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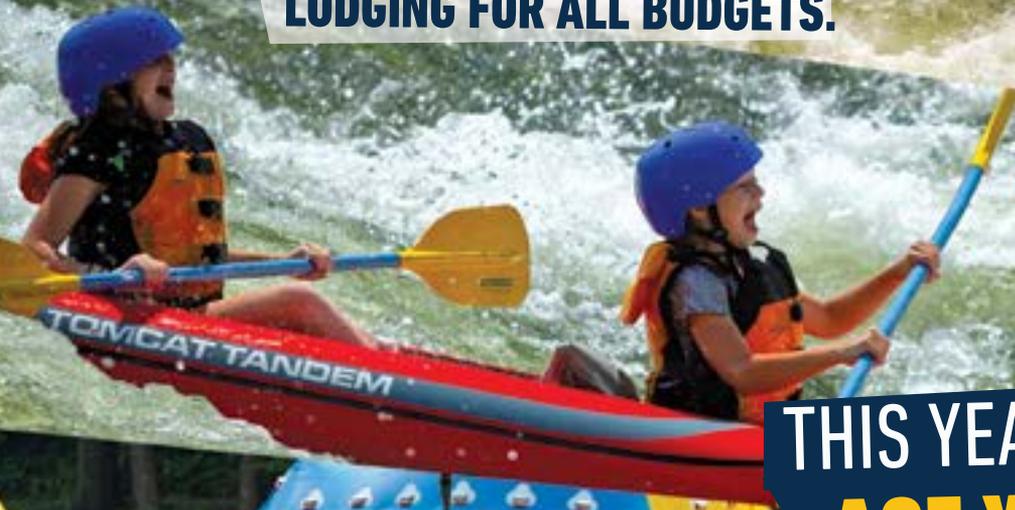
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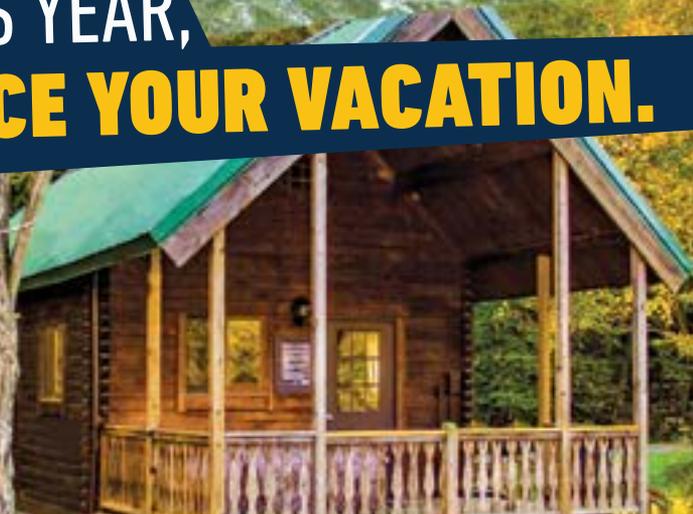
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### APRIL

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

### MAY

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

### JUNE

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

### JULY

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

### AUGUST

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

### SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
1 6:00 ERIE	2 1:05 ERIE	3	4	5	6	7

WESTERN DIVISION

- Akron RubberDucks
- ALT Altoona Curve
- BOW Bowie Baysox
- ERIE Erie SeaWolves
- HBC Harrisburg Senators
- RICH Richmond Flying Squirrels

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- REA Reading Fightin' Phils
- TRN Trenton Thunder

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OUR MISSION: Compass Media, LLC strives to be a leader in Fitness, Health and Recreation information that educates and inspires readers through print, web, mobile, social media and events in Ohio and beyond.

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OUTDOOR ADVENTURE,  
BOTH WET AND DRY

To participate, please contact:  
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Planning Your

# FLOWER GARDEN

By Kathy Ray



It's a dreary, rainy day and I couldn't be happier than to allow my mind to wander and put my visions to paper about flowers. I LOVE FLOWERS!! Yes, all in capital letters and a two exclamation points kind of love. I grew up with a mom who could grow anything. The conditions were never right, the plants defied the weather, and what should have been an annual flower, became a perennial in her garden. Like most things, her ability was lost on me until much later in life. I honestly have to believe that the magnificent beauty she grew came from her love of the plant, more than anything else. So, let's start with what you love when it comes to flowers.

Now is the perfect time to take stock of what you want when spring rolls into our neck of the woods. Unfortunately, if you didn't already plant spring-flowering bulbs like daffodils and tulips, you missed your chance until next fall. However, soon following those show-stoppers, come summer blooms. Let's get thinking.

First, you must decide what you wish to accomplish. Do you want a certain color? Do you want to plant

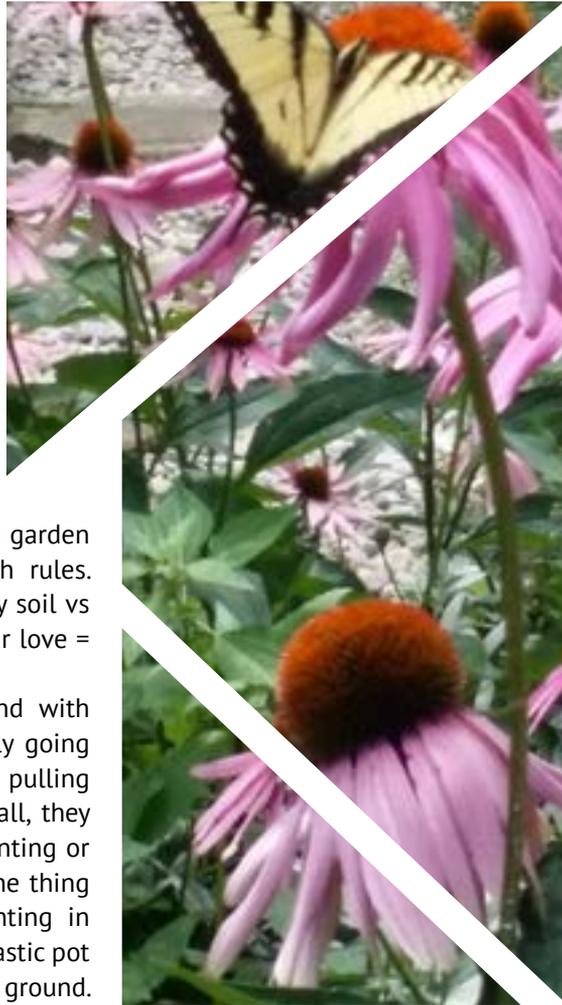
flowers that will come back next year without replanting? Does your garden get sun or shade throughout the day?

Let's start with color. If you are someone who enjoys a plethora of colors, then your work is relatively easy. Pick, plant, and enjoy! Let's say you want to choose a specific color and you want some to come back next year and others you want to replace. Now the decision making gets more challenging.

In a case like this, I would recommend choosing perennials first for the larger areas of your landscape beds. What is a perennial? That is a plant that once planted will return for many years to come, all on its own. When reading the little tag on the plant, make sure it is recommended for zones 5-6, if you are in northeast Ohio. A few good examples of common perennials for our zone are roses, peonies, and daylilies. These flowers can be a good base to start with for your flower garden.

Color is strictly a personal choice. You can choose many varieties or stay with one. Some like to see all the same color and variety. Me? I love to mix it up. Here's the fun about flower planting – there are no rules. Now, I'm sure you

A little research about the plant you are interested in will save you the added aggravation when later you discover your favorite flower has become an invasive monster.



can head to the neighborhood garden center and be inundated with rules. Trust me. Sun vs shade and dry soil vs moist mixed together with your love = beauty.

One thing to keep in mind with perennials, they are most likely going to spread. Since you are not pulling out the spent plants in the fall, they will multiply. Pruning, transplanting or removing will be necessary. One thing that works fairly well is planting in pots. Cut the bottom off of a plastic pot and put the entire pot in the ground. You will want to plant it deep enough so it is out of sight.

A little research about the plant you are interested in will save you the added aggravation when later you discover your favorite flower has become an invasive monster. Digging out the entire plant is the only answer once a plant takes over a landscape bed.

Once you get the perennials in place, fill in with annuals. These are flowers that are going to give you great beauty and enjoyment for one season only. Unless, of course, you are like my mom, and the annuals show back up the next year, even after you vigorously removed them in the fall. The good

thing about an annual is you have to replace it next year, so if you don't like it, you can choose something else. The bad thing about an annual is you have to replace it next year, so you can choose something else. It's a win-win!

Annual flowers can be planted from seed or an established plant. They tend to bloom throughout the majority of the season and are bright and showy. Some of the most popular annuals are zinnias, impatiens, petunias, marigolds, and geraniums. To add more visual interest, choose different textures as well. Look at the leaves, touch them, smell the flower. Each sense will be awakened.

There is another category of flower called a biennial. These can be a little tricky to get started, but well worth the extra effort. Biennials need additional attention during the winter between their first and second growing season. Once you get them returning in their second season, they will drop seeds and you will have blooms for generations. My favorite in the category is foxglove. Think of biennials as the accessories to the flower garden. Necessary? Probably not, but they really can give the wow factor to your flower landscaping.

By choosing plants from all three categories, you are guaranteed flowers throughout the growing season. There is so much great advice we can learn from our flower garden. One, choose wisely. Two, be patient. And last, beauty can grow anywhere with love. Thanks, Mom. ✨

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

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A person wearing a red helmet, a bright green safety vest, and black shorts is ziplining through a dense forest. They are seen from behind, holding onto a rope with both hands. The background is filled with green trees and foliage. In the upper right, another person can be seen ziplining in the distance.

Find Your

# Adventure in **MOHICAN**

**S**pring is here and that means it is time to discover your next adventure at Mohican! The Camp & Canoe Capital of Ohio is ready for the warm weather and events to continue throughout the year. Campgrounds are opening, canoes, rafts and kayaks will soon float down the Mohican River, sporting events will begin and the horses will be out on the trails.

The 18th Annual Mohican Wildlife Weekend will take place April 26-28. The 2019 theme will be "PICK YOUR PATH" by exploring the Mohican area trails by foot, bike, horse, and water. No place offers so many ways to explore the great outdoors in Ohio. The Mohican area has hundreds of miles of trails for many modes of outdoor travel. Over 88 miles of trails by horseback, 25 miles of trails by mountain bike, 4 trails with natural waterfalls, and many more miles for hiking and traveling by scenic rivers.

Be sure to mark your calendars and check the website at [www.mohicanwildlifeweekend.com](http://www.mohicanwildlifeweekend.com) for program details. Lots of free family-



## The 18th Annual Mohican Wildlife Weekend will take place April 26-28.

friendly events for hiking, biking. See the “Animals That Travel with Jack Hanna.” All of this and more in one jam-packed weekend.

It is also time to put that training to use and join in on the sporting events taking place in Mohican. Forget the PR Run will take 300 runners for a scenic and challenging run through Mohican State Park, crossing rivers and more. Join in on a leisurely mountain bike ride with the Mohican-Malabar Bike Club in April.

June is the world-renowned Mohican Mountain Bike 100. This race will crisscross four counties along a single loop, climbing more than 11,000 feet and go toe-to-toe with the top pros of this legendary ultra-endurance loop in Northeastern Ohio. After those exciting events, take a rest and then challenge the Mohican Trail 100 Run. Often referred to as the MO100, the race has become one of the nation’s premier ultramarathons.

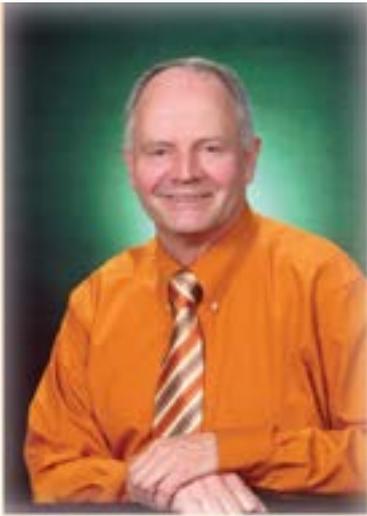
History is alive with the museum showcasing a rare 34-star American flag on display, as well as one of the oldest motorcycle sidecars. In May come out to the museum and look inside the Workman Cabin in Central Park, Loudonville, Ohio. The museum is free and open to the public. Enjoy the sponsored hikes along Mohican State Park and Mohican-Memorial State Forest. These hikes, with

the help of the Mohican Trails Club, will showcase some of the hidden gems of the park that a few only get to see. While hiking, learn about the history of the park and names of the trails.

Be sure to make time to venture out to the Wolf Creek Grist Mill opening in April. Considered to be one of the oldest working mills in Ohio, they also host many worthwhile events. Join in on the fun of a nature scavenger hunt, take a tour of the mill and its cabins and schedule in the International Wine at the Mill Fundraiser in June.

Plan to stay for the week or weekend. With over 4,000 campsites, private cabins, a castle, state park lodge, historic B&B and more, there is a place that will welcome the overnight visitors to make it the home away from home. Take a stroll through downtown Loudonville for shopping and dining. There is plenty of room to discover the best of Mohican. Visit [DiscoverMohican.com](http://DiscoverMohican.com) for more information or find them on Facebook at Discover Mohican. ✨

*Article courtesy of the Mohican Visitors Bureau.*



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By Kristie Cox

In recent years, SARTA's marketing tagline has been "Where can we take you today?" For a growing number of passengers, including Stark County's military veterans, the answer is "Cleveland" via the transit system's increasingly popular Route 4.

Here's why. Route 4 is convenient. Buses make three roundtrips Monday through Friday from SARTA's

Cornerstone Travel Center and American Legion Post 44 to the Wade Park VA Medical Center and downtown Cleveland. You can leave in the morning or afternoon, stay all day or for a few hours, and then head home just before 5.

It's our "Express Route" to everything that makes Cleveland one of the best cities in the USA. It's a short walk from our stop at Wade Park to the Museum of Natural History, Museum of Art, restaurants and other spots that make University Heights a cultural mecca. Our downtown stop, at Prospect and Superior is near, well it's near everything: the Gateway District, Jack Casino, Progressive Field, Public Square, Quicken Loans Arena, Tower City, and loads of great restaurants and hotels.

But wait, there's more. Because transferring to the Cleveland RTA is a breeze, Route 4 can get you to the Cleveland Clinic, University Hospitals, Westside Market, Beachwood Place, the Rock and Roll Hall of Fame, the Cleveland Airport, or any of thousands

of destinations served by the RTA's buses and trains.

The ride is cheap. Just a few bucks gets you to Cleveland and back. That's way less than you'd spend on gas or parking. And if you're a veteran with a medical appointment at the Wade Park VA, the ride is really cheap because it's absolutely FREE thanks to SARTA and the Stark County Veterans Service Commission. If you're a vet, just call the VSC at 330-451-7457, ext. 3, for more info or to arrange a free ride for yourself and up to three family members or companions. And thanks for your service.

Finally, more and more people are climbing aboard Route 4 because SARTA makes traveling to Cleveland easy. Begin by planning your trip with our powerful rider tools. Simply visit [SARTAonline.com](http://SARTAonline.com) from your computer, tablet, or phone, tell us where you want to go and when you want to get there, click the "Get Directions" button, and highly detailed directions will appear on your screen in a flash. Simply follow the step-by-step instructions and you'll be at your destination in no time.

We make buying your ticket to ride just as easy. They're available for purchase on the Route 4 bus, at all our transit centers or can be ordered at [SARTAonline.com/single-bus-tickets-passes](http://SARTAonline.com/single-bus-tickets-passes). Click on "Cleveland" and you're well on your way to visiting Canton's fabulous neighbor to the North on SARTA, the best way to get wherever you want to go in Northeast Ohio. ✨





# CONSIDERING A TRANSITION TO SENIOR LIVING FOR MOM OR DAD

By Heather Coontz

Considering moving a parent or loved one into a senior living community can feel completely overwhelming. Safety and wellbeing are usually the initial concerns that drive this conversation. Sometimes remaining at home or with a family member just won't work for the level of care needed to remain safe and healthy. While this can be a tough conversation, it is very important to have.

## What to consider:

**Safety** – Will your home allow for the safety and mobility needs of your loved one? Senior Living communities are designed with the needs of seniors in mind. Our precautions can minimize falls and provide you with peace of mind. We are also set up in a way that naturally conserves the energy of seniors which makes life easier for them.

**Medical needs** – Have your parent's medical needs become complex enough that you need help? It can be a relief to have nursing staff available 24/7 to help you address these needs, make sure medications are taken on time and that your loved one receives the nutritious meals they need to thrive. Plus, most medical visits can be handled here, so there is no need to transport your loved one for doctor's visits and tests.

**Care over the long term** – How much care do they need now? How much are they likely to need in the future? When considering a community, it is best to consider your parent's current needs but also their ability to handle expected future needs. Having a community that can handle increased care needs over time can be a great comfort.

**Caregiver needs** – How would being the primary caregiver for your parent change your life? Caregiver burnout is a real concern and it is best to be honest about your own limits at the beginning of this discussion. Being the primary caregiver for a loved one can be both physically and mentally exhausting. It is important to maintain your own health and emotional wellbeing. Many caregivers can feel a tremendous amount of stress, guilt and social isolation. It is important to balance your optimism with being realistic about the level of care your parent will need.

# How to start the conversation:

Parents can often be resistant to change and hesitant to consider a senior living community. Approach the discussion as a way to offer options to make their life easier. It is often helpful to focus on how it can enhance their independence by having a caregiver available when needed but maintaining more of their privacy. Home and yard maintenance are no longer a worry, and meals and chores will be taken care of too. Plus, the social aspect of having peers to befriend and regular activities to participate in can be enticing.

Make sure to listen to their fears and acknowledge them. Feeling like they have been heard may make them more open to what you have to say. Visiting friends already thriving in a senior community is a great way to show them what to expect. Make sure to take tours of local facilities and try out the food and activities. This will help in finding a community that fits with the lifestyle they want to lead. Most of all, remember to be patient with your loved one as they weigh their options.

# Care Options:

Independent Living is for active, healthy seniors who are looking for a community that provides a dedicated staff who plans activities which encourage social interaction with peers. You have the freedom to live life as you want while having convenient services readily available.

Assisted Living is for those who need assistance with day-to-day activities, such as grooming, dressing, cooking and laundry. Meals are provided three times a day and regular activities, tailored to meet the interests of residents, are held daily.

Nursing Care also offers assistance with day-to-day activities but also includes available round-the-clock nursing staff to meet the needs of those with chronic medical conditions.

Memory Care is available for those with dementia and Alzheimer's. Extra care is provided to meet their specific needs, ensure their safety and provide the needed mental stimulation.

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We can allow you to focus your attention on your loved one – we will manage their care. Being a loving and supportive family member can be your main priority again.

For more information about St. Luke Lutheran Community, see their website [www.stllc.org](http://www.stllc.org). ✨



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# Cultivating *Your* Green Thumb

*Wayne County Events are Here to Help*

Spring is in the air which finds many of us thumbing through seed catalogs and watching home and garden improvement shows on TV in anticipation of warmer weather and the outdoor gardening season.

To set you on the path of colorful fragrant blooms and healthy delicious homegrown produce, Wayne County offers many gardening seminars, arboretum walks, shows, and sales, all with the spring garden enthusiast in mind.

Here is just a sampling of events scheduled for this spring in Wayne County:

**April 10** - Guided Tree Walk at Secret Arboretum, OARDC, Wooster

**April 13** - Guided Bird Walk at Secret Arboretum, OARDC, Wooster

**April 24** - Guided Spring Walk at Secret Arboretum, OARDC, Wooster

**May 4** - Plant Discovery Day, OARDC, Wooster

**May 8** - Guided Tree Walk at Secret Arboretum, OARDC, Wooster

Wayne County is home to the beautiful Secret Arboretum on the grounds of The Ohio State University's Agricultural Research and Development Center in Wooster. Open dawn to dusk, 365 days a year, the arboretum is home to walking and biking trails that invite you to discover over 2,500 varieties of plants to sniff, study, photograph and enjoy. Bring your little ones to slide through the Buckeye Forest and to explore the Children's Garden Area.

Visit them online at [secret.osu.edu](http://secret.osu.edu) for a complete listing of classes, sales, events and workshops.

**April 26** - Arbor Day and Tree Planting at Secret Arboretum, OARDC, Wooster

**April 27** - Native Plant Sale & Seminars at The Wilderness Center, Wilmot

**April 27-28** - Wayne County Home & Garden Show, Wayne County Fairgrounds, Wooster

Johnson Woods State Nature Preserve, a 206-acre ecosystem, provides a 1.5-mile boardwalk foot trail providing views of one of Ohio's few remaining old-growth forests.

So, after a winter of being stuck inside, get out and enjoy the warm spring weather and the sunshine on your face. Visit the Wayne County Convention & Visitors Bureau website at [www.wccvb.com](http://www.wccvb.com) for details on the above events and attractions, as well as information on accommodations, shopping and restaurants in the area. ✨

*Article Courtesy of Wayne County Convention & Visitors Bureau.*





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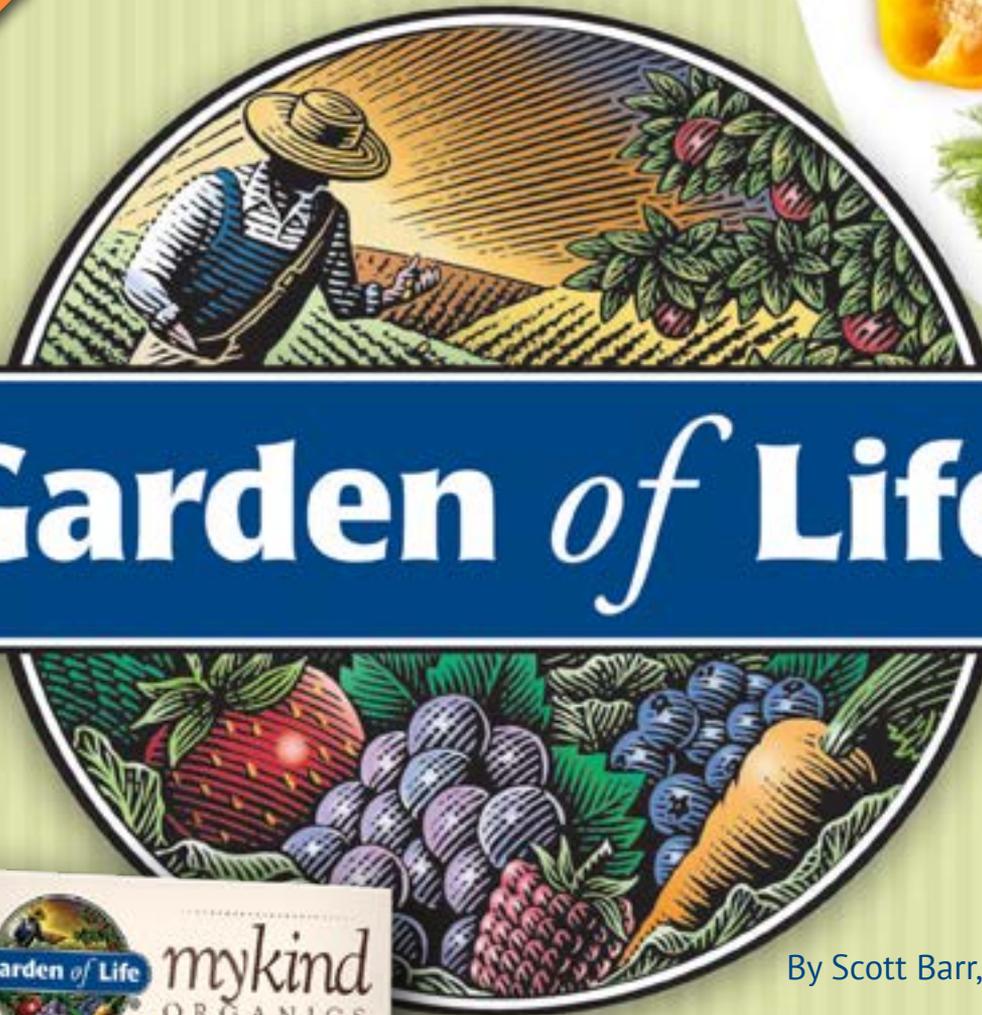
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# Garden of Life

By Scott Barr, BA, BS, DTR

Every so often a name brand carries a following behind it of loyal believers who are truly inspired by the integrity of a company. In this case, it is not solely by the company's product or service, but by the message it has carried over time. One such enterprise is Garden of Life, which has stood the test of time as a leading brand in the natural products industry.

Faithful supporters have witnessed the brand's founding father, Jordan Rubin, grow his company from the ground up. At 19 years old, Rubin was diagnosed with Crohn's disease, a debilitating condition which left doctors baffled for a cure. Through hardship and sacrifice his cure, spelled-out in his book *The Maker's Diet*, led to a billion-dollar company that's still growing strong.





### THREE KEY PRINCIPLES

As the saying goes, people will forget what you did, and forget what you said, but they will never forget how you made them feel.

Garden tugs at the heartstrings of its customers with three key principles: whole-food ingredients, product cleanliness and traceability.

This belief system is the vehicle behind customers' loyalty to the company. The product line *mykindOrganics* is a prime example of each of these principles. Consisting of a broad range of options, including multivitamins, Vitamins C, D, plant calcium, iron and formulas for adrenals, sleep support and a Hair, Skin and Nails formula, these are the first ever dual certified products in being Certified USDA Organic and Non-GMO Project verified. Using exclusively whole food as the vitamins' ingredients, shoppers can expect the highest degree of quality that can be found in the supplement aisle.

Garden's supporters will point out that the vitamins not only tout what ingredients they contain but, more importantly, what substances they've left out. The innovative, patent-pending Clean Tablet Technology gives consumers a clear conscience from digesting chemicals that supplements are known to contain, such as carnauba wax and titanium dioxide. *mykindOrganics* is independently-certified gluten free and vegan, two pathways that focus on requirements and trending preferences of the consumers' diet.

Finally, the traceability of a product is the degree of transparency in a product's ingredients from start to finish, or in this case, from seed to final product. An example is Turmeric, an herb that's typically extracted with alcohol and corn-based solvents during its beginning stages of processing. Garden's herbs are grown with Non-GMO seeds and free of such extractions.

### PRODUCT EVOLVEMENT

These key ingredients are applied to the vast array of product lines that Garden has to offer. Over time, the brand has shown growth in product categories by evolving through research, consumer dietary trends and innovative purchasing opportunities. Garden's original product line, Perfect Food, a nutrient-dense greens powder, is followed by probiotics, enzymes, plant, whey and meal replacement powders. In recent months, a new sports line was introduced with pre-workout and recovery powders, and in the new year, a Keto Diet-focused protein and meal-replacement powder line is now available. You can look forward to the up-coming collagen lineup in 2019.

### A LOCAL PARTNER

One of Garden of Life's long-time retail partners, Raisin Rack, a local natural food grocer in Canton, Ohio, gives praise to three of its most popular products. Garden's Grass-fed Whey Protein is from a small farm in Ireland where the cows graze freely, uninhibited from digesting genetically-modified food. Raw Fit Protein Powder is a gluten-free, non-GMO verified, USDA organic protein powder, packed with added ingredients to help with weight-loss goals. Garden's Weight-Loss Protein Bars are a delicious, guilt-free snack that contain only 1g of sugar, 13g of prebiotic fiber and 14g of protein. ✨

Try this recipe using Garden of Life products for a healthy, delicious start to your morning.

### RASPBERRY-CHOCOLATE DELIGHT BREAKFAST SMOOTHIE

#### Ingredients

- 1 cup non-dairy milk, such as almond or cashew
- 1 scoop chocolate Garden of Life Raw Organic Protein
- 1 cup frozen raspberries
- 1 whole banana
- 1 teaspoon Garden of Life Flaxseed Powder
- 1 tablespoon almond butter
- 2 tablespoons raw cacao powder
- Dash of cinnamon

#### Directions

Blend all ingredients until smooth.





# A New CHAPTER

By Katie Cunningham

**W**arther Cutlery began a new chapter in its history by moving into a brand-new manufacturing facility and store adjacent to its former Dover, Ohio location. The new building, located at 924 Tuscarawas Avenue, replaces the current manufacturing site located at 327 Karl Avenue. Close in proximity to the museum and Mooney's Original Home.

The 15,000 square-foot building designed by B.A. Widder Architectural and constructed by Benchmark, will be completed in the spring of 2019. This building marks the first new construction since 1963 and the first construction since the addition to the Museum in 2002. The building houses a manufacturing shop located in the basement level, a 2,600 square foot store with Knife Sharpening and viewing areas located on the second level. Offices and a conference room round out the design on the third floor.

It was designed with the goal of achieving ample manufacturing space, while considering the safety of the

carvings. The new building removes the machinery hazards from below the museum filled with priceless carvings and provides much needed manufacturing space for a growing business.

Steven Cunningham, Warther Cutlery President, states, "In the past few years we have seen our internal efforts begin to gain traction and start rolling. We have utilized every square inch of our old shop and store to the point that we knew we were going to need to find another space. Having the ability to build so close to our current location, all the while keeping Mooney's homestead and his carvings close, was a main priority, as well as keeping the carvings protected. With manufacturing growing, so were the risks associated with having the carvings in the same building. This new building will not only allow us to maintain the safety of the carvings, but also bring another attraction to the community and our customers. It cannot go without saying how grateful we are to have such great support through our community and our customers."

Warther Cutlery had the vision of these plans years ago with family

members buying and renting the homes that face Tuscarawas Avenue. It was always anticipated and hopeful that one day these homes would provide the land necessary to grow and expand.

Mark Warther explains, "Mooney loved knife making as much as he liked carving, and we are now growing into our 4th generation of crafting knives in a brand-new shop. One thing that my dad preached was to always remain busy while you wait. In the last 25 years we made the steps necessary to ensure growth in the upcoming years. My dad, David Warther, said, 'This business will continue forever.' However, in business if you're not growing, you're shrinking, there is no such thing as standing still. We purchased these homes with the intent to move forward, and that's exactly what we are doing. We are very excited about these changes and want to thank the community for their continued support throughout the years."

Warther Cutlery is still under construction; however, the store and knife sharpening services remain open. Hours for the store are still 7 days a week 9-5. A Grand Opening is planned for May 11 and Warther Cutlery would like to encourage everyone to come and check out the building as it progresses and when completed. Please check the Warther Cutlery Facebook, Instagram and website for grand opening details. ✨

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Why Your

# BODY Wants Your Diet to FAIL...

And What You Can Do About It

By Erin McDermott, BA, CPT

**N**ew research in weight loss demonstrates the problem we see today is not actually with losing weight, it's with keeping it off. Most people lose a significant amount of weight during their lifetime, but almost no one can maintain it. It doesn't matter which diet they use or what food they eat, almost all dieters only experience temporary success.

The problem with popular dieting strategies is that they fail to recognize the most important aspect of weight loss: dieting elicits the same physiological response as starvation and this forces your body to fight back. If you want to be successful in the long term, you must learn how to work with your body, and stop fighting against it.

When you reduce your calorie intake, your fat cells start to shrink. This is a great thing for your waistline,

but a bad thing for those cells. You see, adipose tissue (body fat) is an endocrine organ, meaning it's alive and communicates with other parts of your body. When your body senses a change, it fights back by slowing down the fat loss process. This reaction is a defense mechanism developed through evolution, as our ancestors were subjected to ice ages, famines, and starvation.

When food became scarce, their bodies responded with a three-step process to defend them against starvation. Unfortunately for us, the defense mechanism works in the same way. Seeing as 95% of diets fail, it's clear our bodies are highly successful at sabotaging our efforts.

Current research shows there are four main ways our body defends us from losing too much body fat (whether on purpose or not). The first thing that happens concerns the way our bodies use the calories we eat. In order to ration out as much energy as possible for later use, our calorie expenditure is reduced. This means that the different ways you were burning calories before, now burn far less.

For example, the calories used to keep your brain, heart, lungs and other organs alive, as well as the calories burned through exercise, are now significantly lower. This reduction in calorie burn is enough to halt anyone's weight loss and is commonly referred to as a weight loss plateau. However, as your body thinks it's defending you from a real threat, it does not stop there.

As the calories-out are reduced, your body desperately tries to increase the calories-in. When your fat cells shrink, they send signals to your brain telling it you're hungry, attempting to increase your food consumption. Therefore, when you're on a diet you tend to think about food all the time. It's an intelligent strategy to plump up

A close-up photograph of a person's midsection. They are wearing a light grey tank top. A white measuring tape with red markings is wrapped around their waist. A hand is visible holding the tape, and the numbers 10, 11, 12, 13, 14, 15, 16, 19, 20, and 21 are visible on the tape. The background is a soft, out-of-focus light color.

Seeing as  
95% of diets  
fail, it's clear our  
bodies are highly  
successful at  
sabotaging our  
efforts.

those fat cells, just in case we need that energy for later. If the weight loss plateau doesn't make you give up your diet, the constant hunger certainly will.

The third strike to your diet is the preparation for restorage of body fat. Our bodies are so ingenious, they know with the sabotage conducted above, it's only a matter of time before you give in and gorge! Thus, during a diet, our individual fat cells prepare themselves to capture all the calories we're (inevitably) going to consume. This is why when you're dieting and you overeat, you gain more fat than if you overeat when you're not dieting; your body does not want to waste any of those precious calories.

Although this is quite frustrating, keep in mind your body is doing this to protect you. If you



think about it from the perspective of someone dying from starvation, if they happen to eat food, their body would be very efficient at capturing every bit of that energy. It works the same way when you diet. It all is part of the effort to keep you alive.

The final nail in the coffin is the increase in the size and number of your fat cells. Generally, after your teenage years you have a set number of cells that never go away, they simply grow and shrink. However, there has been some new research indicating that during or after a diet, if you overeat too much, you can not only increase the size of your fat cells, but also increase the number of them. This makes it very easy to gain fat in the future, but much harder to lose it. This is the reason yo-yo dieting tends to make you gain weight, rather than lose it. If you do on-again/off-again dieting, chances are you're not only eliciting the defense response discussed above, but you could actually be causing an increase in your body fat.

The good news is that all hope is not lost! There is a proper way to diet, that takes these physiological adaptations into account, but it may take a change in your mindset. The first step is to stop focusing on short term goals and start focusing on long term health. Too often people become obsessive over the amount of weight

they want to lose and will do anything to reach that number. Thus, the short-term goal shapes the dieting strategy, leading to crash dieting, giving up all the foods they love and taking on a "good food vs. bad food" approach to nutrition. These are all the worst things you can do for long term results and will further exacerbate the body's defense response.

A great way to avoid crash dieting and ensure you are fueling your body properly is to track your calories. Although counting calories is a means to restrict your food intake, it is also a useful tool to ensure you're eating enough nutrients. You should begin your diet with a few weeks at a high number of calories, high enough to maintain your body weight. Subsequently, reduce your calories by 50-100 at a time and try to find an amount that will allow you to lose weight slowly. If you lose more than 2 pounds a week, you're going too fast and it will cause your body to fight back.

Simply continue this pattern until you reach your goal weight. Keep in mind, dieting in this way will be much slower, and it may take many months of trial and error with your calories before you find what works for you.

Another change you should make to your dieting mindset is to think about adding in, not subtracting out.

For example, try to add in lean sources of protein, non-starchy vegetables and a few extra glasses of water each day. Avoid thinking about all the food you need to cut out of your diet, or which foods are "good" or "bad." There are no foods that guarantee weight loss, just as there are no foods that guarantee weight gain. All foods are okay in moderation, so don't restrict yourself too much.

In the end, what weight loss boils down to is whether you can start working with your body and stop warring against it. If losing that last 5 pounds means cutting out all the food you love, damaging your metabolism and forcing your body into starvation mode, is it worth it? Certainly not! None of the health benefits of losing weight are worth the damage done by putting your body in starvation mode.

Our body's only goal is to do one thing: survive at all costs. Therefore, if you crash diet, your body will fight back; it's in our nature. If you want to be successful, stop doing the very thing that makes your diet fail: living on low calories. Learn to be patient with your weight loss and consistent with healthy habits, and the results will come. ✨

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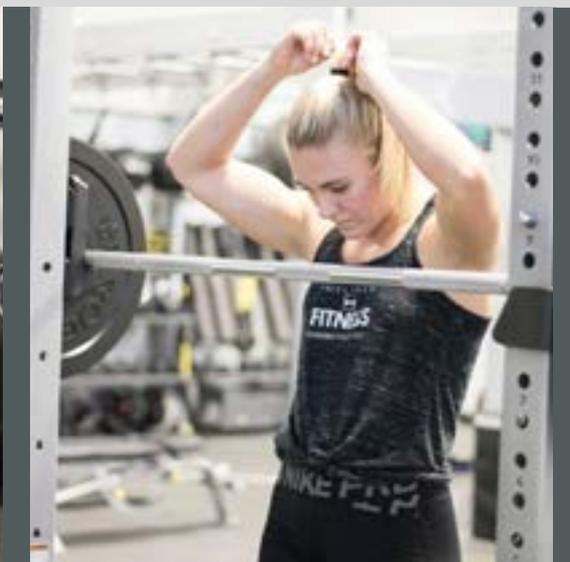
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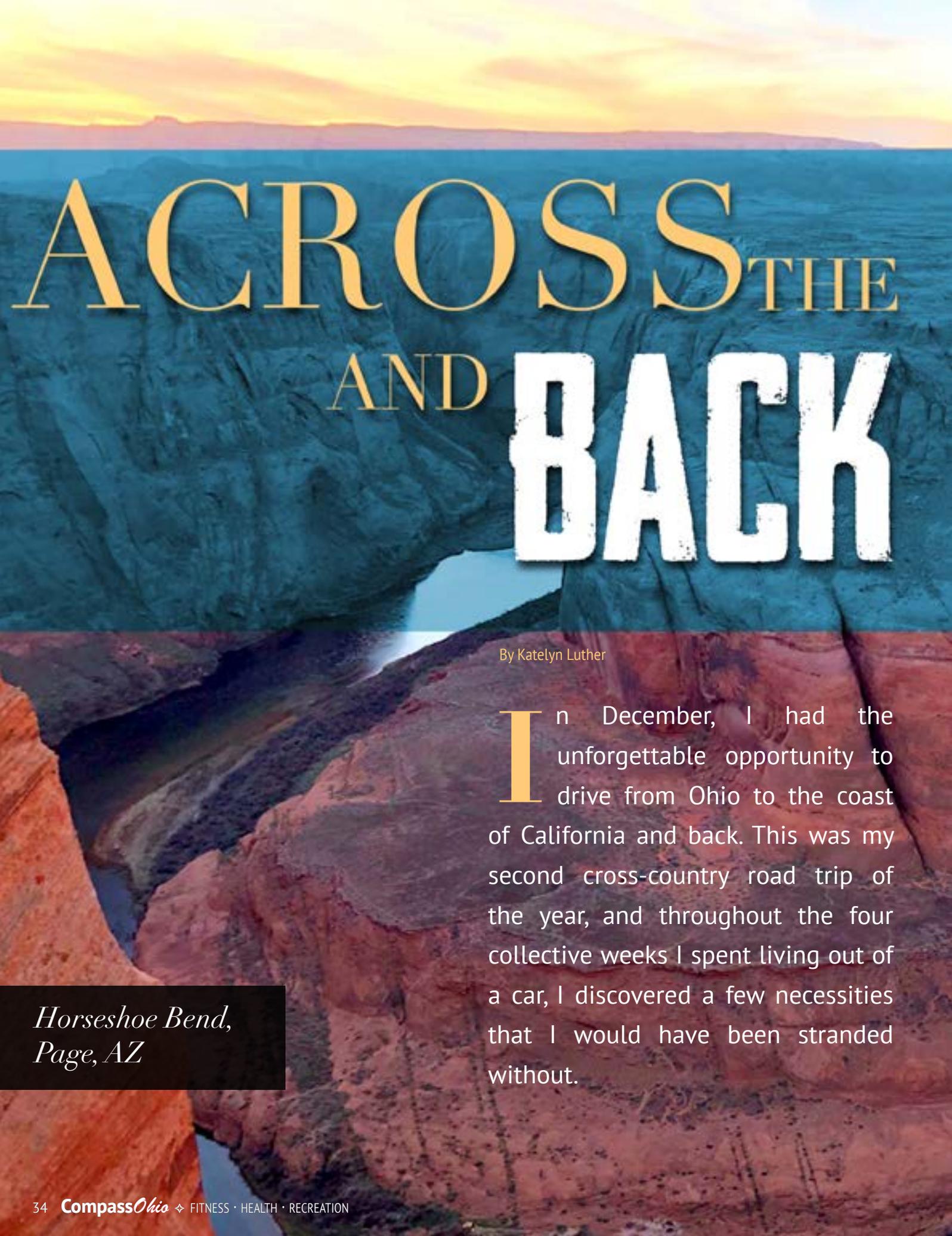
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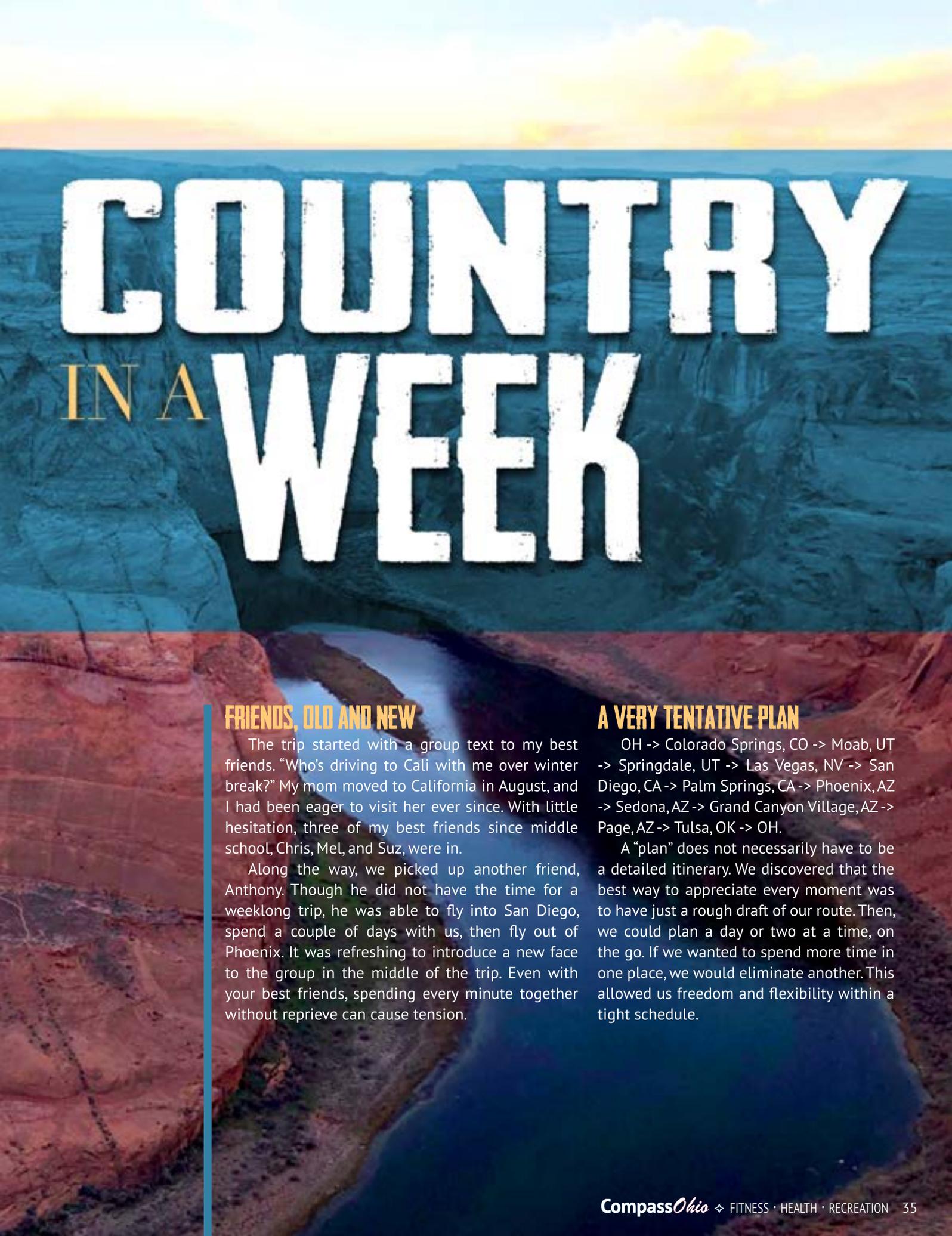


# ACROSS THE AND BACK

By Katelyn Luther

**I**n December, I had the unforgettable opportunity to drive from Ohio to the coast of California and back. This was my second cross-country road trip of the year, and throughout the four collective weeks I spent living out of a car, I discovered a few necessities that I would have been stranded without.

*Horseshoe Bend,  
Page, AZ*



# COUNTRY IN A WEEK

## FRIENDS, OLD AND NEW

The trip started with a group text to my best friends. “Who’s driving to Cali with me over winter break?” My mom moved to California in August, and I had been eager to visit her ever since. With little hesitation, three of my best friends since middle school, Chris, Mel, and Suz, were in.

Along the way, we picked up another friend, Anthony. Though he did not have the time for a weeklong trip, he was able to fly into San Diego, spend a couple of days with us, then fly out of Phoenix. It was refreshing to introduce a new face to the group in the middle of the trip. Even with your best friends, spending every minute together without reprieve can cause tension.

## A VERY TENTATIVE PLAN

OH -> Colorado Springs, CO -> Moab, UT -> Springdale, UT -> Las Vegas, NV -> San Diego, CA -> Palm Springs, CA -> Phoenix, AZ -> Sedona, AZ -> Grand Canyon Village, AZ -> Page, AZ -> Tulsa, OK -> OH.

A “plan” does not necessarily have to be a detailed itinerary. We discovered that the best way to appreciate every moment was to have just a rough draft of our route. Then, we could plan a day or two at a time, on the go. If we wanted to spend more time in one place, we would eliminate another. This allowed us freedom and flexibility within a tight schedule.

## FUEL

Long shifts at the wheel, hiking at elevation, and trying to run almost every day meant we spent a lot of time hungry and tired. Trail mix and gas station coffee could only sustain us for so long. This gave us plenty of reason to find the best stops for food along the way.

One evening, we drove through Colorado planning to stop in Breckenridge, but found the town packed with visitors for a festival. Rather than wasting time waiting for a table, we drove on to a smaller town up the road, Frisco, Colorado, where The Moose Jaw caught our eye. We were all craving cheap burgers and a beer that night after spending the day climbing Raspberry Mountain, and were pleased with the no-frills comfort of a small-town ski bar.

In the mornings, we frequented small, cozy coffee shops, ordering a drip coffee for Mel, cafe au lait for Chris, anything but coffee for Suz, and a dirty chai for myself. Once settled in, we would plan out the day ahead, finish our drinks, then be on our way, energized and excited to take on the day's adventure.

The most enjoyable cup of morning coffee was brewed by our host at Casa de Monte Vista in Palm Springs. On the rooftop deck, palm trees framed our view of Mount San Jacinto rising out of the valley; the warmth of the sun gave us reason to enjoy a slow morning, sitting and talking, rather than rushing to our next adventure.

## BAD TIMING

While we had our share of slow, relaxed mornings drinking coffee, the most memorable moments were those that could not have been planned. The second night of the trip, we had plans to camp outside of Moab, Utah, where we would be exploring Arches National Park the next day. It was colder than we had expected that night, and Chris and Suz wanted to sleep in the car rather than camping. We set up one tent and filled it with blankets, and Mel and I were off to bed, bundled in layers of coats, sweatpants, socks, and gloves.

I drifted off quickly, but a few hours later awoke to Mel climbing over me and out of the tent. She had been unable to sleep because of the cold and was retreating to the car. It must have been around 1 o'clock in the morning and I figured I would be able to fall back asleep as easily as I had earlier that night. It had gotten significantly colder and within an hour or two, I started to lose feeling in my hands and feet. I decided to join the other girls in the car, curling up in my sleeping bag in the driver's seat, drifting in and out of sleep until daylight broke a few short hours later. In the morning, we went out to take the tent down and repack it, and found it covered in a layer of frost. Mel and I were both thankful to have slept in the car, as it had gotten down to a low of 19 degrees overnight.

*Angel's Landing Trail,  
Zion National Park, UT*





*Mount San Jacinto seen from Casa de Monte Vista, Palm Springs, CA*

## GOOD TIMING

Undeniably, some days frustrated us and left us sleep deprived. Others, we spent in awe. On the third day of our trip, we ventured to Zion National Park in Utah to complete the renowned trek to the top of Angel's Landing. Conditions on the trail in the winter can be dangerous so I was a bit worried knowing there had been snowfall the week before.

Luckily, the sun was out, melting the last of the leftover snow and ice. From the trailhead, we looked to the top of the landing and began to hike up switchback after switchback. The further we climbed, the steeper the trail became, challenging us both physically and mentally as we gripped the metal chains bolted into the cliff, trying not to look over the edge to the valley where we had begun, 1700 feet below.

Spontaneous decisions left lasting impressions as well. While in Palm Springs, California, the rest of the

girls turned in early after dinner, but Anthony and I decided to squeeze as much adventure as we could into the long day. Downtown, we wandered the shops under the streetlights, exploring the small city, and people watching. Still not ready to call it a night quite yet, we jumped back in the car, deciding to head toward Joshua Tree National Park.

The drive took us over an hour outside the city, and there was not another car in the park as we drove to the top of Keys View, a spot recommended by a local earlier that day. From this mountain top lookout, the stars above us looked as close as the ambient city lights below. It was one of those moments that made it feel like we were the only two people in the world. I was thankful to be there late in the night to have the typically crowded spot all to ourselves.

## PERSPECTIVE

Some moments that seemed like bad timing made for the most appreciated and memorable of the trip. After stopping at the Grand Canyon, we decided to drive another two hours north, out of the way of the remainder of our trip, to see Horseshoe Bend. The drive took us along the Colorado River through Navajo Indian Reservations toward Page, Arizona. As we got closer to our destination, traffic became congested; we saw cones and a few police cars off the road before reaching a sign telling us that parking was completely full.

We continued driving past, until two miles ahead, where we reached the small town. Since we had driven two hours out of our way for the single sight, none of us wanted to leave without seeing what we had come for. We laced up our running shoes, and ran the two miles there and back along the highway, to find one of the most incredible viewpoints of the trip.

While it is undeniably important to pack a map to get you to your destination, the right pair of shoes to climb a mountain, and cash for tolls, there are other necessities that will not be found on a typical Road Trip Checklist. Your mindset, how you react to good and bad moments, and the people you travel with can make your trip either magical or miserable. The choice is completely yours. ✨

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# HOW FAR CAN I GO ?

By Morgan LaVallee, MFA



The Ironman Triathlon, perhaps the ultimate endurance test, is a three-part series of incredibly challenging athletic events completed back to back to back. Participants must endure a 2.4-mile swim and a 112-mile bike, followed immediately by a full marathon (26.2 miles). While elite athletes can complete an Ironman Triathlon in around 9 hours, the average athlete will complete the entire course in somewhere between 14 and 16 hours. All competitors, however, must finish the race in under 17 hours.

Until recently, I never considered myself an athlete and still struggle to confidently declare that title. But I am determined and I do not quit. With that dedication, I have managed to finish a marathon and climb Mt. Kilimanjaro. I am not extraordinarily strong or fast

or talented by any means. Like most individuals, I would consider myself a normal person, with a normal gym routine and moderate fitness goals. But the desire to become better, to push myself both mentally and physically, has grown stronger and stronger. After all, I am just an average person, seemingly able to achieve abnormal feats. The question, just how far can I go, presses me past boundaries I previously imagined impossible.

Six years ago, I began training for my very first 5k (3.1 miles), a distance that at the time seemed unattainable. This year, my boyfriend James and I will take on the next impossible journey: The Ironman, 140.6 miles, this October in Louisville, Kentucky.

A quick Google search will populate multiple training programs, blogs of advice, and success stories. Dependent upon a competitor's training history, programs vary in length and in focus. For beginners, a minimum of 24 weeks of training is recommended. We, for all our physical accomplishments, are definitely beginners. That's how challenging the Ironman is: It is not enough to be able to complete just a full marathon, but you must swim and bike a combined 114 miles first, and then run 26 miles. And somehow, you are not only expected to survive this physical gauntlet, but complete it in under the allotted course time.

*it is not enough to be able to complete just a full marathon, but you must swim and bike a combined 114 miles first, and then run 26 miles.*

Our training program was selected based upon our strengths and weaknesses. As runners and recent marathon finishers, our plan focuses less on running and more on swimming and biking, and the transition between the two. In our first month of training, roughly nine months out, the most important piece of our training is learning how to swim properly.

While some Ironman hopefuls elect to find a coach and undergo a regimented, formal training program, the financial cost of a coach quickly multiplies the already expensive endeavor that is an Ironman. Instead of hiring a coach, we have chosen to find mentors, athletes who have completed triathlons and Ironman competitions, utilizing their experience and knowledge to better our own training.

In addition to their generous advice, we have Youtube. It may sound crazy to prepare for such an extreme event by relying on the internet, but Youtube offers great value. Countless videos

break down proper swim techniques, along with corresponding training drills for better form.

With nine months to go, we have the time to better prepare ourselves and to learn how to properly swim freestyle. It also allows for us to ease into what will soon become an everyday effort. By selecting a race so far in advance, we are afforded the time to choose a proper gym with a pool, research the best bikes, and save for the costly entrance fees and necessary gear.

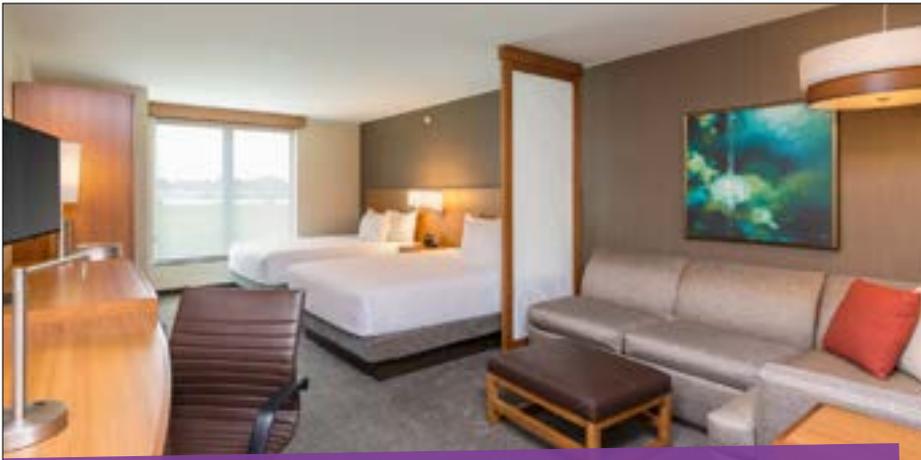
At six months out, the recommended weekly training will increase. All workouts until this point will be done just to prepare physically for this start, averaging about 10 hours of training per week. This breaks down to a six-day workout regimen, with one day off. Each day has a designated event practiced twice a week, for roughly one hour each day. At five months out, the time dedicated to each discipline increases about 10 percent. This continues to build each month, eventually leading

to longer and longer training sessions where disciplines are practiced back to back.

Consistency will be key in these workouts. Endurance is built through continuous performance. More important, however, is the mental fortitude solidified in the small-scale accomplishments. Without a strong belief in oneself, forged during months of dedicated training, the muscle cramps and fatigue of race day may seem to be a pending sign of failure, rather than a normal part of the literal course.

While it is still early in our Ironman journey, the next few months promise to challenge us in ways not previously imagined possible. Like all great challenges, the experience gained is often times more fulfilling than the eventual outcome. Although we are months away from completing an Ironman, it is the training we will undertake today that earns us the title come October. ✧





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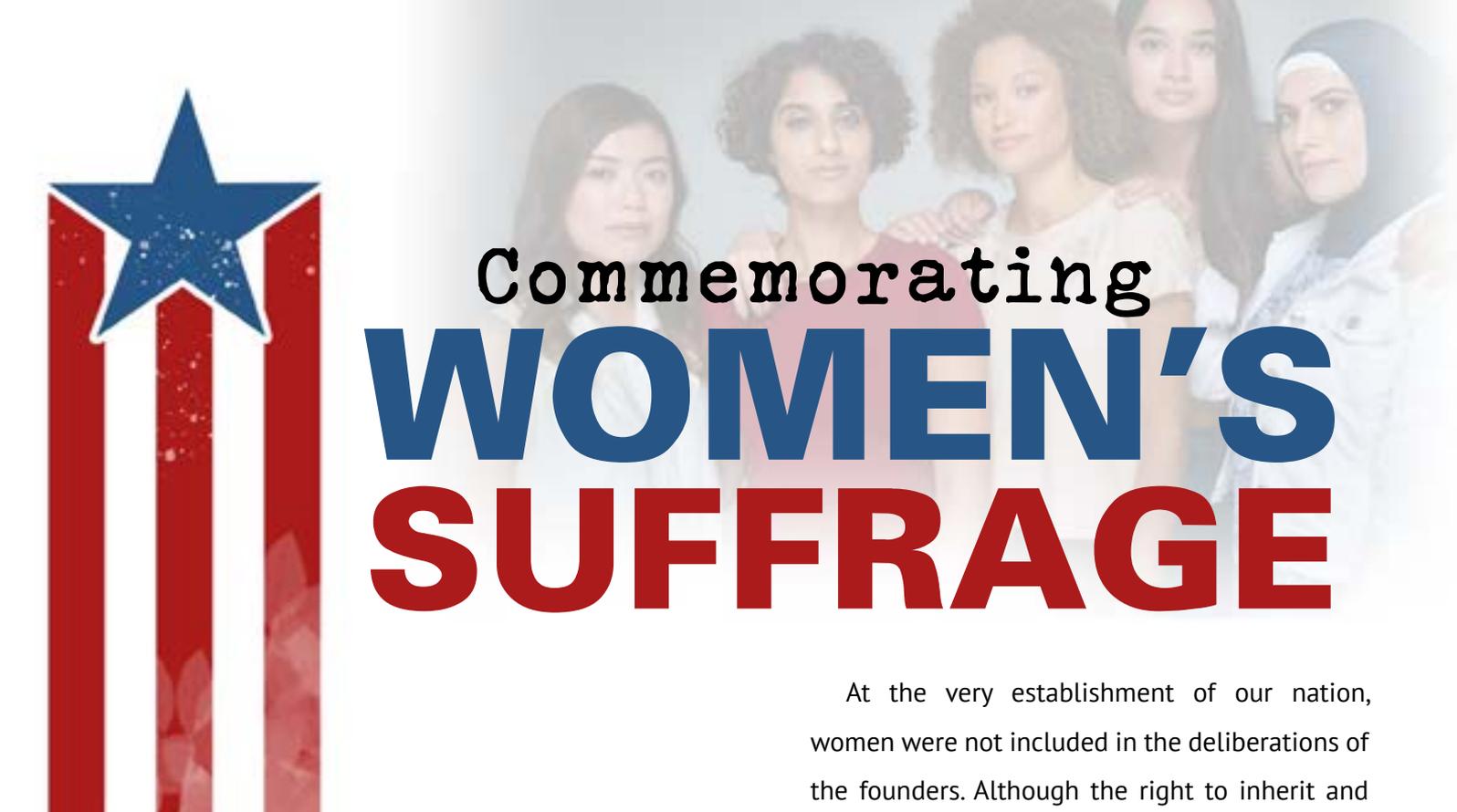
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# Commemorating **WOMEN'S SUFFRAGE**

At the very establishment of our nation, women were not included in the deliberations of the founders. Although the right to inherit and own property was enshrined in the Northwest Ordinance of 1787 – the document that outlined the governing of the new states of Ohio, Indiana, Illinois, Michigan and Wisconsin – the Constitutional Convention that convened later that year in Philadelphia did not build on it. When the outspoken Abigail Adams wrote to her husband John at the Convention to “remember the ladies,” he countered that the Declaration of Independence declared that “all men were created equal.” (It’s a good thing he didn’t say it to her in person: she might have responded with a rolling pin!)



Many women noted at the time that the revolution was based on the rallying cry of “No Taxation without Representation,” yet they had no representation in the new nation either. Today’s Women’s March, the “Me, Too” movement are not new phenomena but have developed from a long history of women seeking equal rights.

For the next year, many organizations will be commemorating the 100th anniversary of the introduction and ratification of the Nineteenth Amendment to the Constitution of the United States which secured the right to vote for women. As part of Women’s History Month, an exhibit highlighting the events and characters of the movement will be on display at Historic Fort Steuben in Steubenville from March 11-22 with a particular focus on Ohio’s history.

As Ohio was created to be a non-slave state, many abolitionists had settled here, and women were active in the movement. Many of these women went on to work for women’s suffrage, such as

Columbus resident Elizabeth Bisbee who established a newspaper, *The Alliance*, to fight for equal rights for women. Others including Frances Dana Gage helped organize women’s conferences across Ohio during the early 1850s. Gage led a state convention in Akron on May 29, 1851. At this meeting, Gage and the other women found that their objectives were not shared by locals in the community. Many men, including several ministers, came to the convention to heckle the speakers. It was at this conference that Sojourner Truth, a former slave, gave her famous “Ain’t I a Woman?” speech.

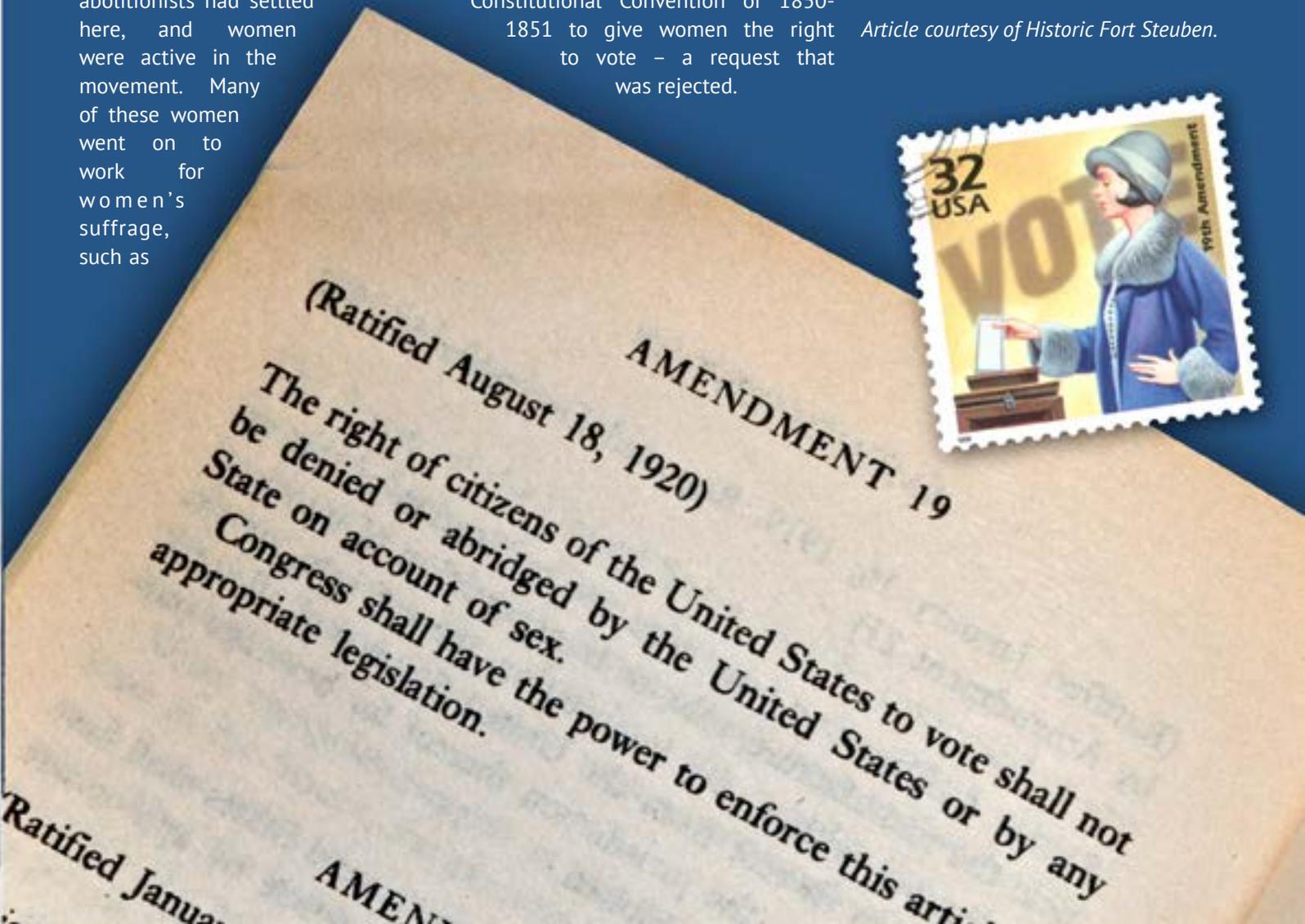
In 1852, a number of people met in Massillon, Ohio, at the Women’s Rights Convention. Participants voted to establish the Ohio Woman’s Rights Association, which held its first statewide meeting in Ravenna on May 25, 1853. The attendees helped to draft a petition asking the Ohio Constitutional Convention of 1850-1851 to give women the right to vote – a request that was rejected.

The Civil War put the movement on hold for a number of years. It wasn’t until the importance of the efforts of women during World War I was recognized that public opinion changed. Even President Woodrow Wilson, who had not supported it, changed his position in 1918 to advocate women’s suffrage as a war measure.

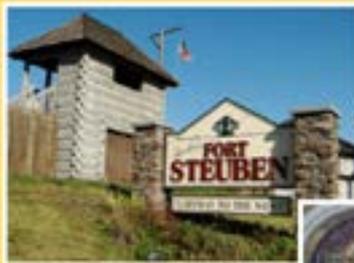
After decades of effort by hundreds of advocates, the Senate finally approved the amendment on June 4, 1919, by 56 to 25 after four hours of debate. Ohio was the fifth state to ratify it on June 16, 1919. The Nineteenth Amendment, which prohibited state or federal sex-based restrictions on voting, was ratified by enough states to go into effect on August 18, 1920.

Too often we take for granted rights and privileges that were gained by the labor, suffering and sacrifice of others. The right to vote – an essential aspect of our democracy – is one of those. ✨

Article courtesy of Historic Fort Steuben.



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# Why it's a **GOOD IDEA** to **OVERRIDE** Your **MIND**

By Alexandria Spencer, CF-L1

In my senior year of college, I discovered late fees at the school library when I checked out a book right before summer break. That's right, I had every intention of reading it, but it was old and looked much less exciting than working out in the sun. Little did I know, I would get hooked once I finally began reading this old book of research studies done in the 1960's. *The Physiological Effects of Exercise Programs on Adults* was written by Thomas Kirk Cureton in 1969.

This book was research study after research study completed over a course of almost 30 years about what kind of exercise programs work, and what exercise programs don't work. The part that gets me the most excited is that physical fitness has not really changed and, despite every new piece of equipment or exercise program, the

same exercise that worked back then, still works today. No one had yet taken those exercises and put a company name on them and they weren't being marketed to social media, they were simply using these exercise concepts for what they were.

They used different exercises to stimulate muscle growth, they used programs to see what gets our heart rate up, how to become more fit, and how to make our bodies the most efficient in daily life. No fads, no popular name-brand workouts, just the plain basics of science and exercise with long-term commitment to the programs. That's the exercise that I love, the exercise that is backed by in-depth research and quantifiable results.

So, let's talk about what works. What they found is that the most successful exercise program with the goal of increasing brain and organ function, overall fitness, and quality of life is through "high-intensity" workouts. Your body is made up of around ten billion capillaries, tiny micro-sized blood vessels webbed throughout your body that bring nutrients and oxygen to your tissues. Not all of these capillaries are in use in every single person's body. They actually have to be turned on by you.

The way we turn them on is by forcing our body to adapt to exercise or some kind of activity that creates enough stimulus to get our heart rate to the point where we need more oxygen.



When you begin to push your body to adapt, you are also pushing blood into possibly forming new capillaries, but more so into making use of the ones you already have that aren't being used efficiently. This will cause an increase in capillary density, allowing more oxygen to go to your muscles and thereby improving your ability to perform higher intensity exercise.

The more fit you are, the more capillaries are being used. When more capillaries are used, you are not only pumping blood to and from your heart and through your arteries more efficiently, but you are actually enabling nutrients and oxygen to get to the tissues of your body. This increases recovery, muscle build, fat loss, heart function, digestive regularity, brain function, and quality of life.

How do you know you're hitting the point where you are becoming more fit? In a practical way of putting it, the moment that your body is sending you signals that it is not comfortable and thinks you should slow down, or quit, is actually the point where you are physiologically becoming more fit and a more efficient human being. This can be defined as heavy breathing or tired arms or legs. Don't look to become uncomfortable to the point of pain or injury, and there is often a very fine line between the two.

This is why it is good to have an educated personal trainer or class instructor there for you to not only ask

questions, but help you understand what you are feeling. It's the point where you aren't just burning, but where you are failing. It's not "feel the burn," it's "overcome the fail." Once you have begun to fail in exercise, you are not only getting fitter, you are getting used to the idea of growth. It's time to get your mind out of the fat-burning zone and into the mindset of increasing overall fitness.

Getting on a treadmill at a pace that is conversational, or even slightly above conversational, is not doing the job. Yes, you're burning calories, but if you have not pushed your heart rate into the zone that makes you suck air, you are not making your body more efficient. That's how you continue to burn calories after high-intensity workouts, you have pushed your body to adapt and work thus creating your metabolic system to respond by becoming more efficient.

Doing high-intensity workouts every day isn't necessarily smart, but pairing them with lower intensity cardio or weight lifting is definitely recommended. What you have to do to get results isn't always fun, but once you do the work that isn't so fun, the results are well worth it.

There are tons of ways to burn fat, but results are correlated with consistency. Consistently pushing yourself to the point where your body has to adapt and grow is the recipe for looking great and feeling great. High-intensity training is a piece to add to your workout regimen. There's always that person that can start with four days a week of high-intensity workouts,

but most should start with just two days a week. The main idea is to get you to push yourself on most days you work out.

You may also need rest days depending on how you feel. If you feel less recovered on a day when you should do high intensity, switch to something a little less taxing. Listening to your body and being flexible in your training plan is important.

Don't be afraid to sweat and fail on some reps, or get out of breath and have to stop. That just means you should rest and keep going. Don't settle for being comfortable because your body will not grow and adapt as it should. Get help from someone or join a gym if you aren't sure how to get started.

Exercise is a complex concept and it's important to find a trainer or instructor with formal education, certifications, and experience. Don't be afraid to find a quality training facility and work hard. We applaud it, and we will help direct you to be as efficient as possible in your exercise goals. ✨



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# SPRING RECREATION IN THE CUYAHOGA VALLEY NATIONAL PARK

By Jennie Vasarhelyi

Located along the Cuyahoga River between Cleveland and Akron, Cuyahoga Valley National Park is a year-round destination for trail activities. You can choose the activity and difficulty you wish to pursue. You can walk, jog, run, bicycle, push a stroller, or use a wheelchair. You can find routes that are short and flat or long and rugged. Regardless of what you do on the trails in the spring, make sure you take time to enjoy nature's reawakening. This article offers trail suggestions and spring changes that you might experience.

Haskell Run Trail is a hilly, half-mile loop that starts from Happy Days Lodge (500 West Streetsboro

■ Bird watching at Beaver Marsh along the Towpath Trail  
*Photo courtesy of Sara Guren*



AS SPRING  
UNFOLDS IN APRIL AND  
MAY, PLANTS GROW IN  
A HURRY TO SOAK UP  
THE SUN BEFORE LEAVES  
CLOSE THE FOREST  
CANOPY AND SHADE  
THE GROUND.

Road/State Route 303, Peninsula). The trail meanders through a forested ravine. Its moist environment makes it a particularly rich area for spring flowers. Return throughout the spring months to observe the progression of change.

Wildflower season starts as early as late February when skunk cabbage blooms. Skunk cabbage leaves don't emerge until later in spring. In March, look for its low-growing, purple-and-brown flowering structure that resembles a hood. Peer into the hood to see the small yellow flowers protected inside.

As spring unfolds in April and May, plants grow in a hurry to soak up the sun before leaves close the forest canopy and shade the ground. April flowers include spring beauty, which has five white petals lined with pink. In early May, some of the more colorful flowers appear. Look for delicate bluets growing in the drier uplands and pink wild geraniums near the creek. Later in May, as the tree canopy closes, some more subtle flowers enter the procession, including foam flower and miterwort. Both have tiny white flowers that grow in delicate spikes.

Visit the Towpath Trail to watch birds and listen for frogs. The crushed limestone trail is relatively flat and is accessible for wheelchairs. Historically, it is the route that mules walked to tow boats along the Ohio & Erie Canal. Today, it is a multi-purpose trail that runs the length of the Cuyahoga Valley National Park and extends into Cleveland, Akron, and beyond. For spring nature observation, try the trail near Station Road Bridge Trailhead

(Riverview Road and Chippewa Creek Drive, Brecksville) and the Beaver Marsh (Ira Trailhead; 3801 Riverview Road, Peninsula).

Bald eagles build their nest near the Towpath Trail north of Station Road Bridge starting in winter. The nest is visible from the trail, although you have to look across the Cuyahoga River to see it. While a few red-winged blackbirds linger during the winter, their numbers jump in March. Their distinctive song is a sign of spring that I anticipate each year. It sounds like a short and squeaky "oak-a," followed by a long, trilling "lee."

In April and May, numerous species of songbirds pass through the valley on their annual migration. Yellow-throated and cerulean warblers are two species that bird watchers come to Station Road Bridge Trailhead to find. If you haven't experienced colorful songbirds during spring migration, it is worth attending a bird walk with an expert who can help you develop your skills. We offer monthly programs.

Spring hiking with a ranger along Haskell Run Trail  
*Photo courtesy of Ted Toth*





**Wild geranium**  
Photo courtesy of Eric  
Carlson

## THE HIKING SERIES ALLOWS YOU TO REGULARLY JOIN A RANGER TO EXPLORE THE PARK AND ENJOY THE SPRING SCENERY.

---

Frogs add to the sense of life re-emerging with spring. Spring peepers are the first frogs to join the spring chorus. They breed in groups that can number in the thousands. Their breeding call is a high-pitched peep that resembles jingling bells when their many voices mix together.

Many people come to the park to enjoy fall scenery, but spring also offers compelling views. The Ledges Overlook is a popular destination to appreciate how the 33,000 acres protected in the national park creates expansive scenery. The Ledges are a rocky outcrop that creates a natural plateau. The 2.2-mile Ledges Trail encircles the plateau, sometimes at its base and sometimes along its upper edge. The Ledges Overlook occurs at a high point on the plateau where the National Park Service also trims trees to create an opening. From there, you can look west across the entire valley.

Tree buds, flowers, and tender new leaves all contribute to spring scenery, subtle-to-brilliant colors and textures. The new growth is usually small and does not obscure the tree branches. Instead it highlights their shapes and patterns. Buds form during the previous year's growing season and remain inconspicuous through winter. In late winter and spring, they swell and take on richer colors as they prepare to open.

All broad-leaved trees have flowers. Up close, you would not necessarily recognize them as flowers, because they tend to be small and may lack petals. However, they often grow in clusters and when viewed from a distance, give the tree an overall sense of color. When leaves first emerge, they are often a bright green, perhaps the origin of the color we call spring green. They may also briefly show hints of color created by other pigments in the

leaves before it is masked by the green pigment chlorophyll.

The hiking series allows you to regularly join a ranger to explore the park and enjoy the spring scenery. This series takes you to places you might not find on your own, as well as offering the safety and socializing that comes with hiking in a group. The park publishes its programs in a quarterly publication, *The Valley Guide*, and also posts them online at [www.nps.gov/cuva](http://www.nps.gov/cuva). If you have questions about how to visit the park, stop by the Boston Store Visitor Center (1550 Boston Mills Road, Peninsula) or call 330-657-2752.

We hope to see you in the Cuyahoga Valley National Park this spring. ✨

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# BIKE SUMMIT METRO PARKS

## THIS SEASON

By Lindsay Smith

Summit Metro Parks (SMP) manages over 70 miles of beautiful biking trails. Chances are, no matter your level of experience, there's a bike ride for you nearby in Summit County.

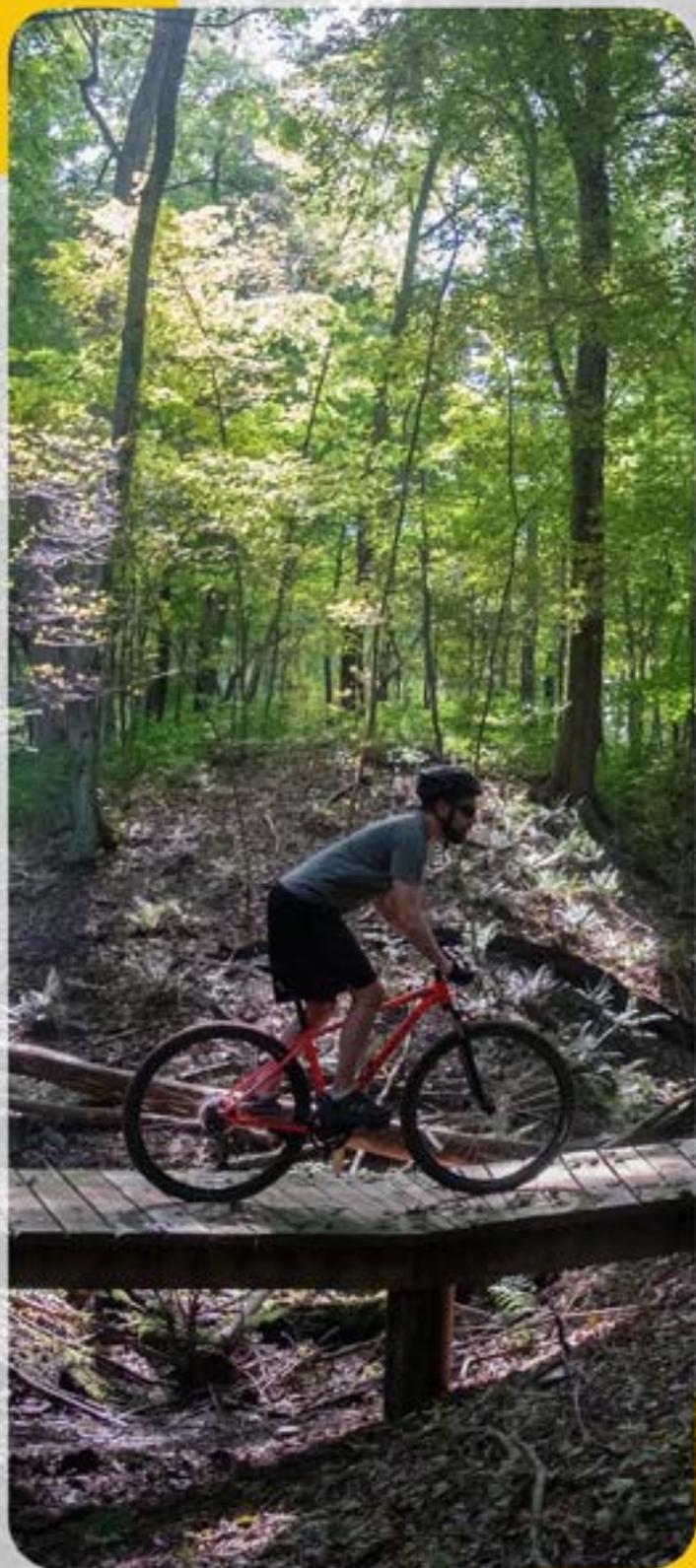
### MULTIPURPOSE TRAILS

#### Bike & Hike Trail

Our paved, 34-mile Bike & Hike Trail was one of the first "rails to trails" conversions in the country. Sections of the Bike & Hike Trail follow the course of two abandoned railroads. In Munroe Falls, the Bike & Hike Trail parallels a scenic section of the Cuyahoga River, where a variety of waterfowl and other birds can be seen. South of Boston Mills Road in Boston Heights, the Sharon Conglomerate rock walls of the Boston Ledges rise along the trail with breathtaking effect. In this section, park district staff recently added underground wildlife crossing tunnels to help salamanders and other creatures make it safely across the trail site without impacts from cyclists.

#### Ohio & Erie Canal Towpath Trail

The popular Ohio & Erie Canal Towpath Trail is 87 miles long and extends from Cleveland south to Tuscarawas County. Summit Metro Parks manages 22 miles of the trail in Summit County. This multipurpose trail is a combination of crushed limestone and paved surface. For most of its course, this trail closely follows the path used by canal boats in the 1800s on the Ohio & Erie Canal. Today, when cyclists can make tracks through Summit County, they'll enjoy many opportunities along the trail to enjoy nature and short detours into towns and cities.



# TRAIL ETIQUETTE TIPS

When enjoying a ride on SMP trails, we ask cyclists to follow these simple guidelines:

**Be Courteous:** All trail users should be respectful of others regardless of speed, skill level or mode of travel (i.e., bicycle, wheelchair or on foot).

**Pass on the Left:** Pass other trail users on their left. Give an audible signal before passing, either by voice (e.g., "On Your Left!") or other means (e.g., ringing a bell). Pay special attention when passing children and pets.

**Stopping:** Move to the right when stopping. If possible, exit the trail. Be cautious of others approaching from behind and make sure they know you are pulling over.

**Be Predictable:** Travel in a consistent and predictable manner. Always look behind you before changing positions on the trail.

**Don't Block the Trail:** Use no more than half of the trail. Do not block the flow of other users.

**Obey All Traffic Signs and Signals:** Use extra caution where trails cross streets. Stop at all signals and intersections. When entering or crossing a trail, yield to other users.

In addition, on every trail managed by Summit Metro Parks, dogs must be on leashes no more than 8 feet long. Mutt Mitts are provided in many high-usage areas to help visitors clean up after their pets.

For more information about cycling and other adventures in Summit Metro Parks, visit [summitmetroparks.org](http://summitmetroparks.org). ✨



## MOUNTAIN BIKE TRAILS

Looking for a more adventurous ride? We currently offer over 8 miles of trails in the Hampton Hills Mountain Bike Area, at 2092 Theiss Road in Akron. The first section of these specialty trails opened in 2016 and we've been adding to and improving the area since. When complete, the Mountain Bike Area could feature up to 16 miles of trails. Riders will find beginner, intermediate and advanced sections – so there are plenty of options for new and experienced riders alike.

## A TRAIL USER'S PERSPECTIVE

Summit Metro Parks Civil Engineer Chuck Hauber works behind the scenes to deliver safe and abundant biking trails for residents. Off the clock, Hauber is an active user of these very trails. "My favorite section to ride is the Bike & Hike Trail north of Route 303. The ledges are a spectacular sight," he said. "I also bike to work at least one day a week. I start at the Vanderhoof Road Trailhead of the Towpath Trail and bike north, about 15 miles," added Hauber.

"From first-hand experience, our trails are some of the most well maintained and our crews work very hard to deliver the best possible to the public. We also have made sure to offer plenty of parking lots, trailheads and access points," he shared.

## Freedom Trail

Starting near the Portage County Hike & Bike Trail in Kent, this paved multipurpose trail – on land owned by METRO Regional Transit Authority – follows an unused railroad corridor southwest into Akron. Eventually, the trail could connect to Downtown Akron near The University of Akron campus.



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# 3 TIPS for Strengthening Your Relationships

By Rodney Long, Jr, MSSA, LSW

Relationships are tough. Everyone knows that. Even the best relationships have difficulty. I've always said that if you're not arguing with your partner about something, then you're not being honest. That doesn't mean you should always be arguing. It just means that at some point, you're going to disagree about something that each of you are passionate about.

A strong relationship is the foundation of a lasting relationship. No matter what you go through, if you're strong together, you'll make it through. I'm not talking about a good relationship. A good relationship is subjective because what's good to me and what's good to you may be entirely different. Let's look at what are commonly considered the tenants of a strong relationship.

The first thing I think of when it comes to a strong relationship is trust. If you ask ten people what makes a strong relationship, chances are the first answer you'll get is trust. Trust is obviously important. The tricky thing about trust is that it means different things to different people. Trust is not black and white. If I trust you, but am

insecure in myself, that will create a troubling dynamic in our relationship. I've never seen a strong relationship that isn't built on trust. That doesn't mean that you may not have to work through some trust issues. If you can work through those issues and learn to trust each other, you can build the basis for a strong relationship.

Some would argue that just as important as trust is communication. Communication is key. If you cannot communicate about how you feel, you'll only end up hurting yourself. Learning how to be open and honest with your partner will allow you to bring ease, trust, and authenticity to your relationship.

I'd argue that more important than trust and communication is acceptance. If you can be yourself around your partner and your partner can be themselves around you, you're off to a good start. If you can be the real you and your partner will accept that, that's one less hurdle you'll have to work through. The real you is probably a bit neurotic, insecure, and uneasy. That's okay if the person you're with is willing to accept that. Your partner isn't perfect

either. They may be bad with money, controlling, and talk too much. If you guys can learn to work through these things together, you'll be just fine.

Trust, communication, and acceptance are key to a strong relationship. They are not the only keys to a strong relationship, but it's a good start. If you find yourself in a relationship where you're struggling with these issues, it's okay to work on things. One of the things I see couples struggle with most is just being willing to talk about the things they're struggling through. If you are struggling with trust, talk to your partner about it and work through that. Which leads to the point of communication.

Don't be afraid to communicate with people. A lot of times, we're afraid to communicate about things because we're afraid we won't be accepted. Acceptance and authenticity go hand in hand. If you're being your authentic self, then you're being true to yourself. People want to love and be loved. When you can be true to yourself and your partner can do the same, you're on the path to a strong relationship. ✨



*There's a*  
**Course**  
*for* **EVERYONE**  
*in* **Northeast**  
**OHIO'S**  
*Emerald Necklace*

By Sean P. McHugh

**C**leveland Metroparks eight golf courses lay nestled in a ring of forests, rivers and valleys surrounding the City of Cleveland that's locally coined "The Emerald Necklace." While each course is unique in its own right – Manakiki in Willoughby and Sleepy Hollow in Brecksville rank among the top public courses in Ohio and for good reason.

Located 17 miles east of downtown Cleveland, Manakiki Golf Course is an elegant public course in a classic Donald Ross design. The course offers a variety of challenges including doglegs, water hazards, up-and-down shots, back-to-back par 5s, and two canyon holes. The course is full of picturesque beauty from its maple-lined fairways, elevated tees and greens as well as its historic clubhouse – formerly a summer estate for prominent Cleveland industrialist Howard Hanna.

Sleepy Hollow Golf Course in Brecksville offers spectacular views of the Cuyahoga River Valley and a classic "out and in" layout. The course, designed by Stanley Thompson, is known for its aesthetic beauty and challenging play. Sleepy Hollow has been the site for many amateur and professional events including qualifying events for USGA championships and every other year hosting the Greater Cleveland Amateur Championship.

While the championship layouts of Manakiki and Sleepy Hollow can challenge the best golfers, all of Cleveland Metroparks golf courses offer a unique experience.

Located at the highest point in Cuyahoga County, Seneca Golf Course in Broadview Heights offers 27 scenic holes, many of them newly renovated. The course is known for some lengthy par fours and fives.

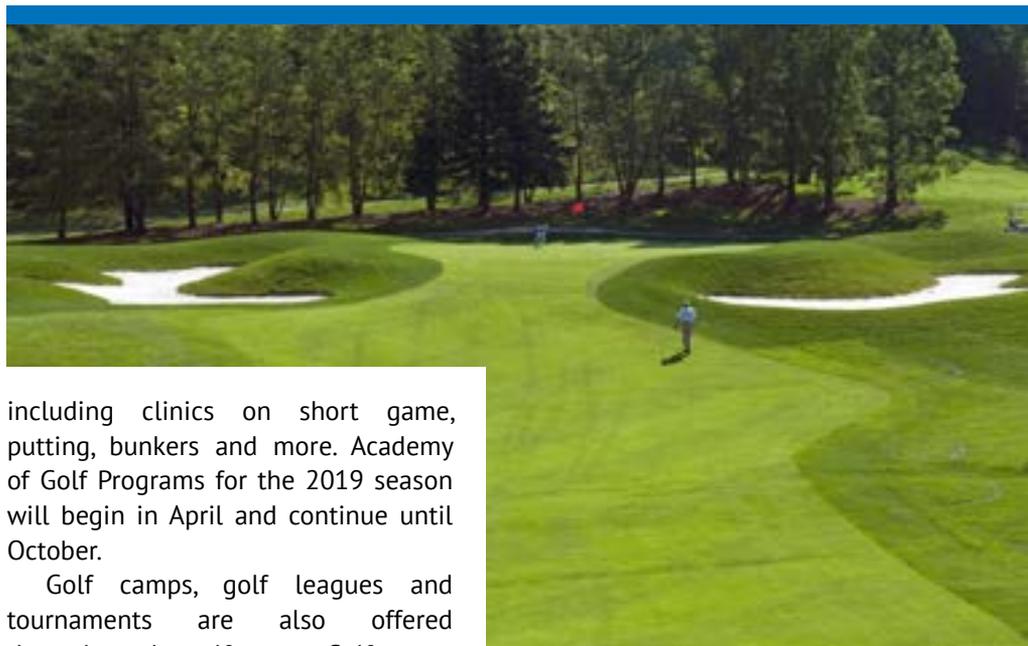
While Cleveland Metroparks courses all offer a fast pace of play, there are several course options for golfers looking to get in just a quick 9-holes. Shawnee Hills Golf Course in Bedford is often noted as Cleveland Metroparks most versatile course with its ability to serve golfers of every skill level on its 18-hole regulation course and 9-hole par 3 course. Shawnee Hills offers

hills and large pines, maples and oaks as well as the beautiful Deer Lick Creek.

Cleveland Metroparks Washington Golf Course in Newburgh Heights is a great 9-hole course only 10 minutes from downtown Cleveland. Washington Golf Course is also one of Cleveland Metroparks best practice facilities featuring a driving range, chipping area with bunkers and a target green. With its executive length, Mastick Woods Golf Course in Rocky River Reservation is ideal for juniors, new players or those looking for a leisurely golf experience.

Two additional courses tucked in the rolling hills of Rocky River Reservation include the 9-hole Little Met Golf Course and 18-hole Big Met Golf Course. Little Met offers a longer 9-holes than Mastick Woods but not the length of its larger neighbor Big Met. Big Met, believed to be Ohio's most played golf course, features rolling hills, a moderate length as well as the scenic beauty of the Rocky River valley.

In addition to the varied courses across Northeast Ohio, Cleveland Metroparks also offers golf lessons for golfers of all ages and skill levels. Cleveland Metroparks 2019 Academy of Golf program includes a variety of lessons for both adults and juniors



including clinics on short game, putting, bunkers and more. Academy of Golf Programs for the 2019 season will begin in April and continue until October.

Golf camps, golf leagues and tournaments are also offered throughout the golf season. Golfers can start their own league, join an existing league or sign up for the Cleveland Metroparks Travel League hosted at five 18-hole golf courses from April to October. The league, offered for men and women, is now in its ninth season and is a great way for adults to experience a variety of courses and meet new golfers.

For those interested in experiencing Cleveland Metroparks golf courses in a non-traditional way, Cleveland Metroparks offers several unique opportunities throughout the golf season. FootGolf is offered at Mastick Woods and Shawnee Hills Golf Courses and is a combination of soccer and golf. The game is played by kicking a regular soccer ball on shortened holes with 21-inch diameter cups. It's a great way to experience the beauty of Cleveland Metroparks golf courses without bringing along your clubs.

Moonlight Golf is also a can't-miss event for those looking for a unique golfing experience. Players are supplied with a glow-in-the-dark golf ball and hit the greens after the sun goes down. Moonlight Golf in 2019 includes seven events across three Cleveland Metroparks golf courses.

For golfers looking to save this season, Cleveland Metroparks Golf Bonus Rounds program is a great way to earn rewards just for playing Cleveland Metroparks golf courses. For every \$1 spent on greens fees at Cleveland Metroparks Golf Courses, golfers earn \$.20 in Bonus Dollars to be used on a future visit for greens fees. The Bonus Dollars are redeemable at any Cleveland Metroparks course and do not expire. The annual fee for the Bonus Rounds Program is \$30. Upon joining, members are rewarded with a free 9-hole greens fee coupon (up to a \$27 value) and a coupon for \$5 off any in-stock merchandise purchase of \$10 or more at Cleveland Metroparks pro shops.

For all information on Cleveland Metroparks golf courses, visit [clevelandmetroparks.com/golf](http://clevelandmetroparks.com/golf). ✨

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*Cleveland Metroparks 2019 Academy of Golf program includes a variety of lessons for both adults and juniors including clinics on short game, putting, bunkers and more.*

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# The City of Wheeling will Observe its Sestercentennial or

250th Anniversary of its Founding in 2019



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**February 9**  
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### MARCH

**March 29-31**  
WHEELING POLKA FESTIVAL  
Wilson Lodge, Oglebay

### APRIL

**April 21**  
EASTER SUNRISE SERVICE  
Oglebay Amphitheater

**April 5-7**  
ANTIQUES SHOW & SALE  
Wilson Lodge, Oglebay

**April 19-20**  
GOOD ZOO TREASURE HUNT  
Oglebay Good Zoo  
304-243-4100

### MAY

**May 25-27**  
MEMORIAL DAY CELEBRATION  
Oglebay

**May 25**  
MEMORIAL DAY FIREWORKS  
Schenk Lake, Oglebay

### JUNE

**June 6-9**  
JACK DORSEY SENIOR TENNIS  
TOURNAMENT  
Oglebay Tennis Center

**June 8-9**  
DORDAS & DORDAS AMATEUR  
GOLF CLASSIC  
Oglebay Crispin Golf Course

**June 22**  
ZOO DREW  
Oglebay Good Zoo  
304-243-4100

**June 30 - July 3**  
INDEPENDENCE DAY  
CELEBRATION  
Oglebay

### JULY

**July 3**  
INDEPENDENCE DAY FIREWORKS  
Schenk Lake, Oglebay

**July 27-28**  
KALKREUTH ROOFING AMATEUR  
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**July 25-28**  
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TENNIS TOURNAMENT  
Oglebay Tennis Center

### AUGUST

**August 23-25**  
CLASSIC CAR SHOW  
Oglebay

### SEPTEMBER

**September 1-2**  
FORT HENRY DAYS  
Levinton Shelter, Oglebay

**September 1-2**  
WOODCARVER'S SHOW  
Oglebay Fire Room

**September 1-2**  
LABOR DAY CELEBRATION  
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**September 1**  
MUSIC UNDER THE STARS  
WHEELING SYMPHONY CONCERT  
Oglebay Amphitheater

**September 1**  
LABOR DAY FIREWORKS  
Oglebay Amphitheater

### OCTOBER

**October 5-7**  
OGLEBAYFEST  
Oglebay

**October 4-6**  
OGLEBAYFEST FIREWORKS  
Schenk Lake, Oglebay

**October 11-12; 18-20; 25-27**  
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**NOVEMBER / DECEMBER**  
November 7- January 1, 2020  
WINTER FESTIVAL OF LIGHTS  
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## WHEELING HERITAGEPORT Festivals

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OhioValleyPride.org

**June 1**  
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**June 21-22**  
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COOK-OFF  
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**July 4**  
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FIREWORKS  
304-233-6191  
WheelingSymphony.com

**July 7**  
WHEELING HERITAGE CAR  
SHOW  
304-234-3737  
WheelingWV.gov

**July 13**  
FESTIVAL OF INDIA  
304-843-1600  
NewWindBan.com

**July 26-28**  
UPPER OHIO VALLEY ITALIAN  
HERITAGE FESTIVAL  
304-233-1090  
ItalyFest.com

**August 9-11**  
HERITAGE MUSIC BLUESFEST  
304-280-5948  
HeritageMusicFest.com

**August 17**  
MOUNTAINEER DREWFEST  
MountaineerDrawFest.com

**August 24**  
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DragonBoatWheeling.com

**August 30-September 1**  
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WheelingVintageRegatta.com

**September 8**  
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WVPSfire.org

**September 13-14**  
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20  
19  
WHEELING  
Visitors Guide

In 1769 the Zane brothers – Ebenezer, Jonathan and Silas – claimed their land grant by tomahawk right and established the settlement that was to become Wheeling. In its early years Wheeling played a prominent role as a strategic frontier outpost. The 1782 siege of Fort Henry is widely recognized as the last land battle of the Revolutionary War. A stronghold of Unionists during the Civil War, Wheeling is the birthplace of the only state born of that conflict.

Wheeling’s strategic location, access to resources and the ambition and skills of its workers and entrepreneurs fostered the city’s ascendance as an industrial and commercial powerhouse. Many of the architectural, cultural and social assets created in the 19th and 20th centuries remain, offering a remarkable array of resources for a city of 28,000 people. Today they are being leveraged as the city’s current renaissance takes hold. Wheeling 250 provides

the opportunity to celebrate our “bright future and treasured heritage.”

On February 20, 2018 Mayor Glenn F. Elliott, Jr. and City Council appointed a committee of volunteers to develop plans to observe this milestone anniversary. The Wheeling 250 Committee is comprised of over 30 incredibly talented, diverse and passionate stakeholders, representing a broad spectrum of organizations and affiliations. You don’t have to be a committee member to provide a good suggestion for Wheeling 250 and it’s not too late to do so.

A yearlong calendar of events, programs and activities is aimed to attract the broadest and largest audience. We invite you to use this website as your gateway to Wheeling 250. ✨

Article courtesy of Wheeling CVB.



**Save the date. Better yet, SAVE THE YEAR!**  
 Visit our website for a full calendar of exciting events, history, news, commemorative merchandise, and more!

**wheeling250.net**

Arts + CULTURE

POP UP History

Civil War ROUND TABLE

Community EVENTS

WHEELING'S FIRST FAMILIES

LUNCH WITH BOOKS

## History & Education

**LUNCH WITH BOOKS FREE!**  
 Noon • 1st Tuesday every month at the Ohio County Public Library  
 (Bring a bag lunch and enjoy presentations by authors, poets, historians, musicians and a variety of other people. Admission is FREE and complimentary beverages are provided!)

**POP-UP HISTORY SERIES FREE!**  
 12-15pm • Alternating Thursdays, April 25 to October 10, 2018  
 See characters from history come to life in a series of live storytelling events designed to bring attention to the forgotten history buried in our own backyard. Admission is FREE!

**CIVIL WAR ROUNDTABLE: WHEELING DURING THE CIVIL WAR FREE!**  
 6:30pm • Except as noted on the last Monday of each month at the Ohio County Public Library Admission is FREE!

**WHEELING'S FIRST FAMILIES SERIES FREE!**  
 Wheeling Area Genealogical Society 1:00pm • 2nd Saturday every month at the Ohio County Public Library  
 The triumphs and tragedies of past generations become real when you learn about the first peoples and families to inhabit and shape our city. Admission is FREE!

## Arts & Culture

**PUBLIC ART & LITERATURE**

**MURAL UNVEILING FREE!**  
 1100 Block, Chapline Street

**April WHEELING HERITAGE DOWNTOWN MURAL FREE!**  
 Rossini Park, the small greenspace at the intersection of Route 2 and Interstate 70

**April 29 ONCE A HOUSE DOOR LAUNCH FREE!**  
 Ohio County Public Library will launch the children's book *Once a House*, written by Wheeling 250 by Cheryl Ryan Harshman, illustrated by Bob Wilmagirl, celebrating the 100th anniversary of Children's Book Week.

**MUSIC & THEATRE**

**July 6 WHEELING SYMPHONY ORCHESTRA INDEPENDENCE DAY CONCERT AND FIREWORKS FREE!**  
 7:00pm at Wheeling Heritage Port Amphitheater

**Sept. 1 WHEELING SYMPHONY ORCHESTRA 90TH ANNIVERSARY CONCERT "MUSIC UNDER THE STARS" FREE!**  
 7:30pm at Anne Kuchnicka Amphitheater, Oglesby Park

## Community Events

**Jan. 5 TWELFTH NIGHT COSTUME BALL**  
 6:00 to 10:30pm, Glessner Auditorium, Wilson Lodge, Oglesby Park  
 Advance tickets \$75 per person; \$100 per person at the door. For tickets and sponsorship opportunities visit [www.wheeling250.net](http://www.wheeling250.net)

**May 27 SOLDIERS AND SAILORS CIVIL WAR MONUMENT DEDICATION FREE!**  
 West Virginia Independence Hall, 1528 Market Street

**June 22 WHEELING SUSPENSION BRIDGE 170TH BIRTHDAY CELEBRATION AND FIREWORKS FREE!**  
 Wheeling Heritage Port

**June 23 HISTORIC WHEELING BICYCLE TOUR FREE!**  
 8:00am Beginning at the north-Centine Market, 2200 block of Market Street

**Aug. 31, Sept. 1 FORT HENRY DAYS FREE!**  
 10:00am to 5:00pm daily • Site One, Oglesby Park

**Sept. 7 WREATH LAYING AND MEMORIAL SERVICE FREE!**  
 10:00am, Walnut Grove Cemetery, Martins Ferry, Ohio  
 Wreath Laying & Memorial Service at the Zane graves conducted by the Fort Henry Chapter, SAR and the Wheeling Chapter OES.

**Sept. 7 WHEELING 250 PARADE FREE!**  
 1:00pm at Market and Main Streets, Wheeling

**Sept. 8 INTERFAITH WORSHIP SERVICE FREE!**  
 4:00pm at St. Matthew's Episcopal Church, 1410 Chapline Street  
 commemorating the 200th anniversary of St. Matthew's Episcopal Church and the 170th anniversary of Congregation Temple Shalom.

**December HISTORIC DOWNTOWN CHURCHES TOUR** Throughout the month of December tour our historic churches in or out of holiday splendor.

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