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- **Paddling the Everglades** at Everglades National Park
- **Get Nose to Nose at the Akron Zoo** with Jackson and Cheyenne
- **Fitness and Preschoolers**  
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# Akron Zoo

## FEATURED SPRING EVENTS!

### *Animal Enrichment Day: Training Showcase* Saturday, April 7, 11 a.m. – 3 p.m.

Join our animal keepers as they demonstrate training techniques with some of the zoo's favorite animals. Keepers will explain the importance of training for the health and well-being of the animals. Free to Akron Zoo members. Regular admission rates apply.

### *A Wild Appetite\** Saturday, April 14 6:30 p.m. – 9 p.m.

Curb your wild appetite while indulging in a five-course meal based off our animal's diets here at the zoo. Listen to keeper talks about the diets and our animals.

### *Party for the Planet* Saturday, April 21, 11 a.m. – 4p.m.

Celebrate Earth Day while you visit informational booths to learn about conservation and actions you can take to help wildlife and the environment. Free to Akron Zoo members. Regular admission rates apply.

### *Cinco de Mayo* Saturday, May 5, 5 – 9 p.m.

Exclusive evening hours for all guests. Enjoy a family-friendly Cinco de Mayo themed-event. Free to Akron Zoo members. Regular admission rates apply.

### *Hope for the Wild family event* Thursday, May 10, 6-8 pm

Bring the whole family for a special evening with Ang Phuri Sherpa, country director of the Red Panda Network. Learn about ways your family can get involved with red panda conservation.

### *Mother's Day* Sunday, May 13

Free admission to all moms and grandmas. Free to Akron Zoo members. Regular admission rates apply.

### *Ode to Otters\**

Saturday, May 26, 8 a.m. – 10 a.m.

If you love our North American river otters you'll want to join us for our World Otter Day celebration with a delicious breakfast buffet, crafts, cookie decorating, a keeper talk and special training session with our playful river otters. Akron Zoo members Adult \$16, Child \$23; Non-member Adult \$24, Child \$29

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## THE LIFE OF A

# BARREL

When the glow of a burning barrel lights the room, the familiar smell of charred oak is quick to follow, giving life to a barrel that will go forth and tempt taste buds near and far. In a small family cooperage along the southern edge of Louisville, Kentucky, craftsmen are tending to each step in the creation of American Oak barrels. The *Kelvin Cooperage* was founded in 1963 on the banks of the River Kelvin in Glasgow, Scotland where they served distilleries throughout Britain. In 1991, the operation relocated to Louisville, Kentucky to meet the growing demands of wineries and distilleries in the United States.

Federal law states that for a spirit to be labeled “bourbon” it must be made in the United States, aged in a new, charred oak container and be 50% corn based. A 25-gallon barrel with a #3 char is rolling off the production line and being inspected for quali-

ty. The craftsmanship is evident in every detail. The staves are of the finest quality, tightly held together by metal hoops. The barrel is branded with the Kelvin Cooperage crest and loaded.

This piece is part of a delivery headed to *Red Eagle Distillery* in northeast Ohio. Red Eagle is located in the Grand River Valley, an area known for their wineries and viticulture. It is housed in a meticulously preserved 200-year-old red barn, an homage to the stories of prohibition and the thought of spirits distilled here in days past. This distillery has capitalized on the area’s abundant resources and produces vodka and brandy from grapes. But this barrel is destined for the bourbon line.

Once the barrels are filled, the aging begins. Red Eagle has been making bourbon and rye since 2012. The location is an oasis and the neighboring *South*







*“We use our American Oak bourbon barrels one time for every batch of this specialty maple syrup.”*

River Winery, housed in an old church, can be seen from across the rolling vineyards. Their current bourbon has been aged three years and several barrels continue to slumber in order to develop a depth and complexity of flavor. Once the barrel has been through the aging process and drained, Red Eagle is able to re-use some to continue the aging process for their brandy.

The remaining barrels are sold to area businesses. *Debonné Vineyards* uses barrels to age a Cabernet Sauvignon. *Double Wing Brewing Co.* ages select beers in the barrels, including Double Wing Imperial Stout and an Amber Rye Ale. These aged beers are made in small batches and not available year round. *Great Lakes Brewery* and *Brick and Barrel Brewery* also purchase the prized bourbon barrels for aging their

products. Even a few serious home brewers have secured barrels for their craft.

*Bissell Maple Farm* is the destination for the barrel that we are following. Bissell is a sixth generation maple farm in Jefferson, Ohio. They age syrup for at least six months to make Bourbon Barrel Maple Syrup. Bissell states, “We use our American Oak bourbon barrels one time for every batch of this specialty maple syrup. Flavors from the toasted oak barrel are drawn into the bourbon over several months. That character remains inside barrel walls, absorbed into the charred oak. Our maple syrup, produced in those barrels, is aged for months until the flavor is just right.”

Some of the maple water (a byproduct of syrup production) is sold back to Red Eagle for use in production of their

Red Maple line. Bissell also sells their barrels to several breweries and wineries. *Cleveland Whiskey* used barrels to “gently rest” their bourbon for seven more months, giving it unique maple notes. The product was sold in their Underground line in limited quantities.

Our barrel is now headed down the road to Geneva’s *Spring Hill Winery*. While some will take the path of aging vinegar, this barrel is destined for cider. Spring Hill recently began producing hard apple ciders to accompany their already extensive menu of wines. They tried aging the cider in a bourbon maple barrel and the result was a mouthful...a delicious mouthful! The Bourbon Barrel Maple Cider is a hit.

The barrel is now ready to retire. These pieces of art are sought after for décor and furnishings since the fine craftsmanship and sturdy beauty are more pronounced after the journey. It’s amazing to think how many taste buds this barrel’s contents will touch. ✨

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# GET NOSE-TO JACKSON AND

By Elena Bell

Flowers; rain showers; birds chirping; bugs and leaves on trees. Those are some things that come to mind for many people when they think of spring. For us here at the Akron Zoo, a tell-tale sign of spring is grizzly bears in the water.

While the grizzly bears, Jackson and Cheyenne, do not hibernate over winter, they do slow down and sleep a lot. As the weather begins to get warmer, we begin to see energetic bears running through their habitat, wrestling with each other and playing in their pool.

Jackson and Cheyenne were born in Wyoming in 2011. Their mother began to wander into a nearby town to find food. For her safety and the safety of the people living in town, she was relocated by officials. Unfortunately, she returned to town twice more. She was then considered a “nuisance bear” and US Fish & Wildlife had to euthanize her.

# -NOSE WITH Cheyenne

After her death, it was discovered that she had two cubs who were too young to survive on their own. US Fish & Wildlife took the cubs in, but did not have space to keep them long term. A call went out to accredited zoos to see if any were able to take in the cubs.

When the call went out, we were already planning a new habitat to feature grizzly bears here at the Akron Zoo. Jackson and Cheyenne came to live in Akron in the *Mike & Mary Stark Grizzly Ridge*.

Jackson and Cheyenne are part of a training program here at the Akron Zoo where they have the opportunity to participate in their own healthcare. The bears have learned to stand on their hind legs to present their stomachs for inspection and to show their feet and claws to keepers. Recently, they have even learned to present their shoulder for voluntary vaccine administration.

Keepers use positive reinforcement during training sessions with the bears. When the bears respond to the specific hand signal and verbal cue correctly, they receive a special treat – usually the fruit from their daily diet. When working new or more complex behaviors, they may receive an extra special reward like jelly or applesauce. If Jackson and Cheyenne are not interested in participating in a training session, the keepers simply come back later to see if they are interested. The bears are never forced to participate.

Training these behaviors is very important to the health and well-being of the grizzly bears. Presenting different body parts (like their stomach and paws) allows keepers to see if they are injured in any way. Keepers and veterinary staff can also keep an eye on minor wounds or injuries (like a scrape or broken nail) without the need for anesthesia. Once Jackson broke one of his nails off after a day of playing

with Cheyenne and keepers were able to watch his foot for signs of infection. Thankfully, his nail grew back and Jackson remained healthy, and no anesthesia was needed.

In the wild, grizzly bears become solitary after reaching maturity, but because Jackson and Cheyenne have such a close bond, they choose to remain together. These two act just as siblings should – picking on each other, playing together and even stealing each other's treats. The two bears have strong personalities, making them popular with guests. Jackson loves playing with his feet and sticks, whereas Cheyenne is very smart and enjoys solving puzzles that her keepers create for her. Both bears love to interact with guests through the glass, whether it's playing tag or follow the leader.

So this spring and summer, enjoy the nice weather with Jackson and Cheyenne. It's not often that you can get nose-to-nose with a 500-pound grizzly bear like you can here at the Akron Zoo. ✨



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# TIME TO GET BACK TO THE LAKES

Signs of Spring are all around. The temperatures are warming, and the trees and plants are turning green as the season changes. All of this means it's time to think about getting back to the lakes for more fun. The Muskingum Watershed Conservancy District has numerous events scheduled during the Spring months, so take some time to visit and enjoy. See the website [www.mwcd.org](http://www.mwcd.org) for more information.

## ATWOOD LAKE

- April 21** Earth Day Clean-Up
- May 5-6** Free Fishing Days - Passport to Fishing
- May 18-20** Welcome Back Weekend - Ohio Boater Education Course
- May 25-28** Memorial Day Weekend - Golf Cart and Bike Parade - Live Music
- May 28** Moonlight Kayak
- June 2** Best Dam Motorcycle Poker Run - Movie at the Lake

## PLEASANT HILL LAKE

- March 31** Easter Egg Hunt
- April 14** Mushroom Madness Symposium - Big Buck Scoring - Deer Clinic
- April 21** Earth Day Clean-Up - Kayak Expo at Fin Feather Fur
- April 27-29** Mohican Wildlife Weekend "All About the Outdoors"
- May 12** Kayak Launch - Fishing Pier Dedication - Movie at the Lake
- May 18-20** Kickoff to Summer Weekend - Learn to Kayak - Live Music
- May 25-28** Memorial Day Weekend - Live Music: Beats by the Beach Band Contest
- May 27** Moonlight Kayak
- June 1-3** Arts in the Parks with Painting - Live Jazz Music - Learn to Kayak - Movie at the Lake

## TAPPAN LAKE

- March 31** Easter EGGstravaganza
- April 21** Earth Day Clean-Up - Ohio Boater Education Course
- May 12** Mother's Day Celebration
- May 19** Bike Safety for Kids
- May 25-28** Memorial Day Weekend - Live Music: Yellow Creek Band & DJ - Moonlight Kayak
- June 2** Best Dam Motorcycle Poker Run - National Trails Day

## CHARLES MILL LAKE

- March 31** EGGciting Easter Fest
- April 14** Bingo - Card Party
- April 21** Earth Day Clean-Up
- April 27-29** Mohican Wildlife Weekend "All About the Outdoors"
- May 5** Derby Day Party - Game Show Night
- May 12** Mother's Day Celebration & Breakfast
- May 19** Creative Craft Workshops
- May 25-28** Memorial Day Weekend - Catfish Tournament
- June 2** Silly Weekend with Mr. Puppet Comedy Show

## SENECA LAKE

- April 21** Earth Day Clean-Up
- May 5** Ohio Boater Education Course
- May 12** Mother's Day Pancake Breakfast
- May 19** Spring Traveling Birds Hike - Soup
- May 25-28** Memorial Day Weekend - Live Music
- May 30** Moonlight Kayak
- June 2** Movie at the Lake
- June 2-10** Wildlife Week



# FITNESS & preschoolers



By Janet Eagon, CPT

**F**itness needs to be a priority in our preschool classrooms. Let's get them moving! Be sure to include active, gross motor time every day, not just during health-related themes.

Fitness is an important skillset to incorporate into a preschoolers' daily life. The normal mindset is a preschoolers' life consists of play-all-day. However, gross motor play--fitness activities--is a very important component of a child's development thru the age of five.

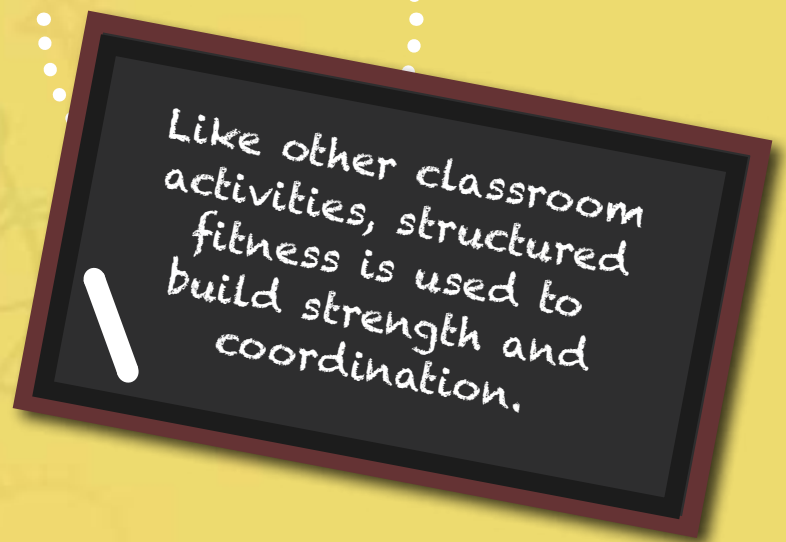
Fitness consists of four components: endurance, strength, balance and flexibility. These are referred to as gross motor play in a young child's life. Young children love to move about energetically and it is usually done with ease. It is during these early childhood years when parents, teachers, doctors and other professionals

can determine if a child is developing properly physically and even cognitively. A certain level of structured fitness can promote self-esteem which can defer or eliminate some shyness as the child grows through the adolescent years of development.

Childhood obesity is a serious problem in the United States putting kids at risk for poor health. Despite recent declines in the prevalence among preschool-aged children, obesity amongst all children is still too high, according to the United States Centers for Disease Control and Prevention. The prevalence of obesity among children aged 2 to 5 years decreased significantly from 13.9% in 2003-2004 to 9.4% in 2013-2014. Experts attribute this to a focus on healthy eating and exercise with the youngest in our society.

Teachers are building fitness and movement into their students' daily routine. Allowing and encouraging fitness and gross motor play has huge benefits for our minds and bodies. Like other classroom activities, structured fitness is used to build strength and coordination. It is important to incorporate fitness every day for a minimum of 60 minutes for both children and adults. Beyond providing a healthy lifestyle, structured classroom fitness programs offer several key benefits for a child's development.

- **Builds fine motor and gross motor strength.** Fine motor or use of fingers helps develop muscles in their hands in order to learn handwriting skills. Gross motor or big body play helps learn spatial awareness and to learn how to have control over our big bodies. Also, these burn calories and burn up energy.
- **Develop hand-eye coordination.** Catching and throwing a ball helps when learning to eat from a spoon and zipping a coat.
- **Increase bilateral coordination.** Jumping jacks and pedaling a bike encourage using both sides of the body at the same time. Crossover jumping jacks promote crossing the midline of the body. It forces the brain to connect right side of brain with left side of brain functions. This is helpful when using scissors and you need one hand to hold the paper while other hand is cutting with the scissors.
- **Improve focus and attention.** Keeping a young child's attention is vital to them learning. If a child is focused or interested in the activity, then they are more likely to absorb what is happening. Practice is required to learn patience and yes, to learn how to wait patiently. The ability to sustain focus is essential to being able to read books, listen to directions and show kindness to others by just listening to them talk.



At Holy Cross Preschool and Kindergarten we build structured fitness activities into the curriculum combined with lots of free active play. Some of the most favorite big body activities include a daily warm-up dance, newspaper dancing, hula-hoop dancing and paper plate driving. These activities all include a prop and directions given by a teacher. Props keep preschoolers giggling and engaged in the activity. For free active play, children use bikes, cars, scooters, slides and plenty of room in a gym area or outdoor playground.

In addition to the adult benefits of physical activity--strength, calorie burn, and decreased symptoms of depression, often less illness, self-efficacy--active children are more likely to become active adults and to have higher test scores in reading and in math.

So if your preschooler comes home and says they played all day at preschool, say great! They are stronger and smarter for it. ✨





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# SPRING OUT IN Tuscarawas COUNTY



By Diane Lautenschleger

Spring is the perfect time to explore the great outdoors throughout Tuscarawas County. The bright sun calls us outside even if the air is still a bit chilly. Dress in layers and grab your sunglasses, your friends or family, then head on out.

Start your adventure on the Ohio & Erie Canalway trailhead in Bolivar at the Fort Laurens State Memorial which offers plenty of parking, picnic shelters, and restrooms. The site of Ohio's only Revolutionary War fort, take the time to tour the Fort Laurens Museum and the surrounding grounds before heading south on the Ohio & Erie Canalway trail. The trail meanders through pasture land and vegetation beginning to green and blossom from the warming sun. This portion of the trail treats the user to benches and even the remains of an original canal lock once used to change the water level in the canal so that boats could easily travel from Cleveland to the mighty Ohio River in Marietta. The interpretive signage provides the story about this lock. For more information, check their website at <https://www.ohioandieriecanalway.com/Main/TuscarawasCountyHiking.aspx>.

Next up, load your mountain bikes and pack your camping gear before heading to Camp Tuscazoar. Located a short distance from I-77 in Bolivar, this historic camp traces its roots to the early 1900s when it was established as a Boy Scout Camp. The carefully maintained rustic camp is now home to nearly 20 miles of exciting mountain bike trails. The 3 miles of beginner's mountain bike trails recently opened and these areas are designed for new

riders to develop their skills. The primitive cabins or camping areas will be a welcome resting spot after a day spent biking and exploring the forested Tuscazoar. The maple syrup runs throughout the early spring, so time your visit with an annual pancake breakfast at the camp and enjoy some of the freshest maple syrup you will ever taste! You can find more information available at <http://www.tuscazoar.org>.

Nothing relaxes us like time spent on the water. Dover Riverfront Park features a new boat launch offering easy access to the Tuscarawas River. Spend the afternoon paddling up and down the river. Children of all ages will enjoy the swings, picnic tables, and riverside benches this park offers after time on the water. The website <http://www.doverohio.com> has more information.

Are you ready for a little indoor exploring? The Dennison Railroad Depot Museum shares the history of the railroad and how the depot came to be known as "Dreamsville" during World War II. Children will delight in learning about Bingo, the dog who went on to become a WWI war hero. Outdoor enthusiasts will be fascinated with the museum's new exhibit opening in April 2018. Did you know that Ohio once was home to over 50 amusement parks or how the history of the amusement park is related to the railroad? Offering amusement park style games, everyone in your group will enjoy this fascinating new exhibit, "Put Your Hands in the Air, Railroads and Amusement Parks!" Learn more about this exciting location from their website <http://dennisondepot.org/>.

Featuring fresh ingredients from the great outdoors of local farms, Park Street Pizza in Sugarcreek is a welcome respite in your springtime, outdoor adventure! With a Pie-losophy of "Enjoy your slice of life," and "You are what you eat so it oughta be good," Park Street Pizza shares offerings from traditional pepperoni (Primo Pepperoni), to seasonal specials, wings, and salads; families and friends alike will enjoy the industrial feel of the dining room while delighting in the best pizza ever! Check them out at <http://www.parkstreetpizza.com/>. ✨





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## 2018 Schedule



**Funny Bunny  
4-Mile**  
APRIL 7



**Sweat Now  
Wine Later**  
MAY 12



**Pvt. Heath Warner  
Memorial 5K & Boots  
on the Ground 5-Mile**  
MAY 26



**Eagle Up Ultra**  
JUNE 8-10



**Jingle in July 5K  
& Elf Fun Run**  
JULY 7



**Run Now  
Wine Later**  
OCTOBER 6



**Charge 5K**  
NOVEMBER 10



**Frosty Frolic**  
DECEMBER 8

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## 2018 CONCERT AND EVENT SCHEDULE

Fri. 6/8	Buck Naked Band	7:00 PM
<i>(Kickin' Country Cook-Off Event* starts @ 5:30 PM)</i>		
Thurs 6/14	The Avalons	7:00 PM
Fri. 6/22	Players Club	7:00 PM
Thurs. 6/28	Parrots of the Caribbean	7:00 PM
Tues. 7/3	RadioActive Band	7:00 PM
Fri. 7/13	FORECAST	7:30 PM
<i>(Sax in the City Event on 1st St. SE starts at 5:30 PM)</i>		
Thurs. 7/26	The Belairs	7:00 PM
Fri. 8/3	LaFlavour	7:00 PM
Fri. 8/10	Open to Local Bands	7:00 PM
<i>(Say Good-Bye to Summer Event* starts at 5:30 PM)</i>		
Thurs 8/16	Jimmy & The Soul Blazers	7:00 PM
Sat. 9/15	Discovery Band	5:00 PM
<i>(5 F's of Fall Event* starts at 2:00 PM)</i>		
Sat. 10/13	Visinata	2:00 PM
<i>(Oktoberfest Event* starts at 1:00 PM)</i>		

### DUNCAN PLAZA CONCERTS

Mon. 6/4	Visinata	7:30 PM
Mon 6/11	Canal Fulton Music Makers	7:30 PM
Mon. 6/18	TBA	7:30 PM
Mon. 6/25	TBA	7:30 PM
Mon. 7/9	TBA	7:30 PM
Mon. 7/16	TBA	7:30 PM
Mon. 7/23	TBA	7:30 PM
Mon. 7/30	TBA	7:30 PM
Mon. 8/6	TBA	7:00 PM
Mon. 8/13	Henry & David	7:00 PM
Mon. 8/20	Visinata	7:00 PM

Unless noted, concerts will be held on Lincoln Way between Erie St & 1st St. SE\*

All Event Concerts will be held on Tommy Henrich Dr. NW

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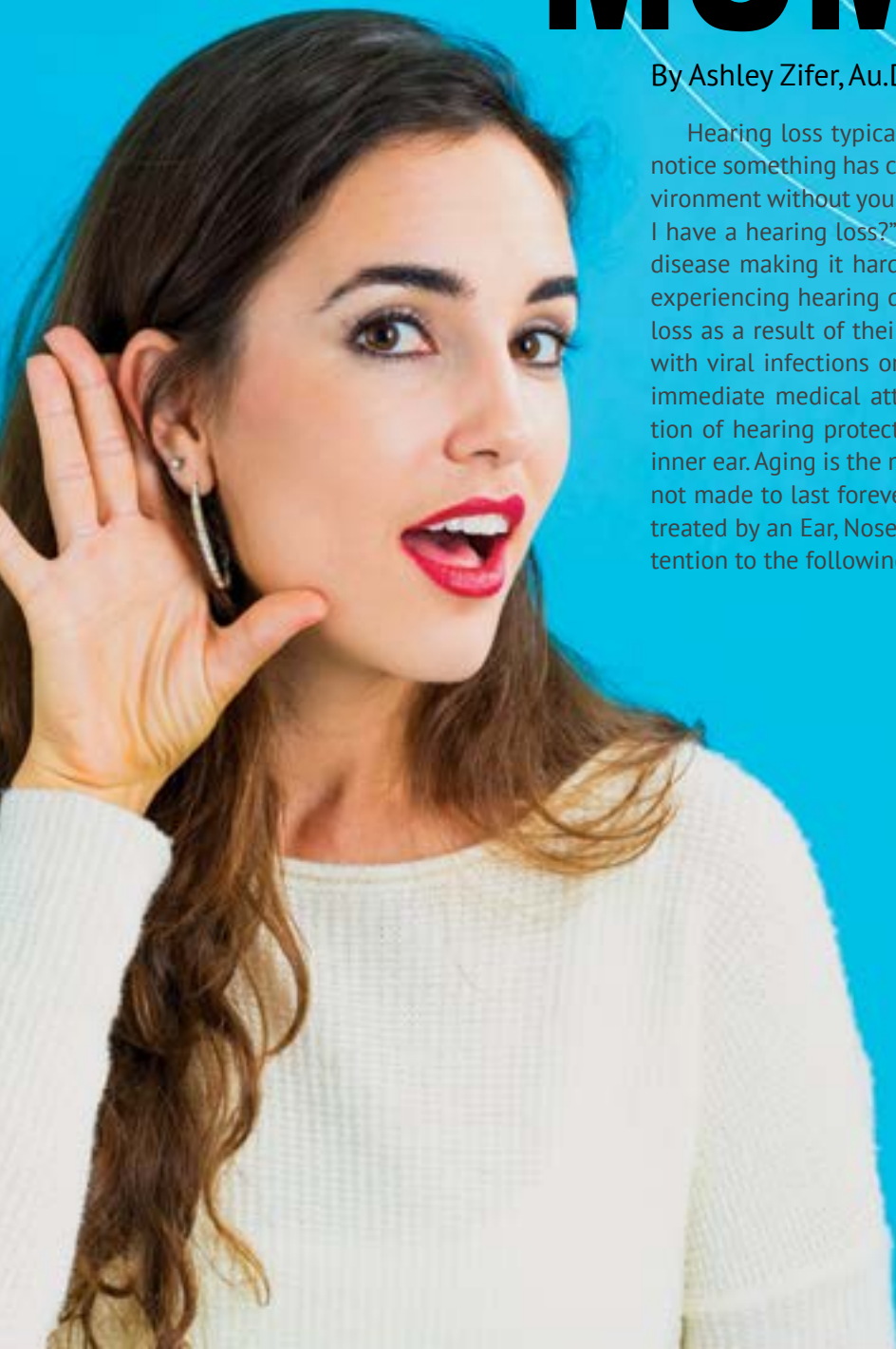
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# DO I HAVE **HEARING LOSS** OR DOES EVERYONE ELSE **JUST MUMBLE?**

By Ashley Zifer, Au.D. CCC-A

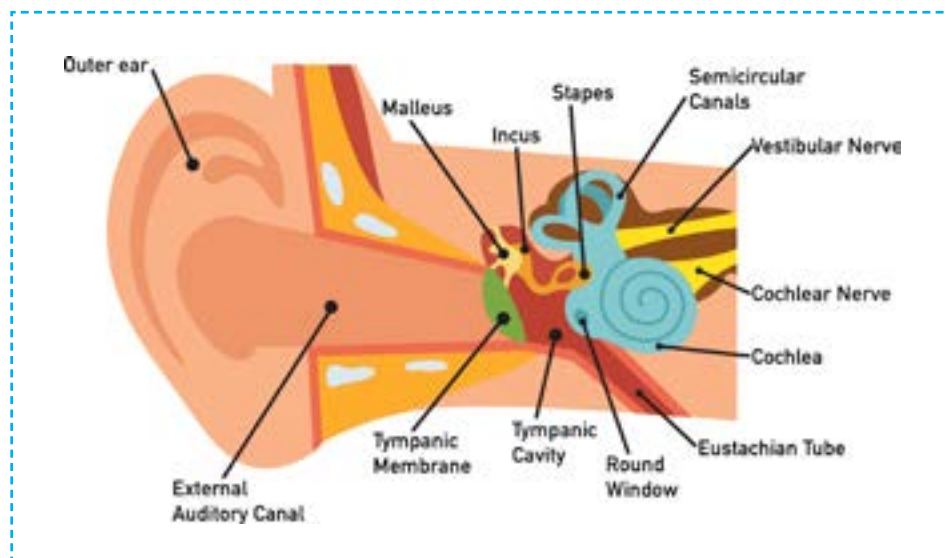
Hearing loss typically happens so gradually that it may be hard to notice something has changed. Sounds have slowly faded from your environment without you even knowing. You may ask yourself, "Why would I have a hearing loss?" Believe it or not, there are many causes of this disease making it hard to pinpoint the exact reason why you may be experiencing hearing difficulty. Some children are born with a hearing loss as a result of their genetic makeup. Hearing loss suddenly occurs with viral infections or autoimmune inner ear disease which requires immediate medical attention. Noise exposure without proper utilization of hearing protection devices can be extremely damaging to the inner ear. Aging is the most common cause of hearing loss; our ears are not made to last forever. Hearing loss can be temporary and medically treated by an Ear, Nose, and Throat Specialist. It is important to pay attention to the following signs or symptoms of hearing loss.





The most common type of hearing loss, presbycusis (age related hearing loss), greatly effects clarity of speech. You can hear that someone is talking but making out exactly what was said will be difficult. Individuals with un-diagnosed hearing loss have the perception that “everyone mumbles” when in fact they are experiencing symptoms of a hearing impairment. Other symptoms of hearing loss include turning up the television, asking others to repeat, difficulty hearing speech in background noise, social withdrawal, or tinnitus (ringing in the ears). If you or your loved one experience any of these symptoms, it is essential to have your hearing evaluated. You don’t know what you’ve been missing.....

At The Hearing Center, we pride ourselves in quality patient care. You are always greeted with a smile and treated as if you are a member of our family. Our location is easily accessible and our audiologist’s schedules are set up to allow for extra time with patients to ensure all of your questions are answered. With an average 6-8 years of education and training, Audiologists are experts in the assessment, prevention and non-medical treatment of hearing disorders. The Hearing Center has five Masters and Doctorate level licensed and certified audiologists.



During your visit, the audiologist will start by looking in your ears with a magnified ear light to determine if your hearing problem is associated with a condition in the ear canal (such as wax buildup, ear infection, or foreign object). The next step is a hearing evaluation. This evaluation, performed by the audiologist, is a painless procedure that takes place in a soundproof booth or sound treated room, for accurate test results. Throughout the test, you are instructed to listen for very soft beeps at low and high pitches. In addition, the audiologist will test your ability to understand words. After the evaluation is complete we will explain the science of how hearing works, review your audiogram which is our graph of hearing, and discuss treatment options and recommendations.

It is time to reconnect with the world. Being diagnosed with a hearing loss can be shocking for some, especially when the treatment option is to wear hearing aids. This diagnosis is commonly perceived as “getting old” or the thought of wearing a hearing aid

can be embarrassing. Isn't it more embarrassing to ask others to repeat or inappropriately answer questions because you didn't hear what was said? Hearing aids have come a long way in style, size, price and technology over the years. If you are a hearing aid candidate, the audiologist will take into consideration your cosmetic, financial, and technological needs to find a product that is perfect for you.

The benefits of wearing a hearing aid are endless. A research study of over 2,000 people found that individuals who wear hearing aids noted significant improvements in many areas in their life including more independence, better relationships at home, and increased attendance to social events. The best part of it all—most hearing aids are so tiny that no one even has to know you are wearing one. It is time to improve your quality of life. You deserve to take the step towards better hearing. The Hearing Center is here to help you. Call our office today at 330-493-HEAR (4327) to schedule your free consultation. ✨



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# SPRING SPROUTING

By Kathy Ray

Spring! In Ohio, that may need several exclamation points. Miss Spring can be a fickle lady. She gives us a sneak peek and just as quickly, she takes it away. There are plenty of options though to use this time to prepare what you want to see this spring in your flower beds and vegetable gardens. You may have a stack of catalogs or emails beckoning you to plant seeds to achieve your gardening goals. Have you ever started your garden from seed? It can seem to be an intimidating procedure to take on, but here are a few tips to help you get started and to make it a family affair.

Children are fascinated that the food they eat and the flowers that show up in the planter by the door all

started from tiny little seeds. And this experience can be a great way to beat the winter blues. Experienced gardeners frequently start their plants from seeds; mainly because seeds are available in more varieties than the plants you'll find at your local garden center. If this is something where you would like to try your green thumb, involve your children. What a great learning experience for kids of all ages. They can learn so much about how and where our fruits, vegetables and flowers come from. The accomplishment they will feel cannot compare to anything. Just ask any seasoned gardener how euphoric they are when that first seed sprouts, then makes it outdoors, and ultimately grows into a beautiful flower, fruit or vegetable.

If you have been contemplating trying this, begin with easy, reliable seeds.

Some of the best options include tomatoes, peppers, basil, zinnias, marigolds, and cosmos. All of these germinate readily and grow quickly. Once you accomplish these plants, try your hand at more challenging ones.

Timing is everything when planning your indoor seeds. Here are a few questions to ask. What is the average last spring frost date; do the plants you chose prefer cool or warm growing conditions; and how quickly will the seeds germinate and grow? Most seed



packets include planting directions to sow seeds indoors six weeks before your average last frost date. So, when is your average last frost date? There is no definitive date. The date of the actual last spring frost varies from year to year, so this date will be an approximation. Check with your local garden center or call your Cooperative Extension office. They should be able to tell you what the date was the last few years and that will give you an average date.

Garden centers, online retailers, and gardening supply catalogs all offer seed starter kits. If you want to be economical, cardboard egg cartons or yogurt containers work perfectly for sowing seeds. If you choose the egg carton, the entire container can be planted in the ground if you use the cardboard variety. Whichever type of vessel you decide to use, make sure there is good drainage by putting a few small holes in the bottom. You can get away with not purchasing special containers, but you do need to make sure you purchase a soil that is intended for seedling growth. Regular garden soil is not recommended. Before planting, soak the seeds in water for 24 hours. Only 24 hours though, or there is a chance of rotting. Then, you are ready to plant.

Allow your children to press the seeds lightly into the appropriate medium and tamp them down easily. If you purchased a kit, install the lid on the container of planted seeds. If you chose egg cartons or yogurt containers, cover them with plastic wrap. Once you see sprouts, remove the covers. You may find you have great light for plant growth, but if you've never done this before, purchase a light garden. Keep the light a few inches from the sprouts. You may also wish to purchase a timer. Plants should have 14 to 16 hours of light a day to mimic what happens in the outdoors. The additional 8 to 10 hours should be darkness. If you don't want to splurge on the timer, this can be delegated to the children to remember to turn the light on and off at the appropriate times.

Watering is usually more efficient if done from the bottom. Top misting can keep the surface moist for better germination, but allow the soil to dry out between misting. Once the plants reach a couple inches tall, you should begin fertilizing.



If you are lucky and your plants grow quickly, and Miss Spring is still being fickle, you will need to transplant them into larger pots. One of the most important steps is “hardening off” or acclimating your plants to outside weather. These seedlings are your babies and need protected a while longer. A week to 10 days before you intend to plant your seedlings into the ground, begin setting the pots outside during the day. Place them in a protected spot that is partly shaded and out of the wind. Bring them in after a few hours. Gradually expose them to more sunshine and wind.

Once transplanted, watch them carefully. It may be necessary to cover them with a light cloth or newspaper if the weather turns cold after you set them into the ground. Never use plastic to cover your plants, as it holds in the moisture and can freeze instead of protect. Allow your children to dig the holes and they can make stakes with the names of the plants on them so they can recognize which plant is what. This can be science, art, and spelling all rolled into a fun day with Mom and Dad or Grandma and Grandpa.

Most of all, have fun. Seed packets are inexpensive, so if something goes wrong, starting over is a relatively inexpensive option. Children will enjoy spending time with you and learning, even if the outcome is less than perfect. Seed packets are filled with a plethora of knowledge. You will most likely need a magnifying glass to see the small print, but it will be informative and help you to be successful. Plant, watch, and enjoy your flowers, vegetables and children. ✨

*Author Kathy Ray is Vice President of Pond Wiser, Inc.*



# RAISING BACKYARD CHICKENS

## IS SIMPLER THAN YOU THINK (AND FUN!)

Raising animals in your own backyard is rewarding and exciting. In addition to fruits and veggies from your garden, raising chickens is a great way to provide farm fresh food for your family.

### SO ARE YOU READY TO GET STARTED? >>

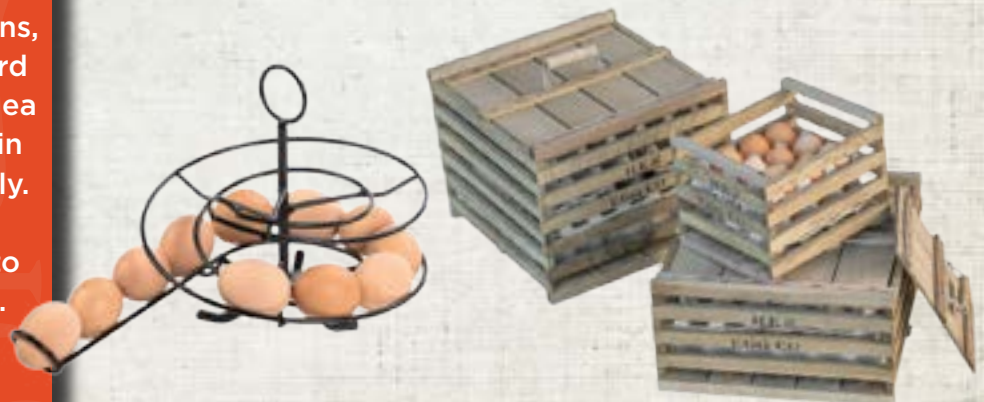


Chickens, like most animals, have personalities. They communicate, including having arguments, with each other. They have a social culture called a pecking order (the phrase, "I rule the roost" comes from the world of chickens). The pecking order is established early in their lives and determines who eats first, who enters and exits the coop first and every other facet of chicken life. It is the social hierarchy that keeps order in the hen house.

If you are buying eggs to hatch, you will need an incubator. If you are buying baby chickens, you will need a brooder and a warming light. And if you are buying full-grown chickens, you will need a coop. The backyard movable chicken coop is a great idea and is available at [Lehmans.com](http://Lehmans.com); in addition, Check out [FreshEggsDaily.com](http://FreshEggsDaily.com) for expert advise on raising chickens. Chickens are great fun to watch and even make great pets.

Spoiler alert: they can be messy. Keeping them clean and healthy is important. Be especially careful to make sure they have fresh, clean water to drink (with an occasional splash of apple cider vinegar) That said, they are very low maintenance pets.

### << WHAT EQUIPMENT DO I NEED?



#### Homesteading Hint:

You don't need a rooster to raise chickens. Roosters are loud and can annoy neighbors. But raising chickens is totally unobtrusive without the rooster.



## WHICH BREED SHOULD I PURCHASE? V

“I get asked all the time what is the ‘best’ breed for a new chicken keeper,” said Lisa Steele, prolific author of all things chickens [check out her blog Fresh Eggs Daily]. “Well, that’s a tough question to answer because there really IS no one best breed. There are best-laying breeds, best-looking breeds (although beauty IS in the eye of the beholder), most cold-hardy, most heat-tolerant, prettiest egg layers, best foragers...and the list goes on. So the best breed (or breeds) for YOU are those that will fulfill the specific reasons why YOU want to start raising chickens - for laying eggs, I recommend that you...

...Choose a breed that is:

- Friendly and easy to tame
- Easy to care for
- Common - fancy and rare breeds can be hard to raise
- Known for high egg production



<< TIP



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**BLACK AUSTRALORP** - QUIET AND DOCILE, WILL LAY BROWN EGGS

**BARRED ROCK** - FRIENDLY AND DOES WELL IN COLD WEATHER






## V WHAT DO I FEED MY CHICKENS?

Chickens will eat just about anything. Does that mean you can feed them anything?

Absolutely not. Remember they need whole grain, low salt and low sugar foods - fruit and cooked vegetable peelings are fine. Left over fast food French fries are not fine.

Another food to never feed your chicken? Avocado - the pits contain persin, which is toxic to chickens. So cross that Mexican restaurant off the list for FogHorn LegHorn. High protein pellets from your local farm supply store can be the basis of their diet. Treats can be worms, pumpkin seed, apple cores and homemade oatmeal, for those cold winter mornings.



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# THE CAMP & CANOE CAPITAL OF OHIO

By Elaine Kish



If you enjoy outdoor adventures that invite you to explore and be close to nature, a trip to the Mohican-Loudonville area will not disappoint. Known for being one of Ohio's largest outdoor recreational areas, it offers activities for all ages. The main attraction is without a doubt camping and canoeing, which is why it is referred to as the Camp & Canoe Capital of Ohio.

In 2006 the Mohican River was officially designated the Mohican State Scenic River. From its start in Ashland County, the waterway winds through Holmes and Knox Counties crossing the historic Greenville Treaty line. Established in

remain Native American and land north of the line was open to settlers.

Even before warmer weather arrives, there are several events in the area you should consider. The Forget the PR, Mohican 50k and 25k races on Saturday, April 14, 2018, will take participants on a scenic and challenging run through Mohican State Park. To find more information, check their website at [www.mohican50k.com](http://www.mohican50k.com). The Mohican Wildlife "All About the Outdoors" program will be April 27-29. Eight different locations in Ashland and Richland Counties will offer workshops and demonstrations about wildlife habitat, heritage and natural history. The website [www.mohicanwildlifeweekend.com](http://www.mohicanwildlifeweekend.com) has details. As a part of the weekend festivities, on Saturday, April 28, 2018, Wolf Creek Grist Mill will host "The Animals that Travel with Jack Hanna" and a nature-oriented scavenger hunt for kids with prizes at the end. Find details at [www.wolfcreekmill.org](http://www.wolfcreekmill.org). Another event on April 28 and each Saturday in May, 2018, will be "Live Birds of Prey" at the Mohican State Park Lodge where you can learn about a variety of Ohio birds.

When the weather heats up, so do the outdoor activities. Of course you'll want to take an excursion down the river. There are numerous canoe liveries in the area to accommodate your transportation needs no matter what the size and experience of your group. They have canoes, rafts, kayaks and tubes. Some offer the use of pavilions and discounts for groups. If you are new to the canoeing/kayaking experience, you will find helpful service and instructions to

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IN THE AREA, YOU'LL HAVE  
NO TROUBLE FINDING A  
SPACE FOR YOUR TENT, RV  
OR CAMPER TO STAY  
THE NIGHT.

get you on the water in no time. While all trips on the river are on a first come, first served basis, calling ahead to make sure equipment is available is always a good idea. Mid-week day trips are the most leisurely but splashing down the river with a crowd on the weekend is always fun. Here are some tips for items to bring with you on a water adventure for your comfort and safety: a trash bag for wet clothes and a change of dry clothes to be kept in your vehicle; sunglasses with a strap; sun block; bug spray; picnic supplies; a soft-sided cooler for rafts (styrofoam coolers are not permitted on the water as they break too easily and litter the river); and non-glass containers. You should wear a hat, t-shirt and shorts, as well as shoes for wading.

With 4,500 campsites in the area, you'll have no trouble finding a space for your tent, RV or camper to stay the night. Mohican Adventures Campground offers primitive camping sites, as well as full hook-ups for RVs and campers. Each site has a picnic table and fire ring, and modern shower houses are available to guests at no charge and accessible 24/7. There is an indoor heated pool with a spa for campers. The campground has several picnic areas, playgrounds, peddle boats and a stocked fishing lake for catch and release fishing. Basketball and sand volleyball courts are available for guests to enjoy. A general store stocks anything you forgot, as well as souvenirs to remember your stay. Open April 1 through October 31, reservations are recommended. Mohican Adventure Cabins has cabins ranging from the rustic log variety to deluxe vacation homes. With multiple choices



## THERE ARE SEVERAL GOLF COURSES IN THE AREA, AS WELL AS UNIQUE SHOPS AND RESTAURANTS.

for families and groups of all sizes, cabins can accommodate anywhere from 4 people with 3 bedrooms and 1 bath up to 16 people with 6 bedrooms and 4 baths. A 2-night stay is required and some cabins require week-long rentals during the summer months.

Situated near the campground, Mohican Adventures is without a doubt one-stop-shopping for family fun. You can arrange for a river trip in a canoe, kayak, raft or tube. They offer 7-mile and 15-mile trips which include your choice of watercraft, paddles, personal flotation devices and shuttle service to and from the river. The Aerial Adventure Park has six courses with varying degrees of difficulty. The minimum age for participants is 5. Adventure Miniature Golf has three courses with varying degrees of difficulty. Adventure Go-Karts includes two separate tracks, one more difficult and suited to experienced drivers. Double karts are available for children ages 3-9 to ride as passengers. You can plan your day of fun and purchase package specials for the attractions you choose. Mohican Campground campers receive a discount on all Mohican Adventure activities.

If camping is not your style but pampering is, a stay at Landoll's Mohican Castle will surely have you feeling like royalty. Their core mission is to help you relax and unwind. Opened in 2002 and situated on 30 acres, this unique lodging facility sits on the top of a mountain at 1,200 feet. Built to resemble a European castle, it has eleven suites, some of which can

be interconnected to accommodate larger groups. The Copper Mug Bar & Grille has onsite dining with seasonal outdoor seating.

Surrounded by 6,000 acres of Mohican State Forest and overlooking Pleasant Hill Lake, Mohican Lodge has 96 guestrooms, each with a private balcony. They have 40 miles of hiking, biking and horseback riding trails, as well as a sauna, indoor and outdoor pools and onsite dining.

Be sure to allow enough time for a trek through the treetops on a dual cable zip line at nearby Tree Frog Canopy Tours. To complete this 4,000-foot tour will probably take you about 3 hours but it will be worth every minute as you negotiate zip lines, sky bridges, and rappels connected to platforms suspended in the trees. An experience you will not forget, they are open May through October. Tours sell out early and reservations are a must.

There are several golf courses in the area, as well as unique shops and restaurants. Take a lunch break at the Trails End Restaurant where they serve a pizza buffet and salad bar in an actual canoe. The walls are decorated with sports memorabilia, keeping you in the mood to paddle or peddle.

No matter what your age or interests, the Mohican-Loudonville area has something for everyone. Make it a point to visit the Camp & Canoe Capital of Ohio and experience it yourself. For more information and a schedule of events, see the website [DiscoverMohican.com](http://DiscoverMohican.com). ✨



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CAMP & RETREAT CENTER

By Julie Lutt and Krystal Kester

Wanake is a year round retreat center and an outdoor youth summer camp located in the beautiful, rolling hills of Beach City, Ohio at the gateway to Ohio's Amish Country. Since 1946, Wanake has been committed to serving guests with excellence and partnering with a variety of organizations. Uniquely situated in the out-of-doors, Wanake is positioned to offer a place which encourages healthy living. Wanake's 250 acres feature trails for walking/running/hiking/trail riding, a lake for canoeing and fishing, a swimming pool, a ranch, a rock climbing wall and tower, an athletic field, and a challenge course. These spaces, combined with a health-conscious food service and comfortable meeting and sleeping spaces, make an unparalleled setting for healthy, active pursuits.

The mission of Wanake is to make disciples of Jesus Christ, for the transformation of the world. The vision is to offer places, programs, and role models away from daily routines and distractions for all who seek God to experience life change, a new friend, time with God, and a lot of fun. Wanake pursues this mission and vision in a variety of ways: summer camp, outdoor education with schools, hosting retreat groups & conferences, and events.

In 1944 Wanake, originally an apple orchard, was purchased, outfitted, and then in, 1946 welcomed its first summer campers. The site continues to welcome new generations of campers each year. In 2017 Wanake welcomed 877 summer campers who learned many skills including building and cooking over campfires, swimming, horseback riding, rock climbing, canoeing and growing in relationships with others and God, just to name a few. Registration is currently open for Summer Camp 2018 with the Early Bird Discount available until May 1, 2018 at [www.campwanake.org](http://www.campwanake.org).

Over the last forty-five years, Wanake has been the home of outdoor education programs for several school districts whose programs range from a one day experience to a full five days of excitement and learning. Schools report that time spent living and learning together at camp result in relationship building and cognitive advancement no other experience can provide. Wanake offers a variety of program options for Outdoor Education groups including canoeing, fishing, hiking, exploring nature, horse experiences at the

Wanake Ranch, ice-cream making, rock climbing, challenge course, team and group building initiatives, and much more.

Serving retreat groups of various types and sizes throughout the year began nearly thirty years ago and is now an integral part of Wanake's ministry. Wanake is a home to and partners with non-profit groups, churches, family reunions, and schools. At both the high school and collegiate levels, Wanake hosts leadership development programs, marching bands, and various sports camps. Groups enjoy time around the fireplace, hiking, horseback riding and other timeless outdoor pursuits, which allow a fulfilling and meaningful experience. Wanake offers a variety of lodging options and comfort levels from air-conditioned/heated retreat centers to rustic cabins and space for groups who choose to tent or RV camp.

Wanake's hospitality also includes year round foodservice. Guests enjoy hot, healthy meals at breakfast, lunch and dinner that are



served family-style. Breakfast features a yogurt bar highlighted by Wanake's own home-made granola and fresh fruit. Lunch and dinner are accompanied by a full salad bar with a variety of fresh vegetables, alternative protein sources such as cheeses and eggs, home-made croutons and other offerings. A wide range of special diets and food allergies are welcomed and accommodated at Wanake. The food service ministry has a growing commitment to cooking fresh with cleaner ingredients.

The Wanake Ranch began operation six years ago, quickly becoming the fastest growing branch of Wanake's

ministry. The 2017 Horse Summer Camp Program saw a 106% fill rate of its program - the highest to date - and plans to open additional space for campers in the summer of 2018. During the Fall, Winter, and Spring the Wanake Ranch offers public trail rides, riding lessons, Pony Pals (a program for children ages 3-7 to learn about horses), pony rides, and pony parties. The Wanake Ranch hosts Wanake's Annual Fall Festival on the last Saturday in September (September 29, 2018) and the first Saturday in October (October 6, 2018). This is a free event with fun activities for the whole family!

Wanake Camp and Retreat Center and The Wanake Ranch partner with non-profit organizations, local schools, Walk to Emmaus, churches, and Hospice to help them achieve their goals. Seeking to be an integral part of the community, Wanake continues to grow by pursuing excellence within the camping and guest experience.

Contact Wanake Camp and Retreat Center today to schedule a tour of camp, register for summer camp, receive information about booking your event, explore outdoor education opportunities, reserve dates for a weekday or weekend retreat, host a family reunion, and learn how Wanake can partner with you to meet your goals. Visit [www.campwanake.org](http://www.campwanake.org), call 330-756-2333, or e-mail [info@campwanake.org](mailto:info@campwanake.org) for additional information. Wanake looks forward to future partnerships with you. ✨





By Hannah Alderfer, BA, CPT, FMCS

When was the last time you thought about the way you breathe...especially during exercise? When you are working out, maybe your only thought is "I need more oxygen ASAP!" But did you know that most adults have trained their bodies to breathe improperly? Watch a resting infant "belly breathe," utilizing the diaphragm to inhale and exhale. Their bellies rise and fall with each breath. They are deep and slow breaths. They take full advantage of their lungs by using the diaphragm to draw in the most amount of oxygen possible.

Most adults, however, breathe using their chest, expanding the rib cage, and using more energy, smaller muscles, and taking quicker, shallower breaths. This type of breathing can lead to a variety of issues, including poor core stability, chronic neck and shoulder pain, and possibly running-related injuries (for those who run).

The diaphragm has two roles in the body: breathing and core stabilization. It works in unison with other core muscles (the transverse abdominis and the pelvic floor muscles) to produce the stabilization your spine needs to move properly through intra-abdominal pressure. When a person becomes a chest breather (not a belly breather) other muscles must be recruited. Muscles in the neck (scalenes) shorten, the head is pushed forward craning the neck, the upper back begins to round, and the scapula begin to wing to the sides. It becomes the classic elderly person hunch, which results in a variety of postural problems and eventually pain points. It can result in possible injury during exercise because your body chooses to breathe from the chest (and not the diaphragm) leaving the core unstable. You might end up with chronic neck pain, shoulder tightness, or low back ache.

# LEARN TO BREATHE AGAIN

So how do you know whether you are a belly breather or a chest breather and how do you learn to breathe right again?

# 1

**Check your natural posture.** Do you tend to push your head forward? Is your upper back rounded? Do you hunch your shoulders? If so, you might be breathing improperly.

# 2

**Do a breath test.** Either lying on your back or seated in a chair, place one hand on your chest and one hand on your belly. Have someone watch your hands. Breathe naturally for a few breaths. If the hand on your chest rises first, you are a chest breather. If the hand on your belly rises first, you are a belly breather.

# 3

**Breathe right again.** Practice proper breathing by beginning on the floor on your back. Focus on using your belly as you draw air in and push it out. It might help to place your hand on your belly as you do this so you can see and feel it rising and falling. Practice this each night before bed and you'll not only be re-training your body to breathe right but also helping your body relax before bed! ✨





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A

## Historic Zoar Village

National Historic Landmark

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June through September: Wednesday through Sunday



B

## Canal Tavern of Zoar

Fine food and spirits in a handsomely restored 1829 tavern. Diverse menu includes steaks, seafood and German specialties.

Wednesday – Saturday:

Lunch 11:30 a.m. to 2:30 p.m. (weekdays May – October)

Dinner 4:30 p.m. to close (year round)

Sunday: Brunch 10 a.m. to 2 p.m. ; Grill 11 a.m. to 7 p.m.

Closed Monday & Tuesday



C

## Fort Laurens

Ohio's Only Revolutionary War Fort

May: Saturday and Sunday

June through August: Wednesday through Sunday



D

## Lockport Brewery

T-County's first brewery in over 65 years! High-quality craft beer, paninis and munchies in a community environment.

Wednesday & Thursday: 4 p.m. to 10 p.m.

Friday & Saturday: Noon to midnight

Sunday: Noon to 8 p.m.

Closed Monday & Tuesday for brewing!

# HOW TO **PREVENT** **RUNNING** **INJURIES**

By Carissa Bealert, RDN, CPT

New Year's Resolutions often center on fitness, but the cold and weather conditions of winter can often make reaching those resolutions hard. As the temperatures slowly creep up, it's time to think about re-charging your fitness routine. Start walking or running outside, plan a hike, or pick a challenging high-intensity class to try with a buddy. Starting a workout routine is a very positive choice for your body and health, but when starting out injuries can occur.



# 4 TIPS TO RE-STARTING YOUR FITNESS ROUTINE THAT WILL HELP YOU STAY INJURY FREE.

## 1 Avoid the Terrible "Too's"

How can you assure that your relationship with this new workout routine will not crash and burn and leave you sore and possibly injured? **Too much, too soon, too fast.** Start slow if you're a new runner. That means speed, distance and frequency. Even if you're an experienced runner, remember that not every workout needs to be a race pace and you need off days to recover and really develop into a faster, stronger runner. If you are starting a new class or activity, give yourself permission to go slowly in the beginning. Also, plan rest days just like you plan exercise days so your body has time to recover.

## 2 Remember the Proper Nutrition

You can't drive your car without gas and you can't keep training, running or exercising without properly fueling your body. Eat before you exercise, hydrate during; eat around 15 grams of carbohydrates for every 60 minutes or more that you exercise, and consume carbohydrates AND protein after your run or exercise.

## 3 Work on Flexibility

Consistent stretching will help increase and then maintain your flexibility, which will improve your running, range of motion, and posture, and help prevent injuries. There are a lot of misconceptions about the best stretching practices.

Dynamic stretching is good before exercise. Basically you are mimicking the exercise you are about to do, but slowly to warm up those muscles. If you are about to run you would lightly run in place. If you are about to squat or lift weights you would do 10-15 movements with no weights.

Post workout try stretching at least an hour after you run or exercise and hold each stretch for 30 seconds without bouncing. A stretch should never feel painful but you will feel muscles lengthening. Find a routine that you like and do it nightly. Your body will thank you.

## 4 Wear the Proper Shoes

Not all shoes are created equal. Not all athletes are created equal. We have different feet, pronation, and alignment and that means certain shoes could be better or worse for you. If you are looking to start running or walking, find an expert in your area who will analyze your gait and recommend the proper footwear. This is also important if you're already recovering from an injury as it could be worsened by incorrect or worn out footwear. If you're starting a workout class, look for a shoe with stability that can provide support in high impact exercises. ✦





JANUARY 24, 2018  
by VICKI VANNATTA

# Coming Soon to Ohio Star Theater Near You!

Perhaps Amish Country has always been a day trip for you. Maybe it isn't the first place you think of for a special night out with dinner and a show, and it isn't top-of-mind when dreaming of a weekend getaway, but an Amish Country getaway is a great choice.

It's a short drive to a wonderful spot where you can forget about life for a while. Travel south on I-77 to exit 83, then west on State Route 39 for 7 miles and you will find yourself at the Dutch Valley Restaurant campus; the perfect spot for relaxation, great food, shopping, and Broadway-caliber shows and live concerts.

On the campus, Ohio Star Theater's 2018 schedule is brimming with entertainment possibilities. Special concerts are scheduled in 2018, including Ventriloquist David Pendleton, Phillips, Craig & Dean, The Hoppers, The Martins, Laura Story, Ernie Haase & Signature Sound, The Collingsworth Family, and Mark Lowry.

The live concert series runs alongside the Broadway-style musicals which begin April 24 and conclude December 29.

## SEASON OPENER? *The Home Game*, April 24 to June 29.



A powerful story about Levi, a young Amish man caught in the struggle between his father's expectations for an Amish life and his dream of becoming a professional baseball player. You'll laugh -- but you might also cry -- as you follow this story written by Martha Bolton, who formerly wrote for Bob Hope, Mark Lowry, Chonda Pierce and Ronald Reagan.

Next on the schedule: *Half-Stitched* returns from July 11 to August 29. What could possibly go wrong when an Amish widow decides to teach a small weekend quilting class? Cultures and personalities collide when six loose threads and an Amish widow spend the weekend together.

Beginning September 11 and running through November 10, the brand new musical *Stolen* makes its Ohio debut. This story of intrigue and humor will captivate you from the opening curtain to the final bow. The story unfolds as a small Pennsylvania community is shaken when the infant son of a prominent Amish family is kidnapped. *Stolen* is based on a

series of books written by New York Times Bestselling author Wanda Brunstetter.

Rounding out the musical season is the all new Christmas musical, *Christmas in Paradise*, playing November 17 to December 29, 2018. The story follows new business owners Matthew and Mary as they face unforeseen and seemingly insurmountable challenges while caring for an elderly, ailing parent. The story, written by Wally Nason, is inspirational, uplifting, and just in time for the holidays.

Cabin fever won't stand a chance when you plan a night at Ohio Star Theater. Go to [www.ohiostartheater.com](http://www.ohiostartheater.com) and click on the Buy Tickets button or call the Ohio Star Theater box office at 855-344-7547. Theater tickets do not include dinner at the theater but dinner can be enjoyed at Dutch Valley Restaurant, located on the property.

And don't forget, the Carlisle Inn Sugarcreek, also on the Dutch Valley campus, can provide you with a peaceful, comfortable place to rest and revive so that you can get back to life and face another day. To plan your overnight stay, go to [www.carlisleinns.com](http://www.carlisleinns.com) or call 855-411-2275. ✦



Phillips, Craig & Dean  
Saturday, March 10 at 6:00pm



Laura Story  
Saturday, May 19 at 7:00pm



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# THE HISTORY

OF  
THE

# KETTLEB

By Tyler Murphy, BEd, CPT



Sports history is a huge industry in today's society. Who was the first baseball player to hit a homerun at Wrigley? How many times did Wayne Gretzky make the All-Star game? These questions fuel a large group of people to search for the answer. But when it comes to the history of fitness culture, few people seem to really care.

In an industry that changes by what seems like the minute, and new techniques, methodologies, and technologies take a front row seat, there are few modalities that withstand the test of time. One of those pieces of equipment that has been in almost every gym for the history of the fitness culture is the kettlebell.

The majority of historians will tell you that the kettlebell was made popular as a fitness tool by Pavel Tsatsouline, a defected Soviet Special Forces Trainer, who now acts as a subject matter expert for the U.S. Marine Corps, Secret Service, and the Navy SEALs. The true history, though, can be traced back to Ancient Greece where the first Olympians used what was called a "halteres," an ancient version of the kettlebell, in their training. Kettlebell cousins can be found in many ancient civilizations from Shaolin monks to Greek Olympians and all the way to Scottish Highland Games athletes.

# ELL

Usually, its modern popularity gets traced to Russia, where it's called the *giro* or *girya*. That term first appeared in Russian dictionaries in 1704 and originates from the Persian word *gerani*, meaning "difficult." It's also been traced to the ancient Slavic word *gur*, which means "bubble."

The story goes that Russian farmers used kettlebells as counterweights to measure out grain at the market. As bored farmers learned the weights could be heaved and tossed in feats of strength and endurance, *giros* began enjoying a central role in farming festivals.

Sometime around the turn of the nineteenth century, a Russian doctor called Vladislav Krayevsky realized that the kettlebell deserved a place in sports medicine. Krayevsky (also called von Krayeski, Kraevskogo, and Krajewski) happened to be the personal physi-

cian of the Russian czar, who popularized kettlebell training in the Russian army which eventually elevated it to a national sport.

Kettlebell swinging and juggling was a popular "folk exercise" among Russian farming communities in the nineteenth and early twentieth centuries, but it wasn't until 1948 that it became an official sport.

That was the year that Russia, then the Soviet Federative Socialist Republic, declined to attend the Summer Olympics in London, declared kettlebell lifting as their national sport, and held the All-Soviet Union Competition of Strongman in Moscow. Kettlebell contestants performed in two events: the "long jerk" which is a clean and jerk with two bells, and the "biathlon" which is a set of jerks with two bells followed by a set of snatches.

Throughout the 1950s, 60s and 70s, sports schools appeared throughout the Soviet Union and it became known

as the "working man's sport" due to its inexpensive equipment and minimal space requirements. In 1981, The Official Kettlebell Commission was formed, which advocated (but didn't enforce) mandatory kettlebell training for all workers. This, they said, would bring about a fitter population with higher productivity and a cheaper healthcare bill. But different Soviet states tended to have different rules, weights, dimensions, and training styles. It wasn't until 1985 that the sport was modernized and formalized across the entire Soviet Union.

The kettlebell has grown from an ancient training tool, to a farm tool, to a full-on international sport. Feats of strength and small town challenges grew into Olympic challenges that determined bragging rights amongst allied and warring countries alike. Think about that the next time your trainer has you swing one around or throw it over your head. ✨





# MAKING HEAL

By Robert D. Powell, ND, BCND

In America, we are becoming unhealthier than we have ever been. Obesity, heart disease, cancer, and diabetes are all on the rise. The Center for Disease Control (CDC) estimates that 75% of Americans will be obese by 2020, and heart disease takes about 1 out of every 4 deaths. Is there a common denominator in the rise of all these diseases? Is there anything we can do to reduce our risk of developing these conditions? Maybe, one answer could be... our food? The standard American diet (SAD) is a highly processed, sugary foods, sugary drinks, and, mostly, just fake foods. If only we could return to what our great-grandparents did? They just ate food.

We are also constantly being bombarded with external toxins, including pollutants, pesticides, and chemicals. Although your body is designed to rid itself of these toxins naturally through the liver, kidneys, lungs, and skin, it can become overburdened. An overburdened system of natural and environmental toxins can contribute to a wide range of conditions that include allergies, fatigue or difficulty sleeping, digestive and other gastrointestinal problems, food cravings as well as





# THEIR CHOICES

weight gain, reduced mental clarity, low libido, skin issues, as well as a host of other symptoms.

Make it simple and go back to the basics. “Just eat real food” including meat, fish, fowl, eggs, nuts, seeds, fruit, vegetables, and some whole grains. “Real food” refers to foods that are alive and they should decay and/or rot, as opposed to foods that are highly processed and have a chemically induced shelf life. Edible food stuff like, cereals, pastas, refined enriched flour, and Twinkies, etc., have extremely long shelf lives and very little to no nutritional value.

Try conscience eating, most of us eat and forget what we ate and move on with our lives until we must eat again, then we repeat. Every time you eat ask yourself, “Did this grow from the ground or have a mother?”

Three simple rules of food purchasing: 1. Foods should ideally have five ingredients or less. 2. Buy whole foods or as close to its original form as possible. 3. Avoid packaged foods, which are usually highly refined with multiple additives.

Start by making positive changes. There are five key changes you can make to start eating in a healthier way. You can start by just choosing one to get moving in the right direction. Then keep moving forward until you have done all five.

First, remove all bad fats and replace them with good fats. Some good fats are avocado and avocado oil, coconut oil, milk/cream/butter from grass-

fed cows, olive oil and olives, as well as nut and seed oils. Some examples of bad fats are highly possessed fats, saturated fats, and trans-fats. These fats are typically found in foods like muffins, donuts, and processed foods.

Next, is to change the meat you eat. Grass-fed and free-range meats offer many fatty acids that are missing in the standard American diets, like: arachidonic acid, conjugated linoleic acid (CLA), and the proper ratio of omega-6 and omega-3 acids. Current agricultural practices use many compounds that are best to be avoided. Grain-fed animals accumulate commercial pesticides, herbicides, antibiotics, and growth hormones. Some ideal protein choices include: grass-fed, free-range, cage-free, antibiotic/hormone-free meats and eggs; non-roasted nuts; and minimally processed cheese. Avoid farm-raised fish and choose cold-water fish like salmon, mahi-mahi, mackerel, etc.

Then try to replace and reduce refined sugars in your diet. The overconsumption of sugars has been linked to many health issues, including diabetes, obesity, and numerous other diseases. Reducing these sugars should become a priority for everyone. High-fructose corn syrup is associated with highly processed, devitalized foods. Please read labels, and if that food has high-fructose corn syrup, don't purchase it! Some natural options are Stevia, dates, bananas, and minimally processed honey.

Next is to replace grains with pseudo-grains. Pseudo-grains are seeds and

grasses we typically classify as grains but are not. These foods are high in protein and fiber and are lower on the glycemic scale than wheat or other grains. Refined grains have been highly processed, which greatly reduces their nutritional value. These grains have been associated with inflammation, digestive issues, elevated insulin levels and even insulin insensitivities. Some options of pseudo-grains are: quinoa, buckwheat, teff, millet, amaranth, and wild rice.

Finally, drink more water. Up to 75% of Americans are dehydrated. According to the CDC dehydration can be the cause of symptoms such as reduced physical performance, cognitive function, gastrointestinal function, kidney and heart function, skin ailment and even chronic diseases. Ideally you should drink a minimum of half your body weight in ounces of water each day.

Those simple five changes can make a world of difference in the health and regeneration of your system. Remember, it's not about being perfect; it's about choosing better than you did yesterday. Try using the 90-10 rule: 90% of the time, eat clean real food and 10% of the time, you can eat the other stuff. By making healthier choices, not only can your body function better, but you can feel better, too! ✨



the Paddling  
Everglades



By Christopher J. Shaffer

The days may be getting longer and the air is warming up but most of the water in Ohio is still cold, slushy, or just plain hard. Still, with spring coming on and my canoe stranded in the backyard, I start thinking more and more about heading south to the sunshine state and paddling in Everglades National Park.

Everglades National Park is one of those rare areas in the eastern United States where you can get far enough away from civilization that you can recharge and get a break from the stresses of society. For me, it is also one of the few places left in this part of the world that are quiet enough that my ears can readjust and acclimate to the sounds of nature, rather than the noise of the city. While most people think that the Everglades are a swamp, it would be more accurate to say they are a shallow sea filled with grass that flows into the Gulf of Mexico.

My favorite water trail to dream about in the Glades is the 100-mile Wilderness Waterway Trail. I think about this route more than most others simply because it contains elements found on all the other water trails in the area. Whether you would like to camp on the beach for a few nights, explore the history of the park or lose yourself among seemingly endless mangrove tunnels, this has it all. This trail is anchored on the north by Everglades City and on the south by the Flamingo Visitor Center and Marina in Everglades National Park. Either of these places will make an ideal starting or ending point for your trip due to the availability of camping, showers and outfitters to help get you on your way. The Gulf Coast or Flamingo Visitor Centers are also where you need to go for backcountry information and permits.

If you have ever looked at the amount of time it takes to canoe or kayak 100 miles, you know that you will need more than a long weekend. Most people do the whole route in eight days, paddling between

10 and 20 miles before camping for the night. With an average paddler's pace of 3-5 miles an hour and few suitable rest stops, that can make for some very long days on the water. If that is the format that you choose, I would highly recommend contacting a local outfitter and asking them for trip planning help or advice. Personally, I have always thought that since camping areas are spaced roughly a moderate day's paddle apart, my ideal trip plan would be to arrive a couple days early and be flexible on start and finish dates. Permits are only issued a day or two in advance, so being flexible and early allows you the best chance of getting the sites that you want and be able to string a longer, more leisurely trip together. This way, depending on which direction you go, you could paddle the interior parts of the waterway, then head out to the beach sites along the Gulf. Unfortunately, after last year's hurricane season, many of the campsites on the northeast section of the waterway are still closed.

Despite many of the campsites on the northern part of the waterway being closed, there are still enough open to complete a trip. Of course there is also the Ten Thousand Islands area just northwest of Everglades City that can also be explored, fished and camped while you wait for your permit. This area is a maze of mangroves and shell islands that is frequented by both paddlers and boaters, so be prepared with the proper nautical charts and know "the rules of the road" before you go.

If you are looking for something a little less

*Everglades National Park is one of those rare areas in the eastern United States where you can get far enough away from civilization that you can recharge and get a break from the stresses of society.*



subject to boat traffic, try driving a little inland, and paddling the Turner River back to Everglades City. You can put your kayak in and pull out at the same spot on the Turner, or you can pre-arrange a shuttle to pick you up before or after your paddle. Paddling this area was my first taste of the Everglades and I frequently think about that first short paddle over a decade later.

After that first taste of paddling the Everglades solo, I decided to check out some of the ranger-led programs that can be found throughout the park. That was a great idea. Although I felt a little out of place because everyone else showed up in canoes, I got the chance to hang out with some very friendly people on a guided tour of the nine-mile pond area and see both alligators and American crocodiles on the same pond. Sadly, since I was on a schedule that was about all I could fit into that trip.

A few years ago I was back, paddling in the Glades and enjoying the sunshine while it was still cold and blowing in Ohio. This time, I had planned on doing the full Wilderness Waterway trip, but none of my normal paddling partners were able to make it, the last one dropping out of the trip just a few weeks before departure. After a bit of crying, not on my part, and persuading, I promised that I wouldn't go ahead and paddle the entire trail alone. Instead, I took my bike and canoe down to Florida for a week of exploring and ended up paddling the Hell's Bay Canoe Trail at a very leisurely pace and spending two nights camped out above the water on raised platforms called "chickies." A chickee is basically just a roofed 10x12 deck connected to a porta-pot by a narrow walk way. They make for a great camping experience, especially if you remembered to bring your solar shower and hammock along. I would

spend most of the day paddling and fishing in the brackish water, then get to the chickee, set up, take a shower, and nap in the hammock for a bit.

The second day out, I was dozing in the hammock and heard some splashing and hissing below me. I didn't get to see him, but the rangers told me that there is an alligator that likes to beg for food in that area. He didn't get any from me, but I suspect that a lot of previous campers were a little more "generous" and that's why he liked to come around and beg. That sets up a bad situation for that poor gator; once he gets used to being fed, he may begin to associate humans with food, which is not good for people or the gator. The gator came back after dinner, but by that time, I was in my tent hiding from mosquitos and wishing that I didn't have to drive back to an Ohio covered in the infamous grey slush that marks many of our winters. ✨



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# SHOP NORTH CANTON

## LUMEN NATION

By Tom Rafferty

Spring is here and it's the ideal time to move our home improvement projects outdoors. A great way to highlight your home and its landscaping at night is with light. There are multiple ways to do this.

You probably already have decorative lighting fixtures attached to your home. If these light fixtures are showing wear, if they are old or if they simply do not compliment the style of your home, consider updating them. This simple change can make a remarkable difference to the curb appeal of your home. The staff at your local lighting showroom can help you find the per-

fect size and style if you bring them a photo of your home. There you will find a large selection of outdoor lights that will resist corrosion and are much better quality than those at a box store.

Many outdoor fixtures today will accommodate LED bulbs and there are also many options available that utilize an integrated LED module for their light source. These options are likely to be maintenance-free for 20-50 years.

In addition to the decorative options, landscape lighting will not only help to highlight your landscaping, but it also provides another aspect of home security because burglars are less likely to approach a well-lit home. Hard-wired LED systems that run off of a low-voltage transformer and are

controlled by timers and/or photocells are much more reliable than anything that relies on solar power. Properly designed landscape lighting systems will highlight trees and plants while also creating a wash of light on your home. This usually eliminates the need for path or walkway lighting and hides the source of light.

If you are interested in having someone design and quote pricing for landscape lighting at your home, your local lighting showroom will typically have an expert that will provide this service free of charge. Whether it's decorative, functional or both, outdoor lighting is sure to make a huge improvement to your home while improving its overall safety and security.



# PINE CONE GIFT SHOPPE

By Gary Chapman

Spring is just around the corner and that means it's time to spruce up your home inside and out. Working inside a home to make it feel fresh and inviting takes some thought and time. Whether it's the need to add a simple wreath to the front door or place a floral arrangement as a centerpiece on the dining room table, Pine Cone Gift Shoppe is here to help. There is an array of new items you will see in the store and additional Spring items are arriving daily, all of which are eager to be taken home with you.

With the need to pick out new decorations comes the feeling of worry about if it will fit, look good, or even go in the room, which can stress anyone out. To alleviate the stress, adding a candle or a little figurine, and/or placing a colorful rug on the floor can and will brighten up any space. Changing a picture on the wall, putting new placemats on a table, or painting a new color on the walls will lift the mood of everyone. It's not about the quantity but the quality of everything that you put inside and outside your home.

Simple touches can make any living space great, big or small, and Pine Cone Gift Shoppe is always willing to assist with your decorating needs.



Smoked Salmon & Crab Cakes

Bruschetta



# WHAT'S COOKING AT MAIN STREET GRILLE

By Preston Milstead

Time for the spring thaw, and with that in mind Main Street Grille is featuring two fresh dishes that remind us winter doesn't last forever. First up is our home made Bruschetta. We slice our French baguettes long enough to hold a heaping mound of our cool, sweet, and tangy diced tomato and balsamic. We sprinkle mozzarella and chiffonade cut basil over everything and finish with a balsamic reduction.

Next our Smoked Salmon and Crab Cakes bring thoughts of the coast and summer vacations. Every one of our cakes is hand formed and made in house with Faroe island house smoked salmon, and big chunks of white crab meat. Our blend of peppers, onion, bread crumbs, and seasonings has stood at the center of our cakes for years for a reason. It's delicious! We offer two sauces, a bistro remoulade and a citrus aioli, alongside a grilled lemon makes this dish a house favorite. ✨



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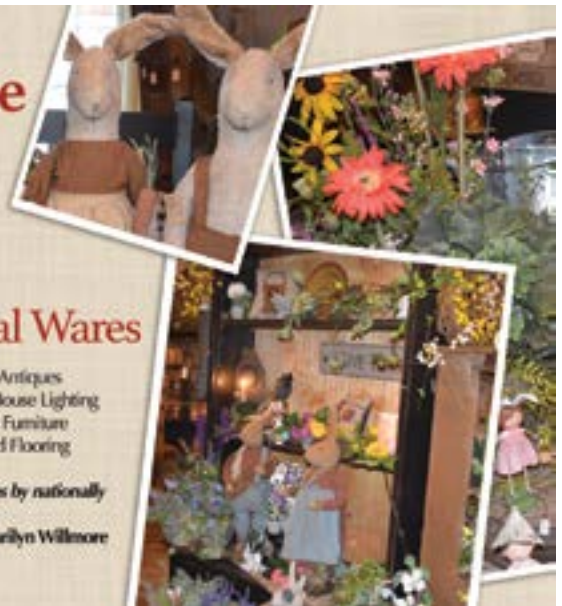
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Article courtesy of Akron Children's Hospital

Preschoolers have a lot of energy, which they use in a more organized way than when they were toddlers. Instead of just running around in the backyard, a preschooler has the physical skills and coordination to ride a tricycle or chase a butterfly. Preschoolers also are discovering what it means to play with a friend instead of just alongside another child, as toddlers do. By being around other kids, a preschooler gains important social skills, such as sharing and taking turns. Despite occasional conflicts, preschoolers learn to cooperate and interact during play.



# Raising a FIT PRESCHOOLER

## Helping Kids Learn New Skills

Preschoolers develop important motor skills as they grow. New skills your preschooler might show off include hopping, jumping forward, catching a ball, doing a somersault, skipping, and balancing on one foot. Help your child practice these skills by playing and exercising together. When you go for a walk, your preschooler may complain about being tired but most likely is just bored. A brisk walk can be dull for young kids, so try these tips to liven up your family stroll:

- ▶ Make your walk a scavenger hunt by giving your child something to find, like a red door, a cat, a flag, and something square.
- ▶ Sing songs or recite nursery rhymes while you walk.
- ▶ Mix walking with jumping, racing, hopping, and walking backward.
- ▶ Make your walk together a mathematical experience as you emphasize numbers and counting: How many windows are on the garage door? What numbers are on the houses?

These kinds of activities are fun and also help to prepare kids for school.

## How Much Activity Is Enough?

Physical activity guidelines for preschoolers recommend that each day: they get at least 60 minutes of structured (adult-led) physical activity; they get at least 60 minutes of unstructured (free play) physical activity; and they not be inactive for more than 1 hour at a time unless sleeping. Limit screen time – time spent watching TV (including videos and DVDs), on the computer, and playing video games – to no more than 1-2 hours per day.





## Structured Play

Preschoolers are likely to get structured play at childcare or in preschool programs through games like “Duck, Duck, Goose” and “London Bridge.” Consider enrolling your child in a preschool tumbling or dance class. Your preschooler can get structured outdoor play at home, too. Play together in the backyard or practice motor skills, such as throwing and catching a ball. Preschoolers also love trips to the playground.

Though many kids love being outdoors, lots of fun things can be organized indoors: a child-friendly obstacle course, a treasure hunt, or forts made out sheets and boxes or chairs. Designate a play area and clear the space of any breakables.

Here are some more ideas for structured play: play bounce catch; use paper airplanes to practice throwing; balance a beanbag on your heads while walking – make this more challenging by setting up a simple slalom course; play freeze dance; play wheelbarrow by holding your child’s legs while he or she walks forward on hands.

Many parents are eager to enroll their preschool child in organized sports. Although some leagues may be open to kids as young as 4 years old, organized and team sports are not recommended until kids are a little older. Preschoolers can’t understand complex rules and often lack the attention span, skills, and coordination needed to play sports.

If you decide to enroll your preschooler in an organized team sport, such as T-ball or soccer, make sure the focus is on helping kids gain basic physical skills, like running, and fundamental social skills, like following rules and taking turns.

If your preschooler is not ready for the team or not interested in sports, consider helping him or her continue to work on fundamental skills – hopping on one foot, catching a ball, doing a somersault, and maybe riding a bicycle or tricycle.

To teach preschoolers to play baseball, start by teaching them basic skills, such as throwing, catching, and hitting off a T-ball stand. Then, if you play a game of wiffle ball, don’t worry if your child doesn’t tag first base – it’s enough to get kids running in the right direction.

## Unstructured Play

Unstructured or free play is when kids are left more to their own devices – within a safe environment. During these times, they should be able to choose from a variety of physical activities, such as exploring, playing outside, or dancing around the kitchen.

During pretend play, preschoolers often like to take on a gender-specific role because they are beginning to identify with members of the same gender. A girl might pretend to be her mother by “working” in the garden, while a boy might mimic his dad by pretending to cut the lawn. It’s clear your preschooler is keeping an eye on how you spend your time, so set a good example by exercising regularly. Kids who pick up on this as something parents do will naturally want to do it, too.

## Safety Concerns

No matter what type of physical activity your child gets, it’s important to keep safety concerns in mind. Remember that preschoolers are still developing coordination, balance, and judgment. So as preschoolers play, a parent’s challenge is to find a balance between letting them try new things and keeping them safe and preventing injuries.

- ▶ A child on a tricycle or bike should always wear a helmet.
- ▶ If you haven’t done so already, it’s time to talk about street safety because even the most cautious preschooler may dart into the street after a ball.
- ▶ A preschooler in a swimming pool needs constant adult supervision, even if he or she has learned to swim.

It’s a tricky age because kids want more independence, and should have some, but cannot be left unsupervised. Preschoolers still need their parents to set limits. Giving kids safe opportunities to play in both organized and unstructured ways builds a foundation for a fit lifestyle that can carry them through life. ✨

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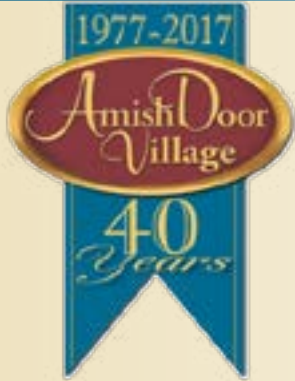


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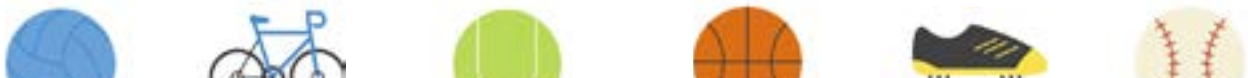
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# BEING AN **OHIO CERTIFIED** VOLUNTEER NATURALIST

By Leslie A. Baus

**W**hen I placed a box turtle in front of a teenager and she screamed, “Get that snake away from me,” I knew I loved being an Ohio Certified Volunteer Naturalist (OCVN). Bob Schang, also an OCVN, and I were speaking about turtles to a group of intercity students. That was the first time that many of them had seen a turtle, ever.

A year earlier, I had read about the OCVN program offered at The Wilderness Center in Wilmot, Ohio. As a program of The Ohio State University, volunteers receive research-based scientific training emphasizing hands-on natural resource education. After certification, OCVNs provide community-based volunteer service for an agency or organization whose mission is compatible with that of the program, which is to promote awareness and citizen stewardship of Ohio’s natural resources through science-based education and community service. Among the places to volunteer are park districts, state parks, universities and other educational institutions, arboretums and nature centers.

Together with my 78-year-old friend Schang, I signed up for 40 hours of classes focusing on plants, geology, reptiles/amphibians, birds, mammals, insects, watersheds, and interpreting the natural world to audiences of all ages. Classes were taught by Carrie Elvey, Senior Naturalist at The Wilderness Center, with guest lectures provided by OCVN alumni.

A science degree was not required. In Elvey’s words, “Classes were designed to give students an overview and the skills and language to explore the topics they find most interesting. There are no pre-requisites for the class, just the desire to learn and explore.”

With other like-minded people, we enjoyed the instruction and also hiked the trails at The Wilderness Center to study botany, observe salamanders, and dip net. At the end of two weeks, we passed our tests and joined the OCVN family, which through Wilderness Center classes alone numbered more than 200 people who ranged in age from 16 to 82.

We also had to complete 40 hours of volunteer service, which Schang and I did by participating in StoryWalks® at



libraries. Pages from children's nature books were used to create signs along a trail that ended with us introducing readers to salamanders and turtles. We also cleared trails of invasive garlic mustard plants and helped at Herpetology Day.

Volunteering is key to the program; to remain certified, an OCVN must complete 20 hours of service annually. It is also something that OCVNs love. One of Pat Tirabasso's (Class of 2008) favorite experiences was a 3-year period of monitoring snake tins around Wilderness Center property. "Having never really handled snakes, but enjoying data collection, made it interesting for me. I learned so much and have really enjoyed taking people out to meet these beautiful creatures, and introducing visitors to some of the things they can appreciate about them," Tirabasso recalled.

Jean Paddock (Class of 2009) gets in many of her hours at the Canton Local Schools annual 5th Grade 2-day camp experience where she sets up a science station. Paddock states, "We've done all kinds of things from orienteering with manual compasses to stream study to nature observation to skulls/pelts identification. Some of the kids have never been outside or played in nature before - like ever, at all. To allow them the freedom to discover, touch, and play in the woods and water is amazing to watch and facilitate."

Education, both of the public and OCVNs, is the other program focus. To remain certified, an OCVN must take 8 hours of natural sciences training each year. Many nature centers like The Wilderness Center offer this training. The OCVN program requires commitment, but it's worth it. Tirabasso's advice for anyone considering the program is to just do it. "No one regrets becoming an OCVN. It can only enrich your life and, hopefully, you can spread your excitement to someone else along the way."

And while the program is about education and not advocacy, it embraces the philosophy of Freeman Tilden, whose seminal work, *Interpreting Our*

*Heritage*, discusses the six principles of interpretation and is recognized as required reading for anyone pursuing a career in the field. Tilden says, "Through interpretation understanding, through understanding appreciation, through appreciation protection." I can't speak for all OCVNs, but this resonates with me.

Paddock says, "Right now, today, our planet and the future of our natural resources is so very fragile in a way that has not been true before. If you love the outdoors and want to protect and promote the human/nature connection, then you have to act. There's no one else that's going to do that. Only you, Interpreting nature for others isn't a grand act; it's small gestures of being present to help another experience nature on a personal level. If I'm not acting on my passion for the outdoors, who will?"

To learn more about becoming an OCVN, contact Anne Baird, State OCVN Program Coordinator. You can email her at [baird.41@osu.edu](mailto:baird.41@osu.edu). ✨





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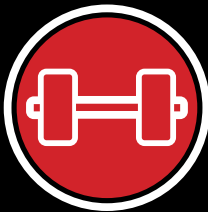


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1	2	3	4	5 6:00 @ALT	6 6:00 @ALT	7 4:00 @ALT
8 1:00 @ALT	9 6:35 @BNG	10 6:35 @BNG	11 6:35 @BNG	12	13 6:35 TRE	14 2:05 TRE
15 2:05 TRE	16 6:35 ALT	17 6:35 ALT	18 6:35 ALT	19 6:35 ALT	20 7:05 @BOW	21 6:35 @BOW
22 1:35 @BOW	23 6:35 @REA	24 6:35 @REA	25 6:35 @REA	26	27 6:35 BOW	28 7:05 BOW
29 2:05 BOW	30 6:35 BNG					

### MAY

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 6:35 BNG	2 6:35 BNG	3 6:35 @BOW	4 7:05 @BOW	5 6:35 @BOW
6 1:35 @BOW	7 6:35 @RICH	8 6:35 @RICH	9 10:25 @RICH	10 6:35 ERIE	11 6:35 ERIE	12 6:35 ERIE
13 2:05 ERIE	14 7:00 @TRE	15 7:00 @TRE	16 10:30AM @TRE	17 7:05 @HFD	18 7:05 @HFD	19 6:05 @HFD
20 1:05 @HFD	21	22 6:35 TRE	23 10:35AM TRE	24 10:35AM TRE	25 6:35 RICH	26 6:35 RICH
27 6:35 RICH	28 1:05 RICH	29 6:00 @ALT	30 1:00 @ALT	31 10:30AM @ALT		

### JUNE

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 7:05 ERIE	2 7:05 ERIE
3 2:05 ERIE	4	5 6:35 @NH	6 10:35 @NH	7 6:35AM @NH	8 7:00 @POR	9 6:00 @POR
10 1:00 @POR	11	12 7:05 NH	13 7:05 NH	14 7:05 NH	15 7:05 @REA	16 6:35 @REA
17 5:05 @REA	18	19 7:05 HFD	20 7:05 HFD	21 7:05 HFD	22 7:05 HBG	23 7:05 HBG
24 2:05 HBG	25 7:05 @BOW	26 7:05 @BOW	27 7:05 @BOW	28 7:05 @BOW	29 7:05 ALT	30 7:05 ALT

### JULY

SUN	MON	TUES	WED	THUR	FRI	SAT
1 2:05 ALT	2 7:05 ALT	3 7:05 ALT	4 6:35 @RICH	5 6:35 @RICH	6 7:05 @RICH	7 6:05 @RICH
8 1:25 @RICH	9 ALL-STAR BREAK TRENTON, NJ		11	12 7:05 BNG	13 7:05 BNG	14 7:05 BNG
15 7:05 BNG	16 6:30 @HBG	17 6:30 @HBG	18 12:00 @HBG	19 7:05 RICH	20 7:05 RICH	21 7:05 RICH
22 2:05 RICH	23 7:05 ALT	24 7:05 ALT	25 12:05 ALT	26 7:05 @ERIE	27 7:05 @ERIE	28 7:05 @ERIE
29 1:35 @ERIE	30	31 7:05 BOW				

### AUGUST

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 7:05 BOW	2 7:05 BOW	3 7:00 @ALT	4 6:00 @ALT
5 6:00 @ALT	6	7 7:05 REA	8 7:05 REA	9 7:05 REA	10 7:05 POR	11 7:05 POR
12 2:05 POR	13	14 6:35 @BNG	15 6:35 @BNG	16 6:35 @BNG	17 7:00 @HBG	18 6:00 @HBG
19 1:00 @HBG	20 7:05 @ERIE	21 7:05 @ERIE	22 7:05 ERIE	23 7:05 ERIE	24 7:05 HBG	25 7:05 HBG
26 2:05 HBG	27 7:05 BOW	28 7:05 BOW	29 7:05 BOW	30 7:05 BOW	31 7:05 @ERIE	

### SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 6:05 @ERIE
2 6:05 @ERIE	3 1:35 @ERIE	4	5	6	7	8

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