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FITNESS ◀ HEALTH ◀ RECREATION



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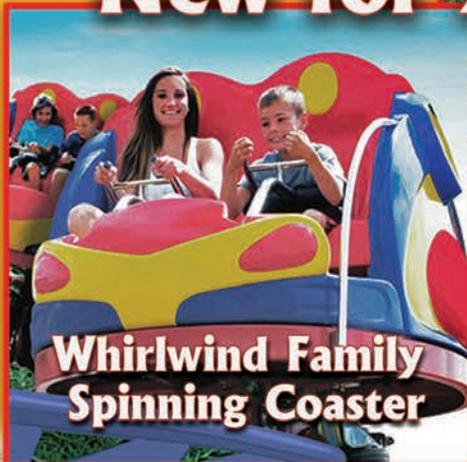


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# SUMMER TRAIL RUNNING

By Breanne  
Bakan

As the days get longer and warmer, you might get tired of your daily pavement pounding runs. Some days it can be hard to get out the door when you're faced with the monotony of your usual running routes. If you're looking to enhance your daily run, trail running is a great way to give your body a break by skipping the hard surfaces. It is also excellent at building muscular strength as your legs are faced with uneven surfaces, varying elevations, and rougher terrain.

Not convinced yet? Here are some reasons you should ditch the roads and take up the trails.

**Ohio is prime trail running territory.** Lucky for us, our great state provides an abundance of beautiful trail running locations. With 75 state parks, 1 national park, and 1 national forest, you're almost guaranteed to have a trail near you waiting to be explored. Cuyahoga Valley National Park is my favorite; go find yours.

**Trail running is peaceful.** If you're on a trail in the woods, there probably aren't cars rushing past you. Depending on how popular the trail is, you might not even encounter other people. This is a great opportunity to reflect and gain some peace of mind while taking in the beautiful views around you.

**Trail running is good for your body.** When you run on pavement or concrete, the hard surface means that the force of your steps can't disperse very much. The shock of the impact is sent right back into your body which can be hard on your bones and joints. Softer surfaces such as dirt or grass absorb more of this impact, creating less of a shock to your body.

**Ohio has tons of trail races.** If you're tired of your normal racing schedule, register for a trail race to shake things up. Trail race distances range from 5k to 50k and everything in between, meaning that almost anyone can find a distance suitable for themselves. If you aren't sure of any trail races near you, just check out the website [runningintheusa.com](http://runningintheusa.com) to find an extensive list of all the trail races in Ohio.

**Trail running lets you appreciate nature.** The outdoors is pretty great, and trail running lets you experience that firsthand. When it's just you and the trail, you can immerse yourself and experience all that Mother Nature has to offer.

This summer I encourage you to start exploring your state. Take a couple friends, your dog, or go solo and find the trails nearest you. As long as you're on a marked trail, you're doing it right. So, hit the trails and get your shoes a little dirty!

If you aren't sure of any trail races near you, just check out the website [RunningInTheUSA.com](http://RunningInTheUSA.com) to find an extensive list of all the trail races in Ohio or scan this QR Code.



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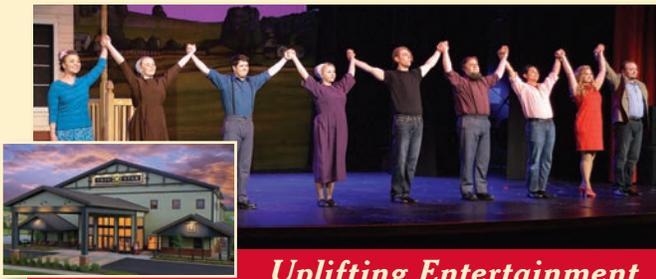
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# GO OUTSIDE & GET DIRTY

By  
Michelle Slates,  
OTA/L

Think back to your childhood memories. Do they include lazy summer days playing outside or inside watching TV or playing video games? If your memories include playing outside and more importantly, in the dirt or at least getting dirty, consider yourself lucky.

I recently gave an informal survey to a class of 18 first graders. I posed the question "Would you rather?" and gave the following options for response: read a book, plant a flower in the garden, use electronics (ipad or video game), play in the dirt or jump in a mud puddle. I also asked if the student is a boy or girl -- 78% responded to use electronics (8 boys and 6 girls), 11% responded to read a book (1 girl and 1 boy), and 11% responded to plant a flower in the garden (2 girls).

Before conducting the survey, I could have guessed the outcome. Still it made me sad to think the majority of the current generation may not know how fun it is to play in the dirt.

There are certainly more benefits from playing in the dirt than just fun; it requires being outside. Getting outside gives a healthy dose of Vitamin D and the exposure stimulates our immune system. *Mycobacterium vaccae* is an unseen bacteria found outside. When we are outside, we breathe it in and are exposed to it when playing in the dirt. Serotonin levels increase which helps with better mood, sense of calm and less anxiety.

Dirt is also a good source of minerals such as iron, zinc, and magnesium. These are absorbed through the skin. Dirt and mud have also been linked to reducing allergies and asthma. Exposure to dirt requires our immune system to get engaged and fight off germs. Our society has become too "clean" with using hand sanitizers. Obviously if there is an open wound or compromised immunity you would want to take appropriate precautions.

Unstructured outdoor play creates freedom from daily schedules. It gives a chance to connect with nature and build a sense of calmness. Open-ended play allows children to be creative. What is more creative than using something not intended for its original purpose? Mud paintings may not be interesting to an adult, but a child will have lots of fun making one.



Playing in the dirt or mud promotes a rich sensory experience. Sensory play builds nerve connections in the brain pathways. All of the senses are engaged when playing in the dirt or mud. The feeling and sound of mud squishing through fingers or being plopped into a bucket. The smell of dirt after rain or when water is added. The distinguishable visual details of grass, dirt and mud. Sensory exposure creates memories. How does the dirt or mud feel, smell, look, sound and yes maybe even taste?

If playing in the dirt is a new activity, a child may be adverse to it and not want to engage. Here are a few ways to get a child comfortable with playing in the dirt. Put a little dirt in a small container, hide colorful glass jewels and have the child find them. Play with a toy car in the dirt or even push a seed into the dirt. As the child gets more comfortable with playing or touching the dirt, increase the area of play and add more toys and tools.



Science, technology, engineering, and math (STEM) learning can be incorporated into dirt or mud play. This helps to develop problem-solving skills. Science - discover what makes up dirt. Technology - used to learn about different types of dirt in specific locations. Engineering - design a super cool race track for a toy car. Math - guess how many scoops of soil it takes to fill a bucket.

Fine and gross motor skills are necessary to play in the dirt or mud. A child needs finger strength to hold a bucket and shovel. A precise pincer grasp is needed to pick up a worm from the dirt. Stomping and splashing in mud puddles requires strong leg muscles and the ability to jump.

Is your interest peaked and are you excited to foster your child's dirt or mud play? Here are some suggestions for building your own backyard dirt or mud pit. The most important "ingredient" is the dirt.

Look for soil with no added fertilizers or chemicals. It can be purchased at your local garden store. Locate your pit in a shady spot because your child may spend a lot of time playing in it. Also, have a water source nearby to make more mud and to clean up after playing. You can build a dirt or mud pit right in your yard or place it in a large plastic tote or wheelbarrow.

Next, add the toys or tools for playing. The possibilities are endless: watering cans, kitchen tools, plastic bowls/cups, measuring cups/spoons, toy cars, rocks, colorful glass jewels, seashells, sticks, leaves, kid-sized shovels and rakes. Make sure the tools and toys are unbreakable, can withstand the weather and are age appropriate for your child.

There are so many benefits from playing in the dirt or mud. They certainly outweigh using technology. A huge dirt or mud pit may not be an option for your family. How about having your child help with planting flowers or a small garden? The memories created will last a lifetime. Go outside and get dirty.



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# THE YOUNGSTOWN MARATHON

By Crystal Siembida Boggs



The fourth annual running of the Youngstown Marathon sponsored by Chemical Bank, Mercy Health, and Second Sole will take place on Sunday, October 25, at 8:00 am. In addition to the full marathon, half marathon, and 5k distances, this year a four-person relay is being added to the options. Mark Lipinsky, Logistics Director, believes, "The relay will give more people the opportunity to see the furthest reaches of the marathon without the intimidation of running a full marathon on their own."

The distances of the legs are approximately 7.4 miles, 7.6 miles, 7.4 miles, and 3.8 miles. The first leg of the relay will start with the marathon and half marathon runners on State Route 224 in front of Second Sole of Boardman. Runners will then proceed onto the hike and bike trail of Mill Creek Park and they will travel along the east side of Lake Newport.

Runners on the second leg of the race will get to see Lake Glacier and swing past Covelli in downtown Youngstown. For the third leg of the race the runners will be delighted with some of the most photographed portions of Mill Creek Park as they run past the Rock Wall and across Silver Bridge and over Idora Hill.

The fourth leg of the race will start close to the boat launch within the park. It is the flattest and shortest portion of the relay and will finish after a quick run through a quiet residential neighborhood. The relay shares the same finish line as all the other race events of the day.

All participants in the relay will receive a finisher medal, shirt, and access to the finish line party which will include food, beer, and musical entertainment.

An additional change to the marathon weekend festivities is the new location of the Health and Fitness Expo sponsored by NovaCare. This new location is the YMCA on McClurg Road, which will give us the opportunity to bring fitness even more to the forefront of the expo itself. Plus, the facility offers a safe and secure area to host the kids' race on Saturday morning.

"The Davis Family YMCA is pleased to be an integral part of the Youngstown Marathon Expo. As the leader of health and wellness in our community, it just makes sense that we will be a rallying point for runners of all abilities, goals, and ambitions," adds Tom Grantonic, Executive Director of the Davis Family YMCA.

The Youngstown Marathon Foundation Board is planning to host a pasta dinner the night prior to the race at the YMCA so participants won't have to travel between locations. Logistically, we feel it helps runners to participate in more marathon activities when they don't have to travel between spots, especially if they are not from the Mahoning Valley area. Taking the stress of how to find each location out of the runners' minds will hopefully lead to positive results on race day. Speakers will be announced closer to the marathon itself.



**For more details about the Youngstown Marathon, please check in with them on Facebook, Instagram, and on the Youngstown Marathon website at [www.youngstownmarathon.com](http://www.youngstownmarathon.com).**

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# SPORTS DRINKS



By Philip Palmer, BA, CPT, GEI

## BENEFITS & ISSUES

It is summertime in Ohio along with most of the world. In North America, Europe, Africa, Asia and other parts of the world major sporting events from triathlons, marathons, the Tour de France, to professional baseball, soccer, to even the Olympics, many events will be played during these warmer months.

At these major events, professional athletes will be seen sipping on brightly-colored beverages before, during and after competitions. Sports drinks around the world have become big business as millions of dollars are paid for athlete endorsements, commercials, sponsorship, and research. In this article, I'll break down water vs sports drinks, the benefits of sports drinks, the issues of them, and when they should be used.

### Water vs Sports Drinks

Water makes up 60% of the human body, while the brain is made up of 73% water. It is critical to stay hydrated throughout the day as one study of women showed that a fluid loss of 1.36% after exercise impaired mood and concentration and increased the frequency of headaches. The main ingredients in sports drinks are water, along with carbohydrates and electrolytes. Water and electrolytes are lost through sweat as your body is continually losing water through your skin and the air when you exhale. These water losses can increase depending on the environment, temperature, and elevation.

### The Benefits of Sports Drinks

Sports drinks are designed to replace the water, carbs, and electrolytes that are lost during exercise. They provide these three important ingredients to improve exercise performance or recovery. They can help reduce dehydration along with slowing down how quickly the body runs out of its carbohydrate stores. Electrolytes, or minerals that have an electrical charge, are essential for your body's normal operation.

The main electrolytes found in sports drinks are sodium and potassium. There have been many studies on the effects of sports drinks on exercise performance, with much of this research being conducted on athletes. Note, many of these studies have been funded by the sports drink industry though.

### The Issues of Sports Drinks

There are many benefits of sports drinks, yet there are a decent number of issues. Many of the popular brands of sports drinks have artificial colors that are derived from coal tar and petroleum. Artificial colors are used in foods to make it look more attractive. There is absolutely no nutritional benefit of food dyes. Many studies on dyes have shown allergies and possible

hyperactivity in children, while some dyes may contain cancer-causing contaminants.

When it comes to helping clients with weight loss, many personal trainers look at simple ways to cut out unnecessary calories and liquid calories are usually the easiest to ingest and easiest to take out of one's diet. If you aren't exercising over an hour at high intensity there is a good chance you don't need these extra calories and sugar.

Then there is the damage done to teeth as a 2006 study showed that energy drinks and sports drinks, like Red Bull and Gatorade, eroded the enamel more than soda or fruit drinks. For most people, including children and adolescents, the extra sugar, sodium, and calories found in sports drinks are not needed.

Lastly, the amount of sugar in 20 fluid ounces of Gatorade and Powerade had more than the recommended daily amount of sugar in one bottle. According to the American Heart Association (AHA), the maximum amount of added sugars you should eat in a day are less than 37.5 grams for men and less than 25 grams for women. As a reference, both the Gatorade and Powerade had more sugar than a Kit Kat bar, 2 Reese's cups, or Snickers. Even with sugar recommendations, the less sugar consumed the better, because we don't need added sugar to survive.



## When to Drink and When Not to Drink

When it comes to the need for sports drinks, one should ask several questions. First, how long is the duration of the exercise? Then, is it continuous exercise or are there breaks? What time of day and what environment will the activity take place in? These questions all revolve around the big question of how much sweat one will produce and lose.

Sports drinks can benefit most athletes who engage in long training sessions over an hour, yet they're most likely unnecessary for the typical gym attendee as often there is rest between sets and weight training does not reduce your body's carbohydrate stores as much as endurance exercise does.

Sports drinks can bring on unnecessary weight. Little research has been done on sports drinks showing benefits for short-duration exercise. Also, if you are doing exercise for the weight loss benefit in a half-hour of cardio, a single bottle of sports drinks will give you all the calories you just worked off. If in doubt for most exercise stick with water to hydrate and save the sports drinks for your next marathon or hour-long extended cardio session.

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# Feel Like a KID Again

By Trent Dibell

## Are you looking to get into the bicycle world?

If you are, keep reading. If you are not, keep reading because this may change your mind. Getting on a bicycle and cruising down the trail does not only make you feel like a kid again, it brings to mind an endless world of possibilities for bike riding. You might ask, "Why get into this hobby/sport?" There are several reasons, but here are just a few.

**Health** - Bicycling is easier on your body overall than running. I am 34 years old with a college football background. My knees for sure do not appreciate the jogging of several miles a day, but the smooth pedaling of bicycling still gets a good sweat going with my heart rate up.

**Community** - If you are just getting into bike riding, you are not alone. There are extremely nice bike shops in the area to consider. You can get a bike at a big box store for less money, but you will be sacrificing two very important values. First, the satisfaction that comes from buying from a smaller shop. This is their livelihood, and they are going to only sell what is good quality and going to last for the consumer. They will help along the way and stand behind their product. They are a friendly face who wants to help you get on the trail and stay on the trail. Second is the quality of the item you are getting. Yes, you can spend less money at a big box store, but within a few years, you will be giving up on bicycling because the bike broke and needs repairs. It would be easier to purchase a good, quality bike that is sized for you and fitted to the style of riding you want to do.

**Generational** - I have been riding a bike since I was a kid, when my parents had to fish me out of a briar bush after ramping the neighbor's driveway. Some lessons are harder than others. Now that I am married with children and have friends with children, this is a sport that can be not only passed down to the next generation, it is an activity to be enjoyed by all with the ones we love the most. I remember riding bikes with my grandparents when I was younger and now that I am getting older, I look forward to doing the same with my grandchildren one day.

As you look forward to summer, consider bicycling for good exercise, community time and family time. Check out a local dealer for your bicycle needs. They will be honest, upfront and fit you into the style and type of bike you need. Lastly, be safe out there. It is encouraged to use trails as much as possible, but if you are going to ride on roads, obey the laws. Ride your bicycle with traffic and have a flashing tail light to let drivers know you are out there with them. Be safe and have fun on a bike adventure this summer.



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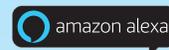


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# BREWS

## Greater Akron's Craft Beer

By James E. Mahon, II

"With the continuing growth of craft breweries and coffee shops throughout our communities, we are incredibly excited to be doing our part in promoting our local hospitality industry partners," states Gregg Mervis, President & CEO, Akron/Summit Convention & Visitors Bureau. "The trails allow us to communicate with potential visitors (and residents) about activities and interests in which they are especially interested."

The Summit Brew Path and The Drip Drive provide interested individuals with all the pertinent information they need to participate in the programs, and offer wonderful incentives to those who complete the trails.

Having reached 25 official stops, Path enthusiasts now have the option of completing one or two tiers - 21 stops or 25 stops; the grand prizes for each tier will be: Tier 1 - \$500 and Tier 2 - \$2,000.

**A Special Message:** The following article highlights two engaging ways to explore Greater Akron. Due to the uncertainty of hours of operation related to COVID-19, please check with each location for their current information before visiting these amazing hospitality industry partners.

Whether you enjoy craft beer or coffee (honestly, we encourage you to enjoy both), the Akron/Summit Convention & Visitors Bureau has two "trails" to allow you to journey throughout Summit County to savor and experience the best of each.

The 4th annual "Summit Brew Path" and the inaugural "The Drip Drive" afford residents and visitors the opportunity to visit 25 and 15 official stops respectively. In recent years, Greater Akron's craft beer scene has exploded with new breweries opening each year since the inaugural Path launched in 2017. Similarly, traditional coffee shops continue to pop up in communities all around Summit County; those that are first and foremost coffee shops are featured on The Drip Drive.



# BREWED

Coffee Experiences Await You



For the The Drip Drive, a wonderfully-bright chartreuse coffee mug is the reward for successfully visiting all 15 official coffee shop stops. Additionally, those completing the program will be entered to win a Greater Akron Destination Package, including an overnight hotel stay, dining and shopping certificates, and an array of the coffee shops' swag.

Official 2020 stops on the Summit Brew Path, include: Akronym Brewing, The Brew Kettle, The Brick Oven Brew Pub, Canton Brewing Company, Eighty-Three Brewery, Headtrip Brewery, HiHO Brewing Co., Hop Tree Brewing, Hoppin' Frog Brewery, Ignite Brewing Co., Lock 15 Brewing Co., MadCap Brewing Co., Magic City Brewing Company, McArthur's Brew House, Missing Falls Brewery, Missing Mountain Brewing Co., Mucky Duck Brew Pub, Ohio Brewing Company, Royal Docks Brewing Co., R. Shea Brewing - Downtown Akron, R. Shea Brewing - Valley, Thirsty Dog Taphouse, Thirsty Dog Sour Haus, Two Monks Brewing Co., and Wadsworth Brewing Company.

Official 2020 stops on The Drip Drive, include: Akron Coffee Roasters, Angel Falls Coffee Company, Artisan Coffee - Akron, Artisan Coffee - Whole Foods, Asterisk Coffee Bar, Café Arnone, Compass, Crimson Cup Coffee Shop, Heartwood Coffee Roasters, Kave Coffee Bar, Muggswig Coffee & Tea Co., Nervous Dog - Akron, Nervous Dog - Fairlawn, Nervous Dog - Stow, and Open Door Coffee Company.

For complete details, please visit: [www.summitbrewpath.com](http://www.summitbrewpath.com) and [www.thedripdrive.com](http://www.thedripdrive.com). Follow the Akron/Summit Convention & Visitors Bureau on social media: @AkronSummitCVB, #summitbrewpath, and #DoTheDrip.



**Additional Greater Akron information is available at:**

[www.akron.travel](http://www.akron.travel)  
[www.playeatshop.org](http://www.playeatshop.org)  
[www.akroncity.com](http://www.akroncity.com)  
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# Self Acceptance

By Rodney Long Jr, LSW, MSSA

Beach season is right around the corner. We all love the Summer months. The sun is shining. We get baseball, cookouts, and good times. Who doesn't enjoy that? But if there's one thing we can all agree that we don't enjoy, it's having to get ready for beach season. Now I know there are people out there who enjoy working out and can't wait to put on that tank top or bikini. That's awesome. Those people should serve as inspiration for the rest of us. More than likely what happens though is that we feel bad about ourselves for not looking like them.

We are in a constant age of comparison. Social media has made it so if someone has got it, they will flaunt it, and you will see every bit of it. My guess is if you're not jealous of that person, you're going to be judging that person as if being fit is a bad thing. Of course, it's not a bad thing. We should all strive to look and feel our best. The most important factor in that sentence is OUR best. Too often we make our determinations based on others.

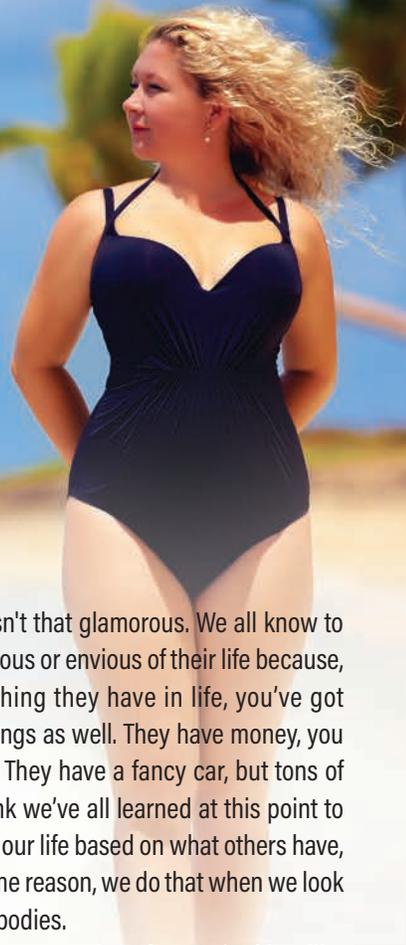
If you're striving to look and feel your best, then who could blame you. If you want six-pack abs, work for six-pack abs. If you want to be slim and fit in a bikini, more power to you. The problem we face is when you don't want those things but feel pressured to work for them. That creates an issue between what you want in your life and what you're doing in your life. That's not harmony. Going after what you want is.

No, I don't think you should go after other peoples' goals, but that certainly does not mean you shouldn't have your own. That's the problem for most people. They look, and they say, "I don't want six-pack abs or a tiny waist." That's fine, but some people use that as an excuse to not set goals of their own. Just because we don't want what others have does not mean that we shouldn't be striving for things of our own.

Think about it. The message here is don't be envious just because of social media. When you see people on social media with their large house, fancy car, or crazy life, we all know that

their life isn't that glamorous. We all know to not be jealous or envious of their life because, for everything they have in life, you've got certain things as well. They have money, you have love. They have a fancy car, but tons of debt. I think we've all learned at this point to not gauge our life based on what others have, but for some reason, we do that when we look at others' bodies.

We shame ourselves for not looking like someone else when we may not even want to look like that. If you want a beach body, go get your beach body. If you don't want a beach body, that's okay too, just learn to accept it. There's a huge difference between acceptance and complacency. You might accept that you don't want six-pack abs, but that is not permission to let yourself go. Work towards YOUR goals and I promise you'll be happier, beach body or not.



*"You have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens."*

*- Louise Hay*

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# SUMMER IS FOR SUNSHINE & MUSIC

By Judith Bratten

By the time you read this, the "stay home" order in Ohio should be lifted but we will still be feeling the repercussions of several weeks without normal business along with the stress and anxiety associated with the COVID19 pandemic. Yet we all are ready to exult in fresh air, sunshine, and social events. Dinners out with friends, picnics with family, going to movie theaters and plays, shopping – all those simple activities we took for granted before are enthusiastically welcomed.

Many of the annual community celebrations that drew people together will again be on the calendar and there's not a better place to enjoy

outdoor festivals and music performances than the Upper Ohio Valley in eastern Ohio. For several years, the towns in the area have presented a schedule of free summer concerts that bring live music to folks almost every day of the week.

From Toronto in Jefferson County down to St. Clairsville in Belmont County, audiences can enjoy a variety of local, regional and national talent throughout the summer. Here's a list of the venues from north to south that will be offering programs; be sure to check the contact information to get the correct lineups for this season.

**Toronto:** Community Concerts at the Gazebo  
Wednesdays, 7-9 pm  
<https://www.facebook.com/Toronto-Community-Concerts>  
Location: Corner of North Third and Market Streets, Toronto, Ohio, 43964  
Phone: (740) 537-2989

**Steubenville:**  
Fort Steuben Summer Concert Series - Thursdays, 7-9 pm  
<http://www.oldfortsteuben.com>  
Location: 120 S. 3rd Street, Steubenville Ohio 43952  
Phone: (740) 283-1787

**Mingo Junction:**  
Summer Concerts in the Park - Sundays, 6-8 pm  
<https://www.facebook.com/Aracoma-Park-182361415149126/>  
Location: Aracoma Park, 930 Logan Avenue, Mingo Junction, Ohio 43938  
Phone: (740) 535-0915

**Brilliant:**  
Wells Townships Summer Concerts - Wednesdays, 7-9 pm  
<http://www.wellstownship.net>  
Location: former Buckeye North Field, Brilliant, Ohio 43913  
Phone: (740) 598-9602

**Dillonvale:**  
Midweek Melodies  
Wednesdays, 6-8 pm  
<https://www.facebook.com/Dillonvales-Midweek-Melodies>  
Location: City Park Gazebo 125 School Street, Dillonvale, Ohio, 43917  
Phone: (740) 769-2570

**Tiltonsville:** Gazebo Summer Concerts - Wednesdays, 7-9 pm  
<https://www.facebook.com/Warren-Township-Park-Summer-Concert-Series>  
Location: Warren Township Park, 58682 Sharon Blvd, Rayland OH 43943  
Phone: (740) 859-4061

**St. Clairsville:**  
Summer Concert Series - Tuesdays, 7-9 pm  
<https://strecdept.reccdesk.com>  
Location: Central Park Complex, 102 Fair Avenue, St. Clairsville, Ohio 43950  
Phone: (740) 695-2037

**Barnesville:**  
Showcase Summer Concerts - Every other Thursday, 7-9 pm  
Location: Community Arts Place, 102 Colonel Drive, Barnesville OH 43713  
Phone: (740) 425-3343

***(As of this writing, schedules have not been finalized.)***



Very often there are festivals in these cities and villages as well that offer unique flavors and sounds. Unfortunately, due to Covid19, the annual June festivals held in Steubenville – Ohio Valley Frontier Days and the Holy Trinity Greek Fest – have been rescheduled for the fall.

But Steubenville continues to celebrate the arts and music at the monthly **First Friday on Fourth**. It's a street festival with live entertainment, participatory art projects, local food and craft vendors, games and contests for kids and a general joyful atmosphere. Be sure to check out the Facebook page to see the scheduled activities for each month.

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# Your Staycation destination

By Stephanie Siegel

When dreaming of a vacation, many of us conjure images of lazy beach days, indulging in delicious meals, outdoor adventures, and “living like a local.” You don’t have to travel far to experience all of those things and more! Ohio’s Lake Erie shore provides dozens of affordable vacation options. It is a short drive, but visitors will feel like they are hundreds of miles away.



## Ohio Wine Country

The Grand River Valley is home to over 30 wineries and grows over 50% of Ohio’s grapes. Stretching across Lake and Ashtabula counties, the region has been recognized at national and international competitions for its award-winning wines. Both small boutique wineries and large vineyard estates pepper the countryside. The sweet-Ohio-wine stereotype no longer applies, as growers and viticulturalists produce bottles for every palate.

## Make a Splash

In addition to the miles and miles of shore along Lake Erie, four scenic rivers twist their way through the countryside. Fishing is abundant along these picturesque waterways that beckon kayaking, canoeing, and recreational enthusiasts. Not to be forgotten is the giant inland Pymatuning Lake, sharing a border with Pennsylvania. Camping is the most popular seasonal activity in this state park. Locals can point you to the spillway on the eastern side where the ducks walk on the fish.



## Drive Through History

Some call Ashtabula County the *Covered Bridge Capital* of the state. It is home to 19 covered bridges, including the longest and the shortest in the United States. It is rumored that these bridges were covered to prevent horses from being scared of crossing; the truth is that bridges were covered to protect them from the elements. Take note of the craftsmanship and imagine the effort put forth so many years ago – over 100 years for several.

## Come Hungry

The FOOD Network has been spotted several times tailing local chefs who take advantage of the abundant local products to prepare dishes that make you want to lick the plate. In historic Ashtabula Harbor, guests can stroll shops, get a glimpse of the lighthouse and eat until their waistbands are tight.



## Be Active

Vantage point can change your experience. Guests are invited to experience nature from the treetops on a zipline, from the water on a swan paddleboat or from the ground on a nature path. There are dozens of parks and preserves in northeast Ohio and all are under the canopy of migration paths for many species of birds. Don't forget to pack your binoculars.



## It's a Tradition

The first summer resort in Ohio was located at Geneva-on-the-Lake over 150 years ago. The iconic strip still beckons guests. Many won't let the year pass without a stop at their favorite watering hole or for their favorite donut or chillidog. Rent a golf cart and begin your own tradition at GOTL where "summer bummin'" is on the calendar every day, wrapped up with a lakeside sunset.



***Learn more at [www.VisitAshtabulaCounty.com](http://www.VisitAshtabulaCounty.com) where you can request a travel guide for the area and begin to plan your next getaway.***

# HIKING THROUGH

By Josh Gonzalez



## MOUNT EDITH TO CORY'S PASS

Edith Col was our first stop entering the park. Situated not far from downtown Banff it is very accessible from the Trans-Canada Highway running from Banff to Jasper. Edith Col to Cory's Pass is a long uphill climb that offers amazing views of the Banff Glacial valley. The mountains that surround Banff form in wave-like patterns with every pass opening to an undisturbed valley.

We were greeted at the trailhead with the perfect temperature and weather. Banff summers, being as north as it is, are very temperate during the daytime, perfect for hiking. We arrived around 1:30 pm, later than we expected but for the strong climber, plenty of time to complete the 8-mile loop before sunset.

You begin the trail crossing a timber bridge into a lush pine forest and swiftly move your way forward until reaching the fork in the trail beginning the loop. If you choose to go up to the left, you will begin a very steep climb up to Cory's Pass. We unknowingly chose this route and were very much regretting it half way up. The other, more mild option, is to continue the trail at the fork to the right. This leads you up a far more gradual route leading to the opposite side of Cory's Pass leaving you then to face the steep descent.

Beware of the lack of signage for certain sections of the trail. There are multiple points where there are many intersecting and bisecting trails but they all lead to the right path. Another word of caution, as with most of the trails through Banff, is to bring along forms of Bear protection (Bear Bells, Spray, and always hike in groups). If you are just beginning your stay in Banff, this trail will definitely warm you up for any other serious hikes you choose to do.

# BANFF

*Banff National Park in Alberta, Canada comprises hundreds of miles of world class hiking trails. From forested loops following the glacial streams to high mountain ridges, Banff has everything you can enjoy in the hiking sphere. I am going to spotlight a few of the many trails that made my experience more than memorable.*

*Photos courtesy of Josh Gonzalez*



## **CASCADE AMPHITHEATRE (CASCADE MOUNTAIN)**

Cascade Mountain stands tall over downtown Banff and calls all those who visit to witness the views from her summit. We woke up very early from our overlanding site and began our drive to the trailhead of the mountain around 7 am. For all big trails like this one, I suggest the earliest start you can. This provides you with ample time in case anything was to happen on the trail or it takes you longer than expected to finish. Being caught with low supplies at sunset is not a pleasant experience, especially in the mountains.

The Amphitheater is filled with beautiful meadows overflowing with alpine flowers and bordered by dense pine forest. From here you can spot the summit and begin to see the true immensity of the ridge traverse ahead. They are: the first peak, the hidden notch, and the main summit. From this point on, if you haven't already been using them, I would suggest trekking poles to increase your stability over the loose rocks and scree.

The obstacles are not technical in nature so no further gear is needed, just sure footing and endurance up the path. Switchbacks unfortunately disappear as well from this point so be ready for a full uphill battle. Upon reaching the summit, you are rewarded with a full 360-degree view of the Canadian Rockies surrounding Banff. Spend your time wisely up here though, as the weather can change very quickly and there's still a long descent back into the treeline.



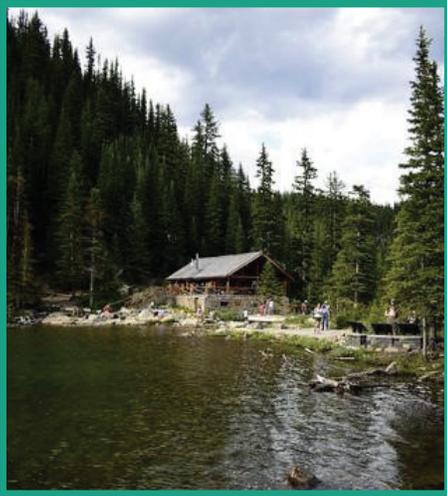
# HIKING THROUGH BANFF - CONTINUED

## MORAIINE LAKE

Moraine Lake is one of the most iconic locations within the Park and also arguably the most pictured in Banff. The icy turquoise glacial waters reflect the jagged snowcapped Canadian Rockies creating a picturesque frame. The biggest hurdles to visiting this scenic spot will be the time of year you choose to visit, the weather and the corresponding number of tourists.

From Lake Louise Village, drive uphill on Lake Louise Drive until you see the access road for Moraine Lake on your left. Follow the winding road for 11 kilometers (6.8 miles) to the parking area. The road to Moraine Lake and the parking lot were very busy for us even though the sun was quickly setting and gray clouds filling the sky. So, on a good day, prepare for a lot of traffic, especially in the summer.

Venturing further down the trails offers solitude from the crowds and a different perspective of the lake and its craggy surrounds. Other trails to explore include Moraine Lake Lakeshore Trail, Eiffel Lake, Wenkchemna Pass, Larch Valley, and Sentinel Pass.



## LAKE AGNES TEA-HOUSE (LAKE LOUISE)

If by this point in your stay at Banff you are looking for a very easy-going trail and good way to spend a day, Lake Louise is your spot. Lake Louise is the beginning hub of many trailheads leading up into the mountains. Depending on the time of day you arrive, you will either be able to park right at Lake Louise or take the shuttle from one of the overflow parking lots. The beginning of the trail up to the tea house leads along the beautiful shores of the lake. A quick quarter mile down you eventually hit a fork in the trail and begin your hike up to the Tea House. After a forested 3.5 km hike, with an elevation gain of 400 m or 1,300 ft, the valley opens to reveal spectacular Lake Agnes.



# CITY OF MASSILLON PARKS

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Eagles #190 Sports Complex, Oak/20th SE																				
Franklin Park, 850 3rd St. SE																				
Furnas Park, 900 17th St. NE																				
Haag Park, 1550 Sippo Blvd. NE																				
Hetrick Park, 1590 Tremont Ave. SE																				
Kendal Park, 451 Wales Rd. NE																				
Kiddie Korral Park, 851 Wales Rd. NE																				
Kiwanis Park, 1414 Oak Ave. SE																				
Lawndale Park, 1351 Katn Ave. SW																				
L.C. Jones Park, 1731 Osage Av. SE																				
Lincoln Bottoms Park, 620 Water St. NW																				
Lincoln Park East, 644 17th St. NW																				
Nature Preserve, 2069 Skyland Rd. NW																				
North Sippo Park, 1244 Rodman Ave. NE																				
Oak Knoll Park, 618 6th St. SW																				
Towpath Trail, Lake Ave. to Warmington Rd.																				
Reservoir Park, 905 Sippo Blvd. NE																				
Shaffer Park, 150 Willow Ave. NE																				
Shriver Park, 1237 3rd. St. SE																				
Sippo Valley Trail, Bottoms Park - Wayne Co.																				
South Sippo Park, 1400 Tremont Ave. SE																				
Stadium Park, 301 19th St. SE																				
Union Cemetery, 290 9th St. NE																				
Veterans Memorial Park, 150 1st St. SE																				
Wales Park, 1930 Hankins Rd. NE																				
Walnut Hills Park, 1245 Riley Ct. SE																				
Wampler, 1818 Main Ave. W																				

# NOT A "REAL" BIKE

## Everything Changed When They Went for a Ride

Keith and Nancy Gecking like to camp and it was on a trip out west last year that they became acquainted with a new way to move around campgrounds -- electric bikes. On a stop to visit friends in Jackson Hole, Wyoming, they tried out Pedegos and were hooked. Keith says it was kind of like the old Remington commercial -- "We liked it so much we bought a franchise here."

"It was really true joy and excitement," he says. "We really couldn't stop grinning. It's very hilly terrain there, and the e-bikes were very comfortable, looked like 'regular' bicycles and were stable. It took me from a downer (on electric bikes) to somebody who just couldn't get enough of it and really had a lot of fun."

The couple bought their own Pedegos once back in Ohio, and in the process, they noticed the "Own a Store" tab on Pedego's website. After looking around, they realized there were

no Pedego stores in Ohio. It didn't take them long to make that plunge, either. They wanted something they could do together.

Keith had spent most of his career in vehicle dealerships, first in sales, then in finance, and most recently selling after-market products to dealerships. Opening a Pedego store allows both of them to share their joy of riding, making it a seamless transition.

The best part for Keith and Nancy is helping others get acquainted with electric cycling, and then falling in love with it. "We sell bikes in pairs, one at a time," Keith says, explaining that once half of a couple takes to Pedegos, the other half soon follows.

A Pedego electric bike is just like a "regular" bike, only better. Your ride on a Pedego bike starts the same as any other bike when you get on and start pedaling. The difference begins when you engage the "pedal assist" feature, which senses your pedaling and provides assistance automatically to maintain your speed. The amount of assistance is determined by you.

If you get tired, you can adjust the assist throttle and stop pedaling entirely. The twist throttle will control your speed to accommodate inclines and rough terrain, if that's what you want. You can return to whatever pedaling mode you want at any time. One of the best features of a Pedego bike is that when you reach your destination, you can use pedal assist or throttle control for your return trip, if you'd like.



Book your rental online at [www.PedegoPeninsula.com](http://www.PedegoPeninsula.com) and use the code COMPASS to get one hour FREE!

# THEY THOUGHT!

By Dan Cricks

There are many different models of Pedego electric bikes, including Tandems and Trikes. They come in a variety of colors and different options. There are models with a step-through design, eliminating the need for the rider to swing their leg up over the bike to get on. There is also a model (the Boomerang Plus) with an exceptionally low step through of only 9 inches.

Rentals are available for \$15 an hour/\$125 a day (8 hours) to \$35 an hour/\$180 a day, depending on which model you choose. Lock and helmet options are available. You can book the bike of your choice (based on availability) online and have it waiting for you when you arrive.

The newest Pedego electric bike showroom and rental station is located at 1593 Main Street in Peninsula, Ohio, just one minute from the Cuyahoga Valley National Park. Currently this is the only Pedego store in Ohio. Check their website, [www.PedegoPeninsula.com](http://www.PedegoPeninsula.com), or go to their Facebook page, Pedego Electric Bikes Peninsula NE Ohio, for up-to-date store hours and to see more about the different models for purchase.



# TREASURES ABOUND

## AT VINTAGE FAIR IN WALNUT CREEK

By Paula S. Miller

You've probably heard the saying 'One man's trash is another man's treasure.' That quotation comes to life annually at the Vintage Fair in Walnut Creek. Each summer, folks from near and far come to this quaint village in Holmes County's Amish Country to find their treasures.

The Walnut Creek Vintage Fair started in 2014 after a group of Walnut Creek Business Association members brainstormed and developed an idea for an event that would not only bring visitors to their charming community, but also provide an outlet for vendors and buyers with a mutual appreciation of flea markets, repurposing, and all things vintage.

"With the popularity of television programs showcasing flea market flips and home makeovers using repurposed materials, we

realized there was a demand for trendy vintage home goods," said Amy Yoder, committee member. "We thought a Vintage Fair showcasing repurposed, used, and handmade items would be successful, and it has proven to be a very popular event for Walnut Creek."

The Walnut Creek Vintage Fair features dozens of vendors selling up-cycled, recycled, handmade, antique and vintage items, and more. Past vendors have displayed items ranging from vintage furniture, housewares, and jewelry to handmade candles, soaps, blankets, leather bags, and rugs. Other popular items have included household items repurposed into succulent planters, hand-painted signs, and salvage windows and doors from old barns and houses.

The event has grown each year, with more vendors and more visitors attending each summer. Due to the increasing interest and attendance, the Vintage Fair went from a one-day event to a two-day event in 2018. "Visitors to the Vintage Fair will see hundreds of beautiful items at reasonable prices," said Yoder. "This year, we expect to have at least 45 vendors selling items." A large variety of food trucks will be on site as well, with options for breakfast and lunch. One of the best parts - the event is free to attend, and there is plenty of free parking.

The 2020 Walnut Creek Vintage Fair will be held Friday and Saturday, June 26 & 27 from 7 am to 3 pm. The event is held in the field next to Mast Farm Service, on State Route 39, just west of Walnut Creek.



For more information about the Walnut Creek Vintage Fair, visit the Walnut Creek Ohio Facebook page or call Amy Yoder at 330-893-2995.



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# A TICKET TO FITNESS



By Leo Jennings

Ask people to name their favorite fitness equipment and the answers won't be surprising: treadmill, stationary bike, free weights, Bowflex, etc. We're pretty sure none of them will say "SARTA bus." We think they should.

That's because SARTA's low fares are a ticket to the great outdoors and a healthy lifestyle. Whether you hop on at one of our transit centers or convenient stops you'll be just minutes away from running, jogging, walking, or cycling on the Middle Branch, Sippo Lake, Hoover, Quail Hollow, Ralph Regula Towpath or one of the other great trails maintained by our friends at Stark Parks.

And here's great news for cyclists; your mountain bike, trail bike, racing bike, or Schwinn rides free in the easy-to-use racks mounted on all our fixed-route buses. Just pop your cycle in, sit back, and enjoy the ride. When the bus arrives, grab your bike and begin pedaling your cares and pounds away.

SARTA's also your fitness partner if you're looking to expand your workout horizons to the North Coast or the Rubber City. Our Route 4 Express service to Cleveland stops near the Harrison-Dillard and Wade Oval trails in the University Circle neighborhood and provides access to foot and bike paths that run from downtown to the shores of Lake Erie. They all feature great views and lots of interesting places to stop along the way.

The same goes for the trails that crisscross Akron and Summit County. Like Stark Parks, Summit Metro Parks operates an extensive network of trails and paths that can be a pleasant walk for novices or a challenging test for advanced runners and riders. They're easy to reach by transferring from SARTA to METRO RTA.

Which brings us to our final point. You won't break a sweat riding SARTA to your workout because there's no heavy lifting involved in using our free state-of-the-art rider tools and apps: PinPoint by MyStop our GPS powered trip planning and ride-tracking app, SARTABuzz which delivers news and rider alerts via text, and EZfare the mobile ticketing app that makes buying tickets and passes and transferring between systems, well, easy. Learn more about all three by visiting [SARTAonline.com](http://SARTAonline.com).

So, what are you waiting for? Lace up your shoes, strap on your helmet, lube your chain, and hop on SARTA. It's time to get in shape. SARTA, we're going to work out today. Need a ride?



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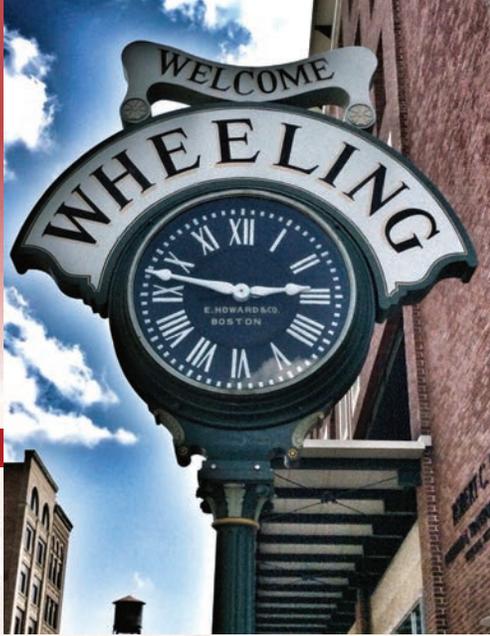
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# Finding Resiliency in WHEELING

By Jeremy Norris

As this pandemic grips our nation and world, this break from the routine pushes everyone into moments of discomfort. How we respond will define us both as an individual and the collective us as a community.

"This isn't the first adversity our city has faced," says Rabbi Joshua Lief. "Wheeling has a 250-year history and faced many challenges in those years." Lief shepherds Wheeling's Temple Shalom, founded in 1849, it is West Virginia's oldest Jewish congregation.

And indeed, the Rabbi is correct. Wheeling persisted through the Civil War, World Wars, The Great Depression, floods, collapse of steel and coal, and even a prior global pandemic, The Spanish Flu. "It is the people of this community who have been bold, overcoming challenges, since our city's founding in 1769," reminds Rabbi Lief. Community resilience is a collective force. It is distilled by time through the people who experience the events and those who later tell their stories.



## Adaption and Inspiration in Wheeling

"As a yoga studio we thrive off of personal connection," says Lindsay Schooler owner of Happy Goat Yoga (HGY) in the North Wheeling neighborhood. "We feed off of each other's energy as we move." Schooler says we should all use this abnormal time to do some investigation about how we can improve our relationships, our work habits, question whether the job we have (or had) suits us.

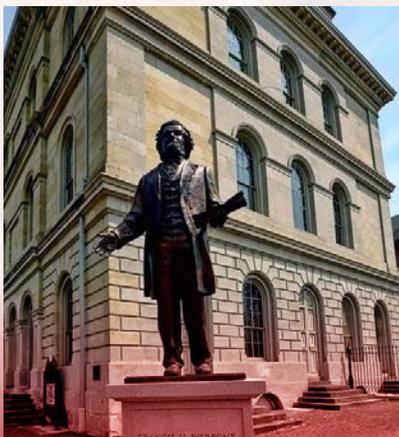
"Go within, it's what we teach. We are being offered an opportunity to look at the bigger picture of what is going on and realign our priorities," says Schooler. "Be mindful of the first thoughts you think in the morning," encourages Schooler. "Let them be good, let them be gratitude. Love yourself when you first wake up in the morning." These are the keys to battling a stressful day of working from home, wrangling kids, and feeding a family.

Both Temple Shalom and Happy Goat Yoga have taken to social media to engage with their congregants and patrons, respectively.

"What will we carry with us out of this crisis?" says Lief. "That is the question we must all ask ourselves. We must ask it on a personal level, we should ask it as a family, ask it as a business owner, ask it as a community. As a congregation, Temple Shalom will carry forward our online services and teachings as a way to engage in making the world a better place as we have done for the last 170 years."

Schooler's final piece of advice to everyone is, "Get outside and enjoy nature! By all means, safely get outside with members of your family and plant your feet in the grass. Put your feet in some water if it is warm enough, lean against a tree. Nature therapy is the best therapy we have right now."

Stay in touch with the Wheeling CVB as you begin to make your summer travel plans, [www.VisitWheelingWV.com](http://www.VisitWheelingWV.com).



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Has To Offer!

# Let's Go Fishing

By Adria Bergeron

In 2018, 49.4 million Americans headed to oceans, rivers, lakes and streams in pursuit of fish according to the Recreational Boating and Fishing Foundation. Part of the fishing obsession is the connection to nature, adventure, and camaraderie. What makes it exciting is not knowing what you will catch that day. A new record, a new fish you've never caught, will you catch anything at all? Fishing has been and continues to be one of the most popular activities at the reservoirs of the Muskingum Watershed Conservancy District (MWCD). The MWCD manages 54,000 acres for public use, comprised of 16,000 acres of water surface at 10 lakes and 38,000 acres of land.

The MWCD lakes and surrounding lands offer some of the best recreational areas in the state for hunters, anglers, boaters, swimmers and hikers – or for someone who just wants to kick back and relax while enjoying the beautiful scenery and wildlife. Spanning the eastern portion of Ohio, these lakes include Atwood, Charles Mill, Clendening, Leesville, Piedmont, Pleasant Hill, Seneca, and Tappan. All lakes feature full-service marinas, offering boat docking, rentals, fuel, boating and fishing supplies, and concessions. Campgrounds and cabin rentals are also available for anyone interested in a night, weekend, or weeklong adventure.

Each MWCD lake offers fishing environments according to their individual "personalities." Charles Mill, Clendening, Leesville, and Piedmont Lakes have a 10-horsepower limit, which keeps the pace slow and the fishing undisturbed. Atwood Lake has a 25-horsepower limit, while Seneca and Tappan Lakes have a 399-horsepower limit. Pleasant Hill Lake is the only MWCD lake with unlimited horsepower.



The MWCD partners with the Ohio Department of Natural Resources (ODNR) Division of Wildlife for all fish and wildlife management on MWCD land and lakes, including annual fish stocking programs. Fish species vary slightly at each lake, but secluded bays and wide-open areas are home to largemouth bass, channel and flathead catfish, crappie, yellow perch, bluegill, and saugeye.

For anglers looking for an extra adventure, try fishing for muskellunge or "muskie." These large sportfish are annually stocked in only 10 of Ohio's lake, including Piedmont and Leesville Lakes. Muskie can also be found in Pleasant Hill Lake having traveled downstream from Clearfork Reservoir, which is also stocked annually. Muskie are native to Ohio and can grow to be 40-50 inches long and 20-40 pounds. The official state record, according to the Ohio Division of Wildlife, was caught at Piedmont Lake and measured 50.25 inches long and just over 55 pounds.

One of the fastest growing segments of the fishing industry is kayak fishing. Some of the top reasons to choose kayak fishing is that it allows the angler to access more remote areas of the lake, it is easier to transport and store, and is more economical for many people. The MWCD's low horsepower lakes are perfect for kayak fishing. Many of the marinas offer kayak rentals or you can bring your own and use a kayak launch located at Clendening, Charles Mill, Leesville, Piedmont, Seneca, and Tappan Lakes. Kayak launches will be added at Atwood and Pleasant Hill this year.

Anglers aged 16 and over must purchase a fishing license. Licenses are available for purchase at authorized marinas or online at [wildohio.gov](http://wildohio.gov).

Take a kid fishing and look for Passport to Fishing programs at MWCD Lakes throughout the year. These programs are designed for ages 5 to 15 and cover casting, fishing knots and rigging, fish habitat and handling, plus local information. First time participants who complete the program receive a rod and reel, and tackle box to take home for future fishing adventures.



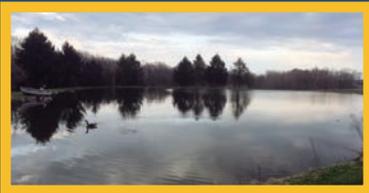
Remember MWCD Lakes are public and all Ohio Fishing Regulations and license requirements apply. Fishing is permitted from shoreline or boat, and public launch ramps are located at each lake. Accessible fishing piers are located at Atwood, Pleasant Hill, and Tappan Lakes, and will be added at Charles Mill, Clendening, Leesville, Piedmont, and Seneca this year. For more information including directions and fishing maps visit [www.mwcd.org](http://www.mwcd.org).

# LOOKING FOR A FISHING SPOT?

By Larissa A. Smith



## Try FishMySpot!



You planned a fruitful day of fishing with your children at a public lake, only to find yourself driving an hour. Your family heads to the shoreline to be greeted by a crowd, in hopes to find the best spot. You cast your line and wait for the fish to bite. Two long hours pass and after catching nothing, you pack your car for the trek home. Does this sound familiar? For us at FishMySpot, it has been a reality too often. After many frustrating trips to public lakes with our young children and simultaneously passing untapped water holes, we knew there had to be a more convenient, accessible, family-friendly option to introduce kids to the sport of fishing. Thus, the erection of FishMySpot.

Our mission at FishMySpot is to help families discover unique fishing experiences while connecting with nature, the community and each other. We connect private pond owners to people looking to fish privately and seeking new experiences. Our anglers reserve a half or full day fishing spot for a fee. Families and anglers show up and enjoy the catch.

The company has been in existence for a year and a half and has earned close to \$30,000 in grants through the state. FishMySpot covers liability insurance, runs the website and keeps 30 percent of the fee from each visit; pond owners set their own price and regulations, such as catch and release, add-on experiences, black-out dates, etc. Pond owners earn 70 percent of the fee. The concept is similar to AirBNB and VRBO, but focused on fishing.

FishMySpot.com has twenty ponds that can be fished. A majority of our ponds are located in northeast Ohio. We are looking to expand in the state, and eventually nationwide. Public lakes are great, but if you are looking to teach your child to fish, farm ponds are better; they are untapped, which means they typically have larger fish. If your child does not catch fish, will he/she want to continue to fish? No, probably not.

FishMySpot is a platform that provides an opportunity for parents and grandparents to get their children off technology and outside. And our ponds are perfect for the enthusiast fishermen/women.

**IF YOU ARE READY TO GET HOOKED, CHECK  
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# OUTDOOR RECREATION

## in Belmont County

By Barbara Ballint

Belmont County, the very name of which is French for "beautiful mountain," is renowned for its natural beauty and outstanding outdoor recreation. From the western end of the county at Egypt Valley Wildlife Area all the way to the Ohio River, you'll find a variety of outdoor recreation ideas (see the website [www.visitbelmontcounty.com/recreation](http://www.visitbelmontcounty.com/recreation) for more). It's easy to reconnect with nature at these places.

Barkcamp State Park (65330 Barkcamp Rd.) Belmont County's rugged hills provide the backdrop for picturesque Barkcamp State Park. In addition to fine recreational facilities (including a bridle trail), visitors will enjoy the mature woodlands, open meadows, scenic lake and abundant wildlife of this secluded 1,232-acre park.

Dysart Woods (five miles from the village of Belmont on SR 147), a 50-acre track of old-growth forest, is the largest known remnant of the original forest of southeastern Ohio. Some of the spectacular oaks you will see are 400 years old, stand over 140 feet high, and have a diameter of four feet. Ohio University has preserved the woods by keeping it in its natural state. The Department of Environmental and Plant Biology conducts studies of the woods and the surrounding fields as a laboratory to learn more about the dynamics of a mature oak ecosystem. There are two marked trails for hiking.

Egypt Valley Wildlife Area (via I-70 and SR 800). Located in the middle of two land parcels totaling over 18,000 acres, Egypt Valley Wildlife Area is popular for hunting, fishing, hiking, bird watching, photography, and sight-seeing. A variety of fish, fowl, and animals can be found here.

Raven Rocks (54167 Crum Rd., Beallsville). Originally known as the First Ravine of the Raven Rocks by early pioneers, it was named after the many ravens that nested in the overhanging ledges of the unusual and astonishing rock formation.

Captina Creek Birding Trail has five stops that include Raven Rocks and Dysart Woods, as well as the Powhatan Point Marina, the Captina Creek mainstream at Alledonia and the south fork of the creek at Rainbow's End. Located in both Belmont and Monroe counties, the Captina Creek Watershed is valued for its pristine water quality and diverse range of species.

Zion Retreat and RV Park (334 E. High St., Flushing). Zion is an 800-acre retreat and nature center with a 27-acre lake, RV campground, rustic and luxury cabins, 1.85-mile walking trail, and many outdoor recreational opportunities.

Piedmont Lake (I-70, Exit 202, SR 800 N to Marina Rd.) Located in both Belmont and Harrison counties, this 10-acre lake is considered by many to be Muskingum Watershed Conservancy's most scenic. It holds the record for muskellunge and is a favorite of anglers and boaters.

According to research, spending time outdoors has significant and wide-ranging health benefits. And, according to Belmont County Tourism, spending time outdoors in this area is time well spent.



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# Plan a Lake Erie Shores & Islands Getaway

By Jill Bauer

When cabin fever sets in this summer, the cure is a quick-and-easy getaway to a destination just 60 miles west of Cleveland. Without traveling far from home, you can experience islands, beaches, amusement parks, water parks, lighthouses, and more. Ohio's Lake Erie Shores & Islands is looking forward to welcoming you.

Small-town hospitality and big-city amenities, combined with a relaxed, lakeside atmosphere makes Ohio's Lake Erie Shores & Islands the ideal locale for families, friends, and couples to get away. One of the Midwest's hottest vacation spots, the region provides an eclectic mix of attractions and recreation.

Whether you prefer a getaway that includes lazy days at the beach, fishing with friends, dining on tasty treats, or one filled with exciting thrills like waterslides, roller coasters, and entertaining nightlife, Lake Erie Shores & Islands is the ideal coastal retreat.

The village of Put-in-Bay on South Bass Island has been attracting visitors for nearly 150 years. Many visitors begin with a narrated tour on the island tour train; but, for those wishing to go at their own pace there are golf carts, scooters, and bicycles to rent. Families will be entertained with a butterfly house, miniature golf, cave tours, arcades, and a carousel. History enthusiasts won't want to miss Perry's Victory and International Peace Memorial. There are numerous shopping spots and a wide selection of restaurants and pubs to please every taste and budget. Put-in-Bay is also known for its exciting and varied music scene and daily entertainment.

Kelleys Island is full of outdoor adventures for all ages. It has 600 acres of state park lands, 17 miles of coastline, nature trails, a fossil-filled quarry, and wetlands which are admired by nature-lovers. The Glacial Grooves National Natural Landmark is not to be missed. There is also a popular downtown district that offers shopping, dining, and entertainment. A sandy beach attracts visitors in summer, while spring birding and fall Monarch butterfly migrations are popular seasonal events.



On the eastern side of the region lie the coastal towns of Sandusky, Huron, and Vermilion, each filled with activity and events. Sandusky is known for its revitalized downtown featuring the Sandusky State Theatre, museums, art galleries, waterfront parks, unique shops, and fantastic dining. Cedar Point amusement park is in Sandusky as well. Celebrating 150 years in 2020, Cedar Point had been entertaining families for generations. Known for its thrilling roller coasters, the resort also boasts an amazing beach and water park along with a variety of accommodations.

Several indoor water park resorts, including Kalahari Resorts & Conventions, Cedar Point's Castaway Bay, and Great Wolf Lodge, entertain families year-round in Sandusky. The region is also a leading regional sports destination, which is especially loved by families who find themselves combining sports travel with a family vacation. A stellar line-up of event venues, like Sports Force Parks and the adjacent Cedar Point Sports Center, make Ohio's Lake Erie Shores & Islands an ideal place to play.

In Huron it's all about beach-living with excellent fishing opportunities, championship golf courses, and live entertainment at the Huron Boat Basin Amphitheater. Vermilion is reminiscent of a New England coastal seaport that embraces its nautical heritage. A quaint downtown offers delicious dining options, beautiful flowers, and fun shopping. The Vermilion Lighthouse is adjacent to a public beach and near the opening of the Vermilion River and lagoons.

Port Clinton is known as the "Walleye Capital of the World" for good reason. Here you'll enjoy world-class fishing, beaches, sightseeing, shopping, and entertainment. The adjacent Marblehead and Catawba Island peninsulas feature eclectic shopping and art galleries, as well as wineries and breweries and the oldest continually operating lighthouse on the Great Lakes.

The rural communities of Milan and Berlin Heights offer quaint villages, historical museums (including the birthplace of Thomas Edison), and rolling orchards. Enjoy a woodland hike at one of many natural areas.

A common question we hear from visitors is "what's new this year?" We're here to tell you exciting things are happening in 2020. From a celebration like no other at one of the nation's oldest amusement parks, to a brand-new, state-of-the-art sports center for tournament play, this year brings even more reasons to visit Ohio's Lake Erie Shores & Islands. With loads of new restaurants, attractions, and exhibits... you won't want to miss it.



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# ROAR &

By Lexi Sweet

When we get to the other side of the peak, "normal" may take on a new meaning. One thing is for sure though; we'll all be looking for ways to ward off cabin fever and cure our stir-craziness come summer. The good news is you don't have to travel far to feel far away.

Travelers looking for a respite in the coming months need look no further than Columbus, located within two hours from anywhere in Ohio, and often no more than three hours from cities in bordering states. The state's capital and largest city, Columbus truly offers something for everyone.

## Award-Winning Attractions

One of Columbus' most notable assets is its variety of major attractions. Get face-to-face with prehistoric giants at the American Museum of Natural History Dinosaur Gallery at COSI or inspire your creativity at the Columbus Museum of Art. At Jungle Jack Hanna's home zoo, the Columbus Zoo and Aquarium, the new Adventure Cove is a state-of-the-art sea lion and seal habitat with a unique underwater viewing window and daily shows.

Columbus is also the only place where you can visit a living tribute to all veterans, past and present, from all eras of conflict in a single facility at the National Veterans Memorial and Museum. Of course, don't forget to check out

the Ohio Statehouse, one of the oldest working statehouses in the country, and the spot where the state's dynamic duo of Governor Mike DeWine and Dr. Amy Acton have been giving their daily updates.

## Outdoor Adventures

Downtown Columbus features a spectacular riverfront with a sprawling ribbon of parkland on the Scioto Mile. Snap a selfie with any of the three bronze deer statues or follow the bike path down to the Scioto Audubon Metro Park, home to the largest free outdoor climbing wall in the country and among the best birding in the state.

Franklin Park Conservatory and Botanical Gardens offers plenty of space to continue social distancing on its 90 acres of stunning green space. Get zen in the Bonsai exhibit, on display until November, and consider a visit for Harvest Blooms. For the little ones, the two-acre Scott's Miracle-Gro Children's Garden features 16 different interactive experiences celebrating the Ohio landscape and focuses on introducing and connecting children to the natural world.



# EXPLORE *in Columbus*

## Diverse Dining Options

When *Food & Wine Magazine* named Columbus one of the top destinations for foodies in 2019, it warned its readers: "Don't sleep on this city. Good things are happening." As we celebrate the re-opening of restaurants and ability to dine-in, there's no better time to check out the diverse and distinguished dining scene of Columbus.

There are more than 40 craft breweries in the region, including Franklinton's Land-Grant Brewing that features some of the country's best barbecue from Ray Ray's Food Truck, from 2019 James Beard Award Nominee James Anderson. Local liquor and farm-fresh food combine for innovative and artisan dishes at Middle West Spirits' Service Bar, known for recreations of the chef's childhood fast-food favorites.

Go al fresco with rooftop dining hotspots like Lincoln Social, in the Short North Arts District, and Goodale Station, atop the Canopy by Hilton Columbus or get your plant-based fix at Comune. Take a trip around the world with the global cuisine at the North Market and of course, don't forget to save room for a scoop, or three, of Jeni's Splendid Ice Creams.

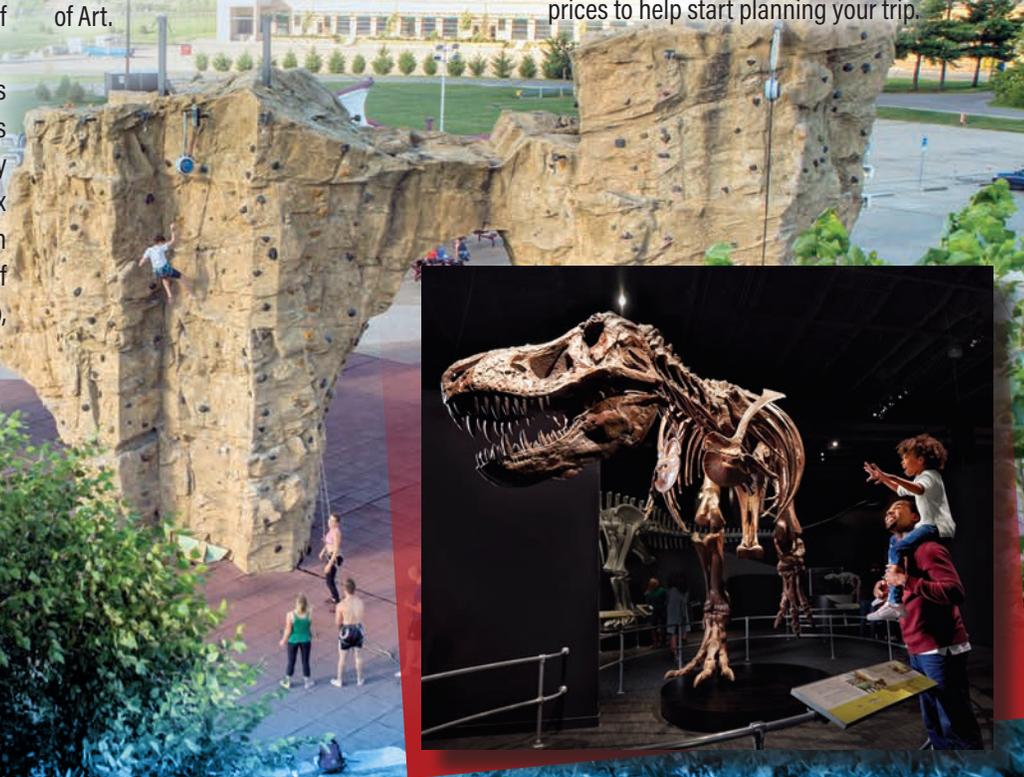
## Lodging: Low-cost to Lavish

When we say Columbus has something for everyone, lodging options are no exception. Located right off the highway for easy access, families have plenty of space to spread out at the Drury Inn & Suites and can save money by taking advantage of the hotel's free hot breakfast.

Couples looking to reconnect after months spent apart, or simply to relocate to a more romantic setting after not having left the house should check out Le Meridien Columbus, The Joseph. Indulge in a visit to the spa suit, clink glasses of bubbly at Soul Bar and use your room key to peruse modern masterpieces at The Pizzuti Collection of the Columbus Museum of Art.

Ladies in need of a getaway with their girlfriends need look no farther than Hotel LeVeque, the stunning celestial-themed Marriott Autograph Collection property located on the downtown riverfront. Add on a farm-to-fashion experience, a unique only-in-Columbus opportunity. Starting with brunch and a tour at Fairy Haven Farm, guests meet sheep whose wool they will later use during a hands-on raw wool and silk scarf-making experience with designer Celeste Malvar-Stewart at her German Village studio.

There's so much happening in Columbus, and we invite you to join us for a fun-filled experience you won't soon forget. Check out [fun.experiencecolumbus.com](http://fun.experiencecolumbus.com) for choose-your-own-adventure package deals and the best prices to help start planning your trip.



# SO MUCH TO DO

By  
Miranda  
Burrell

With the warmer weather finally here, it's hard not to think of vacation. Remember that word - Vacation? Come to Mohican and create an outdoor adventure for the family that you will not forget.

So, what is there to do in the Camp & Canoe Capital of Ohio? Take a canoe or kayak down the Mohican State Scenic River, try the zip line or aerial adventure park. Go karts, mini-golf and more. Summertime is perfect for hiking, mountain biking, horseback riding, and festivals.

June 13 is the International Wine at the Mill Fundraiser. This is a popular Mohican event, where all proceeds go for preservation efforts at the Wolf Creek Grist Mill. July 4 brings the Car Show and fireworks. Ranked in the top 10 of car shows by "Cruisin' Times Magazine", the Loudonville Car Show showcases vehicles of all eras. And if you love fireworks,

Pleasant Hill Lake Park has the hugely popular "Christmas in July" that ends in an awesome display of fireworks over Pleasant Hill Lake on July 18.

Take a drive on the Wally Road Scenic Byway and experience the Mohican Blue grass Festival or the Great Mohican Pow-Wow, held during the summer and again in the early fall.

Experience over 40 top Native American artisans, craftsmen & traders. Enjoy music, storytelling, dance and drum competitions, demos and more. The 18th Century Colonial Trade Fair returns in August. Learn from participants and vendors in period costumes and tents about the history of the area and life back then. Live cannon demonstrations and more to entertain kids of all ages. These and other events dot the beautiful landscape of Mohican.

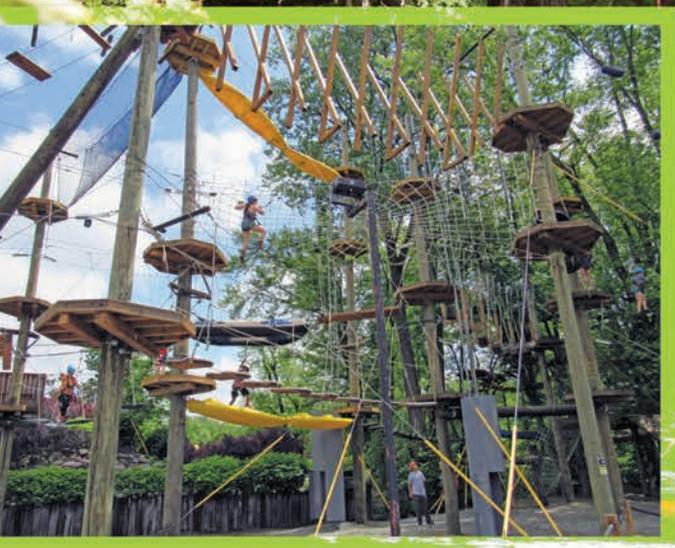
And what would a vacation be without shopping? The Mohican-Loudonville area has a quaint downtown with independent shop owners that will introduce the visitor to an array of art, clothing, jewelry, gadgets that solve all sorts of issues, electronics, antiques, crafts and more. Creative Outlet Indian Store has the largest selection of Authentic Native American jewelry and artwork in northern Ohio. Four Seasons has two full floors of gifts, boutique, collectibles and flowers to explore. Mohican is also the gateway to Amish Country, just a short drive to Millersburg or Berlin with shopping galore.

For all historian enthusiasts, discover the Cleo Redd Fisher Museum. The museum offers information on the importance of the motorcycle sidecar to the area, a rare American flag, and so much more. Take in a movie at the Ohio Theatre. Restored to its original glory of days gone by, the theatre offers recently released movies throughout the year.

DiscoverMohican.com has plenty of options to keep travelers on budget without compromising any wants on the trip. From campgrounds to cabins, a castle to a state park lodge, inns to Bed & Breakfasts there is something for everyone. Some places have savings all year long. For example, if you're looking for a cabin along the Mohican State Scenic River, check out Blackfork Cabins. The longer the stay, the more there is to save.

Put your child's report card to work! Mohican State Park Lodge offers a "Stays for A's" program that awards \$10.00 off for every A on your child's report card, up to a \$50.00 savings. They also offer a special rate for the "Savvy Seniors." Guests over the age of 65 can enjoy the lodge's special discounted rates.

So much to do, so little time. Whether here for a week or the weekend, there is something for everyone. Isn't it time to Discover Mohican?



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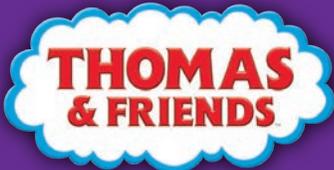
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