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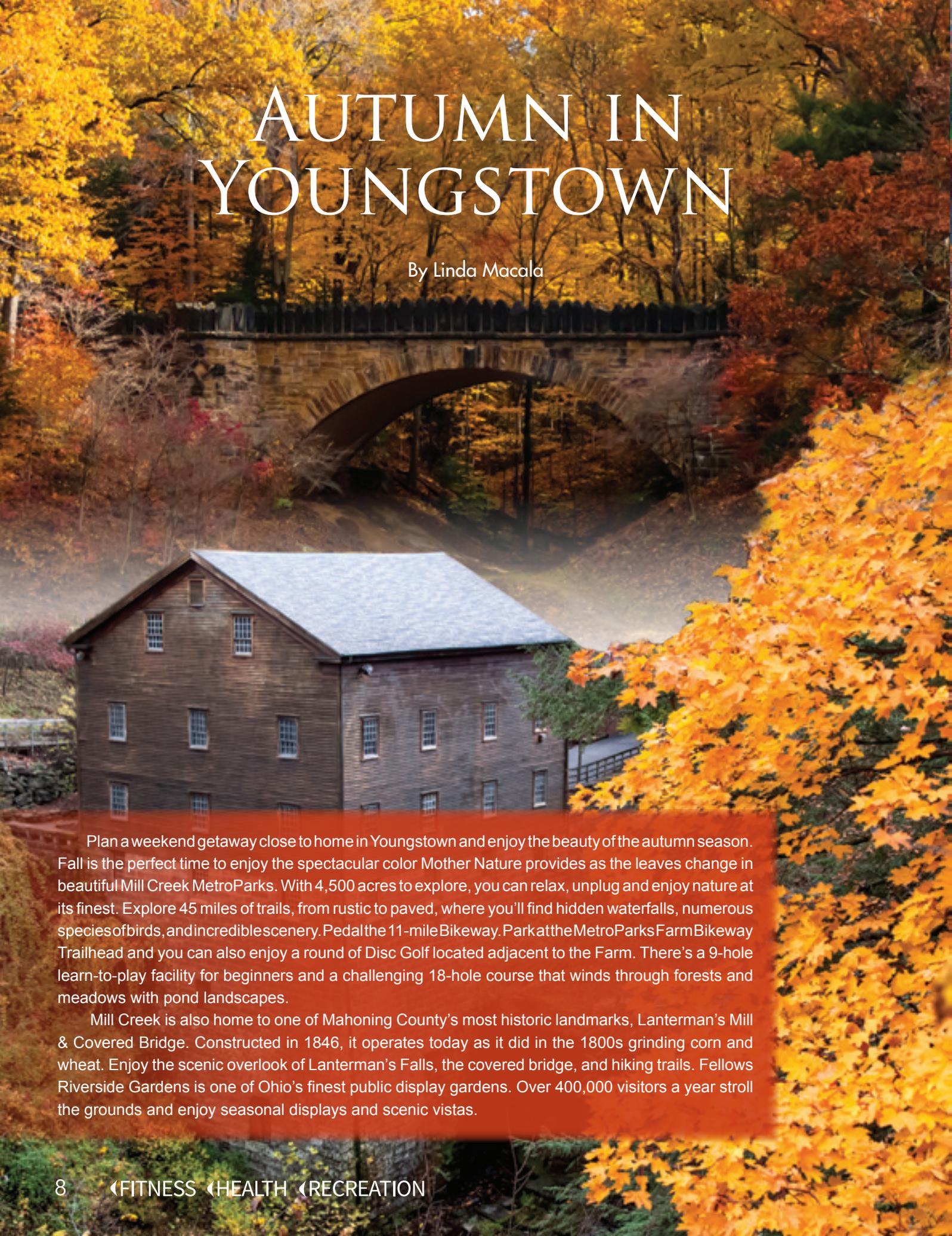


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# AUTUMN IN YOUNGSTOWN

By Linda Macala



Plan a weekend getaway close to home in Youngstown and enjoy the beauty of the autumn season. Fall is the perfect time to enjoy the spectacular color Mother Nature provides as the leaves change in beautiful Mill Creek MetroParks. With 4,500 acres to explore, you can relax, unplug and enjoy nature at its finest. Explore 45 miles of trails, from rustic to paved, where you'll find hidden waterfalls, numerous species of birds, and incredible scenery. Pedal the 11-mile Bikeway. Park at the MetroParks Farm Bikeway Trailhead and you can also enjoy a round of Disc Golf located adjacent to the Farm. There's a 9-hole learn-to-play facility for beginners and a challenging 18-hole course that winds through forests and meadows with pond landscapes.

Mill Creek is also home to one of Mahoning County's most historic landmarks, Lanterman's Mill & Covered Bridge. Constructed in 1846, it operates today as it did in the 1800s grinding corn and wheat. Enjoy the scenic overlook of Lanterman's Falls, the covered bridge, and hiking trails. Fellows Riverside Gardens is one of Ohio's finest public display gardens. Over 400,000 visitors a year stroll the grounds and enjoy seasonal displays and scenic vistas.

Looking for a new golf destination? The Youngstown area has been ranked #4 in the U.S. for top-quality, affordable public golf courses. Whether you're up for the test of a Donald Ross-designed course, or want to try a links-style course, you're guaranteed to enjoy well-maintained, scenic courses that will challenge golfers of all skill levels. Fall is a great time for golf with fewer crowds and cooler temperatures. No need to travel far for a golf getaway, as local hotels offer affordable Stay-and-Play packages.

Reserve Run in Poland has been hailed as one of Ohio's top public golf courses. Designed around an old quarry by architect Barry Serafin, Reserve Run was rated as a 4-star Ohio course by *Golf Digest*.

A favorite since 1928, the historic Mill Creek Golf Course in Boardman features two 18-hole championship courses designed by the legendary Donald Ross. *Golfweek* recognized Mill Creek in its Best Courses You Can Play category. Just two miles away, Kennsington Golf Club in Canfield features scenic ravines, tree-lined fairways and lakes. New golf simulators will be open before year's end in the adjacent Waypoint 4180 Center, and will allow you the virtual experience of playing courses from around the world.

The Links at Firestone Farms in Columbiana offers a challenging links-style course designed by Brian Huntley. Olde Dutch Mill in Lake Milton winds through an interesting natural landscape around the Lake Milton Dam and the Mahoning River, and is adjacent to the popular Halliday's Winery, which you can enjoy following your round. For more information on these and other Youngstown-area courses, visit [www.golfyoungstown.com](http://www.golfyoungstown.com).

## GOLF



## WINERIES

And speaking of wineries, the Youngstown area has five great options, each with its own unique ambiance. Several feature waterfront locations with spectacular views. Food options range from snacks and flatbreads to full-menu restaurants. What better way to end a day than enjoying a beautiful fall sunset with a great glass of wine?

Mastropietro Winery sits on 14 acres in Berlin Center. Estate-grown varietals include Vidal Blanc, Chambourcin and Frontenac. Lil Paws Winery and Halliday's Winery are located nearby in Lake Milton. Lil Paws name was inspired by their "K-9 Kids" over the years. They also offer six varieties of craft beer, brewed on site.

As you enter The Vineyards at Pine Lake in Columbiana, you'll drive through their vineyards, then curve your way to their expansive lake-front location. Take in the beautiful fall foliage while sitting and sipping on their large outdoor patio area. L'uva Bella Winery & Bistro in Lowellville is the largest wine-making operation in Ohio. Their passion for winemaking ensures that all wines produced are rich in character and quality.



## ART

Any visit to Youngstown should include time to enjoy the world-renowned Butler Institute of American Art. Boasting one of the finest museum collections in the country, the Butler's numerous galleries house the works of Edward Hopper, John Singer Sargent, Georgia O'Keeffe, Winslow Homer, Norman Rockwell, William Merritt Chase, and many other American artists. From the crowning pieces of its permanent collection to the temporary exhibits, a walk through The Butler is a walk through American History, with masterpieces leading the way. Admission is always free, and the museum is open **Tuesday-Saturday 11-4** and **Sunday 12-4**.

Intrigued? Plan your weekend getaway today! Award-winning, comfortable lodging choices abound. Visit [www.youngstownlive.com](http://www.youngstownlive.com) or call **800-447-8201** for a complete listing of our upcoming seasonal and special events, or to download or request our **free travel guide**.

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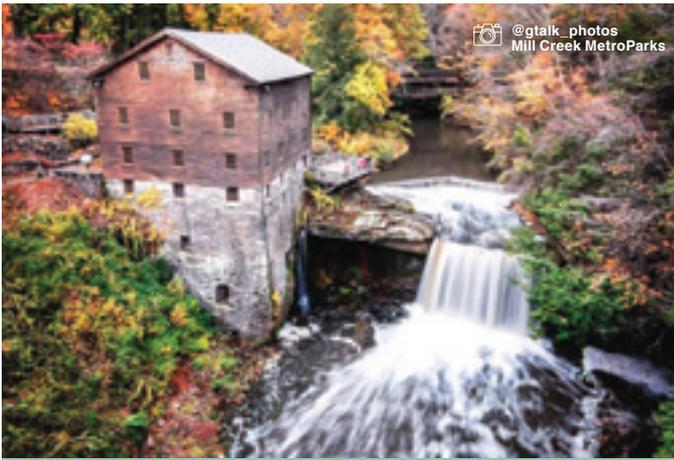
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# Fall fun in COLUMBUS

By Lexi Sweet

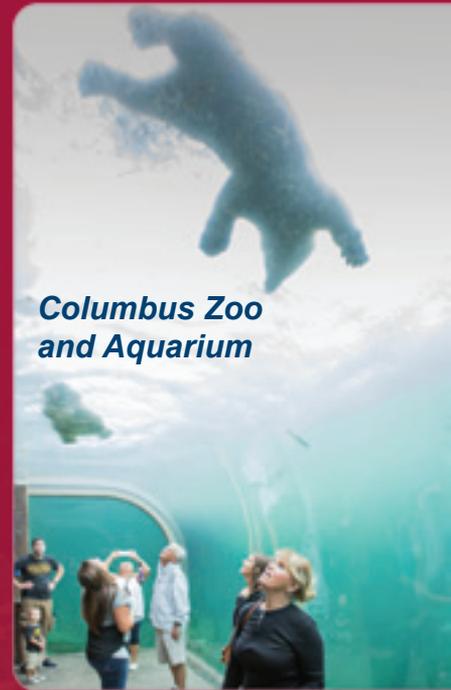
At the time of this writing, we're not sure what the future holds for back-to-school plans, but it's almost a guarantee that this fall will be far from normal. If kids are still having school from home, even part time, it's going to be more important than ever for families to get out of the house on weekends.

Since most of us spent the spring and summer exploring our communities, fall is the perfect time for a short daytrip or weekend getaway; and located less than two hours from anywhere in Ohio with plenty of fun activities for the whole family, Columbus is the perfect destination.

As seen on National Geographic's *Secrets of the Zoo*, the Columbus Zoo and Aquarium is home to more than 9,000 animals representing 650 species from around the globe. Their signature fall event is the "merry-not-scary" Boo at the Zoo that promises fun for the whole family. The Zoo's various regions get dressed up for the spooky-kooky Halloween event of heroic proportions.

Taking place during the weekends of October 16-18, October 23-25 and October 30-November 1, this tradition might look a bit different than in previous years, but families can still expect plenty of candy and superhero appearances to surprise and delight. Even better, there is no cost beyond regular admission fees.

Attendees at this year's event also have the opportunity to be among the first to experience the new Adventure Cove region that opened this summer. A state-of-the-art sea lion and seal habitat comes to life with a unique glass-encased underwater viewing tunnel as well as an amphitheater offering daily shows. As Jungle Jack Hanna's home zoo, Adventure Cove will also be the new site of his Animal Encounters Village.



**Columbus Zoo and Aquarium**



The 90-acre Franklin Park Conservatory and Botanical Gardens is especially lovely in the fall, when their annual Harvest Blooms exhibit transforms the grounds into an otherworldly autumn landscape of hundreds of pumpkins, heirloom gourds, colorful mums and various foliage cascading throughout the gardens. The vibrant sea of color makes the perfect backdrop for jack-o'-lanterns and many special events take place each year to help kids experience the magic created by numerous pumpkin displays.

This fall will be a special time to visit the Conservatory because in addition to the beautiful Harvest Blooms, the *Paul Busse Garden Railway* exhibit is on display through January 6, 2021. Busse is a household name in the botanical garden world, but some might not know that he actually began his career in Columbus and got his first big break during AmeriFlora '92, the event that helped establish Franklin Park Conservatory.

Featuring 1,122 feet of miniature train tracks that weave through gardens, over visitors' heads and alongside waterfalls as they travel from one whimsical scene to the next, this exhibit is unlike any others ever created as it features a giant enchanted tree inspired by California redwoods, inside of which guests can explore and discover a magical scene hidden within. The experience is accompanied by fantastical villages and thematically designed horticultural landscaping that help bring fairytale magic to life.



### ***Franklin Park Conservatory and Botanical Gardens***

Columbus' National Veterans Memorial and Museum (NVMM) is the only place in the country that honors all veterans, from all eras of conflict and branches of service, under one roof. The more than 50,000-square-foot facility is situated on downtown Columbus' Scioto Mile riverfront and directly adjacent to the museum sits a 2.5-acre Memorial Grove, designed for contemplation and reflection upon the museum experience. Fall is an especially good time to visit as there is always ample Veterans Day programming. Plus, NVMM will be celebrating its two-year anniversary this October.

To accompany its permanent exhibitions, this September NVMM will debut a new special exhibit – *We the People: Portraits of Veterans in America*. On display through January 2021, it will feature portraits from Mary White, a watercolor artist from Cleveland.



### ***National Veterans Memorial and Museum***

Columbus has so much to offer, and it's important to know that you can explore Ohio's capital and feel safe doing so thanks to the Live Forward Pledge. Look for the orange window decal on more than 100 storefronts during your next visit for a quick and easy indicator of which businesses have made the health and safety of their patrons a priority upon reopening amidst the COVID-19 pandemic.

You don't have to travel far to feel far away, so consider Columbus, named one of Travel Channel's top U.S. cities to visit in 2020, for a quick getaway this fall. Customizable Roar & Explore packages (available at [experiencecolumbus.com/roarandexplore](http://experiencecolumbus.com/roarandexplore)) make planning easy, and [experiencecolumbus.com](http://experiencecolumbus.com) has plenty of additional ideas for fun fall activities.

# GAULEY SEASON

*in West Virginia*

By Haynes Mansfield

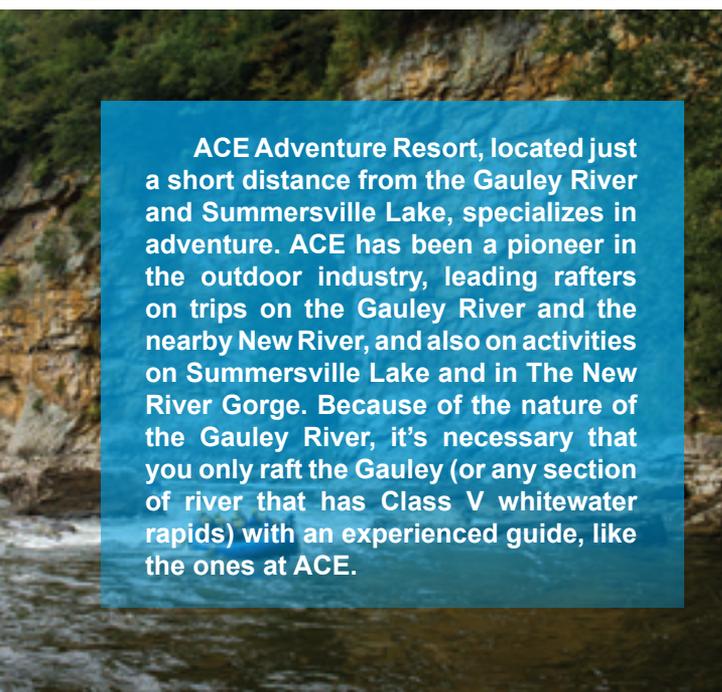
In a remote corner of West Virginia, a small town named Gad once existed on a riverside. Primarily a farming community, the town was purchased by the US Army Corp of Engineers during the 1960s and the residents of the town relocated. This paved the way for the building of a dam, part of a flood control project to protect West Virginia's Capital, Charleston, from potential flooding. The valley where Gad once stood became a lake, a huge reservoir containing 2,700 acres of water and over 60 miles of shoreline. The Army Corp of Engineers broke with tradition and named the dam and the reservoir after the second closest town. Instead of the "Gad Dam," the dam was called "Summersville Lake." Today, the Summersville Lake Marina stands at roughly the same area where the town of Gad could once be found.



The opening of Summersville Lake made three seasons of adventure possible, in several different ways. In the spring and summer, the lake plays host to boating enthusiasts and swimmers, like most lakes. It's also a popular spot for lake kayaking and stand-up-paddleboarding. But, the unique topography of the lake also makes it a premier rock-climbing destination. Climbers travel to Summersville Lake to climb on the shores of the lake, or to boulder (climbing without ropes) on the cliffs that line the water.

In the fall, the river that was dammed to create Summersville Lake, the Gauley River, comes alive once more. The gates are opened on the dam for scheduled releases to drain the reservoir and create a whitewater playground. This is Gauley Season, and it only happens once a year, for six weekends. While boaters have mourned the loss of the rapids that once flowed through the undammed Gauley River, the section downstream of the dam is known for being some of the best whitewater in the world. Yup. In the world.





**ACE Adventure Resort, located just a short distance from the Gauley River and Summersville Lake, specializes in adventure. ACE has been a pioneer in the outdoor industry, leading rafters on trips on the Gauley River and the nearby New River, and also on activities on Summersville Lake and in The New River Gorge. Because of the nature of the Gauley River, it's necessary that you only raft the Gauley (or any section of river that has Class V whitewater rapids) with an experienced guide, like the ones at ACE.**

The notorious Upper Gauley is the stuff of legends. This hard-hitting, fast-paced section of whitewater descends through the Gauley Canyon, a remote and undeveloped portion of West Virginia. This is a true wilderness, and only those who choose to raft the Gauley have the opportunity to bask in the full beauty of this place that has been left untouched by housing developments, shopping centers, and coffee shops. Five Class V rapids await your arrival, and ACE's professional guides will show you the way through every one. The final Class V rapid, Sweet's Falls, drops over a 14-foot waterfall, before you paddle over to ACE's private, riverside lunch spot for a meal prepared for you by your guides. This is dinner and a show--you'll get to watch other rafters take on Sweet's Falls while you enjoy your meal!

The Lower Gauley, the often-forgotten younger sibling of the Upper Gauley, is as beautiful as epic. This incredible section of the river features Class III-V rapids, and some of the most dramatic landscapes in all of West Virginia. Think: sheer cliff walls and huge boulders that look like they came from a world of giants. This section of river puts the "heaven" in "Almost Heaven," and would have certainly been mentioned in that John Denver Classic if he had ever gone rafting on the Lower Gauley.

Want to raft both sections of the Gauley River? Make a day out of it with a Gauley Marathon and raft the Upper and Lower Gauley in the same day! 25 miles of whitewater (we know, it isn't QUITE a marathon), plus lunch along the way. Or, raft the Gauley and camp on the side of the river on a Classic Gauley Overnight Trip. You'll raft the Upper Gauley on day 1, then enjoy dinner prepared for you by your guides at your riverside camp, then raft the Lower Gauley on day 2. Hundreds of rapids, yours for the taking.



If camping isn't your thing, ACE's 1,500-acre resort features a range of cabins to choose from including rustic and affordable options to multi-story log houses with all the comforts of home. Most cabins include hot tubs so you can make your stay in the mountains of West Virginia even more relaxing. And, with dozens of other activities at ACE, you can hike, bike, zipline, rock climb, and more, all in one place. Experience the Gauley River with ACE Adventure Resort this fall.



*Summersville Dam gates open*

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# The 114<sup>th</sup> Circleville

Fall in Ohio means harvest time and in Circleville that means the pumpkin. If you are looking for giant pumpkins or pumpkins to carve or bake pies, there is no better place to go than to one of the nation's largest and oldest pumpkin festivals – the 114th Circleville Pumpkin Show, October 21-24 (Wednesday through Saturday) in Circleville, Ohio just 25 miles south of Columbus in central Ohio.

The Circleville Pumpkin Show dates back to the turn of the 20th century and is credited as the idea of then Mayor George Haswell. It was in 1903 when Mayor Haswell organized a small display in front of the waterworks office on West Main Street. His original idea was to provide an opportunity for farmers to come to town, besides their annual trip to pay their taxes, to exhibit their produce since there was no county fair at the time. That first occasion occupied 30 feet of table space along the dusty unpaved street.

The Mayor had also invited the Old Yellowbud Band to perform, so the first parade was formed. Everyone came dressed up to view the biggest pumpkin and see what kind of corn, beans, and other vegetables the neighbor on the adjoining farm was growing. While the Circleville Pumpkin Show has grown to cover more than nine city blocks in downtown Circleville, it is still dedicated to promoting the agriculture and business of this community.

More than 100,000 pounds of pumpkins, squash and gourds are featured in street displays. There are also displays of canned goods, baked goods, a flower show, arts and crafts, fruits and vegetables, and a fine art show.

The Circleville Pumpkin Show attracts over 400,000 visitors to this small Central Ohio community of just over 13,000 people. Visitors from all 50 states and many foreign countries come to see the giant pumpkins, parades, entertainment, contests, and sample all the pumpkin flavored delicacies.

Each year the Circleville Pumpkin Show opens with area pumpkin growers vying for the coveted Giant Pumpkin Champion Trophy and \$3,000 for the first prize winner from the Pumpkin Show and the Concessionaires who come each year to the Show. The Giant Pumpkin Weigh In will begin at 9:15 AM on Wednesday, October 21.



# Pumpkin Show



By Nanisa Osborn

The current Giant Pumpkin record at the Circleville Pumpkin Show is 1,964 pounds grown by Circleville's Robert and Jo Liggett for the 2014 Pumpkin Show. The 2019 winning pumpkin, also grown by Robert and Jo Liggett, weighed in at 1,421.5 pounds and was their 13th winning giant pumpkin.

Bakers at Lindsey's Bakery in Circleville will continue their 60-plus year tradition of making one of the world's largest pumpkin pies during the Pumpkin Show. Last year's pumpkin pie weighed over 400 pounds and stretched 6 feet in diameter. The pie takes 6 hours to bake, is cooled for 6 hours, and then displayed at the bakery during the four-day pumpkin extravaganza.

What started as a gathering of local farmers proudly displaying their crops is now an event which is reportedly Ohio's oldest and largest festival and has been called "The Greatest Free Show on Earth." There is no admission fee, so anyone can come and enjoy the Show.

The Circleville Pumpkin Show is filled with family entertainment including live music, 7 parades, each with a different theme, and over 400 booths offering food, retail, games and crafts for sale. In addition to its Miss Pumpkin Show Contest, the Pumpkin Show also features fun, crowd-pleasing contests including Pumpkin Pie Eating for both kids and adults, Big Wheel Racing for 4 & 5-year-olds, a Pet Parade and contest, and entertainment on several stages throughout the event.

For the sixth year, we are proud to host the Lima Company Memorial, "The Eyes of Freedom," a very powerful tribute to the Lima Company, 3rd Battalion and 25th Marine Regiment which was one of the most heavily engaged combat units in the Iraq War. During its 2005 deployment, 22 Marines and 1 Navy Corpsman gave the ultimate sacrifice in service to our nation and this memorial honors those heroes.

For the fourth year Pumpkin Show will be hosting The Spirit of America's Story, The Wall, a traveling exhibit commemorating our Country's Fight for Freedom from 1775 to the present. The Wall is a richly illustrated visual story of America's struggles for freedom, a visual walk through our country's history and our fight to be free. The goal is to capture and preserve the spirit, the sacrifices and rich history of the American people. Both displays will be located at Memorial Hall at the corner of Main Street and Pickaway Street.

Many of the foods at the Circleville Pumpkin Show are pumpkin-related: pumpkin pies, donuts, cookies, burgers, pizza, tacos, chili, elephant ears, pancakes, taffy, ice cream, cake, waffles, cream puffs, fudge, brownies and many other pumpkin treats. There are thousands of pumpkin pies and over 100,000 pumpkin donuts sold during the four days. So, visit our many food vendors for these pumpkin delicacies.

So, come join us for the "Greatest Free Show on Earth," the Circleville Pumpkin Show! For more information on the Circleville Pumpkin Show, please call 740-474-7000 or go to our website at [www.pumpkinshow.com](http://www.pumpkinshow.com).

**Editor's note: As we go to print, we have been advised that this year's Circleville Pumpkin Show has been cancelled. Mark your calendar to attend the 2021 show, October 20-23.**



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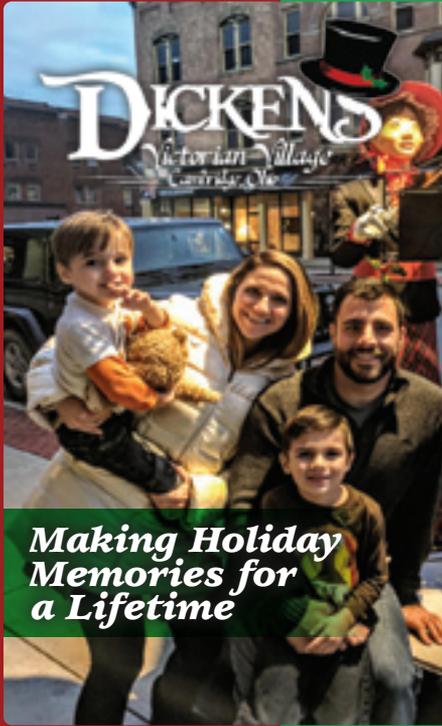
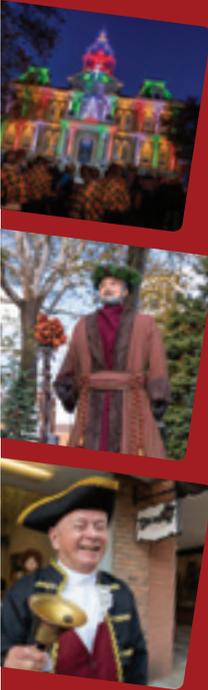


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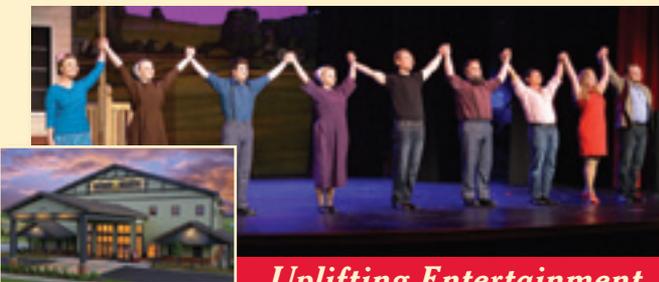
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# A SPOONFUL OF

# SUGAR

By Danielle Wirick, MS, CSCS, FMSC



**W**hy is sugar such a big concern of doctors, dietitians, and fitness trainers? Ask any diabetic and they will tell you how bad they feel when their blood sugar is out of control. There are approximately 17 million Americans with some form of diabetes and approximately 6 million of them are unaware that it affects them. Diabetes is the 6th leading cause of death in the United States. Many people are not aware they have diabetes because they don't understand how blood sugar levels work. Let's change that.

Carbohydrates are the main energy source of the body. Sugars are one form of carbohydrates, and even complex carbohydrates will break down into a simple form to be used as energy. Therefore, when we are talking about blood glucose, or blood sugar, realize that carbohydrates are what maintain that level.

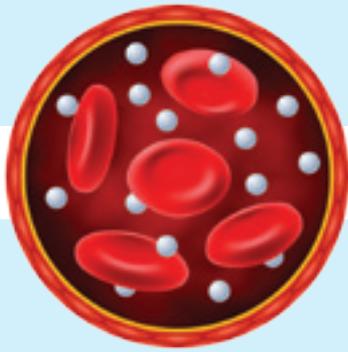
A normal blood sugar level ranges from 80-110 mg/dl (deciliter) of blood. If blood sugar is too high (**hyperglycemia**), this can cause the disease diabetes. High blood sugar kills off cells and causes organs to malfunction which may result in death. If blood sugar is too low (**hypoglycemia**), it can cause the body to go into a coma because the brain doesn't have enough glucose to function and the cells are starved.

6<sup>th</sup>

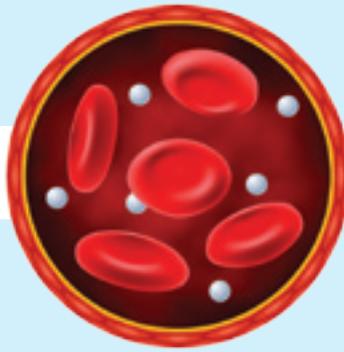
leading cause of death  
in the United States

DIABETES

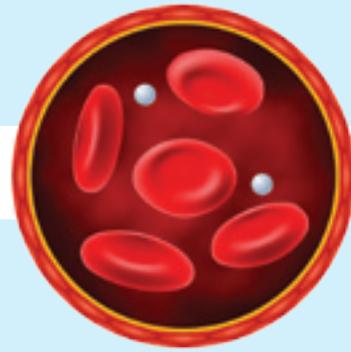
## GLUCOSE LEVELS IN BLOOD



**HYPERGLYCEMIA**  
(high sugar)



**NORMAL**  
(normal sugar)



**HYPOGLYCEMIA**  
(low sugar)

After a person eats a carbohydrate, it is broken down into glucose which is then transported in the bloodstream to organs and cells to be used for energy. If there is excess glucose, it is first stored in the liver and muscles as glycogen. However, there is a limit as to how much can be stored as glycogen – typically, about a half day’s calories. When that limit is reached, glucose will be converted and stored as fat.

You can think of the glycogen stored in the liver and muscles as “short term energy storage” and as “long term energy storage.” Here’s the problem: long term storage doesn’t want to go away, just in case we need it later. Since the brain needs glucose for all of its energy production, our brain will signal that we are hungry so we replenish our glycogen stores before we get into our fat stores. Survival at its finest.

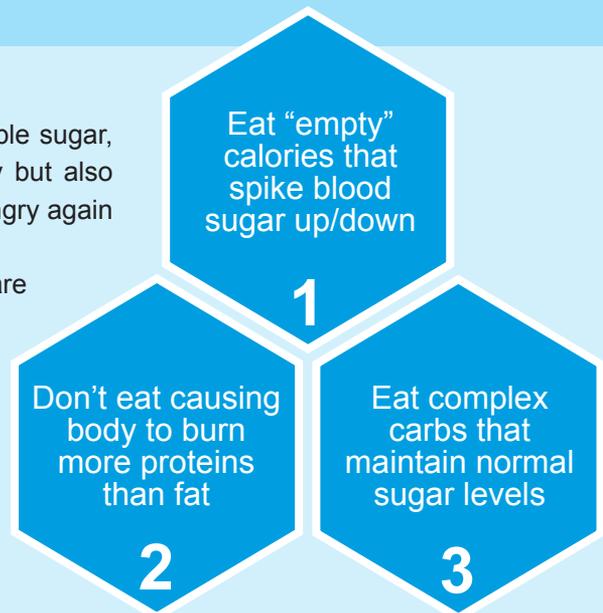
So now what is all the hype about insulin? Insulin is a hormone produced by the pancreas and one of its roles is to be released as blood sugar increases, which is when we eat carbohydrates. It is the transporter of glucose from the bloodstream into the cells or to store it as fat. In a healthy person, once glucose is removed by insulin from the bloodstream and enters the cells, then blood sugar levels will return to normal. If someone expends more energy than what they eat, their blood sugar falls. So, what happens next?

**One of three things can happen.** A person can eat a simple sugar, those “empty” calories which will raise the blood sugar quickly but also drop it quickly and often to a lower blood sugar, thus you are hungry again sooner and often eat more calories than necessary.

Or, a person doesn’t eat because they are too busy or they are trying to lose weight, and the body will use those short-term glycogen stores for as long as it can. It sounds like the magic bullet to lose weight, but in reality, when you don’t give your body any food, then it will break down proteins into glucose molecules (as well as some fats, but not nearly as much as we would like) to be used as energy. So, when we would actually like to be losing fat and gaining muscle, we are actually losing muscle and maintaining fat by not eating at all.

Or, and yes, this is the best answer, a person can eat a complex carbohydrate which will be released slower than a simple carbohydrate and therefore maintain your blood sugar levels without taxing your insulin system.

Yes, trainers harp on you all the time – first to eat, and then to eat complex carbohydrates and to avoid sugars. We know you will hear these words of wisdom many more times, but hopefully now you can understand why we say the things we say.





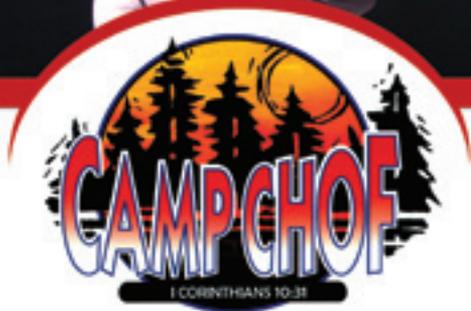
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# MOHICAN

*in the* **FALL**

By Miranda Burrell

Mohican in the fall is on fire, with color of course. The leaves are transforming the hills of Mohican into a brand new landscape full of reds, yellows and oranges. Local farmers' markets have pumpkins, mums and more, out and ready to sell. Visitors are amazed at the view of the Clearfork Gorge Overlook as it changes to a sea of color each day. It truly is a sight to behold.



*Don't miss these events!*

**September 18-19** : 29th Mohican Bluegrass Festival

**September 26** : Oktoberfest at Wolf Creek Grist Mill

**October 6-10** : 132nd Loudonville Street Fair

**October 11-25** : Mohican in the Fall Foliage Drive-it-Yourself Tour

At the Camp & Canoe Capital of Ohio, canoeing is not over. What a treat to float down the Mohican State Scenic River under an arbor of color. Some of the canoe liveries are open through October. It is a perfect time to grab a camera with family and friends and enjoy the serenity of the river.

Fall is full of activities that will keep everyone having fun while enjoying all there is to offer. Whether staying for a week or weekend, discover why Mohican rocks any time of year. Stay in a treehouse, castle, resort, Inn, historic B & B, or a choice of one of many private cabins. Several of the private cabins or cottages have hot tubs, spectacular views, all the amenities of home and some are even pet friendly.

The 29th Mohican Bluegrass Festival returns to Mohican Wilderness Campground, September 18-19. This is a family friendly event that takes place in the beautiful Mohican River. Performances include the Open Highway, The Hillbilly Gypsies, The Cleverlys, and many more. Don't miss this first-class event.

September 26 is the annual Oktoberfest at Wolf Creek Grist Mill. Taste and enjoy 100 varieties of domestic and international beer, and wine to support fundraising efforts for Wolf Creek Grist Mill Historic Park & Museum. Live music, games, food, and more. Free busing to and from the event for patrons staying at any of the following sponsorship lodging locations: Red Window Townhouse, Mohican Adventures, Wally World Riverside Resort, Arrow Point Campgrounds Inc, Mohican Little Brown Inn, Blackfork Marken Inn Bed & Breakfast, and The Mohican State Park Campground.

There are plenty of events happening this fall. October 6-10 is the 132nd Loudonville Street Fair. Family fun and affordable, with five days of free admission, free entertainment, food, rides, and more.

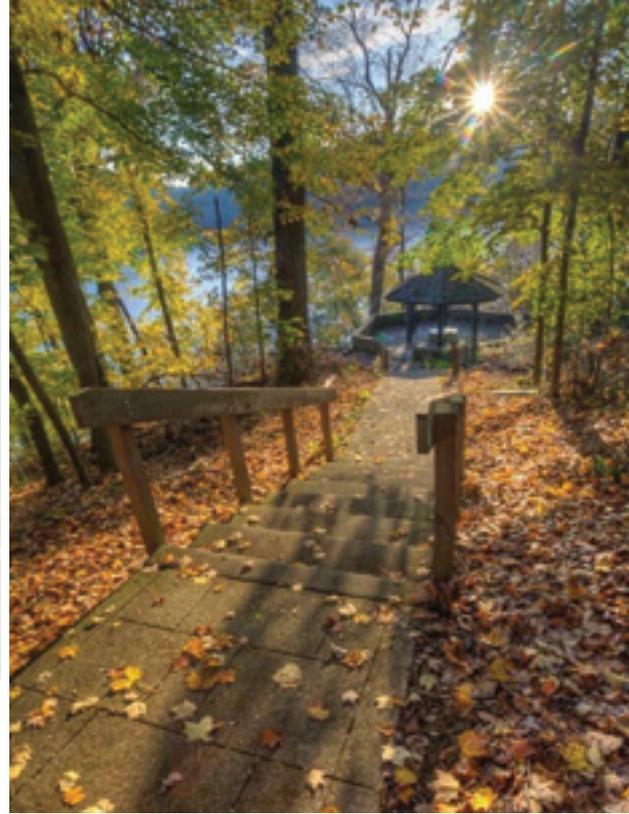
October 11-25 is Mohican in the Fall Foliage Drive-it-Yourself Tour. Take a leisurely drive through the Mohican State Park and the Mohican-Memorial State Forest during the peak of the season. Hike or bike the trails and enjoy nature as the trees and wildlife get ready for winter. Then enjoy time at the restaurants and independent stores. Visit [loudonvillechamber.com](http://loudonvillechamber.com) for a map and more information.

October also brings in ghost enthusiasts to Landoll's Mohican Castle. Throughout the year, they offer public Ghost Walks. These walks will take one through the history of the property and also allow the opportunity to communicate with the "other side" by using tools of the trade. If wanting to go more in depth, ask about the possibility of a Ghost Hunt. This takes several hours and permits the visitor to conduct a paranormal investigation.

During November and December, make sure to plan an individualized adventure in Mohican. Fishing, outdoor sports and more occur all year long. Hiking trails are open to the public year-round at the Mohican State Park. Skiing, snowboarding and snow tubing are available at nearby Snow Trails Ski Resort.

All of this and more await.

*Discover Mohican in the Fall*



www.DiscoverMohican.com

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# Visit the Conotton Creek Trail

Part of the Rails to Trails route across the United States, the Conotton Creek Trail is accessible in Harrison County via five different staging areas parallel to State Route 151 in East Central Ohio. This level, paved asphalt trail spans 11.5 miles between Jewett and Bowerston, and runs through the center of Scio where access to various services is available.

Bike, run or hike through five covered bridges that lead through wetlands and woods along the Conotton Creek where you will see numerous forms of wildlife in their natural habitat. Shelters, benches and comfort stations are located along the route.

This area was recognized by The National Rails to Trail Organization and designated as its March 2002 national trail. For more information, contact the Harrison County Visitor Center office 740-942-1102 or pick up a brochure at one of the covered bridges.



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# AKRON RUNNING PROJECT

By Lauren Toole



When the first two races of the Akron Children's Hospital Akron Marathon Race Series, the National Interstate 8k & 1 Mile and the Goodyear Half Marathon & 10k were canceled, key members of the Akron running community rallied together to ensure that runners and walkers focusing on their fitness goals had an outlet to continue their race training. And the Akron Running Project was born.

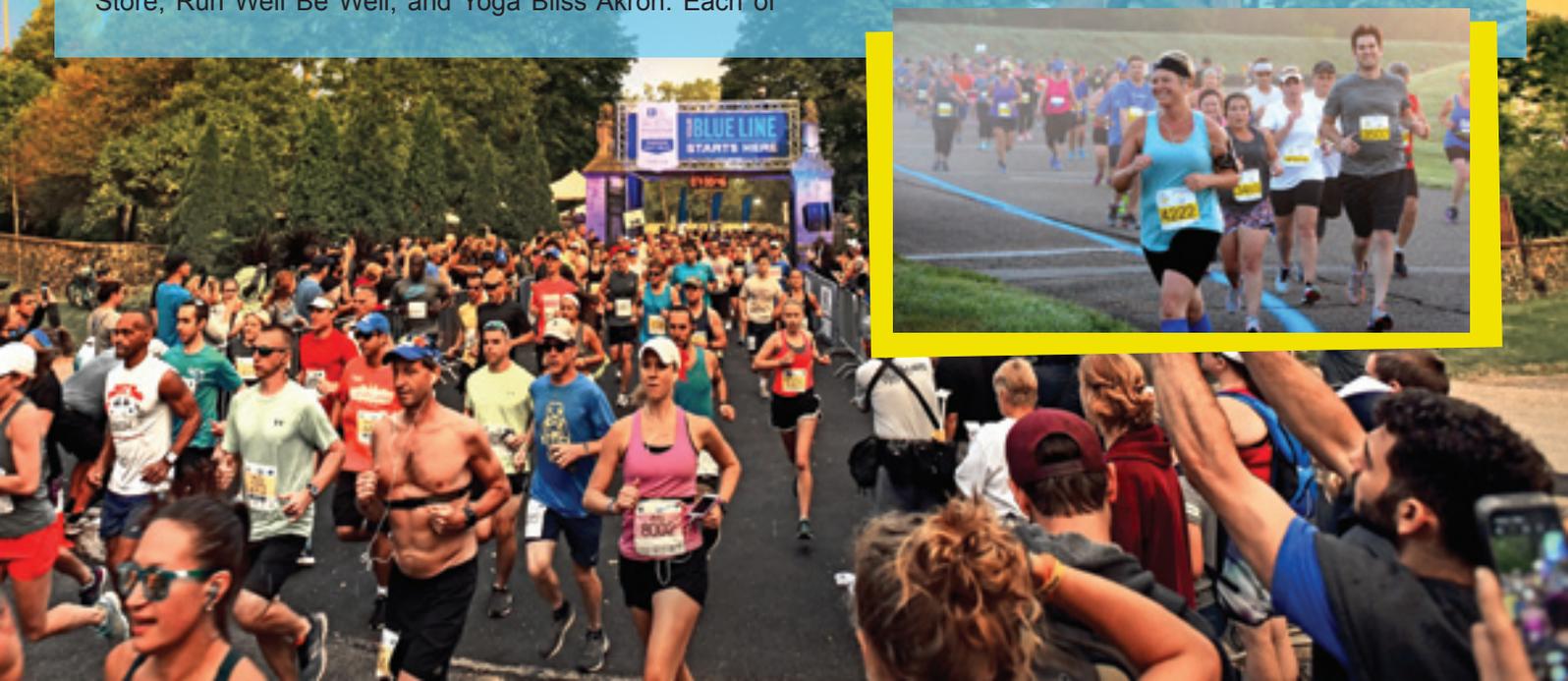
The Akron Running Project is a highly-organized collaboration of Akron businesses, running crews, and organizations who share a passion for the sport and for helping runners, at any stage of their fitness journey, stay motivated and connected to their community.

Within the first three days of the Project, more than 1,000 people signed up to be in the community and work with partners, including the Akron Marathon Charitable Corporation, Portage Lakes Running Club, Orange Theory Fitness of Akron and Copley, Second Sole Running Store, Run Well Be Well, and Yoga Bliss Akron. Each of

the partners are committed to offering coaching, nutrition, training tips, and unique experiences to assist runners and walkers continue on their path to healthy lives.

"When I heard that spring and summer races were canceling, I started brainstorming ways to keep our Akron community motivated, while giving back to our runners," states Michael Dilisio owner of Second Sole. "The very next morning, I connected with Nicole from PLX Running Club and Verelle, race director of the Akron Marathon, on ways we could work together to support small business, keep our community (especially new runners) active, and rally our 'sweat' scene."

Runners can look forward to daily virtual coaching tips, nutrition information, and cross training classes by Orange Theory Fitness, Yoga Bliss, and Run Well Be Well; weekly challenges and incentives; and monthly discounts and special offers by the small businesses involved.





“This is such a strange time for all of us, and even though runners are such a resilient group, the canceling of summer races hit us all pretty hard,” states Nicole Gareri-David, founder of Portage Lakes Running Club. “Instead of throwing in the towel on running because of the pandemic, we are pulling our resources for newbies who have never run a race in their lives, all the way up to the local elites who start at the front but still have some work to do in other areas. We are so excited to give Akron a full dose of how special this place is and how much the running community means to us!”

Here is how to be part of the no-fees, just fun Akron Running Project. To register, visit [raceroster.com/events/2020/31949/the-akron-running-project](https://raceroster.com/events/2020/31949/the-akron-running-project) and sign up for regular email updates. This will serve as the hub for the Project. Join Akron Running Project’s Strava (a running app, [strava.com/clubs/671621](https://strava.com/clubs/671621)) group and log your runs to be eligible for prizes.

Follow [@AkronMarathon](https://twitter.com/AkronMarathon), [@PLXrunningclub](https://twitter.com/PLXrunningclub), [@SecondSoleAkron](https://twitter.com/SecondSoleAkron), [@RunWellBeWell](https://twitter.com/RunWellBeWell) for the most immediate information.

“This community is always proving itself, time and time again, as one that stays together, even when apart, and we are proud to connect with runners across every fitness level to welcome them to our Blue Line family,” states Verrelle Wyatt, race director of the Akron Marathon. “The Akron Running Project is for everyone. It’s for the family of five walking together for the first time, for the parent in need of some self-care for 30 minutes a day, or the person just needing to feel connected. We’re proud to collaborate with our partners and to be here for you.”

For more information on the Akron Running Project, please visit [akronmarathon.org/akron-running-project](https://akronmarathon.org/akron-running-project).

The days will go a little something like this for participants looking to change up their fitness routines:

**Monday:** Never Miss Monday, with classes on YouTube and Instagram channels

**Tuesday:** Orangetheory Tuesdays, with two of the fitness center’s coaches offering cross-training to show what people the fitness they can achieve—without a gym

**Wednesday:** Take a day off with the Akron Marathon, with the team offering a range of give-a-ways and interviews on social media channels

**Thursday:** Food and form, with short videos that cover mechanics of nutrition and meal planning to race preparation and running form

**Friday:** Flow Fridays with Verrelle (race director of the Akron Marathon and also a yoga instructor) guides a weekly lesson

**Saturday:** Long run, where organizers teach viewers about a long run while showcasing the region’s Metroparks

**Sunday:** Solo Sunday—running on your own!



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# PREVENTING *Running* INJURIES

By Breanne Bakan

If there is anything that's worse than running, it's not running. While getting out the door and suffering through a run some days can be tiring and downright annoying, most runners agree there is nothing worse than when you can't suffer through a run. Injuries can happen to any runner, and dealing with them can be stressful and frustrating. We're here to help.

Whether you are piling on heavy miles for marathon training, hitting the trails, or just out for a daily jog, anyone can benefit from injury prevention tactics. Check out these tips to keep you healthy and running.

## POST-RUN STRETCH AND ROLL

This is the easiest and most tried and true method to preventing injuries. Post-run stretching and foam rolling is an easy way to relieve tight muscles and aches and pains. Stretching and rolling help break down the lactic acid that forms from exercise, allowing your muscles easier recovery and increased circulation. Additionally, it can prevent muscles from becoming too tight and causing injury.

## PRE-RUN DYNAMICS

Just like stretching is a great way to cool your body down after exercise, dynamic activities are a great way to warm it up and get it ready for running. There are lots of different dynamic drills you can do before a run—some of our favorites are butt kicks, high knees, skips, and lunges. You can also Google “dynamic drills” to get more suggestions.

## HAVE A REGULAR PHYSICAL THERAPIST

Physical therapists are great for helping you get over injuries, but they're also great for helping keep you from injuries as well. Having one that you see regularly for tune-ups can help keep you running and away from pesky injury problems. If you aren't sure how to find one, ask around your local running group or running store. Odds are someone will have one that they see for running specific issues.

## HAVE THE RIGHT PAIR OF SHOES

While your running shoes may feel comfortable, if you weren't properly fitted for them, they might not be for you. Running shoes offer varying levels of support and cushion, and depending on your body type and gait, certain shoes will work better for you than others. Most run specialty stores offer some form of “fit process” where trained individuals can analyze your gait and listen to your injury history. Off of that, they can recommend shoes that will work best for you.

**While we can't guarantee that these tips will keep you injury free, we can guarantee it will improve your chances. If you want to avoid being sidelined by injury, being proactive with any (or all) of these tactics will better your odds. Happy running!**



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What can be better than a really good massage? Massage therapy has to be one of life's unspoken but most luxurious pleasures, right up there with the perfect cup of tea. Ok, maybe you like coffee, but you get the idea.

Massage therapy has been a part of major medicine for centuries and it's easy to understand why; it feels great! Anyone who has had a massage, even a hand or foot rub, knows that. What you may not have known is that a massage has more benefits other than making you feel relaxed or energized after a full body session.

Just in case you need more reasons to justify getting a massage, I've put together a list of health benefits that massage therapy can offer you.

# The Benefits of Massage Therapy

By Kylie Thompson BA, CPT

## Boost Immunity

A 2010 study published in the Journal of Alternative and Complementary Medicine found that massage boosts patients' white blood cell count, which plays a large role in defending the body from disease. Another study found that weekly massage therapy increased the immune cell levels and white blood cells in every single subject involved.

## Improve Digestion

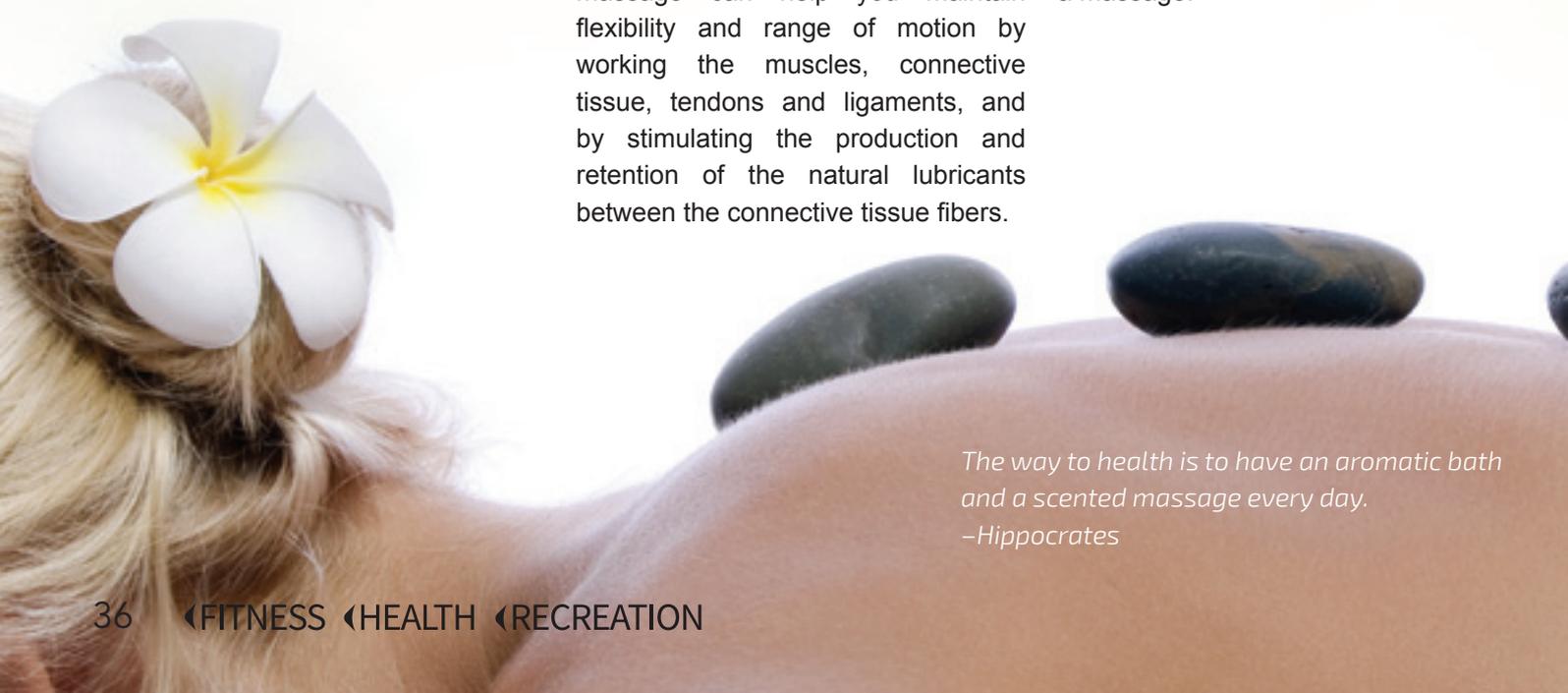
Massage activates stretch receptors in the intestines that loosen the intestinal tract. Massage also reduces tension in the abdomen and offers relief from the discomfort and pain of chronic constipation. Biodynamic Massage Therapy focuses on re-regulating the digestive system.

## Improve Range of Motion

Whether you have tight muscles, poor posture, or frozen shoulder, massage can help you maintain flexibility and range of motion by working the muscles, connective tissue, tendons and ligaments, and by stimulating the production and retention of the natural lubricants between the connective tissue fibers.

## Improve Cardiovascular Health

A multitude of recent research shows a direct correlation between massage therapy and improved cardiovascular health. One study showed how massage helped reduce blood pressure in pre-hypertensive women for as long as 72 hours after their massage, while another saw those that received regular Swedish massage therapy over a period of four weeks had significantly lower blood pressure than those who did not have a massage.



*The way to health is to have an aromatic bath and a scented massage every day.*  
-Hippocrates

### **Improve Sleep Quality**

Lack of sleep has been linked to a large number of chronic diseases, including diabetes, depression, and obesity. During a massage, your body will naturally release serotonin. This is the body's way of regulating mood balances and is critical for increasing deep sleep and relaxation, thus reducing stress, anxiety levels, pain reduction, and even by reducing the stress hormone cortisol.

### **Decrease Symptoms of Carpal Tunnel Syndrome**

Massage improves subjective perception of and function for those with carpal tunnel syndrome. One study found a decrease in pain and patients had improved grip strength after six weeks of twice-weekly massages. I would suggest talking with your doctor or massage therapist to see if six weeks of massage would be beneficial for you over carpal tunnel surgery.

### **Lessen Fibromyalgia Pain**

Fibromyalgia is a chronic condition characterized by pain, fatigue and tenderness. Research has shown massage therapy can reduce pain, lower anxiety levels, improve sleep quality, decrease stiffness, and lower fatigue levels. And according to the National Fibromyalgia Association, they reported that about 40% of sufferers have used massage as part of their treatment plan.

### **Decrease Migraines and Headaches**

Tension headaches respond remarkably well to myofascial trigger point massage. Therapy focuses on easing the muscle tension, reducing the muscle spasms and releasing tension in the head. When this happens, there will be less pressure on the nerves and blood vessels in your head. This increases the overall oxygen-rich circulation of blood and eases the pain. When done on a regular basis, you'll find that the headaches slowly start becoming a thing of the past.

### **Lessen Effects of Dementia**

There are several benefits massage therapy can offer people with Dementia or Alzheimer's disease, including increased body awareness and alertness, as well as a reduction in the feelings of confusion and anxiety to help calm agitation. Although more studies need to be done, a 2002 study by R. Remington on the effect calming music and hand massage had on agitated behavior in persons with dementia found that both calm music and hand massage reduced verbal agitation, and the benefit was sustained for up to one hour.

### **Decrease Arthritis Pain**

The chronic inflammation that hallmarks arthritis causes damage to the cartilage of the joints. Studies have found that regular massage therapy reduced pain and stiffness, and improves grip strength in adults with arthritis. A 2018 study, which assigned 200 patients with knee OA into one of three treatment groups, found those receiving a one-hour whole-body massage weekly experienced significant improvement in pain and mobility after eight weeks compared to those receiving light touch or standard care.

### **Decrease Stress and Lessen Nausea for Cancer Patients**

Cancer has many stressful physical, emotional, and social effects and the side effects of chemotherapy of nausea and vomiting are often severe. While there are some drugs that can help stop the nausea, these may not work. Massage therapy has been shown to be effective for relieving anxiety, depression, as well as nausea. One study found that those with breast cancer, who were undergoing chemotherapy, had significantly reduced nausea compared to the control group.

These are not the only perks of getting a massage. Studies are coming out every day with more benefits of massage therapy for those with acute or chronic conditions and more are choosing massage in addition to their current treatment plans. Please note that it could take more than one session to see a change and as always, please consult your doctor and your massage therapist before seeking treatment.

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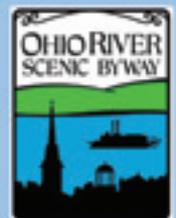


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The  
Barberton

# Mum

FESTIVAL

By Lisa McLean

You would probably have to go all the way to Japan to see a more dazzling display of 13,000 chrysanthemums producing more than a million mum blooms that are displayed around Barberton, Ohio's Lake Anna Park during the fall.

In 1991, in anticipation of the City's centennial celebration, the Centennial Mum Gardens were planted at the northeast corner of Lake Anna Park. Yoder Brothers, Inc. (now Aris Horticulture, Inc.) donated 15,000 chrysanthemum cuttings which created a rainbow of color the last full weekend of September for all to enjoy. A two-day festival was organized in conjunction with the blooming of the mums. What began as a single activity will mark its 30th year in September, 2020. Annual attendance figures reach 50,000.

The Mum Festival celebrates the beauty of mums, showcases the City of Barberton and provides a unique, upscale event which is fun for the whole family. For this one weekend each year, Barberton could change its nickname from the "Magic City" to the "Chrysanthemum City." In 1957 the chrysanthemum was declared the official city flower. The City of Barberton, Aris Horticulture, Inc., and the Barberton Community Foundation are the major sponsors of this annual event.



The Barberton Mum Festival combines a unique blend of public and private support. The event is funded by the City of Barberton and private donations.

Barberton, Ohio is the worldwide corporate headquarters to Aris Horticulture (formerly Yoder Brothers Inc.) which has grown to be a world leader in flowering research and breeding. The company reorganized as Aris in 2008, with the sale of its mum and aster product lines and continues to evolve within the horticulture industry with new varieties and starter plants of many kinds.

The Mum Festival recognizes the uniqueness of the chrysanthemum to Barberton, Ohio and highlights the role of Aris in the history of the city. The garden mums are planted along the eastern side of the city's 21-acre Lake Anna Park bordering Third Street in downtown Barberton. Lake Anna was named after the daughter of Ohio Columbus Barber, Barberton's town founder, who made Lake Anna the center of the city.

Late in September, the northeast corner of Lake Anna Park becomes ablaze in a rainbow of color as the mums peak to full bloom. The climax of this floral display is the Mum Festival, held the last full weekend of September.

The mum gardens are planted to form colorful collage displays. In addition to the mum beds, the display features a floral clock, garden mum hanging baskets, and a floral arch created with garden mums. Eight-inch potted garden mums in a variety of colors are also offered for sale.

The dazzling floral display provides a brilliant backdrop for a weekend filled with free family entertainment, arts and crafts, gardening tips, food, and sand sculpting. The 2019 festival entertainment included chalk art, the Detroit Circus, musical entertainment, and water ski shows on Lake Anna featuring the Chippewa Lake Water Ski Show Team.

For children, the Mum Festival features Kid's Place, a children's activity area which includes the Akron Zoo, chalk art, balloon art, craft projects, sand boxes, a musical garden, and Touch a Truck area.

Volunteers are the backbone of the festival. Mum Fest requires hundreds of hours of volunteer effort. In addition to a small core group of volunteers who work year-round to plan Mum Fest, another 150 volunteers are needed the weekend of the festival. Volunteers represent a wide spectrum of the Barberton community. Numerous groups, organizations and individuals within the community combine volunteer efforts to make the celebration of flowers possible.

The mum gardens are located at the northeast corner of Lake Anna Park located at 615 W Park Avenue, Barberton, Ohio. This fall the weekend festival, originally scheduled for **September 26 and 27**, has been **cancelled** as a result of the Coronavirus (COVID-19) pandemic. The mum gardens and mum arch, however, will still be on display for the public to enjoy. Potted mums will also be sold **September 23 to 27**.

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## THE ULTIMATE FUN PASS FOR YOU AND YOUR FAMILY

By Dallin Rahlf

Greetings from Provo, Utah! Two great minds came together and created something that will be an exciting experience for friends and families all over the Midwest. Having lived in Cincinnati for most my life, I am more than happy to witness this awesome and innovative fun pass coming to all corners of Ohio. Put down your Chili Cheese Coney for just a moment and embrace the service that will change your life forever.

The service is called the GetOutPass, and if I may say so myself, it's pretty rad. The whole idea revolves around getting people out of the house so they can enjoy the world around them. We've seen far too many people watch some very well-known shows dozens of times, and our goal is to encourage everyone to get up off the couch to do some fun activities.

We understand that it's difficult to convince yourself to try a random activity at a high cost of entry. That's why the pass provides a wide range of different venues for members to try--for free! This can include (and is not

limited to) amusement parks, go-kart arenas, fun centers, arcades, bowling, mini golf, ax throwing, escape rooms, sports games, and so on. The freedom to try one of these places without the stress of burning money into something you may not enjoy is incredible. All venues on the pass you purchase are provided to you to try as you please.

The most central point of the pass is to help everyone discover unique talents, skills, and hobbies that they never knew they had. We believe that beneath all of us are hidden things that we don't know about ourselves. We want to try and help each person discover themselves through all sorts of different activities provided on the fun pass. Are you a roller coaster junkie and never knew it? Do you have a deep passion for rock climbing that you haven't yet witnessed? Are you the future "fastest lap" record holder at a go-kart arena? Are you crazy good at mini golf and you don't even know it? All of these questions can be answered through the GetOutPass. We don't want to have anyone feel that they have any songs unsung.





In an interview with member Ashley of Orem, Utah, she told me, “The GetOutPass has been wonderful for my family. I have five kids, and it’s quite difficult to entertain them at all times of the day in the house. There’s been times where I’ve seen them sit on the couch with the TV on for an entire day. The GetOutPass has helped us get out of the house and try all sorts of different things. We’ve had a blast as parents, watching our kids try new things like rock climbing or an escape room. They’ve had the chance to engage in activities they didn’t even know existed, and it’s fun to see as a parent. I get to watch them learn and grow and be active. My husband and I have had fun with it, too! It’s been super fun for our whole family. It’s certainly something I would recommend to anyone who wants to try something new.”

The GetOutPass was created with families and friends in mind. The owners of the pass know how tough it is for people to try new activities in their area because of the expensive entry fee. They wanted to create something that would give families the opportunity to try these places for free. What was once a small service in Utah has now become the nation’s most exciting and innovative fun pass on the market. Their dream has become a reality for tens of thousands of families everywhere.

If you’re someone who likes to get out and try new things, the GetOutPass is for you! Do not hesitate to give the pass a try. Be ready for a year of creating memories while have a blast discovering new things about yourself.

In the 23 years since first hitting the streets in 1997, the Stark Area Regional Transit Authority (SARTA) has become one of Stark County's most trusted and valued assets. It's a lofty position we have worked hard to achieve and work even harder to maintain in today's increasingly competitive transportation marketplace.

You may be wondering how we've managed to compete and succeed for nearly a quarter century. Well, we'll be happy to explain. We start by being very good at getting people where they need to be when they need to get there. But we didn't earn the respect of elected officials, community leaders, our riders, and the general public by simply being good at getting people from Point A to Point B; our reputation is also based on how we do what we do and who we do it for—nearly 3,000,000 times each year.

Our mission starts with our mobility services, offering 34 fixed routes that make it easy for riders to reach hundreds of destinations in Stark County and beyond. The North Canton and Massillon/Navarre Success Express employment loops, our ProLine on-demand service and our role as a Medicaid and Passport provider help us to accomplish this lofty goal.

That's what we do. Now, who do we do it for? The simple answer is anyone and everyone. More than 5,000 people use our fixed routes to get to work and back every day, veterans ride our Route 4 to Cleveland's Wade Park VA Medical Center for free, college students rely on us to get them to class, seniors count on us to take them to medical appointments and we're a lifeline for people with disabilities, the developmentally disabled, and family members.

Fact is, SARTA does so much for so many, we were deemed an essential business by Governor DeWine and Dr. Amy Acton when the COVID-19 crisis began. We responded by taking extraordinary measures to protect our employees and our riders with daily cleanings and additional preventative protection measures. Thanks in large part to the courage and dedication of our team and the cooperation of our riders, we operated safely during the worst of the emergency and we continue to do so today.

While COVID-19 was certainly an extraordinary situation, we dealt with it in our usual way: by striving for excellence. It's why we constantly seek out and adopt state-of-the-art technologies like EZfare that make using public transit easier, touchless and more convenient moving forward. Excellence is why we reevaluate and adjust our routes and create new services like the Success Express Employment Loops that make it possible for us to get people to work on time even if they start at 6:00 AM.

And while the future may be unsettled at this moment, you can depend on this: **SARTA will always be here to meet our community's transportation needs.**



## TRANSPORTATION FOR EVERYONE

By Leo Jennings



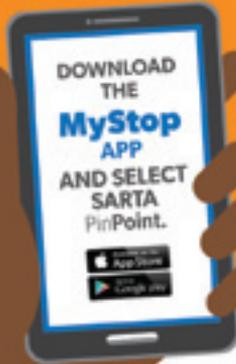
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# MOUNTAIN CREEK CABINS

By Shawnee Jenkins

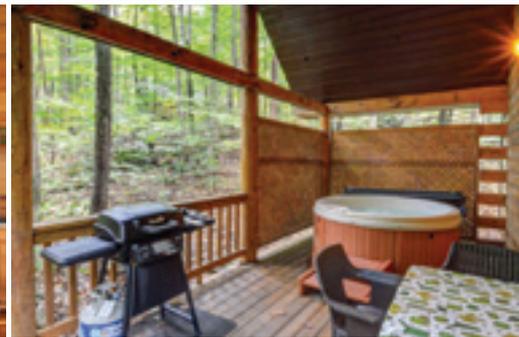
Tucked in the mountains of West Virginia dwells a hidden sanctuary. Mountain Creek Cabins is the perfect destination for almost any occasion. From a family vacation to a couple's getaway, Mountain Creek Cabins can fulfill your need for escape and adventure. These eight cabins rest just 20 minutes from Morgantown. Each cabin has a unique name and theme and is designed to provide privacy. They additionally have a creek running behind them, along with a hot tub and firepit outside each cabin. Cool fall nights allow for a perfect setting by the fire or in the hot tub. The leaves changing colors also create beautiful scenery day or night.

These cabins are located just 10 minutes from Coopers Rock State Forest. Known for the beautiful sunsets, hiking trails, and rock-climbing locations, Coopers Rock makes for a perfect tourist destination for any nature-lover. Located even closer to the cabins is the well-known Hemlock Trail. Famous for the large hemlock trees along the trail and the stream following the majority of it, it is the perfect hike for anyone looking for an excuse to go outdoors. There is a trail located behind the cabins as well if you have no desire to leave your private oasis.

There is plenty of local entertainment near your cabins as well. Deer, bear, raccoons, and other local wildlife are commonly spotted on the property as well. Birds such as hummingbirds, woodpeckers, and warblers are often seen and heard near the cabins. These common visitors are often spotted from the porch of the cabins. If you need a day of relaxation, simply sit on the back deck and enjoy the local wildlife.



## *Each cabin has a unique name and theme*



West Virginia University is just 25 minutes away from the cabins. The West Virginia Mountaineers are in the Big 12 Conference. Whether you have family playing or are just an avid sports fan, staying at Mountain Creek Cabins on a football weekend gives the perfect balance of fall football and a mini vacation.

Another nearby attraction is Deep Creek, Maryland. Only 35 minutes away, Deep Creek has mini-golf, arcades, boating, ziplining, and much more for people of all ages. Even closer entertainment for the family is Chestnut Ridge Park. Chestnut Ridge has multiple catch-and-release ponds and a playground. Nearby the park is WVU's Adventure center, which has ziplining and a ropes course.

Morgantown is full of attractions for people of all ages as well. For the avid biker or runner, there are the Mon-River Trails which is 8 miles of paved trail. Forks of Cheat Winery is a perfect outing for any wine connoisseur. Screech Owl Brewery may be off the beaten path, but their homemade craft beer and full menu make the trip well worth it. If anyone is looking for a view of the entire city, Dorsey's Knob Park is the place for you. There is even an indoor pool at the Mylan Park Aquatic center which provides healthy entertainment for kids of all ages. Morgantown Miniature Golf makes for a perfect evening outing for the whole family no matter how young or old.

Morgantown is even full of all kinds of unique dining. From chain restaurants like Olive Garden and Outback to local restaurants such as Oliverio's or Mountain State Brewery, Morgantown is sure to satisfy your hunger. In addition to all of the dining options in Morgantown, each cabin has a full kitchen and dining table for a home-cooked meal. With the nearest grocery store only 15 minutes away, all of your dining essentials are just a short drive away.



If you are looking for a day out on the water, Cheat Lake can satisfy your lake day craving. Sunset Beach Marina has jet-ski, pontoon, and kayak or paddleboard rentals. After a long day on the lake, The Lakehouse Restaurant is right off the dock to provide you with an award-winning dining experience. Looking for a less crowded day on the water? Paddlz in Bruceton Mills has kayak, canoe, and paddleboard rentals as well. Only 15 minutes away, it provides a pleasant adventure for the whole family.

For those looking for a cool day on the golf course, Lakeview Resort, only a 15-minute drive from the cabins, is the perfect course. With course records set by Sam Snead and Jack Nicklaus, Lakeview makes for a fun but challenging day. Mountainview, Lakeview's sister course, is a less-expensive course which is rated 3.5 by Golfers Digest.

Tucked in the privacy of nature but only a short drive for entertainment of all kinds, Mountain Creek Cabins is the perfect place to take a mini-vacation this fall. As the leaves begin to change and the weather cools down, come to the mountains of West Virginia and enjoy its special weather and unique wildlife. For more information or to book a cabin rental, go to [www.mountaincreekcabins.com](http://www.mountaincreekcabins.com).



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# Belmont County's Premier Event



# Barnesville Pumpkin Festival

By Cathryn Stanley

Vernon Burkhart, a resident of Barnesville, Ohio, started a small fair in the fall of 1964. It was held in the Assumption Catholic Church basement and was known as the Barnesville Fall Fair. Burkhart's inspiration for the event came from a trip through Tennessee with his wife in 1963 where they passed through a small town having a fall festival.

The Barnesville three-day fair attracted many people "offering the opportunity to see and enjoy the plentiful things that are grown on the beautiful acres of southeastern Ohio," including large gourds, many being pumpkins. The event, now a festival, became so popular that it had to be moved outside, still in the community on West Main Street in 1968. A board of directors was formed, and Burkhart served as the festival's first president. Many of the festival's contests and events were developed. The festival's first queen was crowned in 1968, the same year that the Barnesville Mother's Club added the "Little Miss and Mr. Pumpkin" contest, and the most popular "King Pumpkin" contest. The antique window display contest also began in 1968 and carnival rides were added in 1969.

Community involvement has been an integral part of the festival from the very beginning. At that first affair, Barnesville High Vo-Ag students served as judges as they do to this day, setting up early wide-spread community involvement in the festival. Early financial support came from local businesses and the invaluable support of the village government, which still exist.

In 1970, the name was changed to the Ohio Pumpkin Festival. That year also saw the festival's first street parade and the introduction of pumpkin ice cream, manufactured locally by Damsel's. This same year saw the first "King Pumpkin" display on Main Street. Expansions included a Banjo and Fiddle Contest, the Big Pumpkin Auction (1976), Pumpkin Run (1977), and Pet Show (1980) among others.

By '80s the Wednesday night weighing of the giant pumpkins gained popularity and Saturday parade day crowds were estimated at 50,000. Still growing in popularity, the festival expanded its boundaries to the B & O Depot and Watt Center areas.





During its history, the festival has drawn its fair share of celebrities and brought national attention to Barnesville. Miss America 1971, Ohio's Laurie Lee Schafer was a special guest in 1974. The 150-member Ohio University Bobcat Marching Band livened up the 1974 parade. The Ohio State University Football Coach Woody Hays cut the ribbon in 1980 as did Ohio Department of Agriculture Director Harry Goldstein four years later. Also, in the '80s, the late Ed Johnson, host of the popular Agri-Country television show, broadcast from Barnesville and served as weigh master.

In 1999, the festival was featured on the NBC Today Show, The Discovery Channel and named as one of the top 100 Events in the United States by the American Bus Association. In 2002, the name was changed to the Barnesville Pumpkin Festival. Attendance is now typically over 100,000 people for the four-day event.

The highlight of the festival is the "King Pumpkin" weigh-in, in

which \$1.00 per pound is paid to the grower of the heaviest pumpkin. The Barnesville Pumpkin Festival still boasts the Ohio state record winning pumpkin, grown in 2017 by natives Todd and Donna Skinner and tipping the scale at 2,150 pounds, a far cry from the winning entry of then 12-year-old Thomas Rockwell in 1964, when the contest began. The Skinner's pumpkin helped them earn the 2017 Worldwide Great Pumpkin Commonwealth Grower of the Year title. The "King Pumpkin" is auctioned off on Saturday night, and the highest bidder takes custody of the pumpkin for 10 days, usually displaying it at their business. After that, the pumpkin is returned to the festival organizers, gutted, and its seeds are dried and packaged to be sold at the next year's festival.

To date, other festival activities include concessions, carnival rides, a queen pageant, pumpkin baby, little Miss and Mr. and mascot contests, a classic and antique car show, live entertainment on two stages, pumpkin pie baking and eating contests,

pumpkin fudge contest, pumpkin rolling contest, horticulture displays, farm machinery display, tall tales, hog-calling, tobacco-spitting contest, beard and mustache contest, a pet contest, talent contest, banjo, fiddle and mandolin contest, a 5 K race, and a giant pumpkin parade.

Marking its 57th year, the 2020 event is scheduled to start with the pumpkin weigh-ins on Wednesday September 23, and the festival to follow Thursday, September 24 through Sunday, September 27. Fifty committees, including hundreds of people, work on the planning and implementation. Also involved in the festival are Barnesville civic organizations and clubs, who use the event as major annual fund-raisers.

For more information about the Barnesville Pumpkin Festival visit [barnesvillepumpkinfestival.com](http://barnesvillepumpkinfestival.com). Or, plan your visit to the festival or more events and attractions in Belmont County at [visitbelmontcounty.com](http://visitbelmontcounty.com). Request a free visitor guide by calling **740-695-4359** or e-mailing [info@visitbelmontcounty.com](mailto:info@visitbelmontcounty.com).



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# MONROE COUNTY

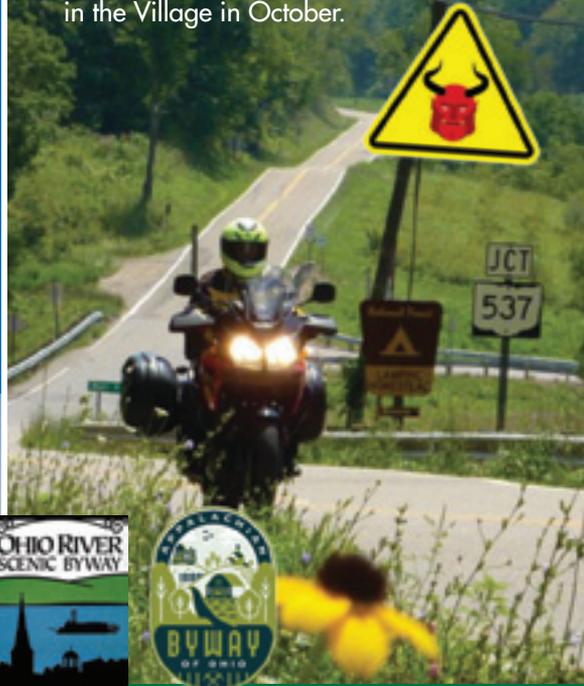
*For the Weekend or the Week*

Looking for a glimpse back in time, unique artwork, cycling, hiking, camping, fishing, or just a relaxing vacation area without tourist traps, Monroe County has it all. With scenic roads throughout, State Route 7 along the county's southeastern border has been designated as part of the "Ohio River Scenic Byway." A total of 19 patchwork quilt barns dot the area and directions for a driving tour are available. State Route 26 is part of the "Covered Bridge Scenic Byway."

**Hannibal Locks & Dam** in Hannibal is the result of an 8-year construction project by the US Army Corps of Engineers built to help boats navigate the Ohio River. One of the most photographed areas in the county is Kiedaish Point Park as it offers an amazing overlook of the Ohio River.



A favorite route of motorcycle riders, the "Demon's Triangle" runs through the county. Hills and valleys, together with non-stop curves, make for an exciting ride. Monroe County will hold its annual Fall Festival at the Monroe County Fairgrounds in Woodsfield and Woodsfield's Halloween in the Village in October.



There are **25,000 acres of Wayne National Forest** for fishing, camping and hunting. Monroe Lake and the adjacent **1,300-acre Monroe Wildlife Area** invite outdoor enthusiasts. Boaters can use Monroe County's 40-mile stretch along the Ohio River. Parks and picnic areas dot the countryside, and visitors can discover and explore a number of historical places dating back to the time when Native Americans walked the land. For up-to-date information, visit the website [mcohiotourism.com](http://mcohiotourism.com).

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# Wayne County Fill the PICNIC BASKET Tour

Situated in the heart of Ohio's Amish Country, the Wayne County Convention and Visitors Bureau invites you to enjoy the gorgeous autumn weather on a Backroads of Wayne County, Fill the Picnic Basket Tour.

The Wayne County Convention & Visitors Bureau suggests your first stop should be at their office located at 428 W. Liberty Street in downtown Wooster. They will be happy to furnish you with maps and information on the area. The office is open **Monday through Friday 9:00 am to 4:30 pm**. A convenient afterhours kiosk is located outside of the building with local maps and the Wayne County Visitors Guide.

While in Downtown Wooster stop by Local Roots Market and Café, a year-round indoor local food co-op featuring baked goods, meats, pierogies, eggs, produce, coffee, arts and crafts and seasonal ready-to-go salads, wraps, hummus and soups. Try Boo Bear's Brew, a new coffee shop within Local Roots, for pour overs and cold brews.

Downtown Wooster is home to the JAFB Wooster Brewery, a local brewery, crafting fresh handmade beer. JAFB invites you to bring your picnic lunch and enjoy it in their tap room while trying their fall beer offerings. They only make one thing at JAFB...beer, and they do it right. Just a short walk from the brewery you'll find the Minglewood Distilling Company, a small batch micro distillery whose hand crafted spirits are made from locally sourced ingredients.

Wayne County boasts five award-winning wineries: Troutman Vineyards & Winery, Blue Barn Winery and Lincoln Way Vineyards in Wooster, Silver Run Vineyard & Winery and Bent Ladder Cider & Wine, both in Doylestown. These establishments offer tasting rooms with scenic views of the rural Wayne County countryside, wonderful outdoor concerts, food trucks and events throughout the fall.

If you'd like to fill your cooler with locally butchered meats or cheeses to take home, you'll find the Marshallville Packing Company in Marshallville, Whitefeather Meats in Creston and Cannon Center Meats North of Wooster. Shisler's Cheese Shop on Route 30 between Orrville and Kidron offers local cheeses, meats, chocolates, Amish baked goods and snack mixes.

Another beautiful place to enjoy your picnic would be the Secret Arboretum & Gardens on The Ohio State University's Agricultural College campus in Wooster. This 110-acre arboretum is open daily from dawn to dusk offering scenic walking and biking paths, children's areas and the opportunity to explore the diverse landscape theme gardens.

Our friends at [MyOhioFun.com](http://MyOhioFun.com) have put together a wonderful road trip called Get Out of the House Trip #4. This fun daylong tour stops at many unknown back road destinations. You are invited to enjoy the rolling hills of the countryside on a relaxing drive through Amish Country.

Information on all of the above businesses, events and attractions, as well as accommodations in the Wayne County area, can be found on our website at [wccvb.com](http://wccvb.com). Come experience all that Wayne County has to offer along our backroads featuring quaint villages and towns, stunning vistas and rural country farmland at its best. See why we say, "You deserve a Get-A-Wayne!"

*Article courtesy of Wayne County Convention and Visitors Bureau.*



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# GREENE

## *Offers Nature and History*

By Larry Hensel

Located in the rolling hills east of Dayton, Greene County, Ohio offers something for everyone. Those who love the outdoors will enjoy the 2,600 acres of parks and nature reserves with an abundance of hiking, fishing, picnicking, canoeing and camping.

In Yellow Springs, John Bryan State Park, considered the most scenic state park in western Ohio, has 60 campsites, one of which is a teepee. It is home to hiking trails along the Little Miami River. In Clifton, the Clifton Gorge State Nature Preserve has scenic waterfalls and rapids to explore.

A popular area in Cedarville is the Indian Mound Reserve. It is the home of Cedar Cliff Falls, a scenic destination no matter what the season. Narrows Reserve in Beavercreek has meadows and ravines to explore with hiking trails. Beavercreek Wetlands Nature Reserve is a birdwatcher's paradise. Russ Nature Reserve has a 4,000 square foot ranch soon to be renovated as a nature education center. It has a bee apiary and a butterfly house.

The city of Fairborn has 714 acres of park land, with 20 parks including a nature reserve and numerous sport fields. Oakes Quarry Park is a former rock quarry with fossil beds and miles of hiking and horseback riding trails.

At Sugarcreek Reserve in Bellbrook you can see three 550-year-old oak trees known as "The Three Sisters." Sara Lee Arnovitz Nature Preserve in Xenia has a boardwalk path through the marsh area. Caesar Ford Park provides natural surface trails for horseback riding, hiking and mountain biking.

Greene County has three locations for canoe rentals. The Little Miami National and State Scenic River flows through the Jacoby Road Canoe Launch near Xenia. RiversEdge Canoe Livery and Outfitters, between Bellbrook and Waynesville, also follows the Little Miami River and has canoes and kayaks to rent. In Bellbrook, Bellbrook Canoe Rental offers the gentle current of the Little Miami with canoes, kayaks and tubes.

Biking is plentiful in Greene County. Over 600 miles of county and township roads allow riders to experience the serene rural landscape. John Bryan State Park offers 7 miles of trails open to bicycles. The MoMBA Mountain Biking Area in Huffman MetroPark has over 8 miles of dedicated mountain biking trails. Rails-to-Trails Bike Paths start in Xenia and extend in every direction with trail-side lodging, restaurants, parking and services available.

For the history buff, Cedarville is the location of Indian Mound Reserve, home of two American Indian structures that have been around for hundreds of years. The Dayton Aviation Heritage National Historical Park follows the path of two brothers, Wilbur and Orville Wright, creators of the first practical airplane. The Wright Brothers Memorial is situated near Huffman Prairie Flying Field, the site of that first flight. At the National Museum of the United States Air Force and the National Aviation Hall of Fame you can see thousands of historical aviation items.



# COUNTY



History enthusiasts will appreciate that there are six covered bridges still standing in Greene County. Dating back as far as 1883, some are still accessible to road traffic. Considered to be one of the loveliest covered bridges in Ohio, the Ballard Road Bridge is a beautiful photographic opportunity.

Looking for more of a thrill? Low and slow flying in an open cockpit biplane will allow you to step back in time and enjoy the pleasure of pure flying. Let the wind blow through your hair and let the smell of the countryside give you the magical feeling of the early barnstorming years that many will never get to experience. Check out **Goodfolk & O'Tymes Biplane Rides** to take your family on an open-air flight reminiscent of days gone by. Every member of the family can take flight, but children under 18 must be accompanied by a parent.

Experience skydiving at Ohio's oldest skydiving school, Skydive Greene County. They offer tandem skydiving under the direct supervision of a licensed instructor. From a jump altitude of 11,500 feet, you'll freefall for a period and then parachute back to earth. There are several area golf courses for those who prefer more down-to-earth excitement.

Stop by the **Historic Clifton Mill** for a bite to eat and a look at one of the largest water-powered grist mills still in existence. The Historic Clifton Mill was built in this location to take advantage of the natural power of the concentrated water funneled from the Little Miami River into the Clifton Gorge. Today, you can still see the mill operate, converting natural water power into energy. Tour the facility to see early machinery and how stones are used to grind grain into flour. A visit to Historic Clifton Mill is truly an educational experience that you and your family will long remember.



**Young's Dairy** in Yellow Springs offers homemade ice cream. But some of the best ice cream in Ohio is only the beginning at this family-owned farm. Miniature golf, two restaurants, a heated driving range, batting cages, a petting zoo, two gift shops, and a seasonal corn maze will keep your family busy.

Complete your visit to Greene County with some spectacular one-of-a-kind shopping. In Xenia, visit the historic downtown area where you can explore antique stores and specialty clothing shops. The village of Yellow Springs shops offer everything from poetry and pottery to sandals and stained glass.

Want to spend a night or two? Greene County offers numerous hotel accommodations, as well as 15 bed and breakfast locations ranging from Victorian homes to private cottages.

For more information about Greene County and to request a free Visitors Guide contact Greene County Convention and Visitors Bureau, 1221 Meadow Bridge Dr., Suite A, Beavercreek, OH 45434 or phone **937-429-9100**. You can also find specific information about sites in Greene County, Ohio on their website [www.greencountyohio.org](http://www.greencountyohio.org)



# Quaint and Cozy Towns in the **POCONOS**



For an autumn adventure set ablaze in brilliant reds, oranges, and yellows, escape the city and venture to the Pocono Mountains for spectacular color paired with small-town charm. Home to more than 120 varieties of trees, shrubs, and plants, the Poconos' diverse vegetation adds to its fall palette, and three distinct color zones let you catch autumn's peak all season long. Use the Fall Foliage Forecast to time your visits to these charming Pocono towns with a focus on maximizing fall color and fun.



*Jim Thorpe, PA*

Once called the “Switzerland of America,” the Victorian town of Jim Thorpe did not always bear this former Olympian’s name. Back in its anthracite coal days, Jim Thorpe went by the name of Mauch Chunk—Lenape for Mountain of the Sleeping Bear—and was second only to Niagara Falls as a tourist destination. Today, the town’s popular with outdoor enthusiasts who come to see fall colors by biking, hiking, or paddling. The best time to visit is during weekends in October when the Jim Thorpe Fall Foliage Festival hosts food, crafts, and family fun amidst the autumn leaves.

Stay in charming B&Bs housed in historical millionaire mansions, or visit the Country Junction - World’s Largest General Store (seriously). For a bike experience, peddle through the Lehigh Gorge State Park from White Haven to Jim Thorpe on the D&L Rail Trail.

## Stroudsburg

Strollable Stroudsburg mixes old Americana flair with a young college town vibe. Whether you're craving pub fare, Thai, or French cuisine, you'll find it in Stroudsburg—typically partnered with craft beers and creative cocktails. See fall colors best on a leisurely woodland amble or bike ride along Brodhead Creek's gravel path. Find tougher riverside trekking in the neighboring Delaware Water Gap National Recreation Area.

## Honesdale

Honesdale has a quaint downtown to explore. Known as the "Birthplace of the American Railroad," the first steam locomotive on U.S. commercial tracks came to Honesdale in 1829. Today's visitors ride these iconic rails on The Stourbridge Line's Honesdale Express for vistas of the Lackawaxen River dressed in fall colors. Pop into town for fresh eats and full-on autumn adventures during early October's Harvest and Heritage Days. Hayrides, pumpkin painting, chili taste-offs, and vendor shopping make it a weekend of old-fashioned fall fun. See changing colors up close on bike paths, waterways, and hiking trails in neighboring Prompton State Park.

Delaware Water Gap sits at the entrance of the national recreation area, where you can hop on the Appalachian Trail. The town of Delaware Water Gap is nestled into the national recreation area, where you can hike a section of the Appalachian Trail to get an up-close view of the autumn scenery. The Mount Minsi Trail follows the AT's white blazes to summit the peak for a stunning overlook of red, yellow, and orange changing leaves. Back in town, enjoy a great meal or catch a weekend jazz performance at the Deer Head Inn.

## Delaware Water Gap

## Hawley

Set alongside sparkling Lake Wallenpaupack, Hawley features a downtown that shines again thanks to a recent restoration project that refreshed storefront facades. This Pocono Mountains town is a center for the farm-to-table dining scene, outdoor recreation, and the arts, and its epicenter is the Hawley Silk Mill. The Silk Mill hosts specialty shops and crafts, events, eats from the on-site Cocoon Coffehouse & Bakery all from within 200 miles of Lake Wallenpaupack, and boasts an excellent beer garden.

Get all the fall feels at the Hawley Harvest Hoedown, a Saturday celebration held in early-October that includes cider and beer tastings, family activities, crafts, and live music. Use Hawley's free in-town bike share to cruise from adventure to adventure without ever moving the car.

## Lake Wallenpaupack

Take a boat cruise on Lake Wallenpaupack to see the fall colors from the water. The man-made Lake Wallenpaupack is nicknamed "the Big Lake" for good reason—it covers 5,700 acres with 52 miles of shoreline. Experience fall panoramas with a drive around the lake, stroll along the shoreline trails, or boat cruise on the waters for different leaf perspectives. Spread out at six recreation areas for leaf peeping in peace then wrap up a visit with sunset views and classic eats at The Dock on Wallenpaupack.

*Article written by Jenny Willden for Matcha.*

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Historic Clifton Mill



Young's Jersey Dairy



## History, nature trails, and ice cream awaits...

Greene County is a natural if you like to have fun. You have a wide selection of outdoor activities to choose from. Everything from the region's best hiking and biking trails, plus thousands of acres in protected park lands and reserves.

**Historic Clifton Mill** – one of the largest water powered grist mills still in existence.

**Clifton Gorge State Nature Preserve** – 268 acres. A spectacular example of geological forces, limestone cliffs, scenic waterfalls and rapids on the headwaters of the Little Miami Scenic River.

**The Village of Yellow Springs** – unique and unexpected is the norm in Yellow Springs. Over 50 specialty shops, boutiques, and galleries.

**Young's Jersey Dairy** – some of the best ice cream in Ohio. A day of fun with miniature golf, heated driving range, batting cages, petting zoo, gift shop and two restaurants.

*Come visit us and  
experience all of  
Greene County!*



GREENE COUNTY, OHIO  
CONVENTION & VISITORS BUREAU

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# Cozy Camping All Season Long

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