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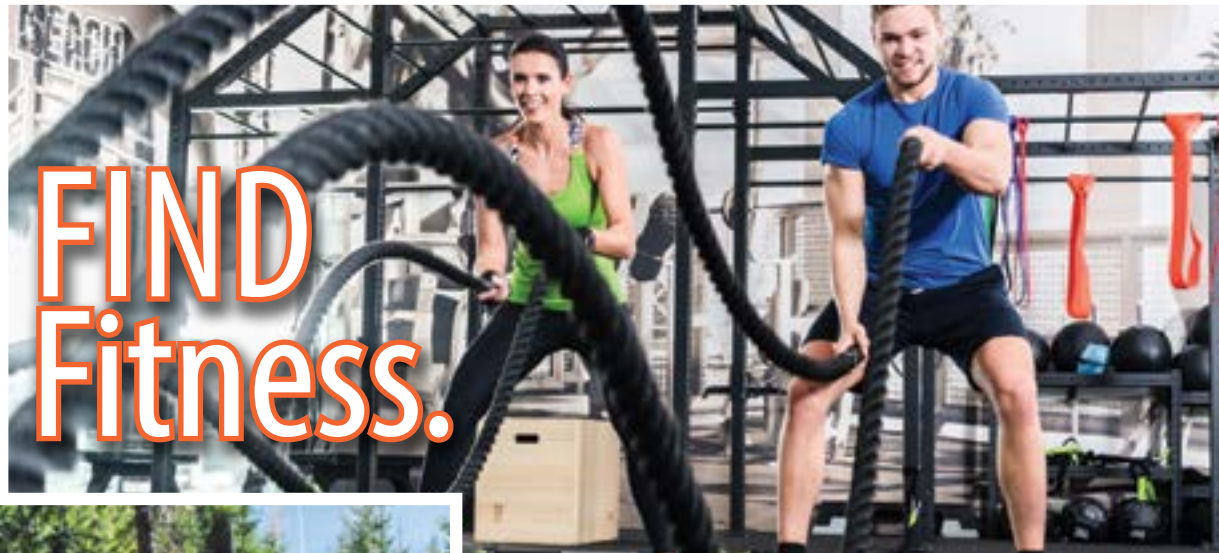


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Cover photo by Josh Schutz

White Water



Some photos courtesy of Roy Coffey

Yough



By Doug Kish, MA

This year our white water rafting trip took us to an area we had not explored in the past. It was incredible 89-degree weather at the end of April as our group traveled about three hours southeast to Ohioyle, Pennsylvania, the home of White Water Adventurers, Inc. Located on the lower portion of the Youghiogheny River, or the Yough for short, this 134-mile long tributary of the Monongahela River runs through Pennsylvania, West Virginia and Maryland before emptying into the tributaries of the Mississippi River. Youghiogheny is an Algonquin word meaning “a stream flowing in a contrary direction” and it is exactly that, combined with rapids ranging from Class I to Class V.

Arriving on Sunday afternoon we checked in with White Water Adventurers to confirm our schedule for the next day. The majority of lodging in Ohioyle is cabins and bed and breakfasts, with the exception of the Yough Plaza, which has rooms and suites. After checking in and stowing our gear, we set out to explore the area. Our lodging was lo-

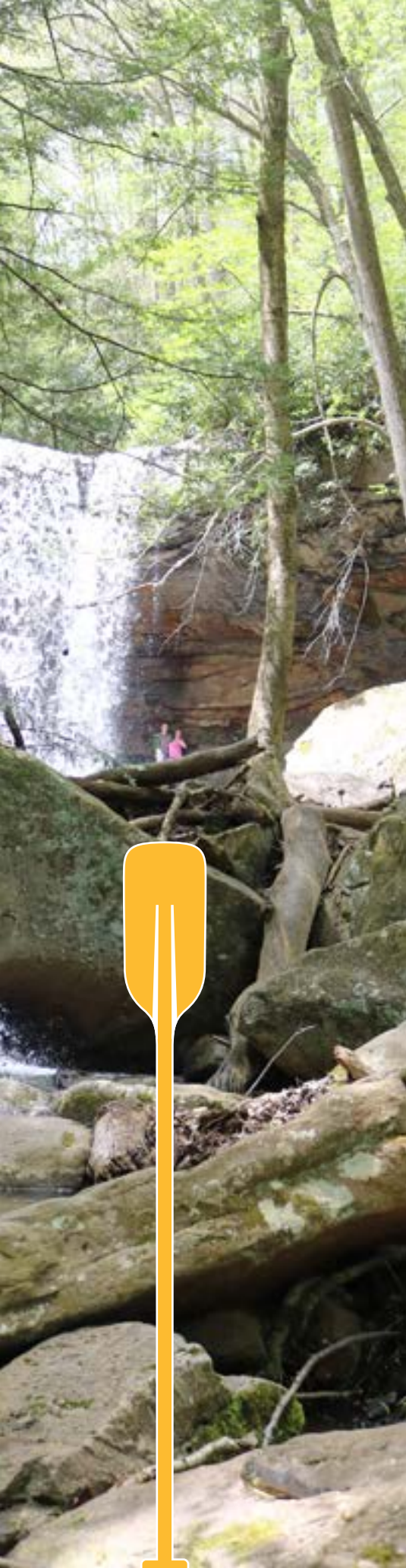
cated less than a block from the Ohioyle State Park. The unseasonably warm weather, together with the weekend, brought numerous visitors to the park, some of them venturing into the water to cool off. A hike by the river revealed rough water due to abundant spring rains. After about a half hour of walking, we were drawn by the smell of good food and the sound of music to stop at a restaurant with outdoor tables.

While it was still light, I opted for a bike ride to explore further. Continuing to follow the river through the park, I could see and hear the roar of the water as I passed beneath a canopy of trees. On the return trip, I made one last stop before dark on the top of a bridge to take in the view of the setting sun and the gorge below. Across the river, trains with cars for passengers and shipping containers run continuously at all hours on this major rail line. Travelers in double decker cars could be seen enjoying their dinner while enroute to their destination, which might have been Pittsburgh, Pennsylvania or Washington, D.C.

The next morning we enjoyed breakfast at a nearby café with a beautiful view overlooking the river. Then it was off to White Water Adventurers where we

completed the appropriate paperwork and met our raft guide, Joe Bever. Since we selected the Paddle and Peddle trip, we were fitted with bikes that would be transported down river to the take-out location for our return ride. White Water Adventurers will also transport bags for rafters so you can change into dry clothes for the return trip. Although we were advised that the water temperature was near 60 degrees due to the mild winter, which is about the warmest it gets even in the summer months, we still opted for wet suits and booties to keep us dry and warm in case of a tumble into the water. Life jackets and helmets were fitted to each person individually. Walking down to the river, our boat was waiting for us. In the staging area we positioned ourselves in the boat and Bever gave us a quick review of safety instructions, including how to control the paddle, and an idea of what we would be doing. We met two additional guides, Scott Donatelli and Zack Herring, who would accompany us down the river in separate kayaks. Donatelli would take photos from all angles during our trip, which was no easy task, and Herring was available to help in case anyone needed a hand.

The adventure began as we all picked up the boat and carried it to the water. After a rehearsal of how to turn



> *CONTINUED*

and how to back up, we were off. After a short time we cleared the Cucumber Rapids and pulled over to the shore where we disembarked for a small hike to Cucumber Falls, one of the many scenic waterfalls located within the 19,000 acres of Ohiopyle State Park. Back in the boat, we continued on our journey through the Lower Yough. Contrary to some of my prior whitewater rafting trips, this river has rapids close together with few areas of flat water. Our guide was very knowledgeable of the history of the river. He relayed the story of a train car that derailed from the tracks on a cliff above more than 50 years ago. It rolled down the hill and still remains in its final resting place by the river, even though the trees flattened by it years ago have since grown tall again. Asked why it was never removed, Bever said, "It's a great conversation piece."

As we approached each of the rapids, our guide would stop the boat and advise us how to maneuver through the area in order to avoid flipping over. Asked about wildlife in the area, Bever advised he spotted a mother bear and her cubs on the shore during a recent trip. Soon after that question, we spotted a deer on land nearby. After some turbulent Class IV rapids, we again pulled over to the shore and had lunch. At this location, we were given the opportunity to leap off Jump Rock and experience the water firsthand. The best way to do this is not to think about it too much, but just jump in. When you first hit the water, the cold temperature takes your breath away, but in a few seconds the wet suit does its job and you hardly notice the cold. Since the water is calm in this area, you are able to swim to the other side of the river where the boat is waiting. Everyone accounted for, we forged onward. Continuing through the Class III and Class IV rapids, we ultimately passed through 24 rapids, 8 of which were

considered major rapids, along our 7½-mile journey down the river.

Landing at the takeout area, we changed into dry clothes, grabbed our bikes and began heading back. One of our guides accompanied us on the ride back and he, too, relayed historical and wildlife facts about the area. The path, which consists of an abandoned railroad line with the tracks removed, runs next to the river, as well as over a bridge, and is again filled with numerous photo opportunities. While the weather continued to be sunny and warm, it was only a short half-hour ride to get back.

One member of our group, Roy Coffey, summed up his experience by saying, "Being an amateur outdoorsman, I found the White Water Adventurers trip exhilarating and addictive. Thanks to our friendly, confident and capable guides, my first white water rafting trip was one of my favorite experiences. The beauty and cleanliness of the park were unmatched. I never felt unsafe or unprepared. It was truly a fun and exciting adventure – one I suggest everyone try! I can't wait to return."

Bobby Stolicny, another in our group, said, "White water rafting was something I've wanted to do for a long time. I have to admit, I wasn't sure what to expect after driving just a few hours from home, but I was pleasantly surprised to find a charming town on a beautiful river with lots of activities and friendly people. It was an exhilarating experience. Our guides were personable, knowledgeable, and made us feel safe. I enjoyed Bever's history about the river and how each rapid got its name. Donatelli was always two steps ahead taking photos, and Herring was there to ensure our safety just in case someone fell out. Thankfully, the only thing he rescued that day was a pair of sunglasses. Thanks to everyone at White Water Adventurers and I look forward to our next trip down the Yough River."

On the last day of our adventure, we had breakfast at the café before heading out for a 2-hour hike. We returned to Cucumber Falls for pictures and then visited the natural water slides. The air temperature was a bit cooler that day and none of us opted to try the water slides. It was then time to head back home with lots of pictures and great memories of our fun adventure.

White Water Adventurers has several different rafting packages available. The Lower Yough paddle/peddle trip is suitable for guests ages 12 and older. It runs 7½ miles through 22 rapids ranging from Class II to Class IV through Ohiopyle State Park. The Middle Yough trip is an 11-mile trip lasting 3-5 hours and perfect for novice paddlers ages 5 and up. Suitable for rafting or kayaking, it includes calm pools, meandering rapids and playful swimming holes. This trip has the option to pedal and then paddle. The Upper Yeogh trip is rated among the top 10 commercially-run white water rivers. It has Class V rapids on an 11-mile run, broken down into three sections: the warm-ups, the workout (drops an average of 115'/mile) and the cool downs. This adventure is recommended for rafters in good physical condition and at least 16 years old.

Visitors can rent go-pro cameras to record a video exactly as they experi-



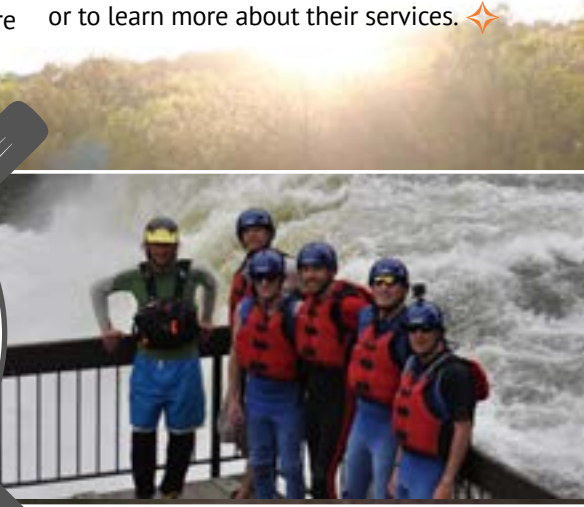
Ohiopyle is not the typical tourist town. It's a clean, friendly, small town with cafes, pubs, pizza and ice cream shops, and quaint souvenir shops.

enced it and relive the adventure again and again. Guides also take numerous photos which are available for review and purchase at the office. White Water Adventurers rents 1 and 2-man inflatable kayaks, 2-man PPB's, and 4 to 6-man rafts. There is also an interesting gift shop where you can purchase a t-shirt or other souvenir of your visit. All sizes and types of bikes are available for rental so the whole family can ride. There is also mini-golf in the area for some slower-paced fun.

Our accommodations at the Yough Plaza were very clean and nicely decorated, and the property was well maintained. While we had rooms with two double beds, Yough Plaza also has suites with two bedrooms, kitchens and a living room area with a sleeper sofa. For more

information or to make reservations, visit their website at youghplazamotel.com.

Ohiopyle is not the typical tourist town. It's a clean, friendly, small town with cafes, pubs, pizza and ice cream shops, and quaint souvenir shops. During the winter months, the population of Ohiopyle numbers 59. But in the summer, over a million people visit this popular area. I can certainly understand that since this is an excellent location for outdoor enthusiasts. For me, it was an opportunity to experience a new area of the country and a great adventure, and to make new friends. I plan to return to White Water Adventurers in the future to conquer the more challenging rapids. Check out the website wwraft.com to book your White Water Adventurers trip or to learn more about their services. ✨



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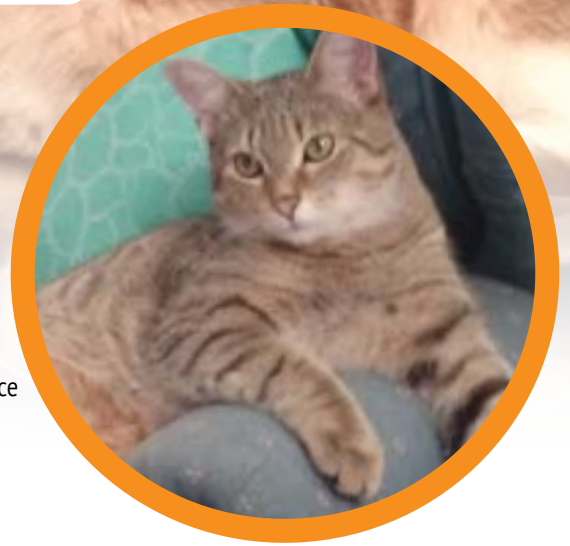
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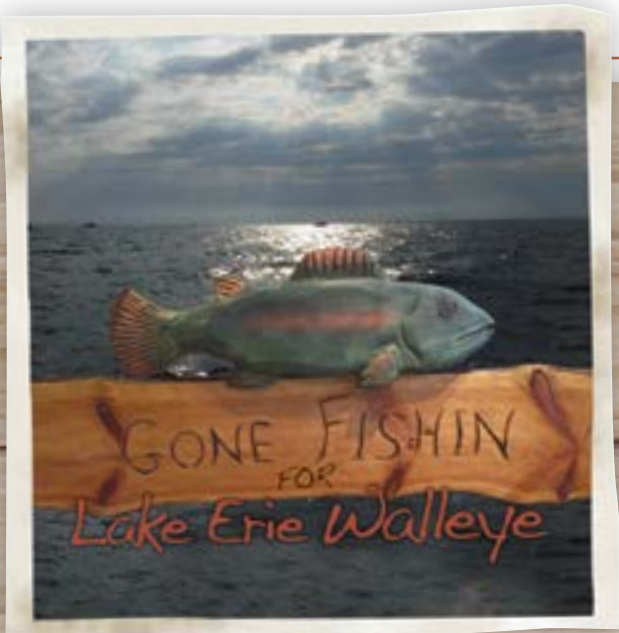
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By Jeff Hambach

Here in Ohio we have been blessed with one of the finest fisheries in the world in Lake Erie. A little more than four decades ago Lake Erie was declared “dead” and so polluted it was only able to support minimal marine life. With the advent of the Environmental Protection Agency (EPA) and its pollution protection programs and energy conservation efforts, today the lake is crystal clear and boasts a world-class population of walleye, white bass and perch, just to name a few. The most popular catch on Lake Erie is walleye, the biggest member of the perch family and a common freshwater game fish.

While Lake Erie has many shore fishing areas, the best way to fish, of course, is by boat. Charter boats are available for half-day or full-day excursions. If you venture out on your own, a little pre-trip homework will certainly pay off. Some boat launch areas have camping and docking areas. Some charge a fee, but most do not. Many websites will give you the current weather forecast, recent catches, baits used and some even have live web cams that allow you to see the lake conditions for yourself. The website Ohio Game Fishing.com has current information about Lake Erie walleye fishing, how to locate fish, how deep to fish and how fast to troll. Many fishermen who post here share information that took years to acquire. You may also want to familiarize yourself with the rules and regulations on Lake Erie as it can become very dangerous when storms approach rapidly. Having proper safety equipment is vital, especially having a ship-to-shore radio and a flare gun or hand-held flares on board.

Walleye fishing on Lake Erie is about to heat up. After their spawn in mid-April, the walleye head into deeper water. The daily catch limit increases from the four of March and April to

six fish per person, and anglers will be able to catch their limits on most days. The bulk of the action will be around West Sister Island to Kelleys Island. This large area will be the center of attention until mid-summer when the walleye start to migrate into the deeper, cooler waters to the east. As

the season progresses and the water gets warmer, the walleye move farther east into deeper, cooler waters. The area between Vermilion and Conneaut is where they’ll be found at this time of the year. Sometimes, fishermen may have to venture out 10 to 15 miles in order to find the walleye then.



Steve Kagarise and Carroll Howard



Carroll Howard

special techniques to get your baits that deep. Many people use snap weights, jet divers, leadcore line, down riggers and dipsey divers. Also very important is the color of the lures and the speed that you present them. That's where a good GPS unit comes in handy. It will show your speed to one tenth of a mph. It will also help guide you around the lake, find reefs, mark waypoints and get you back to the launch ramp should a storm or fog set in and visibility become poor. Most often it'll take some experimentation to figure out just what these toothy creatures want.

I have to admit that I have quite an advantage fishing Lake Erie due to the fact that my friend and "Captain" Steve Kagarise is such a seasoned veteran when it comes to filling a stringer full of walleye. Kagarise has fished Lake Erie for years, has competed in many walleye tournaments and has made numerous friends who share walleye information with each other. My other fishing buddy, Carroll Howard, and I have benefited greatly from Kagarise's fishing abilities. In fact, we no longer harass him about wearing a shirt or cap with his home

> CONTINUED



Bill Smith and Mike Smith



Many people use snap weights, jet divers, leadcore line, down riggers and dipsey divers.

Different times of the year call for different approaches. During the spawn we generally use one-half ounce to one ounce jigs in 6 to 12 feet of water, usually within a quarter to a half mile or more from shore. When the spawn is over, this is the time to visit the island

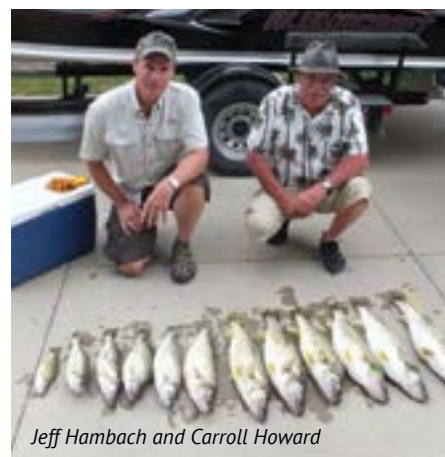
area and to change tactics. During May and June, anglers hit the island area by trolling crankbaits and nightcrawler rigs. Determining the depth of the fish is a bit of a science, and you may have to present your baits anywhere from 20 to 60 feet deep. This calls for



Captain Steve Kagarise



Steve Kagarise



Jeff Hambach and Carroll Howard

*Most often at night
I troll crankbaits
using my
electric trolling motor,
since it's best to
keep the noise to
a minimum to avoid
spooking the fish.*

GONE FISHIN'

> CONTINUED

state of Michigan when we fish together. Also joining us on our Lake Erie trips is the father/son team of Bill and Mike Smith, both outstanding walleye anglers. They definitely know how to fill a stringer with a limit of walleye, which proves that dedicated anglers who spend hours on the lake seem to do the best. Howard, who I have fished with for years, is the guy who always catches the biggest and the most fish on every trip. I've also caught on to the fact that when we take pictures of our fish, Howard holds his catch out in front of him to make

his fish appear bigger than mine. It took me a while to catch on to that little tactic.

When the sun starts to set on the horizon, most fishermen head to the boat ramp. What they don't realize is they are missing some of the best fishing. This is true about Lake Erie and all of Ohio's inland lakes. Not every night is productive, but there are many nights that you'll fare better than in the daylight hours. This is my favorite time to fish; there's just something special about being out on the lake at night, fishing and listening to oldies on the radio. During the hot summer days,

the night air brings cooler temperatures and calmer lake conditions. Odds are you'll just about have the lake to yourself. A night when the moon is shining is best. It doesn't have to be a full moon, but I usually don't venture out on the lake when there is a new moon as the darkness makes it somewhat difficult to maneuver.

If you're far from the city and other lights, on a clear night the sky will look brilliant. I've always enjoyed taking a little time to gaze up into the night sky where you can see shooting stars, satellites, planes and some nights

When the sun starts to set on the horizon, most fishermen head to the boat ramp. What they don't realize is they are missing some of the best fishing.



Carroll Howard



Carroll Howard and Jeff Hambach

even a planet of two if you know which direction to look. It's usually very quiet, too. Most often at night I troll crankbaits using my electric trolling motor, since it's best to keep the noise to a minimum to avoid spooking the fish. You should also upgrade your fishing line to around 20-pound test line, since this is the time when the big ones come up out of the depths to cruise the shallows for forage fish. I also use fluorescent fishing line. You need to keep an eye on your fishing line and using fluorescent line while lighting the area with a blacklight will make the line near the boat stand out in the darkness.

While walleye are the big draw most of the year on Lake Erie, in the fall many fishermen target the jumbo perch. This cousin of the walleye can average 12 to 14 inches in the deeper waters from

Geneva to Conneaut. Anglers usually find perch using minnows and fishing on the bottom of the lake in 30 to 60 feet of water or more. The daily limit per fisherman is 30 fish. Most people think that perch are as tasty as walleye, but both make excellent tablefare.

In Port Clinton you can take your freshly-cleaned catch to the Jolly Roger Seafood House where they will fry them and add a side dish for a very reasonable price. This is a favorite stop any time we are in that area.

Well, this sums up all of my best walleye fishing advice which has been tried and tested over the years. After a week-long fishing trip to Lake Erie, I usually come home with enough walleye to stock our freezer and to share with family and friends. I'm sure you will, too. ✨



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Vacation at the Lakes

By Adria Bergeron



If you've been saving up vacation days from work for the perfect occasion, congratulations, summer is here and it's time to use them! Whether you like to pack up the car and head out of town, or prefer to stay close to home, the Muskingum Watershed Conservancy District (MWCD) can accommodate your schedule. Some families like to camp. The smell of a campfire in the evening and the sounds of birds chirping in the morning, bring a feeling of senses renewed. Others prefer the amenities of home, and enjoy the great outdoors from the comfort of a cozy cabin. Thankfully, the MWCD parks offer both options. The only thing you need to figure out is where to go and that depends on what you're looking to find.

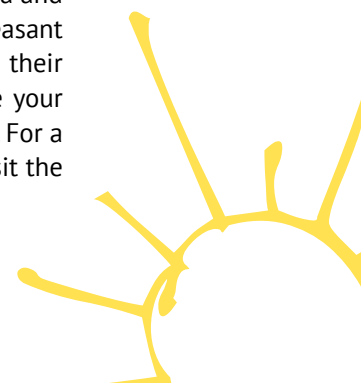
If peace and quiet is what you're looking for, Clendening, Leesville and Piedmont Lakes are the places to go. Primarily known for their scenic views and abundant fishing, these lakes have a horsepower max of 10 and create a paddler's paradise. Offering beautiful cabins and lakefront campsites, access to trails and boating, you can stay for a week or just a much-needed weekend getaway. If you're looking for planned activities and entertainment for the entire family, Atwood, Charles Mill, Pleasant Hill, Seneca and Tappan Lakes all boast activities and events all summer long. Beaches are open for sandcastle building, reading good books and keeping everyone cool on hot summer days.

If watersports are your speed, Pleasant Hill, Seneca and Tappan all have a horsepower of 399 or greater to accommodate skiing, tubing or just cranking up the engine. No boat, no problem! Marinas at all the lakes provide rentals. If speed is not your need, Atwood and Charles Mill still offer activities and entertainment with a lower horsepower limit to keep the water calm and the fish biting. The MWCD has an abundance of trails to wander. Whether you are interested in a leisurely stroll or heading out for miles, trails are available for public access at all of the MWCD facilities. The Buckeye Trail, which winds around the State of Ohio for nearly 1,444 miles, is headquartered near the shores of Tappan Lake in Harrison County. Pleasant Hill Lake Park has nearly 88 miles of equine trails that connect to the nearby Malabar Farm and Mohican State Parks.

The 4th of July is the pinnacle of summer. The skies light up red, white and blue at Atwood, Charles Mill, Seneca and Tappan Lake Parks over the July 4th weekend. Pleasant Hill entertains the skies later in the month for their Christmas in July Celebration on July 15th. Make your reservation now and enjoy summer while it lasts. For a complete list of MWCD events and locations, visit the website at mwcd.org. ✨



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That has been my motto since I started focusing on weight loss.

After losing about 25 lbs. and knowing I had a lot more to lose, I joined Impulse during a 42-day challenge. I started attending the 6 am boot camps (despite the fact that I am NOT a morning person) and following the nutrition plan they provided. During that first week, I was so sore I could barely walk, but I was still motivated to keep going. And keep on going I did. After the 42-day challenge ended, I joined Impulse and continued to work out regularly and make healthier food choices. At the time, I had no idea this place would end up changing my life.

As life began to get a bit busier, I began to lose focus on my weight loss. I began to start sliding down the hill I had been climbing and losing the ground I had worked so hard to gain. It didn't matter that I was still working hard in the gym because my eating had gone back to "normal." As someone who has struggled with weight issues my entire life, I was an emotional eater and had never had a healthy relationship with food. I used food my entire life as some type of crutch. Whatever my mood was gave me an excuse to eat.

During one of my workouts, the topic of nutrition had come up (probably because I had another bad day at the scale), and my trainer told me "you can't out train a bad diet." That statement resonated with me. It made me stop and re-evaluate what I was

doing. It was clear to me that something needed to change, but what? How? Losing weight had been such a struggle, especially since I had a thyroid issue. Shortly thereafter, Impulse started a nutrition Impact group. I knew I had to join. This group was a game changer for me! We met every week with the Impulse dietician. This group was different than anything else I had ever done before. Instead of focusing on food and what to eat, the focus was on behavior modification. After just a few short weeks, I felt in control of my eating and was seeing positive results on the scale (and this was during the holiday season). Amazing!

For the first time in my life I feel like I am in control of my food – it no longer controls me. I still have bad days, and I still have more weight to lose, but instead of dreading it, I'm truly excited about my journey. I'm in the best shape of my life, and I look forward to what else I can accomplish. I love to work out, and I feel great (most days) about making healthy food choices. This has genuinely become a new lifestyle for me.

The team at Impulse has changed my life in so many positive ways I cannot begin to count



them all. I am so grateful for every trainer and staff member. They all push me to be my best, which is far better than I ever thought I could be! In addition to the Impulse staff, I am also grateful for all the other Impulse members. They have been and continue to be a constant source of inspiration and encouragement. When I came to Impulse, I found a family that I didn't know I was missing! My life has truly changed for the better!

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Know someone heading into the operating room, for instance? Nearly a quarter of reported infections associated with health care are related to surgery – impacting your mortality, the length of your hospital stay and the amount of your bill. Stark State programs train the staff who help make your surgery safe and successful, programs that include:

Surgical Technology

Surgical technology trains health professionals who work under the direction of a surgeon to ensure that the operating room is safe, the equipment functions properly, and the operative procedure is conducted in a sterile environment to maximize patient safety.

Surgical Assisting

Surgical assisting trains highly skilled, rigorously credentialed surgical professionals who assist the surgeon during surgery.

Medical Instrument Sterilization Technicians

Medical instrument sterilization technicians perform critical safety tasks that prevent infection and the spread of illnesses, working behind the scenes to ensure

equipment and instruments are properly cleaned, sterilized and packaged. Stark State's medical instrument sterilization program consists of both course work (online) and practical experience (at hospitals or surgical centers). Graduates are eligible to sit for a certification exam.

Stark State grads also keep an eye to their future when it comes to a career in the critical mission of keeping eyesight sharp:

Ophthalmic Technology

Ophthalmic technicians work under the direct supervision of an ophthalmologist (who treats disorders and diseases of the eye), taking medical histories and visual acuity measurements; performing basic procedures and testing; doing visual field testing, refractometry, con-

tact lenses, instrument maintenance; and assisting the doctor with minor eye surgeries. Stark State offers three program options: an associate degree, a one-year certificate and a career enhancement certificate. Graduates are eligible to take credentialing exams.

Other Stark State programs put the spotlight on a different kind of community care, such as:

Human Services Community Corrections Major

Focusing on rehabilitation, the criminal justice field has shifted to an emphasis on community social services for nonviolent offenders rather than incarceration. Administered by agencies or courts with legal authority, community corrections programs oversee offenders outside of jail or prison. With this degree, you'll be trained to work in the corrections field as a correctional officer or work in a correctional facility such as a halfway house or rehabilitation facility.

Government and Legal Studies

You'll assist government agencies in preparing documents as well as conducting research, providing customer service and performing a variety of other tasks in a government office. You can expect civil service job opportunities at the city, county and state levels.

To learn more about Stark State's 230-plus degrees and certificates that can put you on the path to an immediate career or a bachelor's degree, visit starkstate.edu/academics. ✧



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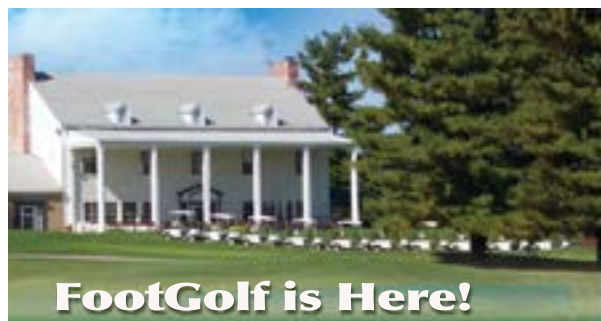
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Lake Erie is the twelfth largest lake in the world in area and its borders include four states and one Canadian Province. Ohio is fortunate enough to have 312 miles of that shoreline. However, if you ask anyone who has visited the Sandusky Bay and the north shores and islands locations, they will tell you these are some of the most popular and beautiful areas. You can find fun and excitement at Cedar Park amusement park, as well as outdoor and indoor water parks, for the younger set; relaxation and wineries for those wanting to take



it easy; water sports and boating for lake enthusiasts; fishing for the anglers; monuments and lighthouses for the history buffs; and good food for everyone. When visiting the area, be sure to stop at one of the Lake Erie



By Elaine Kish Photos courtesy of Lake Erie Shores and Islands CVB

Shores & Islands welcome centers located in Port Clinton and Sandusky for a travel guide to plan your activities.

New in 2017 is **Cedar Point Shores Water Park**, which includes some of the former Soak City adventures as well as new attractions on 18 acres of Lake Erie shoreline. Sports Force Parks at Cedar Point Sports Center will host various games from baseball and softball to soccer and lacrosse, with miniature golf, trampolines, play-

grounds, a high-ropes course and food concessions for families to enjoy.

Kalahari Resorts & Convention Center has added a new five-slide tower to their outdoor waterpark.

With paddle sports growing in popularity among water recreation activities, several new businesses have opened up along the coast offering various means of paddling – kayaks, canoes, and stand-up paddleboards. Each spring and fall thousands of migrating birds rest on the shoreline either before or after their long flight across Lake Erie, making the area a haven for birdwatching. Due to its location on Lake Erie, Sandusky was a major stop on the Underground Railroad. Visitors can obtain a brochure to take a self-driving tour.

The Follett House Museum in Sandusky includes exhibits on Johnson's Island Confederate Prison and other history of the area. **The Keeper's House in Marblehead** is the oldest surviving home in Ottawa County and once was the home of the operator of the Marblehead Lighthouse. **The African Safari Wildlife Park** is a drive-thru safari that allows visitors to get up-close and personal with exotic animals from the comfort of your vehicle. Waterslides and lazy rivers

*Cedar Point Amusement Park
Outdoor & Indoor Water Parks
Relaxation & Wineries
Water Sports & Boating
Fishing
Monuments & Lighthouses
Good Food for Everyone*



abound with an assortment of indoor waterparks including **Castaway Bay, Great Wolf Lodge, Kalahari Resorts & Conventions, Maui Sands Resort and Rain Water Park.** They offer a variety of fun no matter what the weather is outside. How about an airboat ride? **Air1 Airboats** is a 30-40 minute ride with views of wildlife and Cedar Point Amusement Park. It is suggested that children be age 6 and older to ride, due to the noise.

What would a visit to the shore be without feeling the sand between your toes? The top family-friendly beaches in the area are **Nickel Plate Beach** in Huron, **Central Park Beach** in Lakeside, **East Harbor State Park,** and **Main Street Beach** in Vermillion. There are lighthouses on the coast from Vermillion to Port Clinton. The beacons in Vermillion, Huron and Marblehead are free to view. For an additional fee (children 5 years and under are free), visitors can climb the 77 steps to the top of the Marblehead Lighthouse for a spectacular view of the area. The onsite museum and lifesaving station are free to tour.

Sawmill Creek Resort offers lodging a stone's throw from the lake. A 235-acre resort, you can plan your own

adventure to include a championship golf course, private beach, tree top zip-lining, kayaks, jet skis, hot air balloon rides, indoor and outdoor pools, nature preserve trails, the Sawmill Explorer Cruise boat, the Sawmill shops, and four restaurants. Their cozy lodge offers a relaxing atmosphere.

After you've experienced the land adventures, head out to the islands for more fun. There are several ways to get there. **The Jet Express** is a high-speed passenger ferry to Put-in-Bay and downtown Kelleys Island, running from May to October, weather permitting. **Miller Ferries** offer passenger and vehicle transportation to Put-in-Bay and Middle Bass Island. They operate year round, weather permitting. The



Kelleys Island Ferry Boat Line is the only passenger and vehicle ferry service to Kelleys Island. You can visit Kelleys Island and Put-in-Bay aboard **Goodtime Lake Erie Island Cruises** which run from Memorial Day through Labor Day.

There are numerous islands in this area of Lake Erie. Located on **Gibraltar Island** is **Ohio State University's Stone Lab** which offers free tours of the fish



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hatchery. **Kelleys Island** is home to the world's largest massive limestone grooves cut by glaciers during the last ice age. You can view the grooves from a surrounding walkway and stairs, and see the natural wonder containing fossils up to 400 million years old. Stacked north to south and separated by channels, **South Bass, Middle Bass and North Bass Islands** are well known as exceptional locations for bass, wall-eye and perch fishing.

Put-in-Bay on South Bass Island is the most well-known area of the Lake Erie Islands. It is the home of **Perry's Victory and International Peace Memorial**. The free visitor's center tells the story of the Battle of Lake Erie and Commodore Oliver Hazard Perry's victory over the British through exhibits and videos. Often called "The Key West of Lake Erie," Put-in-Bay has something for everyone. Most visitors travel the island by bicycle or golf cart. Another popular way is the Put-in-Bay Tour train which offers a guided narrated tour with on/off privileges at popular sites and attractions. There is a beach area for swimming and nearby picnic areas. Numerous shops offer



nautical gifts, jewelry, clothing, and gourmet foods, as well as souvenirs of the area. Local wines are available by the bottle or glass.

There are numerous types of lodging on South Bass Island to accommodate families and groups of all sizes – hotels, motels, bed and breakfasts, cottages, vacation rentals and campgrounds, some of which are waterfront, have dock privileges and are pet friendly.

For campers, **South Bass Island State Park** is a 33-acre wooded campground and lakeside picnic area.

Many visitors make the Lake Erie Shores area an annual trip and yet they find new and different things to do each time they visit. ✨

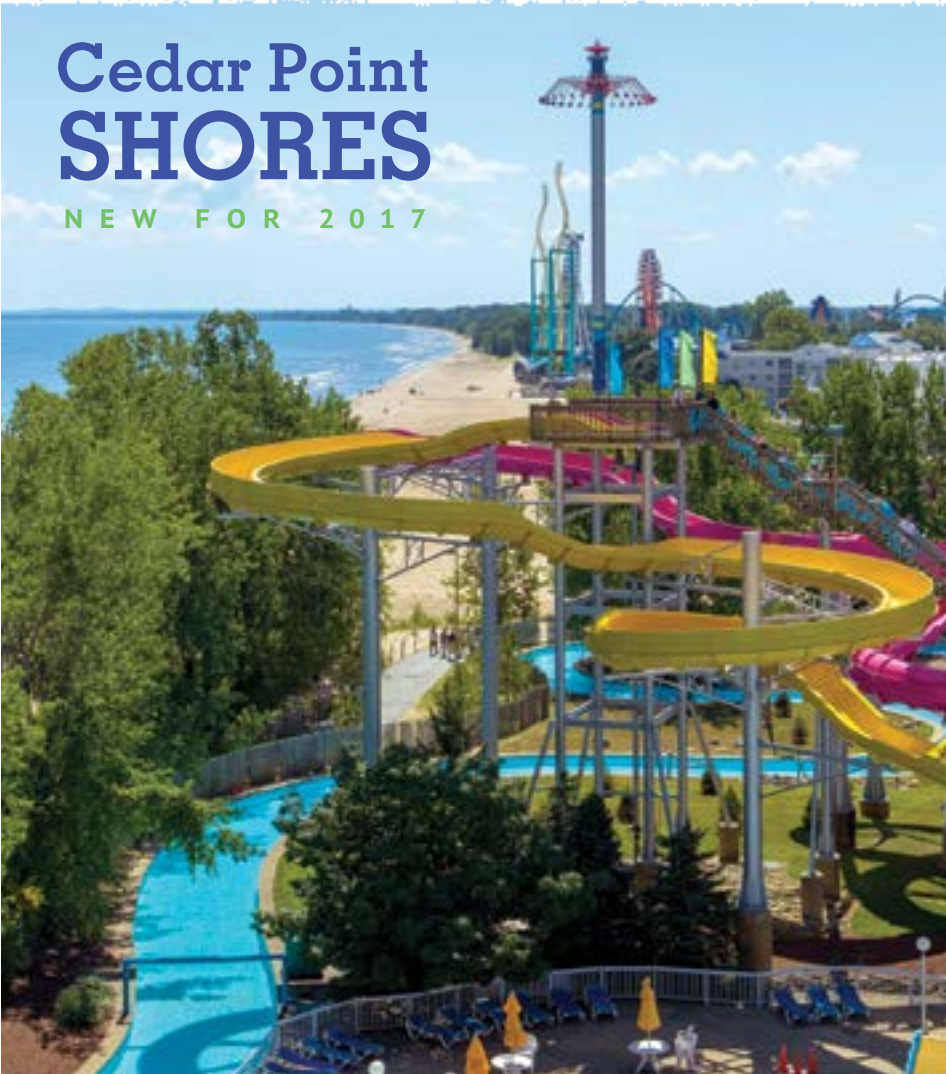
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www.shoresandislands.com

where you can request a Travel Guide.



Cedar Point SHORES

NEW FOR 2017



New for 2017 at Cedar Point Amusement Park is their expanded outdoor waterpark. Cedar Point Shores offers a new entrance gate, new poolside bar, new changing and showering areas, more lounge chairs, additional shade, new landscaping and unobstructed views of Lake Erie.



Storm Surge takes riders on a large raft as they slide 76 feet to the ground. Lake Erie Nor'easter is an exciting inner tube ride through an enclosed, twisty

slide. Cedar Creek provides a relaxing ride down a lazy river. For thrills, the Fishermen's Fury body slides and Riptide Raceway mat racer slides will not disappoint.

Point Plummet is a six-story-tall, four-person aqua-drop slide that will simultaneously send four riders on a nearly vertical free fall when the floor drops out beneath them. Each rider will traverse their own 400-foot-long slide through a series of flat loops and s-curves. On that same structure is Portside Plunge, two five-story tube slides for single or double riders. This adventure sends riders through an enclosed tube with intense drops and turns before shooting them out into the sun. Lakeside Landing is a new family slide complex featuring 12 kid-sized water slides along the perimeter

of a zero-depth-entry pool. Parents can relax nearby under shade structures or in a lounge and sun deck area. The mythical Lake Erie Monster, Lemmy, comes to life in Lemmy's Lagoon, a new family splashground.

When you're ready to take a break for a snack or a meal, the new Crystal Rock Café features chicken fingers, flatbreads, salads, and pizzas. New Coca-Cola refillable drink stations allow guests to quench their thirst even faster. Covered seating completes the area. Muffleheads Beach Bar is a swim-up bar and pool area for adults. Schooner's Beach Bar, adjacent to the Breakwater Bay wave pool, features tasty signature cocktails and beverages with live entertainment. New cabanas will be the perfect place to relax for large groups or families. Cabana upgrades include free Wi-Fi, charging stations, ceiling fans, TVs and dedicated food and beverage service.



"Our history started as a simple bathing beach back in 1870, when it was all about cooling off and enjoying time together along the shore of Lake Erie," said Jason McClure, Vice President and General Manager of Cedar Point. "The transformation of Cedar Point Shores puts all the pieces together – the connection to the lake, the mile-long Cedar Point Beach and thrilling water attractions." Admission to Cedar Point Shores can be purchased separately or in conjunction with admission to Cedar Point Amusement Park. For more information about Cedar Point Shores, visit cedarpoint.com/cpshores.

WILD

Zipline Safari

By Doug Kish, MA



Described as a
“Flightseeing” Expedition
that will have you soaring past
animals grazing and basking in the sun,
landing in a wildflower garden oasis,
Wild Zipline Safari will not disappoint
adventurers of all ages.

Located 70 miles east of Columbus in Cumberland, Ohio, Wild Zipline Safari is situated within the 10,000 acres of land known as “The Wilds,” a private, non-profit wildlife conservation center. The Wild Zipline Safari is a professionally-guided tour over 10 ziplines built on a series of observation platforms. The highest ziplines reach 70 feet in the air and you travel a distance of 3,000 feet over the course. The day we visited, our guides were Mac Masterson and Allyson Schwartz, both of them courteous, personable and knowledgeable in all aspects of ziplining and information about the resident animals.

After gearing up with a seat harness, chest harness, trolley system, lanyards with safety clips, gloves and a helmet, fitted individually to each person, we proceeded to the

practice area. At that point we received instructions about how to take off and land, how to slow down, and what to do if you stopped short and had to pull yourself in to the tower. Each member of the group completed a short zip and passed their practice session, and then we moved on to the first tower. There were four people in our group, although groups can be as large as nine people, and there are always two guides on every tour.

After climbing the steps to the first platform, all guests were immediately tethered so no one was in danger of falling. Lead guide Masterson gave a bit of an overview of this zipline and then zipped off to the receiving end on the next tower. The first zipline, located high on the top of a hill, is fairly short so guests have an opportunity to get

familiar with the equipment and what to do. Schwartz then hooked each individual to the zipline where we took off and landed one by one, eventually meeting up again on the next tower. With only one guest on the zipline at a time, guides are in constant contact with each other by walkie-talkies confirming when each person takes off and confirming when they land safely on the other side. On arrival at the next tower, each person is again tethered to the platform for safety. After assisting everyone, Schwartz zipped over to join the group.

Our next few zips took us through the wooded area, until we flew out of the trees and were amazed to see the beautiful view of animal watering holes, lakes and pastures below. We continued on our tour, some lines over water and some over land

dotted with rare and endangered animal species roaming the open hills. The longest zip is 760 feet over the water and was the favorite of most of our group. Continuing with his narrative of each zip, Masterson relayed that one zip with a lower elevation allows individuals to get close to the deer below; so close, in fact, that sometimes the deer are encouraged to move away from the zipline due to the size of their antlers.

At the end of the ninth zipline, the landing area is on the lower portion of the platform. Guests are then required to climb the “50 steps of fun” to get to the takeoff platform for the final zipline. Near the final tower, observers can climb the steps to a platform which is the best place to take photos. Passing over a lake that is home to numerous species of fish and lots of turtles sunning themselves, we landed on the final platform. There are no steps to exit the final tower and each person is given one last adventure of rappelling themselves over the edge 30 feet to the earth below.

Although we hoped to see the giraffes at some point on our tour, we were told they rarely leave their heated barn until the temperature remains at least 70 degrees. We did, however, enjoy seeing the camels, takin and ostriches roaming their areas freely, although separated by fences. Preparing to zip one of the lines, I saw a number of Sichuan Takin in the pasture below, noting that their faces are similar to bears. Masterson told us they are native to Western China, which is the same area inhabited by the well-known giant panda.

The minimum age for the zipline tour is 10 years and children ages 10 and 11 must be accompanied by

> CONTINUED





WILD Zipline Safari

> CONTINUED

an adult. Reservations are recommended. For more information about Wild Zipline Safari or to schedule a zipline tour, see their website zipthewilds.com.

If ziplining is not on your bucket list, there are several open and enclosed vehicle tours of The Wilds which enable visitors to see these endangered animals up close. One tour even allows you to feed the giraffes. For more information about those tours, visit their website thewilds.org. ✨

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explore WILMOT, OHIO!

By Mary Vlahos

THE GATEWAY TO AMISH COUNTRY and a great source of family fun, Wilmot, Ohio is located in the southwest corner of Stark County, an easy drive for anyone in northeast Ohio and beyond. Wholesome Valley Farm, The Wilderness Center, and The Amish Door Village are the major attractions in Wilmot that make it a great day trip or even an overnight destination.

WHOLESOME VALLEY FARM is a diverse, sustainable farm focused on foods grown naturally and without the use of chemical fertilizers, pesticides, antibiotics, or growth hormones. On the farm they produce grass-fed beef, pasture raised heritage pork, and free range chickens. The taste of fresh chicken, beef, or pork is far better than something that's been sitting in the grocery store for weeks, as well as being much healthier for your family.

Their retail store is housed in a 19th century barn where you can purchase seasonal vegetables and pasture-raised animal products processed right there on the farm. The barn is also available to rent for private

events and weddings. Owner Milo Miller wanted the farm to be a collaborative effort of families in the community. It provides an outlet for other farmers to showcase their many healthy foods to the public.

WHOLESOME VALLEY FARM captures their fresh produce and meats by way of an on-site commercial kitchen and cannery where they can, freeze, and ferment items to capture the best of the harvest as soon as it's picked. With a broad reach, Wholesome Valley Farm products can also be found at Cleveland's Fresh Fork Market, Ohio City Provisions, and several fine restaurants. The farm also has Community Supported Agriculture (CSA), a program which allows people to pay an upfront cost to receive weekly supplies of fresh vegetables, protein, eggs, bread, etc.



You can learn more about the program on their website, sign up online, or call the farm to get involved. Just go to the CSA tab of the website listed below. Educational programs are an important part of the farm and are suited to children, families, or adults. You can schedule half day to full day programs or farm tours. It's all customizable, perfect for families or corporations. Learn more about the farm at www.wholesomevalleyfarm.com





THE WILDERNESS CENTER in Wilmot is right around the corner! It's a place loaded with summer fun and educational opportunities where children and adults alike can learn about the environment. The Wilderness Center has a variety of wetlands that are home to many different plants and animals. Join a guided tour or explore on your own. The first Friday of every month members of the Wilderness Center Astronomy Club present a program about the night sky, and let you observe the constellations through different types of telescopes.

Have you ever wanted to know more about butterflies, birds, reptiles, or bugs? There are guided tours for each of these species to help you explore and learn more about all of those creatures. You can even take a night tour and learn more about the creatures that come out after dark! Mark your calendars for Jun 17th. That's Founders Day, when



you can enjoy hikes, crafts, dip-netting, a farmer's market, entertainment, food trucks and more. Private room rentals and pavilion rentals are also available on site for a family gathering or a corporate event. To learn more about the Wilderness Center, go to the website www.WildernessCenter.org.



Are you getting hungry yet? Time to explore further with a short drive to **THE AMISH DOOR VILLAGE**. The Village consists of a restaurant, banquet center, hotel, bed and breakfast, shopping, and bakery. It truly is a village. The restaurant, originally known as Stucki's with a 48-seat venue, is now called The Amish Door and can seat 450 people. Their menu consists of Amish-style comfort food that is sure to please the entire family. Don't forget to save room for dessert; their pies are legendary. The Amish Door also has various dinner theater events scheduled throughout the year for your entertainment. You can find a complete schedule of all of their events online.

Ready to do some shopping? Then head to the Market, the Gallery Gift Shop, or the Bakery. There you'll find homemade food items, jewelry, décor, purses, and a little something for everyone on your list. My favorite, of course, is the bakery and their homemade pies!

Then again, I have purchased some very cute, unique purses there. There are so many choices.

Are you interested in staying the night? You have two options, the Inn

at Amish Door or the Hasseman House Bed & Breakfast. The Inn has many standard rooms as do most hotels, but it also has suites with fireplaces and 2-person whirlpool tubs. If you prefer the comforts of a Victorian House, then the Hasseman House Bed & Breakfast might be more your style with its



stained glass and antique furniture. What a great getaway! Check out their website for a complete listing of events and descriptions, www.AmishDoor.com

Spending a day or a weekend in Wilmot will feel like a true retreat from your hectic life. This pastoral setting has all the creature comforts with the beauty of nature right at your doorstep. It's a great way for the entire family to learn about farm life, explore nature, and learn about its creatures. One day is not enough. You'll want to stay and relax in the comfort of the Inn at Amish Door or the Hasseman House and enjoy the famous Amish meals, the scenery, and all the fun of the outdoors. This is truly a unique experience and it's located just a short drive from home! ✨

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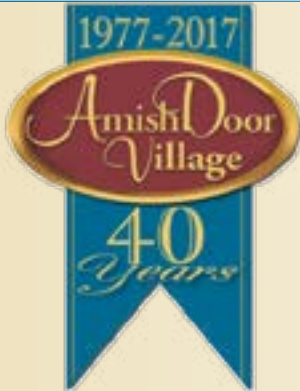
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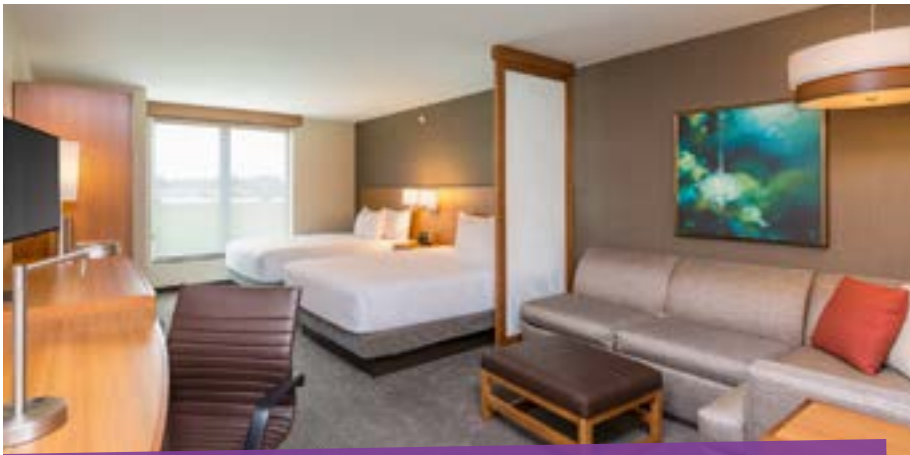
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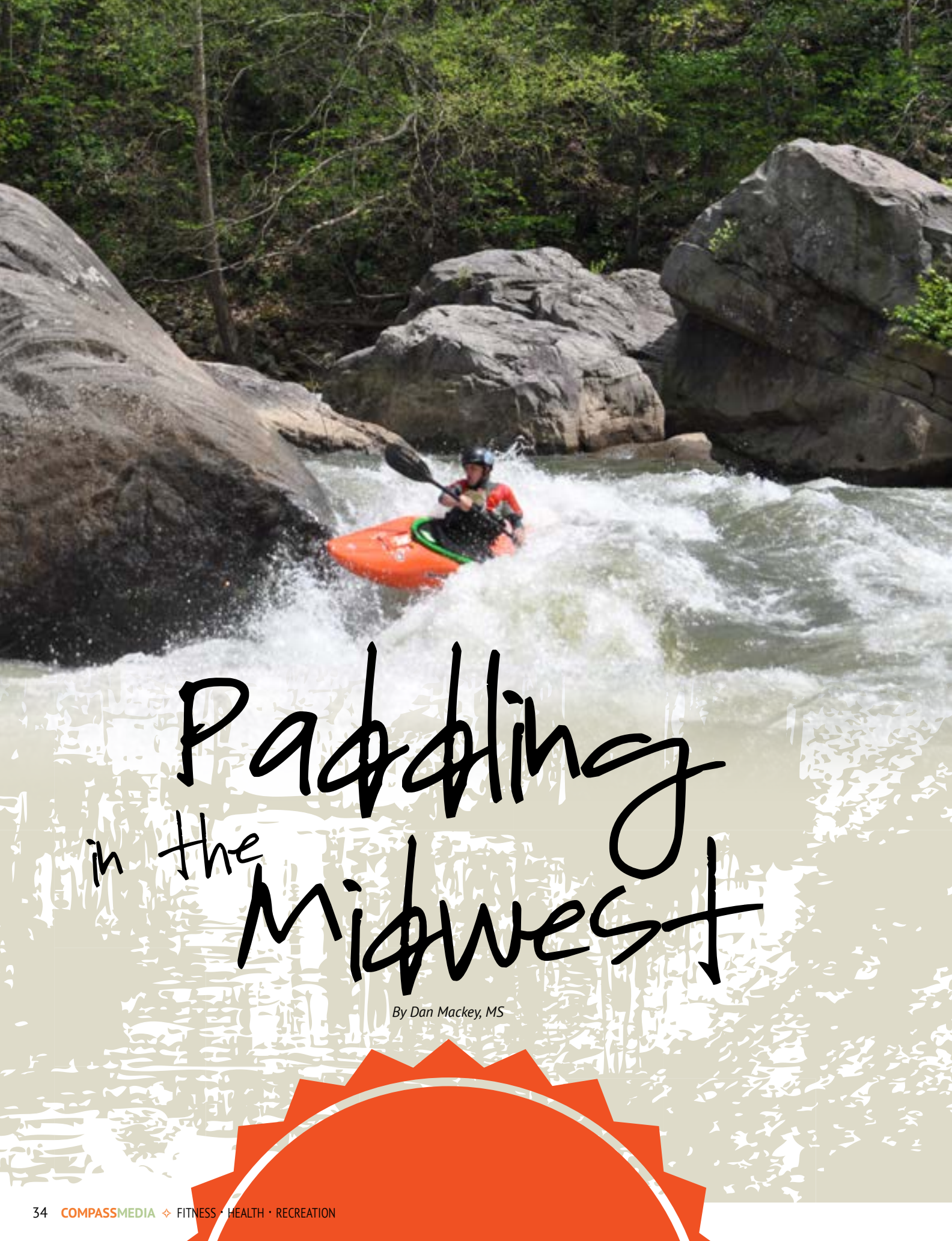
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Paddling in the Midwest

By Dan Mackey, MS

EVERYONE LOVES SUMMER!

School's out, the weather is warm, the sun is shining, kids are playing, and the new life that the spring rains brought is abundant. If it's a particularly wet season, then streams will be flowing, rivers will be abounding, lakes will be splashing, and summertime will be filled with paddling; that is, paddling in the sense of secluded vacations and paddling across a vast body of water in a canoe or kayak.

Across the globe there are numerous areas known to be premier canoeing and kayaking destinations. Here in the Midwest, we're fortunate to be close to two of the three most popular and rewarding areas for this activity. These destinations are The Boundary Waters Canoe Area Wilderness, or Boundary Waters, located in northeastern Minnesota and the Pictured Rocks National Lakeshore, which sits within the Upper Peninsula of Michigan. The third most popular destination for canoeing and kayaking is Algonquin Provincial Park located north of Toronto in the southern portion of Ontario, Canada. Each of these locations is well within traveling distance from most of the Midwest, and will absolutely provide the adventurer with a unique experience that will last their lifetime.

Boundary Waters

Up in northeastern Minnesota lie the remains of former glaciers: "rugged cliffs and crags, canyons, gentle hills, towering rock formations, rocky shores, sandy beaches and several thousand



lakes and streams, interspersed with islands and surrounding forest" (US Forest Service, fs.usda.gov). This area is known as The Boundary Waters Canoe Area Wilderness. The Boundary Waters are adjacent with Canada, hence the name, and encompass over a million acres of wilderness land. In addition, the area has over 2,000 designated backcountry campsites, 1,200 miles of canoe routes, and 12 separate hiking trails. Not only this, but the area offers abundant fishing opportunities where anglers set out to catch walleye, northern pike, smallmouth bass, and several types of trout. The Wilderness is also home to gray wolf, eagles, loons, moose, black bear, lynx, and numerous bird species. In order to paddle overnight in the Boundary Waters it is required that a permit be obtained which must be reserved in advance; however, day paddling and hiking permits do not need to be reserved. If you're looking for a good old fashion canoe paddle, the Boundary Waters are sure to impress.

Pictured Rocks

If a canoe trip isn't quite what you're looking for, but you still want to get out on the water, think about heading north to Michigan's Upper Peninsula, where the Pictured Rocks National Lakeshore is located. The Pictured Rocks, unlike any other place on Lake Superior, was America's first National Lakeshore. It offers visitors pristine beaches, over 100 miles of hiking trails, and the opportunity to kayak along the most beautiful shoreline anywhere on the Great Lakes. Running 43 miles long, the Pictured Rocks are called so because of their unique, colorful sandstone cliffs jutting 200 feet in the air above water level. In addition, visitors experience caves, waterfalls, sand dunes, archways, and if they're lucky, some of the abundant wildlife. Although animal life is plentiful, it may take some patience to actually catch a glimpse. The National Seashore is home to some very interesting animals, such as the American Marten, osprey, mink,

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fisher, and nearly 300 vertebrates. Either way, a trip to the Pictured Rocks definitely will not disappoint.

Algonquin Provincial Park

Thinking about venturing to Canada this coming Summer? Well, if you're not, maybe you should be. Algonquin Provincial Park in Ontario is not only one of the largest parks in Canada, but it's also the oldest provincial park, and has become one of the world's most famous canoeing areas.

"Here, not far from the populous centres of eastern North America, is the call of the loon echoing from rocky lakeshore, the sunset silhouetting a solitary pine, and a beaver forging a rippling wedge across a glassy pond. A fish splashes, a raven croaks, and a chipmunk streaks across a portage into the protections of the forest undergrowth. After dark, two canoeists camping on a quiet lake pause from their evening coffee to drink in the wild music of wolves wafting over the hills. This is Algonquin Provincial Park" (The Friends of Algonquin Park, *Canoe Routes of Algonquin Park*).

Algonquin offers visitors various recreational pursuits such as fishing, mountain biking, horseback riding, cross country skiing, hiking, camping,

and most popular, canoeing. The park contains over 2,400 lakes and 745 miles of streams and rivers. In addition, Algonquin Logging Museum is located by the park's east gate, and is open seasonally. Visiting Algonquin in the summer can certainly mean a few things, good and bad; great lake trout and brook trout fishing early in the season, long days and warm nights, and comfortably warm water to swim in. However, summertime is by far the most popular time to visit, and many routes become rather busy. One thing is true, no matter what season you choose, if you visit Algonquin you're going to see a moose. "Algonquin is unequalled in Ontario, perhaps even in North America, as a location for seeing Moose" (algonquinpark.on.ca). Additionally, animals such as beaver, deer, black bear, wolf, and loon live here. Whether or not you pursue canoeing, a trip to Algonquin Provincial Park is a must.

Despite being three very unique and different areas for canoeing, these three pieces of protected land are common in that they can all be extremely dangerous to paddlers if not prepared. If you plan to travel to any of these areas, be sure to invest sufficient time into planning and preparing for the trip so that you can have a safe and fun-filled time, immersed in some of the best paddling locations out there. ✨

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EACH SUMMER, Historic Zoar Village welcomes thousands of visitors for tours, demonstrations and events. This year is special, with Zoar celebrating its 200th anniversary. Here's a look at how Zoar has evolved from a 19th century utopian community to a nationally-recognized historic landmark that appeals equally to history buffs, families and anyone who just wants to stop and smell the roses.

Reflecting on the Past

Zoar's story starts in 1817 when 200 German Separatists arrived in Tuscarawas County after fleeing their homeland due to religious persecution. The group built a settlement out of the surrounding wilderness and, two years later, created a society in which all members contributed to benefit the greater good of the community.

"Zoar built a thriving economy based on agriculture and manufactured goods," says Jon Elsasser, president of the Zoar Community Association, which operates Historic Zoar Village today as a museum complex and historical site. "It became a popular vacation spot for Ohio elite like President William McKinley and Cleveland industrialist Alexander Gunn. Painters of the day were attracted here, with the Cleveland School of Artists gaining inspiration for their works as early as the 1870s."

By the 1890s, younger residents had no memory of their German ancestors' hardships, and many were drawn to modern American ideas shared by outsiders passing through Zoar. In 1898, the remaining members dissolved the society.

Ongoing Preservation for

Bicentennial summer in **ZOAR**

Future Generations

Despite its end, Zoar became one of the most successful utopian settlements in American history, lasting nearly 80 years. Preservation efforts began in 1936 when the community garden and Number One House, which had been home to the Society's first leader, opened as a museum. Major restoration work began village-wide in the 1970s with local residents and the Ohio History Connection collaborating on formal efforts. And the work is ongoing. While the recently restored Bimeler House just opened as a museum and art gallery in May, plans are already underway to preserve the interior of the Zoar Hotel, which has sat empty and unused for 24 years.

Today, Historic Zoar Village is on the National Register of Historic Places and was recently named a National Historic Landmark by the U.S.

Department of the Interior.

"Out of about 2,500 historic places with this designation, 73

are in Ohio and we are one of only a few in Northeast Ohio," Elsasser says. "It's an overwhelming achievement that will help our Bicentennial visitors understand the large significance of what a small group of German immigrants created here."

It's also a popular stop along the Ohio and Erie Canalway Towpath Trail—drawing visitors in much the same way as it once did. Only now, instead of canal boats, visitors come by bike, hike or car.

Blooms, Buildings and a Bicentennial

What makes Zoar's intact historical district so appealing to visitors is it's truly like stepping back in time. Restorations have stayed true to the village's original plans, documented through drawings and photographs. Today's Zoar Garden boasts the same layout and types of plantings that would have been used when it was created nearly two centuries ago. Now the backdrop for weddings, garden parties and tours, the garden was originally created as a meditative space where Separatists could reflect on their

blessings from God.

The historic district also features more than 40 structures built between 1817 and 1898 – with several housing restaurants and retail shops specializing in gifts and antiques. Elsasser notes that while the Separatists left much behind in the Old World, they did bring the architectural trends of early 19th century Europe, along with the skills and work ethic to replicate them. "Amazingly, 24 of the original 26 buildings are still standing," he says. It's as if the Separatists knew those structures would be part of a special commemoration two centuries later – and they are.

Visitors can take in Zoar's history during their summer hours: June through September, on Wednesdays through Saturdays, 11 am to 4 pm, and Sundays, noon to 4 pm. Tickets are \$8 for adults, \$4 for kids five to 17 and free for children four and under. Zoar's Visitor Center is located at 198 Main St., Zoar, Ohio 44397. Call **330-874-2646** or visit www.historiczsoarvillage.com. ✨

Bicentennial SUMMER CALENDAR

★ JUNE 10-11

DOG FEST

Pooches are welcome as Buckeye Dock Dogs showcases their talented canine competitors. Includes a pet parade, pet costume contest, pet-friendly vendors and free museum tours (for humans only) during the event.

★ JULY 29-30

HARVEST FESTIVAL

One of the nation's most prestigious antiques shows, with high-quality country antique dealers and juried artisans selling their wares.

★ SEPT. 9-10

BATTLE OF ANTIETAM CIVIL WAR REENACTMENT AND ENCAMPMENT

Ohio's largest Civil War event features 1,500 reenactors demonstrating 1860s life on the home front and battlefield. Includes Battle of Antietam reenactment, cavalry and artillery demonstrations, and food and provisions vendors.

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Bicentennial SUMMER IN ZOAR

One Trip – Twice the Fun

Zoar is conveniently located near Fort Laurens, Ohio's only Revolutionary War-era fort. Zoar and Fort Laurens are connected by a three-mile stretch of the Ohio and Erie Scenic Byway and the Towpath Trail, providing an excellent hike-or-bike opportunity for active visitors. Combo tickets are available at both sites: \$10 for adults and \$5 for children.

2017 is special for Fort Laurens, too. It's the site's 100th anniversary as a state park. Today, visitors can walk the grounds, see the fort's original outline, and learn about the "frontier soldiers" who served and died here in the small museum.

Visitors can also check out one of these special summer events:

JUNE 24

LET THEM EAT CAKE

Afternoon tea party featuring sample teas and desserts of the British Empire and a history of the Revolutionary War period.

4TH OF JULY CEREMONY

Ceremony at the Tomb of the Unknown Patriot includes guest speaker, color and honor guards and a wreath laying.

JULY 8-9

REVOLUTION ON THE TUSCARAWAS

Revolutionary War Reenactment and Encampment features British and Continental camps, musket drills, colonial American games for kids, crafts and more.

AUGUST 12

CENTENNIAL CELEBRATION

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Civil War Encampment and Reenactment – September 9-10

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Registration is open!
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SUMMER RUNNING

By Matt Sidel

With the change to warmer weather, a change in running habits is necessary. It's time to shed the heavier clothing and switch to lighter wear. The type of warm weather clothing needed is dependent on the individual, but make sure not to wear cotton as it sticks to the body and creates friction points. There are numerous clothing options ranging from the latest tech materials to wool, which will help prevent blisters and wick moisture away. While a hat will shield you from the sun, some people feel it holds heat, so that's really up to the individual. There are some great hat options that are UV protective and vented to keep you cooler. Sunglasses are a personal preference. Tifosi glasses are lightweight, durable, and vented.

As far as shoes, winter-specific models are usually waterproof and reflective, but for hot weather, the biggest concern is getting something that matches up with your foot type and gait. Most shoes offered today are constructed of breathable mesh, so they perform great in warm conditions. There are numerous brands and models that offer durability, shock absorption and support. Saucony is very popular right now

since they've got a new cushioning system called Everun that people seem to love. The biggest concern though is each individual getting in the correct model for their foot. There are a lot of different styles and they're all built for different foot types and gaits.

Now that were outfitted, let's go for a run. Typically 90 minutes before running, you want to eat a light, carbohydrate-based meal with a bit of protein like oatmeal, toast or a bagel with peanut butter. Honey Stinger waffles provide carbohydrates and protein in the ideal ratio, and are offered in lots of different flavors. Some people like an energy gel about 45 minutes prior as well.

Every runner knows they need to stretch before taking off. The best way to go about stretching is an active stretch approach. Starting slowly helps your body naturally loosen up into whatever activity you're doing. Walk to warm up, then roll into a slow jog, and slowly build up for about a half mile to start the run. When cooling down, it's best to transition slowly into a few minutes of walking at the end. Static stretches or yoga are good post-run activities. While running or doing cardio work, a general

rule to stay hydrated is about 20 ounces of liquid per hour. There's a variety of other items that provide additional electrolytes. One popular option is Nuun tablets, which come in a variety of different flavors, as well as with and without caffeine. There's also a good additive called Tailwind that not only replaces electrolytes, but carbohydrates as well.

If you're training for a long run, the best starting method is the run/walk method, popularized by the Couch to 5K Program. You can start with segments as short as 50 meters; you simply jog 50 meters, then walk until you feel fully recovered, then jog 50 more, alternating back and forth, starting with 5 or 6 segments of that. Slowly build up the length of the running segment as your endurance grows, then slowly taper down the walking portion, until you're running for a full 20 minutes or more.

New runners should start out with a plan and not try to do too much too soon. Staying healthy and positively motivated can be achieved when you stay consistent and don't try to overreach when just beginning. Start with trying to gain some fitness or reach a level of comfort with cardio in general, then start to set goals from there. A favorite beginner motivation tool is to "Win the Week" – there are 7 days in a week, and if you work out the majority of the days (4) for 30 minutes or more, you've won. It's an easy way to gain consistency early on, which can quickly build into more.

Another good tip for new runners is the importance of proper footwear. Being in the right shoes from the start will prevent a lot of extremely common beginner runner issues, from shin splints to runner's knee, and well beyond. With shoes and insoles in all price ranges, a proper evaluation is important for a proper fit to get you on the right track.

Visit your nearest Second Sole location to try the products mentioned or to get fitted for a great new pair of running shoes to start the summer right. You can also check out these and other new products on their website at secondsoleohio.com. ✨



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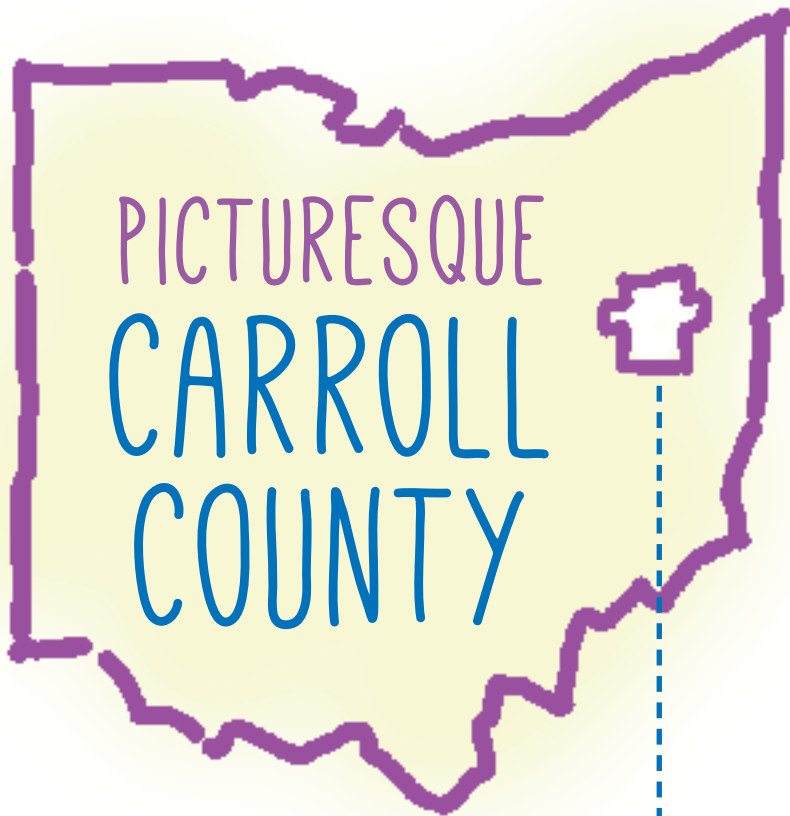
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By Kimberly Lewis

The public square of Carrollton is surrounded by small shops, including four antique stores that invite you to explore the past Wednesday through Saturday. Bud's Farm Toys has both antique and new agriculture-related toys to add to your collection. Dotty's Craft Center features primitive decorations to fill your home. The Carroll County Arts Center showcases local artists with displays, classes and a reception for the

artist of the month held the fourth Friday of each month. You can purchase your favorite novelty candy and discover something new you just have to have at Ashton's 5 and 10 Cent Store. While the creaky wood floors herald to yesteryear, the store offers fabric, gift items, hardware and items for The Ohio State University, John Deere and Coca-Cola collectors. A second store recently opened next door and focuses on can-

dy-making supplies, cookie cutters and more. Take time to visit both stores; you won't leave empty handed.

If you remember when your phone had a cord, then a visit to Ashton House Museum should be on your list. Located a few blocks from Carrollton's Public Square, the former home of John and Evelyn Ashton showcases local history, specifically about area merchants, as well as retail business as a whole. The

Ashtons opened their 5 and 10 cent store during the Great Depression and were avid collectors to such an extent that their collections allow the curator to change the displays annually. If you have visited the Ashton House Museum before, plan to visit it again and discover something new. While there, take a few moments to enjoy the gardens. Bursting with color, the gardens are filled with flowers and plants that are a feast for the eyes. Sit at the gazebo or on the patio and check out the decorations that bring the gardens to life.



RETREAT, RELAX & REJUVENATE from the hustle & bustle of this technology-heavy world while enjoying Carroll County's rolling hills & scenic vistas.

While you are downtown, make a point to stop at the area's oldest bakery, Betty Kay Bakery, and pick up some delicious brownies. There are several restaurants in the downtown for you to enjoy a meal. Donna's Deli is a farm-to-fork restaurant featuring specialty sandwiches. The Virginia Restaurant and Archer's Restaurant are homestyle diners, while The Depot Bar & Grille features burgers and pizza.

If you like to sit outside and enjoy nature, then you might like JB Chops, located at Bluebird Farm Park. The restaurant has an outside patio where you can enjoy your meal or you can sit inside the 1860s farmhouse. The menu features burgers, sandwiches and entrees and some of the best appetizers you have ever had. While at Bluebird Farm Park, you can visit Susie's Museum of Childhood, a private collection of nearly 3,000 toys, dolls and Steiff animals. The cases are filled with toys you may remember from your childhood. There are also hiking trails throughout the grounds and gardens. During the summer, you can enjoy a concert at the amphitheater on Saturday evenings.

Civil-War history buffs will enjoy exploring the McCook House Civil War Museum, located at the top of Carrollton's square. Built in the early 1800s

by Maj. Daniel McCook, the museum features both local and regional history while focusing on the "Fighting McCooks." McCook, his two brothers, sons and nephews fought in the Civil War and were known as the "Fighting McCooks." Take a drive east on state route 39 to see a marker commemorating the skirmish between Union forces and Confederate Gen. John Hunt Morgan's Raiders before he was ultimately captured.

Golfers can hit the links at Carroll County's two golf courses. Featuring

18 holes of premium fairways, Carroll Meadows Golf Course is located just outside of Carrollton. In nearby Minerva, Great Trail Golf Course features 27 holes with rolling hills and beautiful views. Both courses take advantage of the region's hills and valleys to create challenging greens.

Carroll County has two wineries for you to discover. Twigg Winery showcases wines made from fruits grown in orchards which have been in the family for seven generations. With Carroll County's rolling hills serving as a backdrop to Twigg's vineyards, you may

think you are enjoying a glass of wine in Tuscany while sitting on the patio. At Al-Bi Winery, you can relax with a glass of wine and a view of Atwood Lake. Sit at the gazebo outside and see if you can spot the osprey which nests on the lake.

If you are in Carroll County on the second Friday of the month, then stop by Minerva's Discover Downtown. The Market Street Art Spot celebrates a new artist each month with a reception and display of the artist's work. The gallery showcases the work of its resident artists who work in a variety of mediums. Experience the talents of local musicians performing at Minerva Music Center. There is also a wine and beer tasting at Kishman's IGA. While in Minerva, you can enjoy dinner at the Normandy Inn, Que Pasa Mexican Restaurant, the Hart Mansion, Grinder's Restaurant, Holland's Restaurant and Classic '57 Restaurant. The store at Minerva Dairy is open during the day, giving you a chance to take home some of its cheese. The Natural Approach Farm Store gives you a chance to see an alpaca up close as you peruse its alpaca fiber items and naturopathic products.

COME JOIN US for some fun just a short drive from home. For information and a schedule of things to see and do in Carroll County, consult the website carrollcountyohio.com. ✨



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2017 Event Schedule

- | | |
|---|---|
| May 6 - Save 22 Hike - Carroll County Veterans Club | July 13-16 - Flite Fest East - Malvern |
| May 20 - Sports for Sound - Eastern Ohio Sports Complex - Sherrodsville | July 18-23 - Carroll County Fair - Carroll County Fairgrounds |
| May 20 - Brick Street Art and Jazz Festival - Minerva | July 19-22 - ALIVE Music & Outreach Festival - Atwood Lake Park |
| May 20 - Relay for Life - Carroll County Fairgrounds | July 28-29 - Dellroy VFD Homecoming - Dellroy |
| June 3 - Redneck Inc. Concert - Bluebird Farm Park | July 29 - Out of Eden w/ Linda Ronstadt Tribute - Bluebird Farm Park |
| June 3 - Best Dam Motorcycle Tour - Atwood Lake Park | Aug. 4-5 - Loudon Township Homecoming - Kilgore |
| June 9-10 - Augusta Strawberry Festival - August | Aug. 5 - Lincoln Way Band Concert - Bluebird Farm Park |
| June 10 - Old-Fashioned Day - Malvern | Aug. 11-13 - Sandy-Beaver Canal Days - Magnolia |
| June 10 - Paul Bryant & Kentucky Border Concert - Bluebird Farm Park | Aug. 12 - Karri Fedor & Kerosene - Bluebird Farm Park |
| June 14-17 - Minerva Homecoming - Minerva | Aug. 19 - A Bark for Life / Light Up the Beach - Atwood Lake Park |
| June 14-17 - Fox Township Homecoming - Mechanicstown | Aug. 19 - New Wave Nation Concert - Bluebird Farm Park |
| July 1 - Veterans' Memorial Fireworks - Carroll County Fairgrounds | Aug. 26-27 - Great Trail Fall Festival - Malvern |
| July 4 - Fourth of July Fireworks - Atwood Lake Park | Aug. 26 - Awesome Possum Concert - Bluebird Farm Park |
| July 8 - Happymon Concert - Bluebird Farm Park | For an updated schedule, see www.carrollcountyohio.com . |



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BACKYARD SPACES

By Doug Kish, MA



Getting the most enjoyment out of your backyard for the summer months is easier than you think. While an expensive renovation might not be in the cards for the outdoor portion of your property, a few simple improvements can add a lot of fun. Whether your family is large or small, a great outdoor seating area is a must. Start with a picnic table and benches, or a table and chairs. If you don't have a covered patio, include an umbrella for shade on sunny days. The size of the table and the number of chairs should basically match the size of your family, but you should also have extra seating available for guests. Add an outdoor fireplace or a fire pit for a relaxing conversation area when the evenings get cool. Some of the latest outdoor furniture groups feature tables with a fire pit in the center, allowing for a great place to set your drinks and snacks while enjoying the warmth. Adding a circular patio couch completes the group.

A swimming pool, either above ground or in ground, will invite everyone to cool off and get some exercise. Youngsters can work off a lot of energy and the convenience of not having to pile everyone and all the swim toys, towels, blankets, and snacks in a vehicle to get to the pool will delight mom and dad. For the competitive swimmer or the ability to swim continuously without the distraction of anyone else, an endless pool is the answer. Numerous sizes and configurations are available. A hot tub or outdoor sauna will be a favorite place for the adults and

sports enthusiasts to relax and rejuvenate. Their use can be extended far into the cooler months, making for a worthwhile investment. A gazebo offers privacy for outdoor reading or just relaxing. Adding screens creates a bug-free area. Fencing is available in a variety of materials including wood, vinyl and metal. It will provide security for children and pets, as well as privacy for entertaining.

Swing sets and jungle gyms can transform your backyard into a playground; again, without the necessity to travel to the park for fun. These sets can be custom designed to accommodate the various ages and number of children who will use them. Cedar models offer swings, slides, monkey bars, ladders, forts, rock climbing walls, cabins, picnic tables and benches which can be combined in various configurations. Some of the latest plastic swing sets incorporate a mist system to keep the kids cool while they play.

No backyard fun day would be complete without a meal cooked outside. Whether you prefer a charcoal grill or one of the newer gas grills, nothing compares to outdoor cooking. Put your meat, vegetables and side dishes on the grill at a low temperature and you can sit back and relax while the grill does the work. The newest gas grills, which can be used year round, offer up to four burners, side burners, built-in electric ignition switches, porcelain-coated nonstick primary and secondary cooking grates, a side shelf for tools and ingredients, and two wheels for easy mobility. Some grills can

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SEE PAGE 53 FOR

SOME GREAT OUTDOOR

GRILLING RECIPES!

be converted for use with natural gas rather than propane.

After your backyard is set up with everything you want to make it a comfortable extension of your home, you will want to decorate it with a variety of lawn and garden ornaments. Available in glass, metal and wood mediums, fountains and wind chimes add color and interest to the area. Sculptures and statues can reflect your personality. Feeders for birds and wildlife will add interest and probably a lot of excitement while the youngsters learn to help with the task of filling the feeders.

> CONTINUED ON PAGE 53

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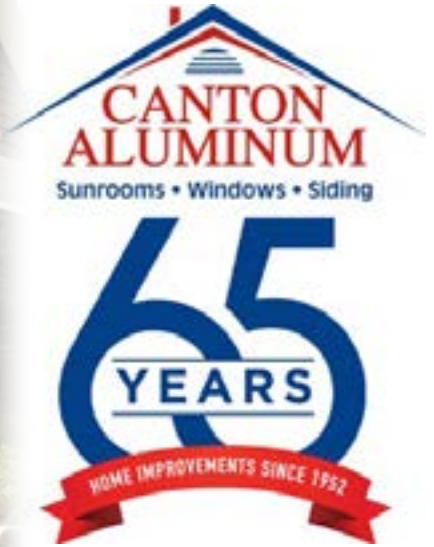


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BACKYARD SPACES

> CONTINUED
FROM PAGE 50



When all the work is done and it's time to enjoy your backyard, you'll be excited to cook and eat outside. Here are some grill recipes that your family will enjoy. With a variety of meats, vegetables and fish options, everyone will find something they like. For a cool summer dessert, carve out a watermelon and fill it with fresh fruits.

GRILLED LEMON CHICKEN

Makes: 6 servings Prep: 10 minutes Marinate: 2 hours Grill: 12 minutes

2-3 tablespoons lemon juice
1 tablespoon white vinegar
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh basil
1 tablespoon honey
1 tablespoon Dijon mustard
1/4 teaspoon black pepper

3/4 teaspoon salt, plus more for serving
1/4 cup extra virgin olive oil
6 boneless, skinless chicken-breast halves (2 1/2 pounds), pounded slightly
1 lemon, thinly sliced
1/3 cup pitted Kalamata olives, halved

1. For dressing, whisk together lemon juice, vinegar, dill, basil, honey, mustard, pepper and 3/4 teaspoon salt. In a slow stream, whisk in oil.
2. Place chicken in a large resealable bag. Add 1/3 cup of the dressing and half the lemon slices. Seal bag; refrigerate 2 hours, turning at least once. Reserve remaining dressing, stirring in olives and remaining lemon slices.
3. Discard marinade and grill chicken over medium-hot coals 5 to 6 minutes per side.
4. Place chicken on a platter and drizzle with dressing; season with salt to taste.

Nutrition facts per serving: 347 calories, 44g protein, 7g carbohydrate, 15g fat (2g saturated), 0g fiber

SKIRT STEAK WITH CHIMICHURRI SAUCE

Makes: 4 servings Prep: 15 minutes Marinate: 4 hours Grill: 8 minutes

3 garlic cloves, peeled
1 large jalapeno chili, seeded and with white ribs removed
3/4 cup packed flat-leaf parsley leaves
1/4 cup packed fresh oregano leaves
1/4 cup extra virgin olive oil
3 tablespoons sherry vinegar
2 teaspoons lemon juice

1/4 teaspoon salt
1/2 teaspoon black pepper
1 pound skirt steak
1/2 cup barley
2 cups chicken broth
3/4 cup frozen peas, thawed
1 jar (2 ounces) diced pimientos
1 teaspoon chopped fresh oregano

1. For sauce, pulse garlic and jalapeno in a food processor until finely chopped. Add parsley and oregano leaves; pulse until coarsely chopped. Add next 4 ingredients and 1/4 teaspoon pepper; pulse until uniform.
2. In a resealable plastic bag, combine skirt steak and 1/4 cup of the chimichurri sauce. Seal; shake to coat. Refrigerate for 4 hours. Cover and refrigerate remaining sauce.
3. In a pot, combine barley and broth; simmer, covered, for 20 minutes. Stir in peas, pimientos, chopped oregano, 2 tablespoons of the chimichurri sauce, and the remaining pepper. Let stand, covered, for 5 minutes.
4. Grill steak over hot coals for 3 to 4 minutes per side. Let rest 5 minutes; slice thinly. Serve with barley pilaf and remaining sauce.

Nutrition facts per serving: 458 calories, 27g protein, 28g carbohydrate, 26g fat (11g saturated), 6g fiber

WARM PASTA SALAD WITH ITALIAN TURKEY SAUSAGE

Makes: 6 servings Prep: 15 minutes Cook: 12 minutes Grill: 15 minutes

Nonstick cooking spray
5 tablespoons olive oil
6 tablespoons red-wine vinegar
2 garlic cloves, minced
1 teaspoon dried oregano
3/4 teaspoon salt
1/2 teaspoon black pepper

4 plum tomatoes, halved lengthwise
1 eggplant (1 1/2 pounds), cut into 1/2-inch slices
1 large red onion, cut into 1/2-inch slices
2 hot or sweet Italian sausages
8 ounces wagon-wheel pasta

1. Prepare charcoal grill with medium-hot coals or heat gas grill to medium-high; coat rack with nonstick cooking spray. For dressing, whisk together 4 tablespoons of the oil, the vinegar, garlic, oregano, salt, and pepper. Set aside.
2. Brush tomatoes, eggplant, and onion with remaining 1 tablespoon oil. Pierce sausages several times with the point of a small knife. Grill vegetables and sausages, turning often, 13 to 15 minutes, or until sausages are no longer pink and vegetables are crisp-tender.
3. Meanwhile, cook pasta according to package directions. Drain; place in a large bowl.
4. Remove vegetables from grill and chop into bite-size pieces; cut sausages into coins, then cut each coin in half. Add sausage and vegetables to pasta. Drizzle with dressing and toss to coat.

Nutrition facts per serving: 382 calories, 12g protein, 36g carbohydrate, 23g fat (6g saturated), 4g fiber

PORK & VEGGIE KEBABS

Makes: 4 servings Prep: 15 minutes Marinate: 1 hour Grill: 10 minutes

4 tablespoons olive oil
2 garlic cloves, chopped
Zest and juice of 1 lemon
2 tablespoons chopped flat-leaf parsley
1 tablespoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
1 teaspoon sugar

1/2 teaspoon salt, plus more for serving
1/4 teaspoon black pepper
1 1/4 pounds boneless pork chops (3/4 to 1 inch thick), cut into 1-inch pieces
2 medium zucchini, cut into 1/2-inch slices
2 medium summer squash, cut into 1/2-inch slices
12 cherry tomatoes

1. For marinade, whisk together oil, garlic, and lemon zest and juice in a small bowl. Stir in parsley, rosemary, thyme, sugar, 1/2 teaspoon salt, and the pepper.
2. Place pork in a large resealable bag and spoon in 4 tablespoons of the marinade. Place zucchini, squash, and tomatoes in another large resealable bag; cover with the rest of the marinade. Seal both bags and shake to coat. Refrigerate for 1 hour, turning after 30 minutes.
3. Heat a gas grill to medium-high or prepare a charcoal grill with medium-hot coals.
4. Thread metal skewers separately with pork and vegetables. Grill vegetables about 5 minutes per side and pork about 3 minutes per side, or until internal temperature reads 155 degrees F. on an instant-read thermometer.
5. To serve, season with salt to taste.

Nutrition facts per serving: 367 calories, 36g protein, 9g carbohydrate, 21g fat (4g saturated), 2g fiber

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5 Month	\$174.00	\$154.00	\$150.00	\$154.00	\$217.00	\$18.00	\$99.00
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Weekend & Holiday	\$21.00	\$26.00	\$30.00	\$42.00	\$24.00	\$30.00	\$30.00	\$42.00
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- June 19: Coral Fulton
- June 26: Robert Hill Orchestra
- July 3: Matt Schlar & Friends
- July 17: Moodswain Big Band
- July 24: Clinton Concert Band
- July 31: TGF
- August 7: Riddlions
- August 14: Savvy
- August 21: Violata

THURSDAY NIGHT CONCERT DATES

- June 15: The Aviators
- June 22: New Wave Nation
- June 29: Rumours
- July 3: RadioActive Band
- July 13: Jimmy & The Soul Diapers
- July 20: Aftermath
- July 27: The Belans
- August 3: LaFavour
- August 10: Rumpleskin

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Adventures

By Tiffany Gerber

celebrity and historical figures' funeral programs, prayer cards, posters, gifts and unique items such as the hand-written invitation list to Marilyn Monroe's services and Humphrey Bogart's original burial plaque. The JE Reeves Victorian Home and Museum is a 'no ropes' museum with original family-furnishings from the steel magnate's family. The collection includes oddities such as framed hair art and the reconstructed head of notorious raider William Clark Quantrill. At the Auman TV and Radio Museum you will find a collection of various TVs and radios dating back to their invention. The collection also includes board games, lunch boxes, toys and advertising items related to television shows. A favorite display is the original DJ booth of Alan Freed known for coining the phrase "Rock 'n' Roll."

For a little adventure, families will find canoeing, kayaking, zip lining and bubble soccer available in the area, along with equestrian and pedestrian trails. For a daytrip or an extended visit, Tuscarawas County is hard to pronounce but easy to remember! For more information or a calendar of events call 800-527-3387 or visit the website www.TravelTusc.com. ✨

meeting house and store, as well as the beautiful and religiously-significant Zoar garden which tells a biblical story in its layout. Private homes, retail shops

and a church and school are housed in additional original buildings. Nearby is a museum located on the site of Ohio's only Revolutionary War era fort, Fort Laurens State Memorial.

The city of Dover is home to Ernest "Mooney" Warther, "The World's Master Carver." His hand-carved steam engines and works of art are on display at The Warther Museum, together with a collection of 73,000 buttons owned by Warther's wife, Frieda. Today the family business is knife making and a visit to Warther Cutlery is a must while in the area! While in Dover, visit one of three unique museums including Famous Endings Funeral Museum, a collection of

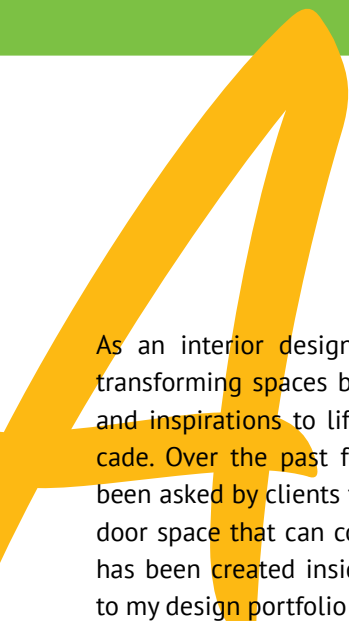
History and adventure are a marriage made in Tuscarawas County! The heritage of Northern Tuscarawas County is tied to the Ohio & Erie Canal – once a conduit of goods from northeast Ohio to the Ohio River and Lake Erie. The Canalway, designated as a national scenic byway, allows outdoor enthusiasts the opportunity to walk, bike or hike nearly 100 miles of the towpath from Lake Erie to the Tuscarawas Valley near Camp Tuscazoar (home to several mountain bike trails). Historic Zoar Village was settled in 1817 by German separatists and thrived for eighty years as a communal society with all members of the community sharing the work, supplies and successes of the village. Both the men and women of Zoar helped to hand dig the canal! Today visitors can tour ten restored buildings throughout the village including the bakery, tin shop,





Vacation IN YOUR BACKYARD!

By Josh King



As an interior designer I have been transforming spaces by bringing ideas and inspirations to life for over a decade. Over the past few years I have been asked by clients to create an outdoor space that can coexist with what has been created inside. This addition to my design portfolio has been a huge success and it gives me so much pleasure to bring the client's vision to life.

If you are searching for a new, exciting vacation spot, look no further than your own backyard. We can transform your backyard into a playful, comfortable and relaxing vacation destination. In today's world, it is becoming more difficult, as well as expensive, to travel with busy work schedules and growing families. Residents of Ohio only have about five months to enjoy the out-

doors so we need to make the most of it! Most of my inspiration for outdoor design has come from the association with my family's swimming pool business, Kings Precision Pools. For more than 40 years they have been installing inground pools throughout northeast Ohio and I have had the opportunity to contribute to those designs. A lot of people think a swimming pool is expensive but if you do the math, a pool is equivalent to the cost of about five family vacations. Having a pool in your backyard gives you summer vacation every day for as long as you live in that home.

Now water isn't for everyone and that's ok! I have also worked on design projects to bring the indoors out, creating a covered porch for outdoor

dining, a fireplace area to entertain guests and roast marshmallows, and a space to lounge and relax. Just like a vacation, the possibilities are endless in your own backyard! Our latest project was a porch addition. The inspiration for this project was a door the clients purchased that was originally a part of the First Church of Science in downtown Massillon. Since the door frame stood 10 feet high, we were unable to find a place for it inside the room, and that's when we decided to create a porch addition to their sunroom. Additional concrete was laid to the area which was originally a walking path leading to the patio. New double doors from the sunroom lead you to out to the porch. In order to insure that the porch looked like part

BRING THE INDOORS OUT,
CREATING A COVERED
PORCH FOR OUTDOOR
DINING, A FIREPLACE AREA
TO ENTERTAIN GUESTS AND
ROAST MARSHMALLOWS AND A
SPACE TO LOUNGE AND RELAX.



of the original home construction, we used the same stone and also added repurposed stone and wood to give it a flare and to match the inspirational door. Arched window openings were added to mimic the arch in the door itself. For the floor, we added concrete stamped it in a brick pattern and then glazed it to give it a more worn look.

A wood cathedral ceiling was stained to match the wood door frame. Outdoor chandeliers in an old-cathedral style and can lighting were used to illuminate the space to entertain guests. A gas fireplace was added and strategically placed in an area where you can see it glowing from inside the house. A 10-foot dining table constructed of repurposed wood adds plenty of seating for dinner parties. Although the total new area was 20x30 feet, it was divided into two spaces; one for dining and another for relaxing by the fireplace and watching TV. While the porch was left open on 3 sides, it was designed to easily be enclosed if the owners decide to make it a 3-season room in the future.



Since the owners of this property love working in their yard and were fond of the plants and bushes they already had, we retained the original landscaping and foliage. With their busy work schedules, these clients now look forward to coming home in the summer, working in their yard, and simply enjoying each other's company lounging in

their new backyard. This porch addition not only accommodates what the owners wanted, it matches the original home construction and also captures the owners' personalities.

Although this design project was rather extensive, just a few changes can transform any backyard into your own special area, suitable to whatever size family you have or whatever its intended use will be. If you would like to see how your backyard dreams can come true, contact Josh King Designs by phone at 330-705-4126, email an inquiry to JoshKingDesigns@gmail.com or check out their Facebook page at [JoshKingDesigns2017](https://www.facebook.com/JoshKingDesigns2017). ✨



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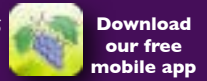
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WHEN GENERAL RV'S FOUNDER, ABE BIDAS, STARTED CAMPING WITH HIS FAMILY OVER 60 YEARS AGO, THE CONCEPT OF RVING INSTEAD OF SLEEPING IN A TENT WAS IN ITS INFANCY. THOUGH IT HAD MANY OF THE SAME CHARMS AS MODERN RVING—SUCH AS **adventure, freedom, affordability** — IT APPEALED TO A SMALLER GROUP OF PEOPLE.



The conveniences and options were fewer and the challenges greater; you needed a true taste for adventure to get behind the wheel. It was satisfying this group's thirst for adventure that Abe had in mind when he founded General RV back in 1962.

Today, many people still think of RVing as a niche lifestyle, but in reality traveling in an RV is a great match for many different lifestyles. The lifestyle has evolved far beyond what it's commonly associated with. While some of the stereotypes are based in reality (yes, retired couples love traveling in motorhomes), what many people don't understand is the diversity and accessibility that exist within the ever-broadening world of RVs and RVer.

First, let's consider who is an RVer. You might wonder who would want to buy an RV other than someone who camps. While it's true that RVs are a great way to experience nature—from the mountains of Southeast Ohio to Lake Erie or Cedar Falls—there are other uses that might surprise you. From tailgaters and racers to glampers and soccer parents, the RV industry has expanded far beyond the traditional retirees and campers of the past. At General RV we work to understand the diverse lifestyle of our customer and use our experience to match them with an RV that fits their needs today and into the future.

RVer's are getting younger, with today's average buyer being 44 years



old. Many couples are beginning to RV in their early 30s, as entry level travel trailers have become more affordable and now offer more high-end features. Families are purchasing RVs to turn their kid's Saturday sporting events into a weekend away; weekend thrill

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> CONTINUED

seekers are transporting their quads and dirt bikes in toy haulers; full-timers are living in RVs year round; families are traveling the country and home-schooling their kids on the road; and the eco-conscious are going solar and living off the grid. These may be small groups of RVers, but they exemplify the growing appeal of the RV lifestyle for those who want to travel with the conveniences of home with them at all times.

What does this mean for the RVers and potential RVers of Ohio? It means your next tailgate at a Browns or Indians game could happen with the comforts and class of a motorhome with a stocked kitchen and a clean bathroom. It means your next family trip to Hocking Hills or Lake Erie Islands could happen in a spacious fifth wheel instead of a rented cottage. It means you could stay in an RV instead of a hotel for your daughter's next basketball tournament. And that's just the beginning; what it really means is there's a great way to travel that you may never have considered.

And now, on to the RVs. To say there's an RV for everyone is an exaggeration, but not by much. With payments of \$99 to \$1,000 per month, nearly anyone with enough disposable income for travel can find an RV that fits their budget. Pop-ups and fold-downs start as low as \$5,999 and you can tow them with almost anything—even a small SUV or van. For those with a larger budget, you can get all the amenities of a high-end luxury home in a \$200,000 diesel motorhome. At General RV we

carry both of those options and many more, with over 300 RVs on our lot. Our experts can guide you through the full scope of products available to help you find the RV that best fits your needs. With a growing list of features such as outdoor kitchens, self-leveling jacks, multiple bathrooms, king-size beds, expanded storage bins, and residential appliances (including washers and dryers), it takes more and more inventory to showcase the best the industry has to offer.

Despite the decades of evolution that ushered the RV industry into the 21st century, the allure of the RV lifestyle has changed little in years since Abe's first family camping trip. He would recognize the same spirit in today's RVers that captivated him 60 years

ago: a love for the outdoors, a taste for adventure, a passion for the road, and a desire to spend time with family and friends. The RVs have improved and their appeal has grown dramatically, but the lifestyle is one of a kind for the same reasons it always has been. ✧



For more information, consult their website generalrv.com or visit the General RV location in **North Canton, Ohio, at 3063 Greensburg Road** to find an RV that fits your needs.

RVing.

a love for the outdoors, a taste for **adventure,** a passion for **the road,** and a desire to spend time with **family & friends.**



The dreaded pharmacy shopping experience

Three reasons the top chains leave you wanting more, and what you can do about it

Is it any wonder Consumer Reports® ranked the top four performing retail pharmacies as also the worst retailers in customer satisfaction among all types of retailers, both pharmacy and non-pharmacy?

► **Fact #1**
Accuracy and speed isn't a gold standard

When it comes to the accuracy of your order, even in light of critical medications, the large retail pharmacies get it wrong more often. And the study found that up to 21% of shoppers experienced long waits for their prescriptions.

► **Fact #2**
Being less responsive is institutional

The big box retailers make the customer experience downright awful. And you can't easily and discretely consult with your pharmacist, the one person that should be accessible and would be the most helpful to you.

► **Fact #3**
Lack of knowledgeable staff

With pharmacists not being as accessible, customers are left to deal with clerks and other staff that may lack the specialization needed to help you make informed decisions about your health.

What you can do about it...

With a little knowledge, you can choose better options for your family's health.

Before the rise of the big retailers, yesterday's independent pharmacies got a lot right in creating a great customer experience. But sadly, inefficiencies and complacency affected how they were able to respond to the changing times.

With the introduction of ThornCherry, the idea of a better pharmacy is here.

ThornCherry is a refreshingly-different pharmacy. Coming soon to Massillon, Ohio, it's a locally owned and operated business. Everything about the relationship of customers with their pharmacist is being rethought.

Consider just a few things about ThornCherry's approach...

- It's a full-service pharmacy that believes in the benefits of both **modern medicine and natural & organic therapies**.
- ThornCherry will carry a selection of **unique, everyone-should-experience products not found at the big box retailers**.
- They're creating **transparency in how products are sold**. They want you to know more about the products you consume, the people behind them and where they came from. It's your right as a shopper.
- ThornCherry is **eliminating choice overload**. Why sort through multiple variations of the same product to try and figure out your best choice. It's time consuming and frustrating. Instead, ThornCherry is doing the research for you and providing the best products in each category.
- By local, they mean it. A portion of the pharmacy will be dedicated to **products that the local community votes on**. ThornCherry will share a unique product with a story behind it and you get to guide the pharmacy on products you want to see them carry. It's a refreshing take on retailing.
- ThornCherry wants to be the first line of defense for your health and wellness. The pharmacy will offer Medication Therapy Management, Immunizations and Medication Synchronization, to name just a few services. Pharmacists are one of the most reachable healthcare professionals today and ThornCherry will be a place to visit to **get FREE information on health care without needing to make an appointment**.
- Everyone with a busy schedule and families with small children, will appreciate ThornCherry's **four drive-up bays**. Yes four! The pharmacy will get you on your way quickly.
- And remembering the better days of small independent pharmacies, ThornCherry will offer a **very personalized home delivery service** for prescription medications.

Where you place your trust is important to ThornCherry. They eagerly welcome your support. The pharmacy's location is 1607 Amherst Rd NE, Massillon, Ohio 44646.

Visit thorncherry.com/cm and get notified about the Massillon grand opening happening this early Summer.



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JULY 10	TREK: THE VOYAGE HOME	PG
JULY 24	THE MONUMENTS MEN	R
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