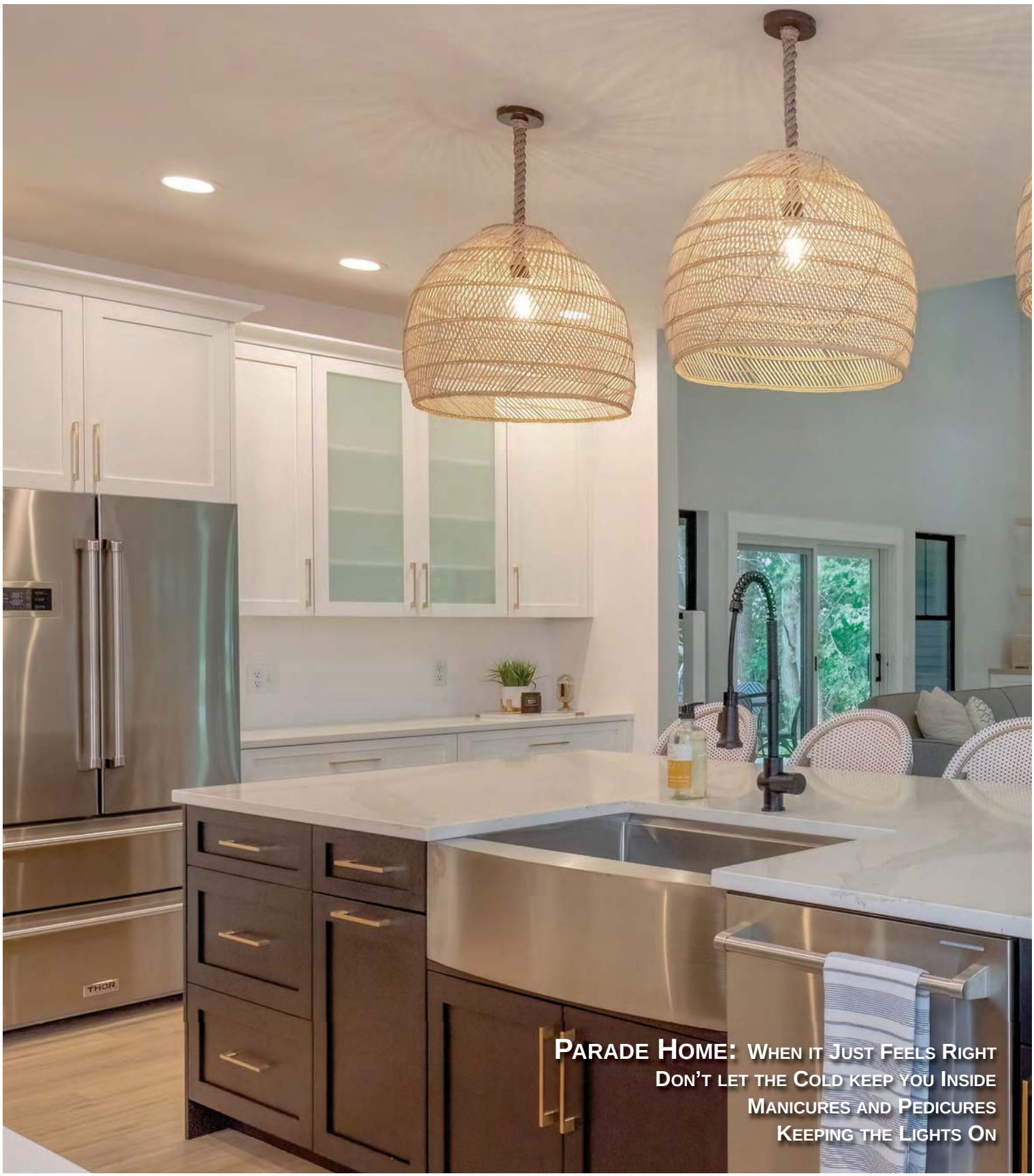
WELCOME HOME Magazine

GREATER KALAMAZOO HOME IDEA GUIDE & LIFESTYLE MAGAZINE **COMPLIMENTARY** WINTER 2022



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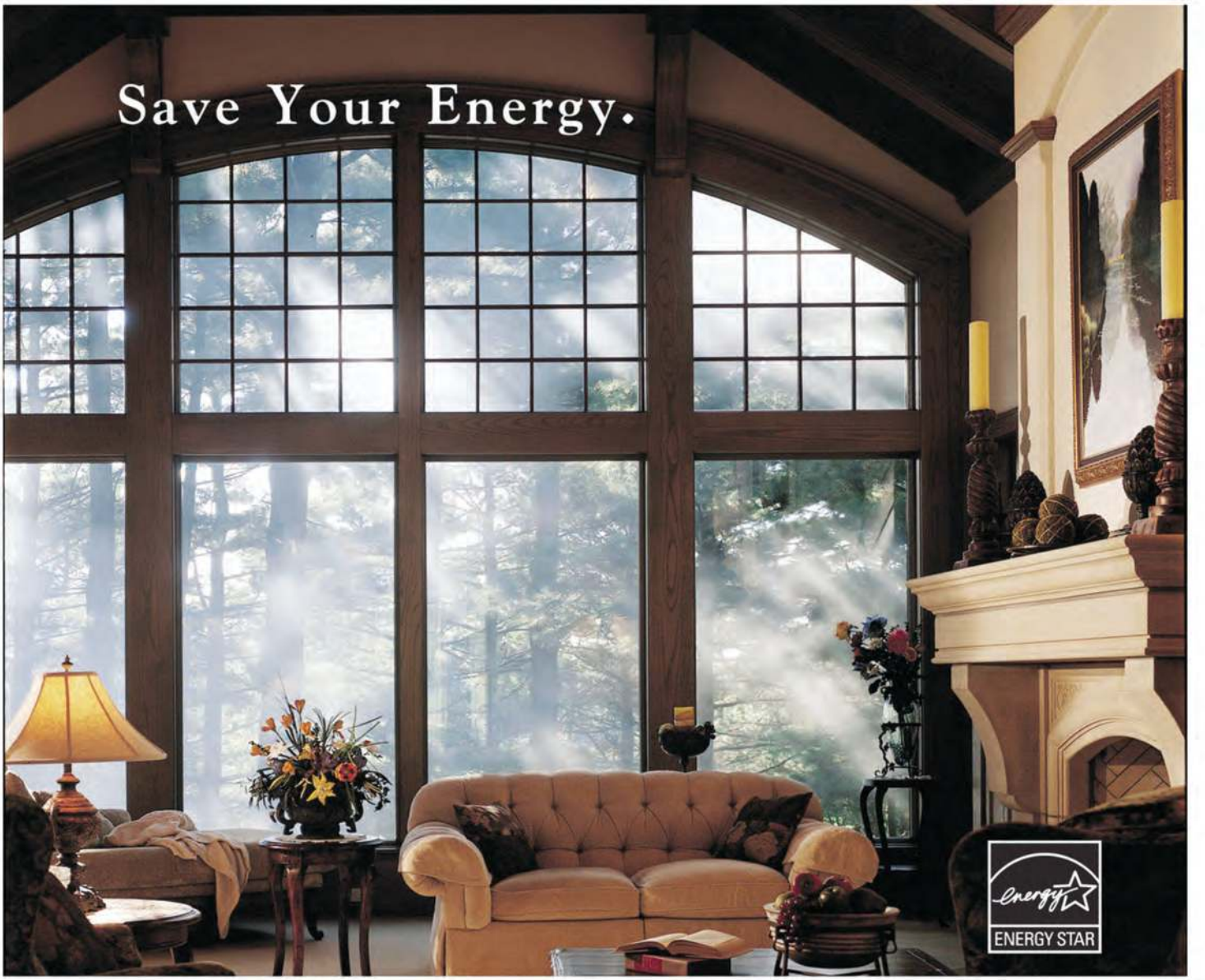

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Feature Home

(ON THE COVER)

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When Ted and Robin Ryder spotted the framed-in home near Crooked Lake they knew it looked and felt like home. After connecting with Matt Musselman, owner of Musselman Home Improvements they entrusted Matt and his wife Chelsea to choose all the options. The collaboration earned them second place in the People's Choice Award of the 2022 Parade of Homes.

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WELCOME HOME Magazine
VOL. 30, NO. 4 WINTER 2022

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*** JB Printing is an O'Keefe Publishing company, and is the first printing company to be designated as a Clean Corporate Citizen by the Michigan DEQ**

Welcome Home Magazine© is published quarterly

Welcome Home Magazine
3111 Lake Street, Kalamazoo, Michigan 49048

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www.welcomehomekzoo.com

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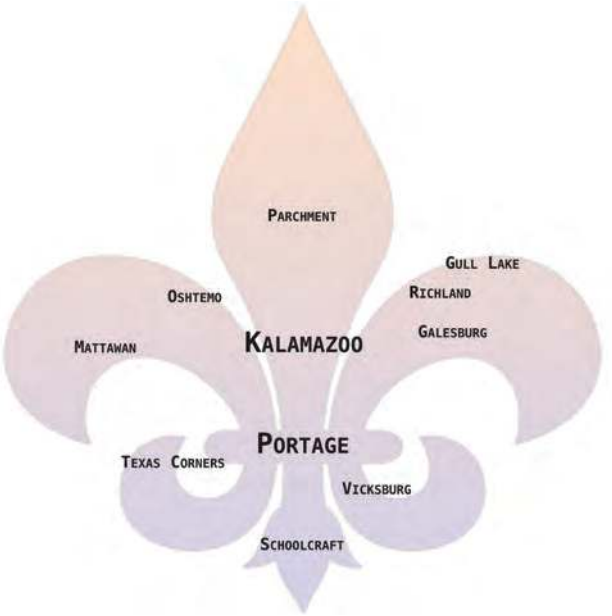
Welcome Home Magazine is owned and published by O'Keefe Publishing.

Printed by JB Printing on American made Paper



WELCOME HOME Magazine

Welcome Home Magazine is the Kalamazoo Area Home Idea Guide and Lifestyle Magazine.

Welcome Home Magazine is dedicated to the many people who create a warm atmosphere for themselves, their families, and their friends.

Welcome Home Magazine showcases sensational homes crafted by some of the areas premier builders, remodelers and many local building and decorating professionals.

Welcome Home Magazine is written and produced locally and distributed quarterly where local people live, shop, dine and where they enjoy what this area has to offer, a lifestyle that is unique to Southwest Michigan.

Welcome Home celebrates everything that makes Kalamazoo and Southwest Michigan home, including health and fitness, local points of interest, entertainment, dining, shopping, finances, technology, education, home decor, and of course the home itself.

Jorden and Branden DeHaan with their father, DRS founder, Robert DeHaan

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Sweet Celebrations

Peanut Butter Hershey Kiss Cookies

Photography by Linda Hoard

Like the Baby Ruth Bar recipe in a previous issue, I like to say these are healthy! After all, they have protein from the peanut butter and eggs. And they're perfect for the gluten free crowd! With just three ingredients in the cookies, plus the Hershey Kisses, these are so easy to make...not to mention delicious! These are the perfect treat to make when you need to make something quick to satisfy a sugar craving. The grandkids love to help by taking the foil off the kisses, and sometimes I actually have enough leftover for the cookies!

Cookies:

2 cups creamy peanut butter
1 1/4 cups sugar
2 eggs
16 oz bag of Hershey Kisses (because you need extra!)

Preheat oven to 375.

Beat peanut butter with sugar until blended. Add the eggs and mix just until combined and the dough is starting to look a little dry. Do not over beat or the batter will separate and you will have a greasy mess. Trust me on this one.

Roll dough into 1" balls (about the size of a walnut) I like to roll the dough into small pieces so I have about 60 cookies. That way I can have a better chocolate to peanut butter cookie ratio!

While the cookies are in the oven, remove the foil from the Hershey Kisses.

Bake for 9-10 minutes. Do not over bake. They are best when the cookies start to crack and the center is still a little soft. Take the cookies out of the oven and quickly push a Hershey Kiss into each one. Pop them back into the oven for about 30 seconds just to melt the chocolate.

Eat them as is, or if you're a child, just pick the Hershey Kiss out, and leave the cookie for the grown-ups! I can't tell you how to store them, because in my house they never last that long!

Enjoy!

Todd Modderman Nate Modderman

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Winter is Snow Much Fun!

By Zinta Aistars

Cabin fever? Shake it off! Winter is a time for fun. Sitting inside by the crackling fire with a good book is a wonderful way to spend a snowy winter day, but there are many other ways to get moving and enjoy the cool, crisp fresh air—outdoors.

The greater Kalamazoo area abounds with snowy possibilities, even as our winters have experienced climate changes over past years. Snow falls appear to have decreased in frequency and quantity and are coming later in the year. In recent years, major snow accumulation has even held off until January and into February. These changes have affected some favorite winter activities in greater Kalamazoo and pushed out opening dates to late December or even into January.

HITTING THE SLOPES

According to the Pure Michigan government website, the state of Michigan offers more than 40 ski areas. Michigan ranks second in the nation for the number of skiing areas found in the state. In Southwest Michigan, some of the more popular ski areas include Timber Ridge Ski Area, located at 07500 23 ½ Street in Gobles, and Bittersweet Ski Resort, located at 600 River Road in Otsego.

Timber Ridge Ski Area, a family-owned resort and Southwest Michigan's oldest ski hill, opened to the public in late December, just in time for the holiday season. Along with skiing, the resort offers snowboarding and snow tubing. Tubing has gained popularity in recent years, and in response, Timber Ridge has added nine snow tubing lanes with a moving sidewalk lift, making it easier to get the work part of the trek done to get to the top of the hill and increasing fun time sliding down. Two hours of play cost $25. Wear your own helmet or rent one (optional) for an additional $15. Tubers must be at least 5 years old and 42 inches tall, first come, first serve.

To ski the Timber Ridge mountain, skiers can choose from slopes ranked easiest, more difficult, most difficult, to experts only, with a choice of 20 trails overall. For unlimited access to both ski slopes and tubing, season passes are available for adults aged 13 to 59 ($555); juniors aged 7 to 12 ($405); and seniors aged 60+ ($505).

Hours for both skiing and snowboarding are from 3 p.m. to 9 p.m. but call ahead at 269.694.9449 or check online at timberridgeski.com for the latest snow report, advises a Timber Ridge representative. "It all depends on snow fall. It takes a foot of natural snow to make an inch of artificial snow, but we are expecting snow around the holidays."

In Otsego, north of Kalamazoo, Bittersweet Ski Resort is the place for snow bunnies to go. Bittersweet, too, is opening around the end-of-year holiday season, with four runs open from 3 p.m. to 10 p.m. for skiing and snowboarding. Season passes for kids, aged 6 to 12, are $510, and for adults, aged 13 to 61, $660 for unlimited access not only at Bittersweet but also several other Michigan ski resorts. Bittersweet offers hour-long private ski lessons or package lessons for families and groups. Equipment can be yours or rented. A certified ski patrol is on hand to help as needed.

An indoor lodge gives warmth after the cold run, with a restaurant, bar, and ski shop. An outdoor grill is open for a quick burger, brat, or chicken sandwich.

To check on conditions prior to a visit to Bittersweet, call 269.694.2820 or visit skibittersweet.com

MAKING TRACKS IN SNOW

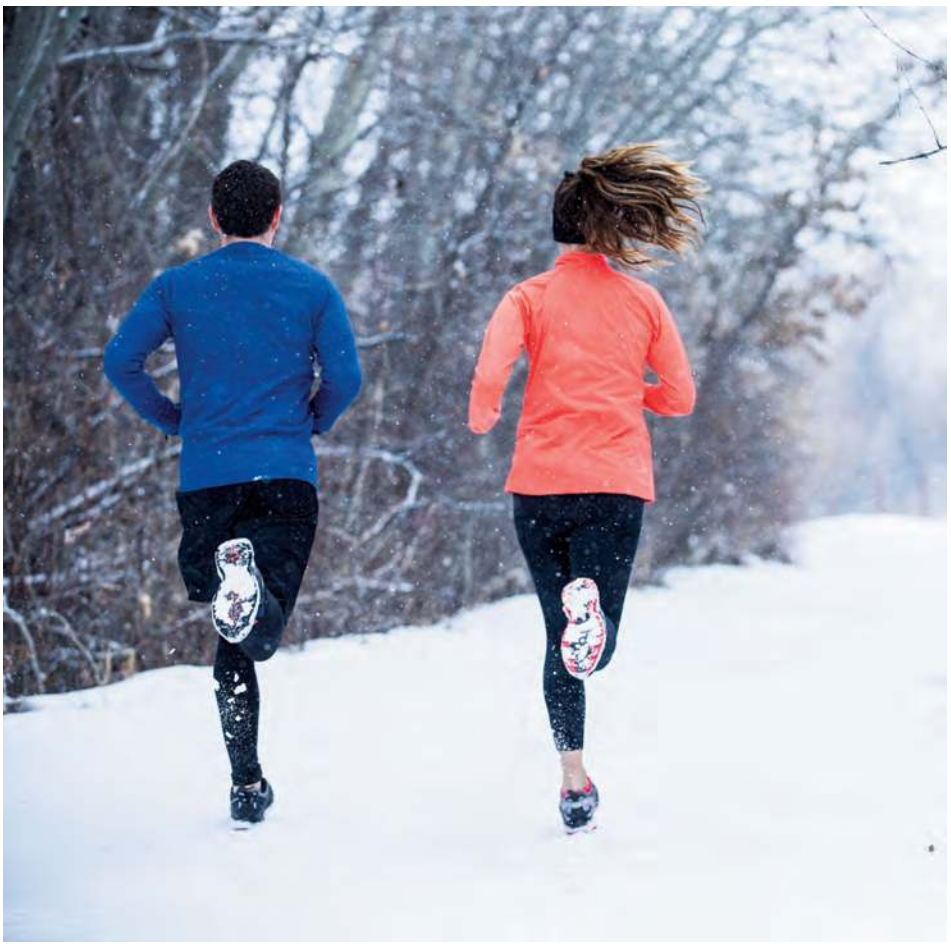
Echo Valley, located at 8495 H Avenue in Kalamazoo, is a popular winter sports park, offering trails for tubers and tobogganers. Admission of $20, all ages, allows enthusiasts to spend the day, enjoying a slide down the hill and a tow rope to get you back up to the top of the hill for another fun slide down. Toboggan runs allow speeds up to 60 miles per hour to get the cold wind whistling in your ears on quarter-mile long runs. Check echovalleyfun.com or call 269.349.3291 for hours and conditions.

Those who enjoy ice skating will have to forego the ice rink at the Millennium Park on Romence Road in Portage this winter.

"Unfortunately, it doesn't look like we will be able to open this season," says Joe Wilhelme, senior recreation program manager. "We're having problems with the supply chain just like everyone else—waiting for an air compressor for the ice rink. But I encourage everyone to check the City of Portage website at portagemi.gov as there are many other winter opportunities available. Look for the events calendar and come on out and enjoy our trails!"

On February 26, 2023, at 8 a.m., runners will gather at Loy Norrix High School in Portage for the Winter Blast—a race for 5K, 10K, and half-marathon runners. Runners and spectators are invited to join in this extraordinary community celebration of health and wellness. The courses highlight the Portage trail system and include a mix of paved bike trails and roads. Check the Portage website for details.

The City of Portage maintains 19 individual parks throughout the city. From quaint neighborhood parks to large recreation spaces to serene nature trails, the numerous trails offer something for everyone. Don't let the cold keep you inside!



Treat Yourself:
Benefits of Manicures and Pedicures

By Barbara Fisher

Manicures, Pedicures and Massages. Do they promote health or pamper us? Can they do both? Yes, they can! And better yet, all can be enjoyed by women and men. In fact, the American Massage Therapy Association reports that slightly more men than women sought massages in 2021. Manicures and pedicures are more frequently sought out by women says Aimee Loeser, Director of Operations at Perfect Image Salon in Plainwell. So let's shine a little focused light on these services.

Centre Spa & Wellness in Portage notes that "massage therapy is an excellent way to improve your health and wellness. An effective way to treat stress, headaches, sports injuries, fibromyalgia, anxiety, and other painful symptoms arising due to muscle tension, massage can alleviate a wide range of pains, stretch weakened muscles, and improve joint flexibility. In addition to this, it has been shown to improve circulation, a benefit that has wide-reaching implications on overall health." Physical therapists have long used therapeutic massage as part of a rehabilitation treatment plan. The Mayo Clinic observes that "massage used to be available only through luxury spas and upscale health clubs. Today, massage therapy is offered in businesses, clinics, hospitals and even airports." What are you waiting for?

Traditionally men and women seek out massage therapy as a solitary excursion; however, couple's massage or a fun outing with a BFF might also be worthy of consideration. Writes Saratoga Sports Massage, "If you're getting a bit bored from the repetition of dinner and movie dates, why not spice things up a little bit with a couples massage? It's great if you want to experience something new, melt a bit of stress out of your relationship, and enjoy some quiet relaxation time together." For a high-end couple's experience, Crystal Mountain in Thompsonville offers a couple's package at their Crystal Spa (maybe get in some skiing or golf while you're there). Locally, Centre Spa & Wellness offers massage experiences for couples.

While the health and therapeutic benefits of regular manicures and pedicures might be more of a head scratcher, there are also health benefits to nail care services. Not only do

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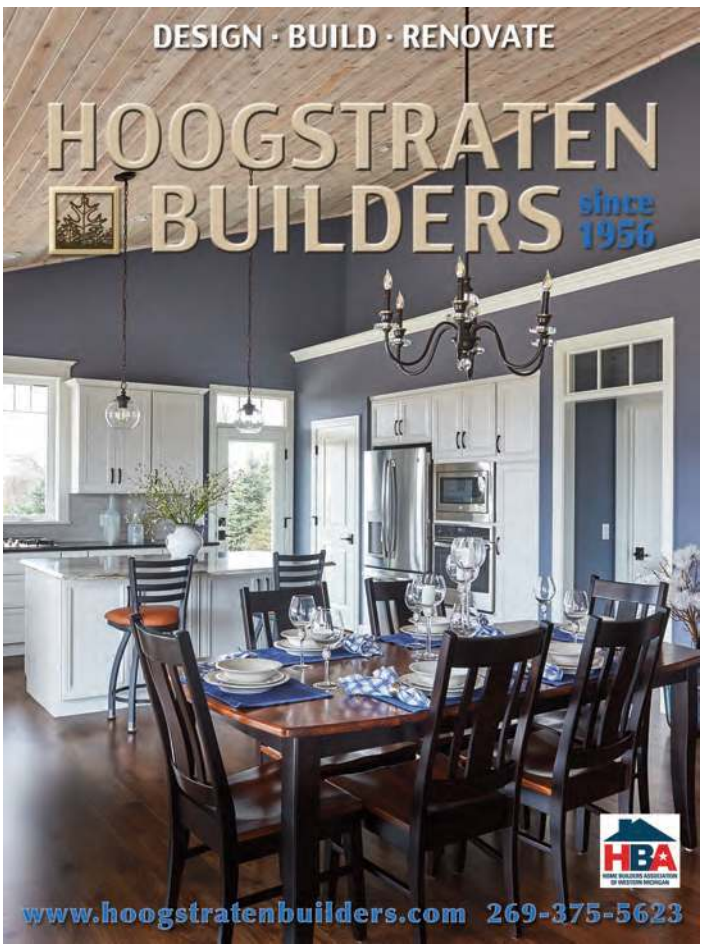

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they have a cosmetic function but like massage they have both physical and mental benefits.

How many of us (be honest) regularly pay much attention to our feet, especially in the winter when our sandals are put away? These puppies lug us around all day, some of us stand on them all day at work, and if our feet hurt; the pain will touch every aspect of our life.

Dry skin on our feet is more prone to infection due to cracks that can form. Clipping and cleaning toenails during a pedicure will prevent nails from growing inwards (ouch!) and providing a breeding ground for infection/odor. Calluses on the soles of your feet? Not only can calluses be painful but they can also impact weight distribution which can lead to back or hip pain as we shift our weight to avoid the tender areas. The practitioner can provide tips to keep feet and nails healthy between appointments; and, when needed, suggest follow up with a physician.

The soak and massage before a manicure and pedicure improves circulation and stimulates the joints. Exfoliation leaves our skin smooth and soft.

Let's not forget the style and fashion aspects of a mani-pedi (yes, it's always fine to just get one or the other). For those who want the finishing touches, try out a new shade of color or add some nail art to complete the package.

And last, but not least, being pampered is rejuvenating while reducing stress levels.

Aimee Loeser offered the range of needs represented by their male pedicure clients: from making sure feet are up to the task on the job to regular "date nights" to assisting with self-care due to health reasons.

How about a word about tickling? Massage therapy and pedicures are the most likely of the three services to elicit the tickle response. You can't "tickle" yourself, right? And when you're down in the dumps or steaming angry, someone is much less likely to be able to elicit a tickle response from you, right? So maybe it's your brain governing the tickle response rather than your skin? That said, although there are always exceptions, more applied pressure by the professional frequently resolves the tickle issue. Remember it's always your session, so the massage therapist can avoid areas if you request this during a massage; during a pedicure there's no avoiding the feet. You can do it!

When selecting a salon, whether it's in an area along the entry to your local grocery store, a mall or one of the many local salons offering nail care or massage services, do check out the cleanliness factor of the establishment. Look for an establishment that sets high standards for its facility and staff. Loeser explains that not only do the practitioners have to be licensed but the establishment must also be licensed. Like the Perfect Image Salon, many local salons offer nail care services in addition to hair styling services; some offer all services.

Couldn't we all do with some stress reduction, a little extra boost to our self-care and a bit of pampering? Grab a friend and check it out. If it helps, men, take a female with you for the first time, roll your eyes and tell everyone she you made come with her.

Content from Centre Spa & Wellness, Saratoga Sports Massage, Meridian College, GLOskin Salon & Spa, Gentleman's Quarterly and Perfect Image Salon websites was used in this article.

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When it Just Feels Right

By Zinta Aistars

Feature Photography by Jim Schuon Photography

When you know, you know. That's how Ted and Robin Ryder—an IT professional and a hair stylist—felt about the framed-in home they spotted near Crooked Lake in Texas Township, just outside of Kalamazoo. Even at this stage, it felt and looked like home.

"We had just put up our home for sale in March 2022," Ted Ryder said. "We were looking to build, and friends told us about this home and the builder—Musselman Home Improvements—and when we went to see it, even though it was at that stage only framed and with a roof, we liked what we saw."

"The setting," Robin Ryder added. "The trees. When I saw the setting, to me, that was the selling point."

Surrounded by hardwoods on a corner lot of approximately two-thirds of an acre, the four-bedroom house offered nearly 4,700 square feet of space. The Ryders soon met with the builder, Matt Musselman, and their comfort level only grew.

"We walked through the house with Matt, and we loved what he was doing," Ted Ryder said. "We could see the quality going into the build."

Matt Musselman started his construction and design business in 2002.

"I started the business with the idea of offering our customers superior quality and customer service," Musselman said. "We do remodels, additions, siding and and roofing and custom homes. The Ryder home began as a spec house, but they liked what they saw and that gave them the ability to choose options throughout the build."

"We let Matt and his wife Chelsea choose all the options," Robin Ryder said. "We liked their taste, so we gave Chelsea pretty much carte blanche, and we're very happy with the results."

The home is a modern farmhouse style with an iron gray exterior with cedar accents and a white interior balanced with neutral tones and with black trim accenting windows.

"The exterior is fiber cement siding," Musselman said. Fiber cement siding is a composite material of cement reinforced with cellulose fibers. Durable and low maintenance, this type of siding is non-combustible, adding fire protection to the home.

As one enters the home, the most striking feature is the natural light flooding the rooms and the expanse of open space with 18-foot-tall ceilings with ceiling fan. A gas fireplace, framed in white shiplap, reaches from floor to ceiling. Floors

throughout are a luxury vinyl plank in white oak. The 3.5 bathrooms are ceramic tiled as is the mudroom combination with laundry room.

"The floors are perfect for our border collie, Wake," Robin Ryder said. Easy to clean and durable.

The great room is open to the chef's kitchen with stainless Thor appliances, a farmhouse sink, and a large center island with quartz countertops and matching backsplash. An eating area is to one side of the kitchen with a walk-through pantry behind sliding barn doors. Additional office space is tucked behind the kitchen.

The master bedroom with en suite—tiled shower and soaking tub—and large walk-in closet with wooden shelving and built-ins are also on the main floor, with the remaining three bedrooms upstairs, two connected by a Jack and Jill bathroom and the third with its own bathroom. Upstairs bedrooms are all carpeted in neutral tones.

"There are a lot of built-ins, all kinds of extras throughout the house," Robin Ryder said. "Matt picked up on everything we wanted and was very responsive, very accommodating. If we said we wanted something, within days he had it done. We were very impressed with him and his crew."

"We are also finding that the house is very energy-efficient," Ted Ryder added. "We didn't ask for that, but it's certainly nice to have."

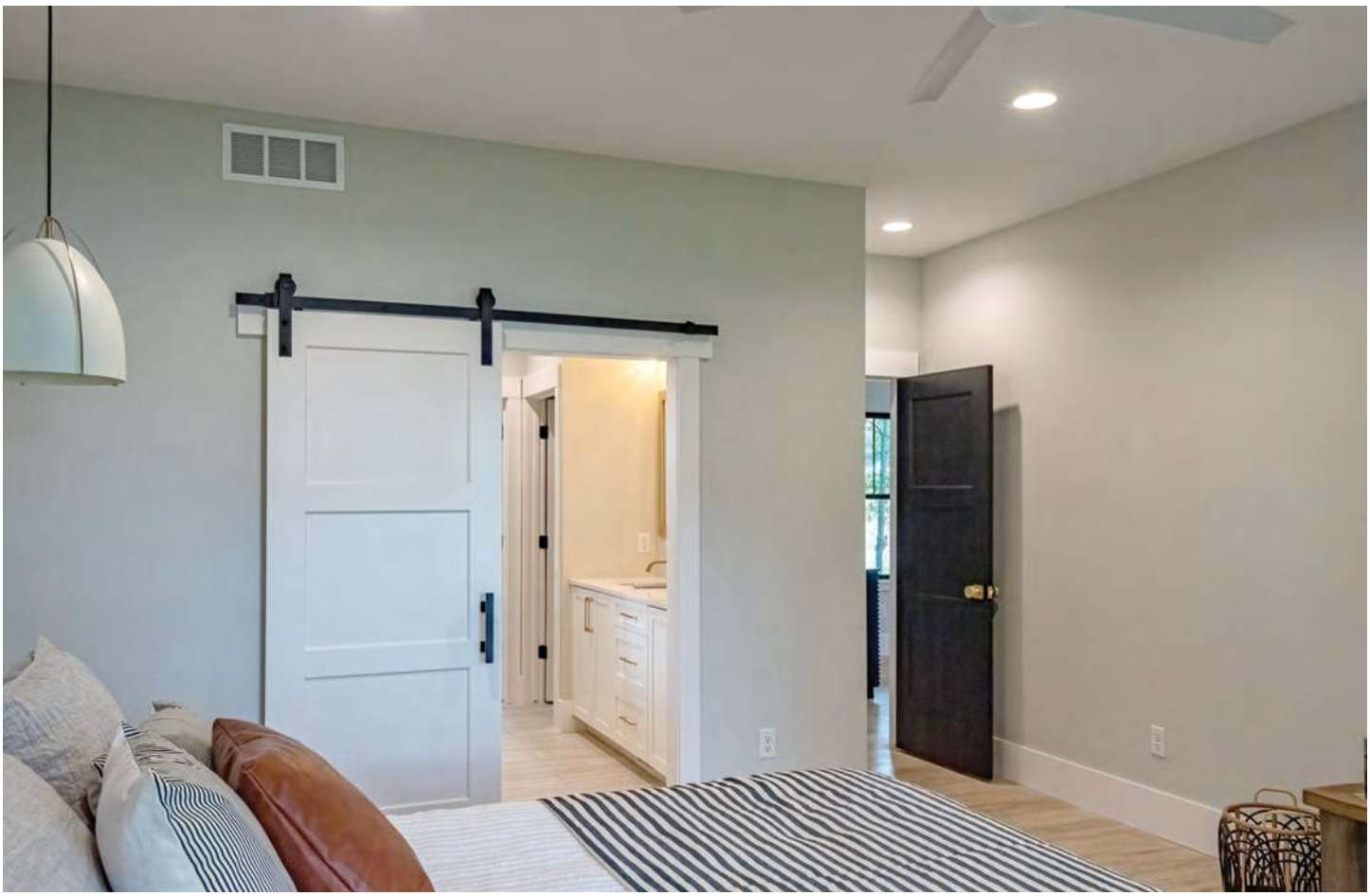
The outdoors is as welcoming as the indoors. Three covered porches have recessed lighting in knotty pine ceilings for evening entertainment.

"There are probably a dozen mature oak trees surrounding the house," Robin Ryder said. "Matt and Chelsea did the landscaping for us, too. We worked with them on that—but, again, we were mostly hands off. We wanted a low maintenance yard with ornamental fruit trees added."

The Ryder home was featured in the 2022 Parade of Homes and was awarded second place.

"It was phenomenal to see how Matt and his crew worked to get everything done in time for the Parade last August," Ted Ryder said. "We hadn't yet moved in at that point, but we moved in after the Parade and kept some of the furniture. Matt even helped us move in."

"Timing worked out perfectly," Robin Ryder added. "You know, you hear all kinds of stories, builder nightmares, but we found it all to go great. Musselman Home Improvements was very easy to work with. We trusted Matt's plan and he was worthy of the trust."



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