

The Best of *winter* Inside

Members' Choice.

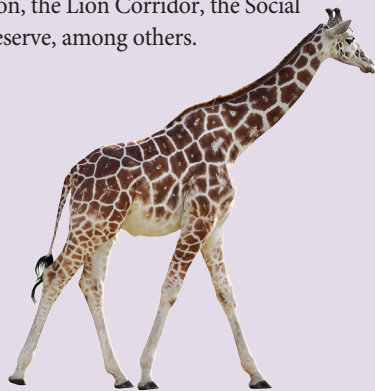
Thank you to our members for submitting great ways to enjoy winter inside!

We surveyed members to find out how to make the best of winter inside in Central New York, the Finger Lakes, and the Mohawk Valley. See the growing list online at wcnyc.org/winter-inside and submit your own. Below are a few member favorites.

Visit the Rosamond Gifford Zoo at Burnet Park

One Conservation Pl.
Syracuse, NY 13204
315-435-8511
rosamondgiffordzoo.org

The Rosamond Gifford Zoo is home to more than 700 animals of all shapes and sizes. Must see exhibits include the U.S.S. Antiquities, the Diversity of Bird Aviary, Adaption, the Lion Corridor, the Social Building, the Asian Elephant Preserve, among others.



Watch PBS on Roku/Netflix

Anywhere!

Invite your friends or family over for an entertaining night at home. Set up your Roku or Netflix and prepare to enjoy hours of PBS. Or, consider watching WCNY, Create, World, Plus, or HowTo. Socialize between shows with dinner, cards, and dessert. Prefer to do something on your own? Heat up the house with a roaring fire, find your favorite four-legged friend, and enjoy some hot chocolate with a book.



Enjoy the Theatre

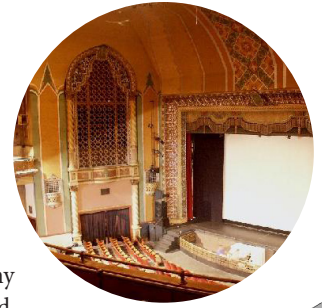
The CNY Playhouse
 ShoppingTown Mall
 3649 Erie Blvd. East
 Syracuse, NY 13214
 315-885-8960
cny.playhouse.com



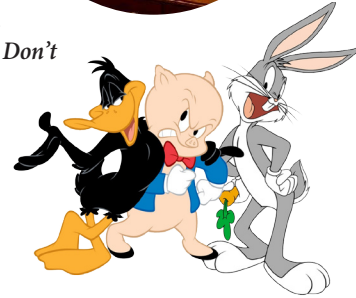
This playhouse provides the community with a venue dedicated to local performers and theatrical entertainment in a friendly atmosphere. Watch a musical, comedy, drama, or cabaret. Parking is convenient, concessions are reasonable, seating is cramp-free, and it's totally informal.

Move Over Mrs. Markham | Jan. 8-23
First Date | Feb. 12-27
Our Town | March 11-19

Rome Capitol Theatre
 220 W. Dominion St.
 Rome, NY 13440
 315-337-6453
romecapitol.com



Visit Rome Capitol in downtown Rome. From the live theatrical performances of SummerStage to world famous big bands such as Glenn Miller, Artie Shaw, and Tommy Dorsey; dance programs; and classic silent and talking films, there is something for everyone. *Don't miss the 13th Annual Cartoon Madness every day during mid-winter break* (Feb. 15-19 at 7 p.m. and Feb. 20 at 2:30 p.m. and 7 p.m.) See Bugs Bunny, Daffy Duck, and Porky Pig!



Take in Local Art

Corners Gallery
 903 Hanshaw Rd.
 Ithaca, NY 14850
 607-257-5756
cornersgallery.com

Newly expanded and renovated in 2014, Corners Gallery is a contemporary art gallery. The gallery is located and just minutes from downtown Ithaca. The gallery always welcomes the public for openings, artist talks, and other events.



Learn about the Erie Canal

Erie Canal Museum
 318 Erie Blvd. East
 Syracuse, NY 13202
 315-471-0593
eriecanalmuseum.org

Explore Erie Canal documents, photographs, prints, rare books. See a reconstructed canal boat and learn about how people traveled on the canal at 4 MPH. Stop by the museum giftshop to take home a book, poster, or apparel.



WCNY
 is creating a new
 Erie Canal
 documentary!



Laugh with Comedians

Auburn Public Theater
8 Exchange St.
P.O. Box 771
Auburn, NY 13021
315-253-6669
Auburnpublictheater.org

Since its founding in 2005, Auburn Public Theater has welcomed more than 100,000 patrons to experience year-round programming in its performing arts and community center. Lighten up with comedy featuring Ali Siddiq, Jan. 16 at 8 p.m. Andy Woodhull performs March 19 at 8 p.m. This past summer Woodhull was the first comedian to make his network television debut on the “The Tonight Show with Jimmy Fallon.”



Rejuvenate the Soul

Mirbeau Inn & Spa
851 West Genesee St.
Skaneateles, NY 13152
315-685-5006
Mirbeau.com

Escape the daily grind and stresses with an afternoon at the spa. Best perk? When you book a spa treatment, you're entitled to lounge or nap in the



resting room with a heated foot pool. Plus, take advantage of the herbal infused saunas, steam rooms, or the heated whirlpool spa with private bar in the Aqua Terrace. Complimentary exercise or yoga classes will help you unwind and prepare for 2016.



Bowl in Style

Revolutions at Destiny USA
9090 Destiny USA Dr.
Syracuse, NY 13204
315-313-6307
Syracuse.revolutionsbowl.com

Give your bowling experience a twist with this family-friendly bowling and entertainment center. Spend the afternoon to enjoy contemporary cuisine, 24 boutique bowling lanes, more than 45 video arcade games, The Stadium sports amphitheater and Revo LIVE—a Vegas style showroom. Tip: park near the pedestrian bridge and walk to Revolutions.



Make Your Own Glass

Corning Museum of Glass
One Museum Way
Corning, NY 14830
607-937-5371
cmog.org

Learn the basics of sculpting and glassblowing techniques, using borosilicate and soft glass with the “Flame Working for Everybody” class. Use colored rods and tubing to create blown beads, ornaments, goblets, and human figures. Venetian techniques for making figures with soft glass also will be demonstrated. The week-long class takes place Jan. 11-16. Other classes include how to make your own clock, bead, picture frame, glass flower, and wind chime. For class information, see cmog.org.



Relax with Yoga, Food and Wine

The Inns of Aurora
391 Main St.
Aurora, NY 13026
315-364-8888
innsofaurora.com

Relax in the stillness of winter at the Inns of Aurora Jan. 22-26. After a weekend of food, wine, and practices to boost your mood, you'll be ready to take on winter. The weekend is packed with activities including cooking demonstrations and wellness activities. Get inspired to stock your winter pantry for healthy cooking. Find out how to switch up your bedtime routine for deep sleep. A restorative yoga class will wake up your body and keep your joints happy all winter long. Take home a wellness kit of herbs, spices and oils.



Mini Golf Inside

Shipwreck Golf
759 State Rte. 13
Cortland, NY 13045
607-758-8585
shipwreckgolf.com

Golf in the dark with Glow Golf at Shipwreck Golf, a family-owned and operated mini golf course featuring the largest 18-hole indoor miniature golf course in the United States. Kids will especially like the bounce house, treasure chest gem dig, and Captain Jack's Ice Cream Shack.



PYOP: Paint Your Own Pottery

Dynamic Ceramics
The Shops at Ithaca Mall F-21
40 Catherwood Rd.
Ithaca, NY 14850
607-257-1937
dynamicceramicslansing.com

Decorate your home with a hand painted piece of pottery including mugs, tableware, serving dishes, figurines, and garden décor. All pieces are food and dishwasher safe. Painting perk? When you pay for the pottery, paint time is free.



Create New Things

SALT Makerspace
Syracuse Arts Learning & Technology
201 East Jefferson St.
Suite 200
Syracuse, NY 13202
Saltmaker.org

Make, fix, invent, and modify all kinds of things at the SALT Makerspace. Learn basic skills to advanced techniques in Laser cutting, 3D Printing, CNC Fabrication, Arduino, and mold-making. Build a 3D printed prototype, laser etched jewelry, and plastic casting. Meet new people, collaborate on ideas and work on projects. Stop by for a day, or consider a membership for the winter.



Explore Women's Rights in Seneca Falls

Seneca Falls National Historical Park
136 Fall St.
Seneca Falls, NY 13148
315-568-2991
nps.gov/wori

Travel back in time to the first Women's Rights Convention held in Seneca Falls in 1848. One hundred women and men echoed words with their signatures in support of the Declaration of Sentiments. See artifacts recovered during archeological investigations, things owned or used by the families who organized the convention, and original architectural samples removed from historic structures.



New Year Resolutions Made Easy



By Richard O'Neill, Ph.D.
Psychologist and Contributor on WCNY's *Cycle of Health*

Cycle of Health airs Thursdays at 8 p.m. on WCNY.

The holidays have come to a close, signified by an extra pound... or two... or three we've gained. We promise ourselves to lose it in January when the New Year starts. But what if we could all indulge without the bulge?

Evolutionary psychologists say the problem is we're genetically programmed to eat whenever food is available, hungry or not. We're hard-wired to love calorie-dense foods, which also happen to be high in fat. Cue the egg nog, buttery mashed potatoes, scrumptious sauces, and the endless amounts of chocolate, cookies, and cakes. Not to mention New Year parties at work!

So, what do you do with the extra pounds you've gained?

Weight loss science is simple. Take in fewer calories than you burn. Long-term success involves both reducing calorie intake and increasing activity. But, less than 20 percent of us do the recommended 30 minutes a day of moderate exercise. So we gain. On top of that, recent research shows that insufficient sleep brings on overeating, especially high-calorie junk food. For many, it's hard to get the minimum 7-9 hours of sleep each night and when the holiday rush hits, it's likely even less.

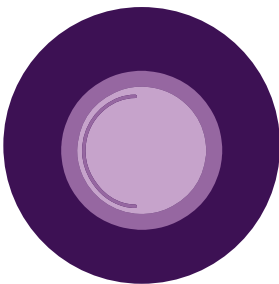
Moderation is key, and healthy alternatives can help.

Don't forbid yourself of the things you enjoy eating. When the forbidding happens, your body can go into a starvation mentality and sometimes food bingeing. Bingeing isn't the best thing for our bodies, instead indulge moderately. Try eating lower-calorie treats that still are tasty. I always have fruit and low-fat, low-cal, low-sugar Greek yogurt on hand at home, at work, and even in the car. Sometimes it's satisfying enough just to look and smell the treat you can't live without and then remind yourself, "I'll eat that later." For those who are looking for the lower-calorie treats or meals, PBS food has some healthy comfort food alternatives on p. 11.

Need more convincing from others who have mastered it?

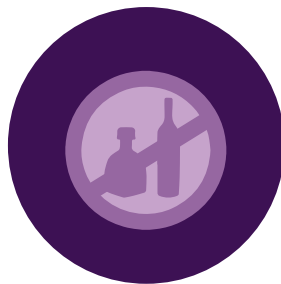
Check out the National Weight Control Registry website (nwcsr.ws) to read how more than 10,000 adults lost at least 30 pounds (66 pounds on average) and kept from regaining for a year or more (5.5 years on average). How did they do it? To lose, 98 percent made their diet healthier, and 94 percent increased their physical activity. To keep it off, 78 percent always eat breakfast, 75 percent weigh in at least weekly, 62 percent limit TV to less than 10 hours a week, and 90 percent exercise about an hour a day, often walking.

A few more hints worth your while



Find smaller plates.

Control portion sizes.



Limit the booze.

Booze weakens willpower!



Keep your goal in front of you.

Use sticky note reminders.



Put movement into your day.

Shoot for 30 minutes of exercise daily.

Wishing you a happy, healthy New Year!

COMFORT FOOD MADE HEALTHY

For more great recipes from WCNY's cooking show line-up on television, visit pbsfood.org!

Green Mac & Cheese

Mac and cheese without the cheese? Introduce some edamame and nutritional yeast, and you won't notice the difference!



INGREDIENTS:

- 9 ounces.....Dry macaroni
- 3/4 cup.....Shelled edamame with membranes removed
- 3/4 cup.....Unsweetened soy milk
- 2 tablespoons.....Nutritional yeast
- 1/4 teaspoon.....Salt (to taste)

DIRECTIONS:

- 1 Boil macaroni according to the package directions in salted water.
- 2 Put the peeled edamame, milk, nutritional yeast and salt in a blender or food processor and puree until smooth.
- 3 When the pasta is done, drain it and stir in the green "cheese" sauce.

**From PBS Food*

Vegan Chunky Peanut Butter Fudge Squares

Here's a treat that will help satisfy your sweet tooth. Although this fudge is a rich confection and fits the bill for a decadent dessert, it's full of healthful ingredients. It makes for a fun and tasty indulgence for kids and adults alike.



INGREDIENTS:

- 3/4 cup.....Chunky peanut butter
- 1/3 cup.....Maple syrup
- 3 1/2 ounces.....Vegan dark chocolate bar (candy bar, not baking chocolate)
- 1/3 cup.....Salted roasted sunflower seeds

DIRECTIONS:

- 1 Lightly coat an eight-inch square baking pan with vegan margarine. Put the peanut butter and maple syrup in a large bowl and stir vigorously until well combined.
- 2 Melt the chocolate in a double boiler over medium-low heat. Pour the chocolate into the peanut butter mixture and stir until thoroughly combined. Fold in the sunflower seeds and raisins. Transfer to the prepared pan. Spread in an even layer and smooth the top. Score the surface at two-inch intervals with a table knife; this will make it easier to cut the fudge after it has set.
- 3 Cover with foil and refrigerate until firm enough that the fudge holds its shape when cut, about two hours. Serve chilled. Stored in an airtight container in the refrigerator. The fudge will keep for about four days.

**From PBS Food*