

WINTER GUIDE

Keep it cozy this season with our guide to winter fun, health, and relaxation.

Warm up your winter!

Love winter? Hate winter? Either way, we have creative ideas to help you stay warm and entertained this season.

Watch WCNY Anytime Anywhere

If you're planning on hunkering down and hibernating this winter, catch up on your favorite WCNY and PBS shows with WCNY Passport. This member benefit gives you on-demand streaming of more than 1,500 shows with a Roku, Chromecast, Smart TV, Amazon Fire, computer, tablet or smartphone.



Watch the Season 3 premiere of *Victoria* Jan. 13 at 9 p.m. on WCNY-TV.

Eat Ginger

According to Reader's Digest, ginger can warm up your body. Compounds gingerol and shogaol increase your body's temperature. Find some gingerbread cookies, enjoy a hot cup of ginger tea, and indulge in some crystalized ginger.



Paint a Bob Ross Masterpiece

We're throwing two Bob Ross Paint Bashes Jan. 24. Join WCNY and Painting with a Twist Syracuse-DeWitt to paint your own Bob Ross-inspired wood pallet masterpiece. Enjoy an afternoon or evening with wine and beer samples, heavy appetizers, Bob Ross-themed trivia, and giveaways. WCNY members save \$10 on tickets! Visit wcny.org/events for more details.



Save with Connect Card

Enjoy an afternoon of fun and savings at WonderWorks or the Amazing Mirror Maze at Destiny USA. Then head to restaurants like World of Beer and Koto Japanese Steakhouse for a bite, also located at Destiny USA.



DID YOU KNOW?

15

The largest snowflake observed was 15 inches wide and 8 inches thick in Montana.



Photos provided by Beaver Lake Nature Center

Snow Shoe at Beaver Lake Nature Center

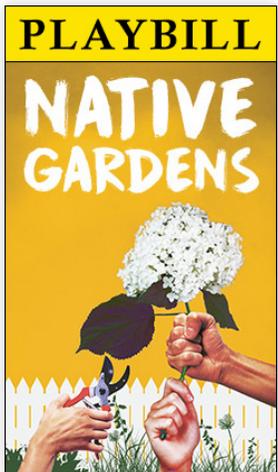
Enjoy winter's beauty and learn how to snow shoe. Beaver Lake Nature Center hosts clinics Saturdays and Sundays in January and February at 12:30 p.m. for just \$5. Learn more at beaverlakenaturecenter.org.



Heat Your Space

With dozens of space heater options on the market, deciding which is the best and safest option can be overwhelming. Check out the Consumer Reports Top 5 space heaters list:

1. Lasko 754200 Ceramic Heater with Adjustable Thermostat | \$30
2. Honeywell HCE840B Heat Genius Ceramic Heater | \$77
3. Holmes Portable Desktop Heater | \$94
4. Patton PUH680-N-U Milk-House Utility Heater | \$79
5. Honeywell HCE200W UberHeat Ceramic Heater | \$77



Head to the Theater

Enjoy a light-hearted look at what ails us in this witty and spot-on new comedy presented by Syracuse Stage Feb. 13 to March 3. Take a semi-retired Washington bureaucrat and his defense contractor wife, a young Chilean lawyer and his doctoral student wife, set them cheek by jowl in a border dispute over a couple of feet of property in a Georgetown backyard, and let the laughter begin. Get tickets at syracusestage.org.



Choose Mittens Over Gloves

If dexterity isn't a concern when you're heading outside, opt for mittens. According to outdoor retailer REI*, mittens tend to be warmer than gloves because your fingers generate more heat when they're not separated by fabric. Or, meet in the middle with lobster. The lobster product joins your index and middle fingers together and your ring and pinky fingers together—giving you the best of both worlds. *REI.com



Breathe with the Vase Breath (g-Tummo)

The g-Tummo is a Tibetan meditation practice which can increase body temperature in 10 minutes according to a study*. The focused breathing technique also shows proven health benefits like improved alertness, memory, reaction time, and immunity. Check out a video on our website at wcn.org/connect to get you started. **National University of Singapore, Public of Library Science (PLOS)*