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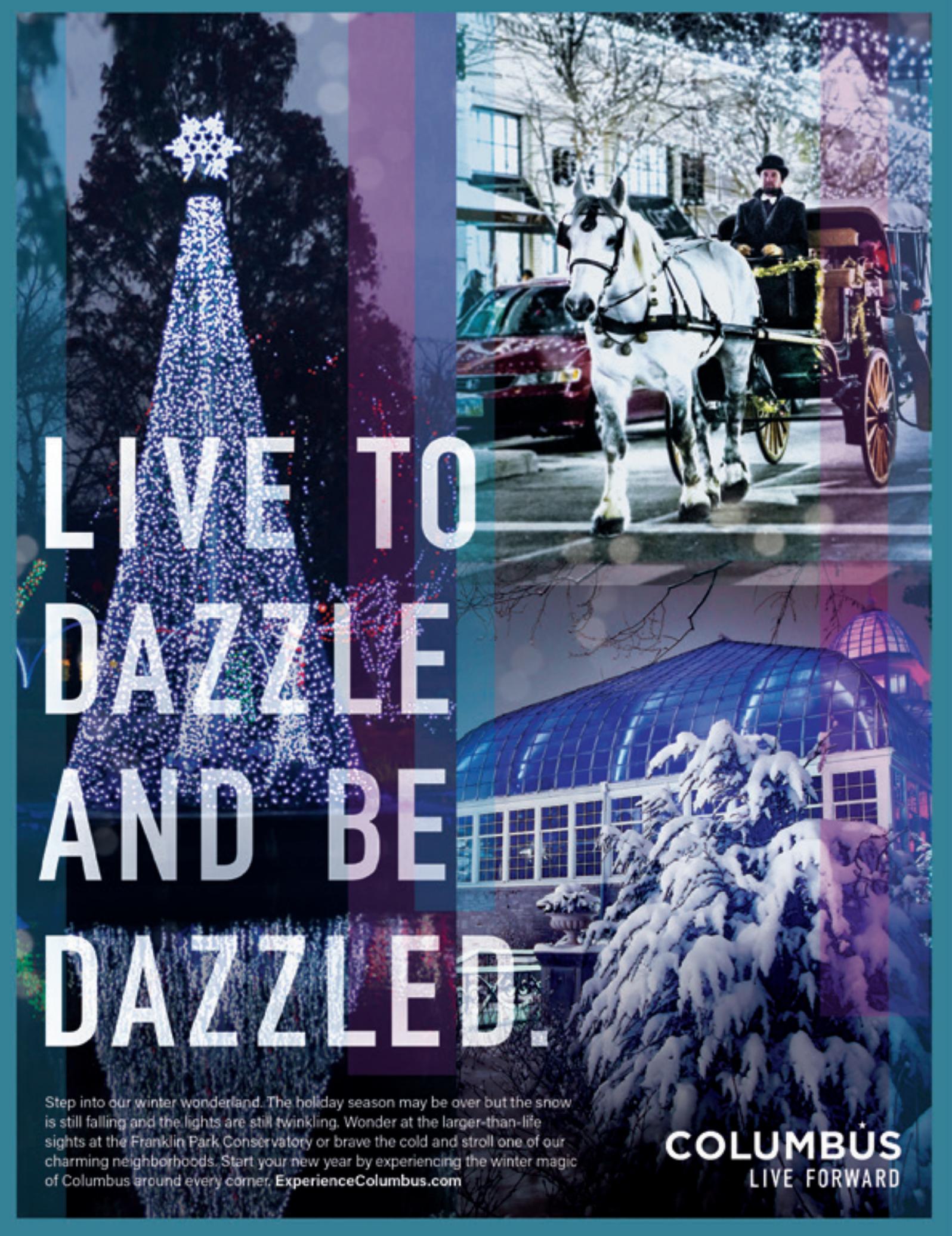
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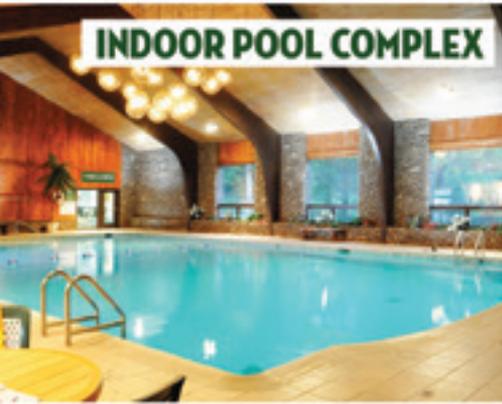
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ON THE COVER: HALF DOME IN YOSEMITE NATIONAL PARK

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# WINTER 2022

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*Fitness*  
*Health*  
*Recreation*

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MY BUCKET LIST ADVENTURE AT

# YOSEMITE NATIONAL PARK

By Douglas M. Kish, MA

Ever since I was a child, I've had a list of adventure hikes I wanted to conquer in my lifetime by visiting some of the best National Parks America has to offer. While I hiked through Sequoia in 2019, Yellow Stone, Grand Canyon, Glacier and Yosemite were still on my bucket list. I crossed another one off in 2021 when I visited Yosemite National Park for the ultimate outdoor adventure.

Yosemite National Park, located in California, covers over 750,000 acres, almost 1,200 square miles and four counties. The terrain of this park is what makes it so exciting and different than other parks. The granite cliffs rise up as if they are touching the heavens. The numerous waterfalls make you feel like you've been transported to a tropical paradise. The giant sequoia trees emit an exhilarating fragrance that erases all your stress. My experience will be difficult to put into words because it was absolutely breathtakingly beautiful.

When I began to plan this adventure, the first thing I did was search the web. I looked for activities in the area, which trails I wanted to hike, rafting possibilities, lodging ideas, safety measures, wildlife and precautions due to COVID. Due to so many COVID restrictions, I would certainly advise calling ahead if you plan to visit.

Immediately I learned that park entry requires a reservation obtained through the website [nps.gov/yose](https://www.nps.gov/yose). No matter what your plans are, you need to register for day-use permits allowing for camping, lodging, Wilderness or Half Dome hiking permits and regional tour groups. You must obtain a permit 7 days prior to your arrival, since the number of visitors each day is limited, and you must do this through the website [recreation.gov](https://www.recreation.gov). Depending on your adventure, costs of the permits vary. The cost of an entry permit is \$35, plus a \$2 processing fee, and it is valid for 3 consecutive days.





Most of all, I wanted to experience the Half Dome hike which requires a separate permit obtained through a lottery system and limited to a designated number of permits issued for each day. As with all adventures, some come with restrictions. The Half Dome hike should only be undertaken by individuals in good physical condition and capable of enduring the cable climb up the steep incline.

The main tourist area of Yosemite is called “The Yosemite Valley.” That’s the location where you will spend 99% of your time, even though it only encompasses 7.5 miles of the National Park. On the first day of my adventure, I entered the park and was absolutely speechless at what I saw. Although I have seen these images in pictures, especially the iconic ones, seeing the amazing cliffs, waterfalls, colors, and terrain in person, I found myself at a loss for words and stopped the car, like many others, to start taking photographs.



Continuing on to the Yosemite Valley Visitor Center, it became clear that some additional research was required to find the available excursions and how to sign up for adventures other than hiking. Finding my way to the Visitor Center was harder than anticipated, even with the map and literature received at the entrance gate. Stopping to get directions, I was advised that many roads were closed and limited to one direction in order to limit traffic and congestion throughout the park due to COVID.

I learned the best thing to do was park the car and walk. So, I did; I parked the car and headed on foot to the Visitor Center to get advice about which trails to tackle. After talking with a ranger, I found out they only offer raft and kayak rentals during the spring, when the rivers and streams are flowing from the rain and snow runoff. The only way you can kayak or raft during other seasons is to bring your own equipment.

The choice of trails was a bit overwhelming, ranging from paved to accommodate handicapped transportation and bicycles, to off

the beaten path and hard core, very difficult and strenuous. I knew I wanted to see the iconic Half Dome. The ranger advised me to head to Mirror Lake on the Tenaya Creek where he said I would have an incredible view of Half Dome.

On the trail to Mirror Lake the path was made up of many different terrains. First, it was paved, but as I moved to a higher elevation, there were makeshift stairs created from the stones on the path. At times, it was very challenging. Arriving at Mirror Lake about an hour and a half later, the picturesque view was not disappointing. While there, I began talking with some people who seemed to be regular Yosemite visitors.

I asked them what trails they felt would challenge me. Someone suggested I check out the Mist Trail on the way up to Half Dome. Getting directions, I took out the map and headed that way, figuring it would take 2-3 hours to reach a certain point. It was explained that the mist from the waterfall would be refreshing, while I navigated the stone formation stairs on the way up.

Arriving at the start of the Mist Trail and the John Muir Trail, which is technically the first leg of the hike to Half Dome, I was so excited to see where I was headed. I traveled along the Merced River, loud and roaring in some areas. Looking up, I could see a waterfall, Vernal Falls, quite a distance away. The trail seemed to be in a U-shaped valley. Gigantic boulders seemed so tiny looking up the 3,000-foot climb ahead of me.

At a check point on the way up to Vernal Falls, a park ranger met with hikers and reviewed how difficult the next leg of the journey would be. It was as if she was trying to deter people who may not have the agility or stamina to make it to the next section of trail. The ranger explained there would be a series of 600+ stairs formed from rock, dirt and the terrain of the mountain and not much room for error.

Making my way up, I did so in single file with other hikers on a trail only wide enough to accommodate one person at a time. Looking back down behind me, the increasing altitude was exhilarating but also scary. At times, I



felt winded and stopped to rest, moving aside to let other people pass. This required extreme caution as a mistake in footing could result in a disaster. I wanted to at least reach the next rest area at the top of Vernal Falls.

My backpack, filled with plenty of water and snacks, helped me make it all the way to the top where the view was EPIC. Although I felt every painstaking step to attain that view, I was proud to have tackled something so challenging. Discovering that I had cell service at the top, I decided to video chat with a relative back in Ohio to share the fantastic view.

At the top of Vernal Falls was the Emerald Pool. I saw many hikers taking time to regroup, swimming in the pool and using the large rocks formed by erosion for slides. I also took the opportunity to put my feet in the water and cool off before grabbing a drink and a snack.

Although I thought about going to the next waterfall, Nevada Fall, which is twice the size of Vernal Falls, I was exhausted and knew

I would need all my energy to navigate the steep stairs down plus the 3-hour hike back to the car.

During my third and final day in the area, I decided to take it a little easy. I heard about two amazing hikes that would not be as exhausting as the previous day--the Columbia Rock Trail and the Lower Falls Trail. The Columbia Rock Trail had constant switch backs. It was back and forth up the mountain and the terrain was a little challenging.

The views on the way up were breathtaking. It was a clear and sunny day, allowing for an epic view down to the Yosemite Valley. I only hiked to Columbia Rock where I saw the Upper Yosemite Falls. It was just over a mile hike up to this location but it took over an hour.

My last hike before leaving Yosemite was a very nice, paved, short hike on the Lower Yosemite Fall Trail. The rest of this easier hike was a welcome change. This trail is accessible to wheelchairs and people needing assistance. It was nice to see that even if you're not able to hike deep into Yosemite,

you are still able to experience the beauty and awe of mother nature.

This trail did not disappoint. The over 2,400-foot drop from the top of the falls is the tallest in North America. It's ten times taller than Niagara Falls. The views are very dramatic and the wooded trail area up to the falls is spectacular.

Reflecting on this bucket list adventure, the sights, sounds, and smells I experienced will stay with me forever. I knew it would be a challenge to put in writing what I had witnessed. Words on a page don't give justice to the beauty of what I saw and experienced. At times, I was at a loss for words since every view was even more beautiful than the last.

I challenge you to check an adventure off your bucket list in 2022. We are never promised tomorrow; so, why not experience what you can today. Your memories, sense of accomplishment, and lots of great photographs, will remain with you forever.



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# *Winter Hiking in the New River Gorge*

With shorter days and colder weather, you may think hiking in the winter is out of the question, but this time of year the Gorge is a treasure trove of unseen beauty. From frozen waterfalls to ice-coated cliffs, beat the winter blues and take in the awesome views on some of our favorite hiking trails.

During these winter months improve your physical and mental health on frequent hikes. The physical benefits range from improved immunity, strengthened muscles, increased circulation and more immediate benefits such as enhanced mood through the release of endorphin hormones and better sleep. As for the mental health perks, many reports find that being in nature can increase mental clarity and stress reduction for individuals.

“Hiking doesn’t have to be a summit to the top of the mountain,” Melanie Seiler, executive director of Active Southern West Virginia, says. “Hiking on a flat trail may be the best place to start if conditions are icy.”

One of Seiler’s favorite trails for winter hiking is the Hawks Nest Rail Trail. This 2-mile trail is located primarily within Hawks Nest State Park, near Ansted, and runs on the south side of Mill Creek. You’ll be able to find exceptional sights of icy waterfalls on this path. Looking for a winter waterfall tour? Check out our favorite frozen cascades.

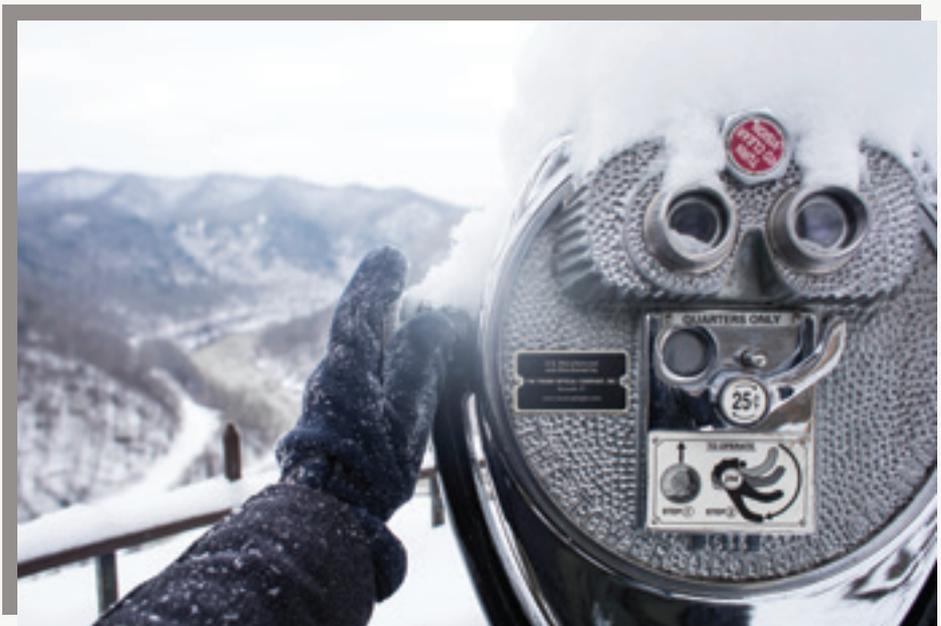
Another great area for a beautiful winter view is Babcock State Park. Spend a day exploring the snow-covered forest and dozens of frozen creeks. Hike the Island in the Sky Trail for a fun intermediate jaunt. While this trail is beautiful, be sure to have proper hiking shoes and be prepared for a somewhat tricky terrain at times. End your day at Babcock State Park with a photo of the frosted Glade Creek Grist Mill.

For a short trek that is easily accessible, hike the Park Loop Trail. The loop is just over a mile long and begins at the Town Park in Fayetteville and includes a connection to the Fayetteville Trail. The Park Loop is an easy trail for beginners or families.

You can also experience snowy adventures on many trails in the surrounding New River Gorge area. Seiler mentions a few of her favorite trails in the area, including Meadow River Rail Trail, Glade Creek Trail and Summersville Lake Long Point Trail. Each trail offers a unique look at winter in the Gorge. Seiler suggests avoiding high traffic trails like Long Point and Endless Wall due to crowded vistas and muddy, wet conditions.

slopes. Winter hiking in the New River Gorge is an easy activity to access, but can be dangerous if not properly prepared. Seiler recommends planning ahead for parking and trail length; packing snacks, water and extra clothing; wearing wind and water-resistant outer layers; taking a friend with you; and always telling someone where you will be.

As for gear and equipment, invest in a good pair of hiking boots and socks. Find the perfect pair for you at one of our outdoor shops like ACE Adventure Gear or Water Stone Outdoors. “If you feel unbalanced, consider a sturdy walking stick or purchase trekking poles,” Seiler says. “There are also attachments for boots to give your tread more grip on snow and ice.”



For reference, Active Southern West Virginia has a trail inventory and a safe practices guide for hiking. More information on New River Gorge area trails and directions can be found on the National Park Service website.

Before you take to these trails, be prepared for different weather conditions. Winter can transform a trail causing deep drifts and icy

Once you’ve completed your research on our area’s trails, purchased your hiking gear and planned your trip, there is only one thing left to do — hike! Show us your winter adventures by tagging us on Instagram and using the hashtag #GoGorge.

Article courtesy of New River Gorge CVB – <https://newrivergorgecvb.com/>.



Cedar Cliff Falls



## Nature trails and nature preserves with fantastic vista views.

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 winter hiking, plus thousands of acres in protected park lands and reserves.

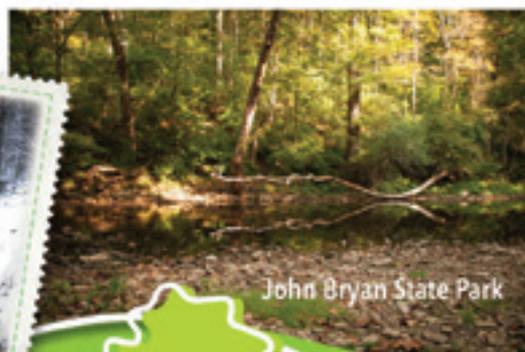
**John Bryan State Park** – This is the most scenic state park in western Ohio. Campsites are not laid out in a grid, adding a sense of freedom to your experience. With 752 acres and nine miles of hiking trails along the Little Miami River's towering limestone cliffs.

**Glen Helen Nature Preserve** – 1000 acre nature preserve of woods, waterways, prairies, and fields laced with 25 miles of trails for hiking.

**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.

**Indian Mound Reserve** – 169 acres offer one of the most diverse areas managed by Greene County Parks. A spectacular natural resource is created with a blend of Cedar Cliff Falls, the Massie Creek Gorge, meadows, woods, river and marsh, creating an amazing view in any season of the year.

**Narrows Reserve and Nature Center** – The Narrows Reserve offers canoeing, fishing, picnicking and hiking through forests, meadows and ravines where you'll see an abundance of plant and animal wildlife. Over four miles of hiking trails on 162 acres.



John Bryan State Park



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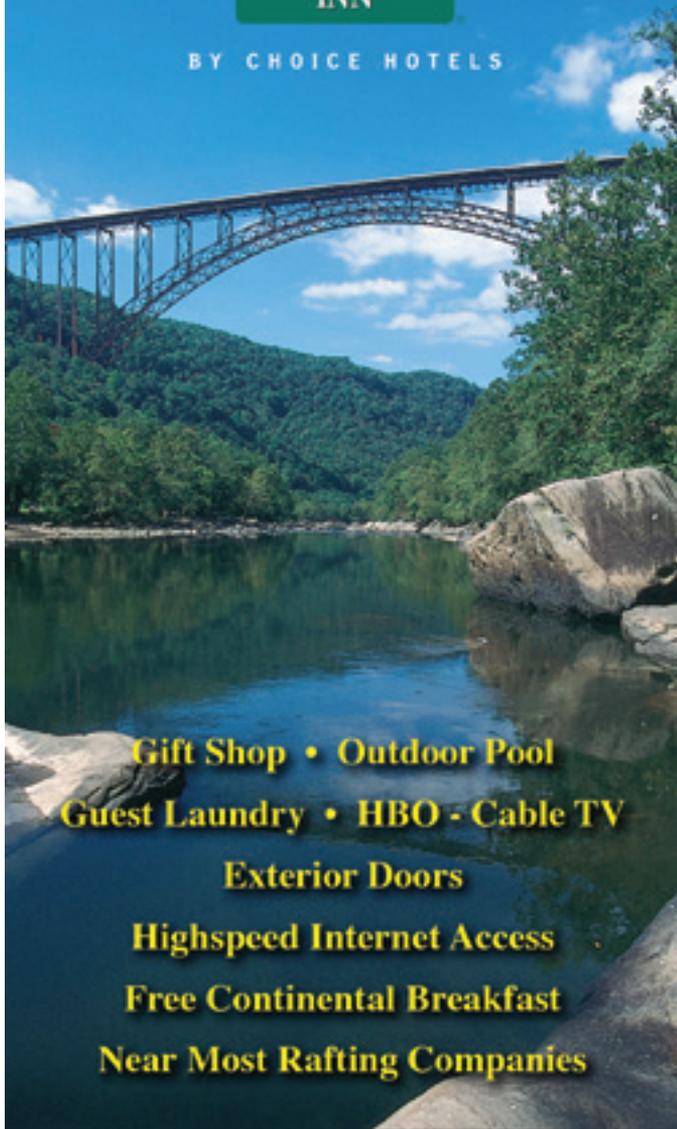
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# WINTER IN THE WESTERN NEW YORK SNOWBELT

By Victoria Pane



Plan a cozy winter getaway to the Chautauqua-Lake Erie Region. Proximity to Lake Erie “lake effect” means snow for Chautauqua County, averaging up to 200 inches annually. For downhill and cross-country snow sports, head to Peek’n Peak Ski Resort and enjoy 27 slopes and trails, state-of-the-art snowmaking, eight chairlifts, four progressive terrain parks and a renowned ski and snowboard school.

There’s even a tubing area with seven lanes and a “Magic Carpet” lift that transforms into a nighttime Lunar Lights show. The thrilling and mesmerizing atmosphere features an ever-changing light show produced by thousands of LED lights and projection lights. The lights pulse, fade and change in coordination with an immersive sound system. On select dates, the massive sound and light program will be operated by a live DJ.

Skiers and snowmobilers can also enjoy Cockaigne Ski Area in Cherry Creek’s 10-acre terrain park, 15 slopes and trails, plus on-

resort dining options. Amenities like a new Snowmobile Adventure Park and dedicated trailer parking for easy access to Chautauqua County’s 400 miles of snowmobile trails via Boutwell Hill State Forest, located just across the road, are also available for use.

Cross country skiers and snowshoers will also find opportunities on the Chautauqua-Lake Erie Region’s multi-use trail systems including Long Point State Park on Chautauqua Lake, Lake Erie State Park, Boutwell Hill State Forest, the Eastside and Westside Overland Trails, Chautauqua Institution and the Jamestown Audubon Community Nature Center.

After a day of full of winter activities, indulge in après ski fun. Sip local wine from the over 20 wineries collectively known as Lake Erie Wine Country including ice wine, a specialty seasonal dessert wine. Stop by the Grape Discovery Center in Westfield, the hometown of Welch’s, to learn about the 150-year history of grape-growing in the region

and sample local wine, grape juice and shop for other grape inspired artisanal products.

Enjoy a craft beverage from one of the breweries and distilleries located throughout the region including Southern Tier Brewing Company, one of the largest craft brewers in the United States. Enjoy an Ellicottville Brewing Company signature beer at either of their two locations, one located in Bemus Point on Chautauqua Lake and the other in Fredonia, not far from Lake Erie and local wineries. Grab a bite at one of the many local restaurants open year-round. Whether you are craving hearty, comfort food, classic bar food or an upscale dining experience, you will find it all in the Chautauqua-Lake Erie Region.

Nothing warms the heart like laughter. The intuitive technology powering the National Comedy Center in Lucille Ball’s hometown of Jamestown, New York takes guests on an interactive journey through comedy’s history. Featuring over 50 interactive exhibits with tailored



content designed to make you laugh, everything from vaudeville to today's viral memes, from Chaplin to Chapelle.

Laugh at the antics of Lucy, Desi, and the crew at the Lucy-Desi Museum. Find decades worth of costumes, screen-used memorabilia, awards and personal treasures on display. Be sure to ask about dual admission. While in town, don't miss the chance to experience the Roger Tory Peterson Institute of Natural History, Robert H. Jackson Center or enjoy some interactive, virtual entertainment at Mulligan's on Fairmount.

As the weather starts to warm in March and the sap begins to flow, look for details on the New York State Maple Weekends. Local sugar houses host seasonal celebrations featuring maple products including pancake breakfasts.

Chautauqua County is a great place for a relaxing weekend getaway. Take a stroll through the snow-covered streets of Chautauqua Institution and admire the expressions of American architecture dating back to the Victorian era. Rent a secluded cabin or cottage or stay in a quaint bed and breakfast and

immerse yourself in a beautiful winter wonderland around a warm fire. With many local accommodations offering special packages, winter is one of the best times of year to visit.

For a full schedule of events and winter attractions, call the Chautauqua County Visitors Bureau at 866-908-ILNY (4569) or visit [TourChautauqua.com](http://TourChautauqua.com).

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# IGLOO DINING

By Christine Temple

Every day visitors and local residents make their way to the Bayfront Grille inside the Sheraton Erie Bayfront Hotel to experience cuisine unlike any other run-of-the-mill hotel restaurant. Their ever-evolving seasonal menus offer up a range of traditional dishes to creative selections. But the variety doesn't stop with the food.

In addition to indoor seating, the Bayfront Grille has a beautiful outdoor patio with breathtaking waterfront views, perfect for enjoying the warm summer sun. When the weather outside turns frightful with cold snowy blasts of winter, fear not outside dining lovers. This restaurant has got you covered; literally.

Introducing Outdoor Igloo Dining. Starting with just one table to test the water a few years ago, the hottest (yet coldest) seat in town grew to be so popular with guests that the Sheraton made the decision to now have a total of five igloos for the 2021/22 season.

Each covered climate-controlled igloo seats up to 8 people and is available (with a reservation) for breakfast, lunch or dinner. Perfect for a romantic evening or a family get-together. They are set on the north-facing patio with scenic views of Presque Isle Bay.

The clear plastic domes were manufactured by Garden Igloo. A space heater inside each igloo keeps diners at a comfortable 70 degrees. Sand bags around the bottom of the structure hold it in place and can sustain winds up to 50 mph. Reservations can be made by calling 814-454-2005 ext. 2 or online through Open Table. The outdoor dining igloos are available November 15, 2021 through April 15, 2022.

The Sheraton Erie Bayfront Hotel is located at 55 W Bay Drive in Erie, Pennsylvania (phone 814-454-2005). Experience the area's premier hotel, nestled on Presque Isle Bay in the Marina District, offering guests dramatic waterfront views, recently refreshed accommodations and an array of superb amenities. Ideal for both business and leisure travel, the Sheraton features a seamless connection to the Bayfront Convention Center and is located near a variety of points of interest, including Downtown Erie, the Erie Maritime Museum and Presque Isle State Park.

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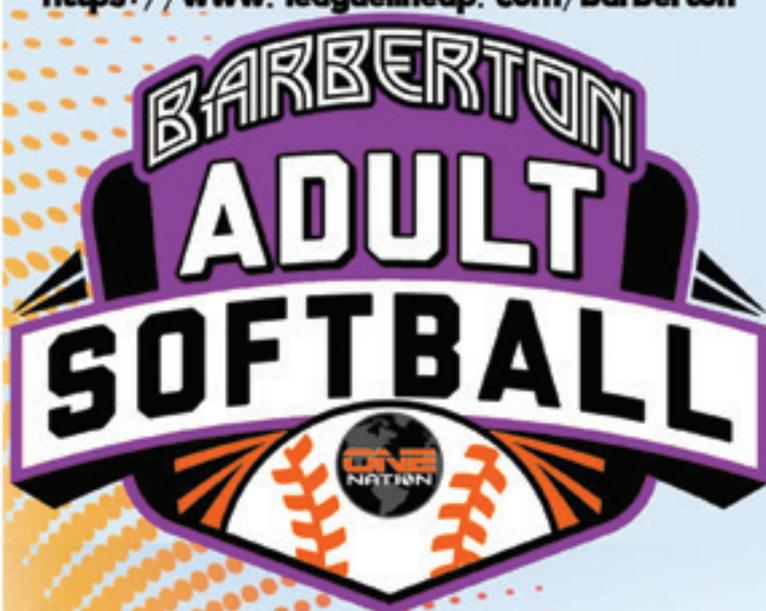
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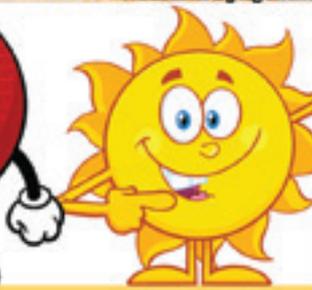
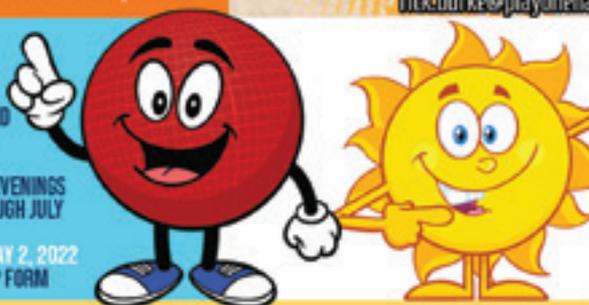
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The Barberton Parks and Recreation Department also offers an Active Adult Center for ages 50 and older. The center is located in the same building as the Parks and Recreation offices, located at 500 W. Hopocan Ave. (inside the Lake Anna YMCA building). Membership is \$22.00 per year for residents of Barberton, \$27.00 for non-residents. Many fitness and wellness programs happen here including Fun in Fitness, a lower intensity aerobic exercise class using weights and exercise balls, an Arthritis Exercise class taught by a certified Arthritis Foundation instructor, using chairs to exercise along with exercise bands, monthly blood pressure testing and more! Please call for more information, 330-861-7118. You may also check us out on Facebook: <https://www.facebook.com/Barbertonactiveadults>

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CHECK OFF YOUR

FITNESS

BUCKET LIST

By Kimberly Wagler, BA, CPT

Have you ever wanted to start (and stick with) a fitness program? Have you ever wondered if you were even physically capable of participating in one? Have you ever felt like you just don't have the motivation or drive to make fitness a part of your life? You, certainly, aren't alone.

Over the years, I've learned the strategies our clients use to get them on their health journey, in addition to what keeps them going. Take a look at the 4 traits we've seen in common with our most successful clients. Followed in order, these simple steps can not only help you get started, but also make fitness a part of your lifestyle.

**THEY STARTED.** Quit getting ready to get ready.

This sounds simple, but it's often the most difficult first step. Most of us procrastinate because we keep "getting ready to get ready." Why? Because the fear of what could potentially go wrong keeps us from taking action and finally gaining control of our health and wellness. Or, we put off starting because we don't know how to start or what exercises to do.

On the other hand, successful people take action. They just start. Imagine the endorphin rush of achieving your goals. Feeling confident, healthy, and in control. Realizing you accomplished what you always knew you were capable of. This doesn't need to be a fantasy. In fact, these are real-life results from our clients. People just like you. Feeling good, getting stronger, and still motivated for more.

But the only way to get there, the first (most important) step, is committing. Just getting started. Remember, you are the hero of the story. And just like any great story, it cannot begin until the hero takes action. So, act!

**THEY'RE CONSISTENT.** Especially when it's hard, and life seems too busy.

Now that you have committed, it's time to be consistent. Life is busy. There is always something to take up your time. These priorities matter, but so does your health. It is difficult to succeed without planning. Failure to plan is planning to fail, and that is why the most successful people plan ahead.

By scheduling workouts ahead of time, busy schedules become more manageable. I've found that, for most people, creating a schedule you can maintain week to week works best. That way, it becomes a part of your life and identity.

Getting an accountability partner can also help with consistency if they are someone you respect and will help you overcome excuses.

**THEY FOLLOW A PLAN.** What does success look like? What's realistic?

You've started, and now you've committed to being consistent. The next step is to follow a proven path to success. Without a plan, it's easy to get frustrated and off track. Getting "in shape" can be vague and structureless.

You can seek out professional help for this if you aren't confident in your ability to create a plan. There are plenty of options these days. From simple at-home programs, to in-depth training programs at your local gym, you can absolutely find the best plan for your goals and your life!

For those who are uncomfortable asking for help or not confident in being able to talk to a fitness professional, follow these points to create your own plan.

- Figure out what you like. What kind of activity do you enjoy the most? If you don't enjoy exercising, you most likely won't continue doing it. Finding the type of movement you enjoy is key. For instance, if you are a former athlete, you may want to pick up your sport again. If you are an extreme introvert that enjoys movies, maybe it's hopping on a cardio machine while you watch your favorite flick.

- Start slow. Going crazy in your first session can cause so much soreness that you might not be willing to try it again. If you are a former basketball player, don't sign up for an intense league right away. Start by shooting around and doing some light drill work. Work your way up to being able to recreationally play, and then join the league when your body feels ready.

- Set **SMALL** goals. Giving yourself achievable goals to hit each week is much more optimal than throwing out a 50-pound weight loss goal that just overwhelms your efforts. This is why programs like Couch to 5k are so successful. They focus solely on what needs to be done for that week.

**THEY MEASURE THEIR SUCCESS.** And not just by using the scale.

The people who have gotten stronger, leaner, and healthier understand that weight alone is not an adequate measuring stick. Results and continued success happen when you understand what your body is made of and what it can do. Weight alone is an incomplete picture. It's a number that represents everything in your body.

It is important to break your fitness down into meaningful data such as conditioning, strength, lean muscle, and fat mass. These individual factors are key to understanding your health, but more importantly, it gives you a direction and strategy to get you where you want to be.

Purposeful and consistent measurement of the right metrics is how the most successful people move forward with confidence. They know what they are doing is providing them with the best results possible.

Here are some great ways to measure your fitness level. Start by doing these movements, and complete them again every one to three months to measure your progress.

- 1 mile test: How fast can you complete a mile? This can be done on a bike, walking, running, swimming, etc.

- Farmer carry: Time yourself to see how long you can walk at a comfortable pace while holding dumbbells. Make sure you are carrying the weight by your sides with one weight in each hand. You can use buckets filled with water if you don't have access to dumbbells at home.

- Pushups: How many can you do? Remember to use good form and not cheat yourself with half reps. If you need to modify, you can start on your knees or elevate your upper body by placing your hands on a chair or countertop.

- Pull-ups or hold for time: How many full-rep pull ups can you do? It is very difficult to do full pull-ups, so if you aren't comfortable doing them, try to get yourself into a pull-up position with assistance. Time yourself to see how long you can hang.

- Squats: The best option for this is to be able to hold a heavy weight and see how many squats you can do.

- Body composition scans: Inbody, Bod Pod, and Hydrostatic Weighing are the most accurate and accessible ways to get your body composition tested in our area. Typically, home scales aren't going to be as accurate, but if that is all you have access to, then by all means use them.

**The four traits listed are tried and true methods to making fitness a lasting part of your lifestyle. If you've been wanting to improve your health journey, consider this your sign that it's time to get moving. All you have to do is start.**



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# TIPS FOR A NUTRITION BUCKET LIST

By Courtney Wright, RDL, CPT, CSN

Not sure where to get started on how to eat healthier? Ever feel trapped in the yes-no-maybe-why is nutrition advice so confusing? I get it...and I got you. The best nutrition advice will stand the test of time. So, what exactly may that be? Simplicity. When in doubt, remember the basics. Here are five tips to add to your bucket list to start eating healthy.

## 1 Keep it Simple

So, what exactly does this mean? Well, after browsing the web, you will soon have over ten tabs open on all the nutrition advice out there. You will also feel overwhelmed. If nutrition had a manual, there would only be one. There will always be someone out there promoting the latest craze with nutrition. Don't believe it. If it seems too good to be true, it is.

My advice? Close the tabs and know there will never be one perfect diet. Keto, intermittent fasting, paleo, no eating after 7 pm, 1,200 calorie deficit diets, etc. The best diet out there focuses on minimally processed foods, a lot of plants, and planning ahead. You can eliminate so many unhealthy choices by simply planning your menu for the next week.

## 2 Make Your Healthy Food Convenient

We live in a busy world. Time seems to run out very quickly. Sometimes it feels like we don't have time to cook. I often tell clients to sit down on whatever day they have off (usually Sunday), and look at their upcoming schedule. Whatever days they are extra busy, put a "Q" (Quick dinner) on the menu. Make these dinners 20 minutes or less. So yes, you still have to cook, but anyone can find 20 minutes to put something together. You can search "20-minute meals" online or opt for a quick salad, fish, pasta, or other quick dishes.

Another way to make healthy food more convenient is to do some snack prepping on your day off. This can be as simple or as elaborate as you wish. Washing off your fruit, cutting up some veggies, portioning out yogurt, or boiling some eggs. This encourages you to reach for a yogurt over junk food when you are hungry.

## 3 It's Okay to Take a Detour, but Always Come Back

If you change your mindset, you can change your habits. Imagine a setback as a detour and not a dead end. We are all human and will not make perfect choices at each meal, every day, for the rest of our lives. Food is just food. It's neither bad nor good, it simply provides us with nourishment or pleasure. It's okay to have both.

A mixed green salad at lunch and an ice cream at night with your kids are both okay. We know that ice cream at each meal won't make us feel physically well, and we know that salad at each meal is boring. Once you take the pressure off yourself for perfection, it creates more freedom in your food choices and less guilt in your mind.

## 4 Find Enjoyment Outside of Food

When we begin a new journey to be healthy, sometimes we are hyper focused on food alone. This can get us into trouble when we have cravings for food that we really don't want. We seem to eat out of default instead of an informed decision of actually wanting the food. Do you tend to crave junk food at night? Do you feel powerless at the 2 pm donuts in the board room at work? That's totally normal, but ask yourself if you really want the food you are reaching for.

We tend to eat out of habit when we are bored or stressed. Find things to do that you've been wanting to do; listen to your favorite song, read a book, take a bath, journal, call a family member, etc. Once we focus our attention on activities outside of eating, processed food seems less appealing because we are finding pleasure outside of food.

# 5 Eat More Plant Based

Plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins, and minerals for optimal health, and are often higher in fiber and phytonutrients. It doesn't mean you cannot eat meat or dairy; it just means to eat less of it. Research has consistently shown that the Mediterranean (plant-based) diet is effective in reducing the risk of cardiovascular diseases and overall mortality. It's important to note, this diet is not a fad, rather it's a journey to eat healthier options for optimal health. Here is a sample menu of what a plant-based diet looks like.

## Breakfast

1. Wrap: Fill a whole-wheat tortilla with scrambled egg, black beans, peppers, onions, Monterey jack cheese, and a splash of hot sauce or salsa.
2. Oats with walnuts or almonds, banana, and cinnamon.
3. Whole-wheat English muffin topped with fresh tomato and avocado slices, and blueberries.



## Lunch

1. Vegetarian pizza topped with mozzarella cheese, tomatoes, broccoli, onions, peppers, and mushroom; fresh strawberries for dessert.
2. Greek salad: Chopped mixed greens with fresh tomato, Kalamata olives, fresh parsley, crumbled feta cheese, extra virgin olive oil, and balsamic vinegar. Whole-wheat pita on the side, fresh melon for dessert.
3. Tomato basil soup, whole-grain crackers with tabbouleh, and an apple.



## Dinner

1. Vegetarian chili with a spinach-orzo salad.
2. Grilled vegetable kabobs with grilled tofu, and a quinoa and spinach salad.
3. Whole-wheat pasta with white beans and peas, and a romaine salad with cherry tomatoes, dressed with extra virgin olive oil and balsamic vinegar.



So, there you have it, five ways to get started to becoming healthier. Always remember that it's progress in your eating habits, not perfection. Simplicity and consistency will always persevere.



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# THE CURE FOR CABIN FEVER

By Karen Raymore, CDME



Who would have guessed the cure for cabin fever is a cabin, a cabin in the Hocking Hills that is. After all the hustle and bustle of the holidays everyone needs a change of view. Winter days are not so long when surrounded by Mother Nature with all the comforts of home and a hot tub. Cabins and lodges in the Hocking Hills are designed to be your home away from home for two or twenty.

The arrival of Old Man Winter brings a quiet magic to the Hills. Waterfalls freeze in suspended animation and cave walls are covered in ice beards as sunlight dances like diamonds in the towering hemlocks. Deep craggy gorges carry hikers down hundreds of feet along gorgeous scenic trails. Leafless trees provide a great view of some of the region's magnificent winged residents.

Hiking the trails of Old Man's Cave, Cedar Falls, Conkle's Hollow, Rock House, Ash Cave and Cantwell Cliffs is guaranteed to improve your health and renew your relationship with Mother Nature. Join in a Hocking Hills winter tradition at the 56th Annual Winter Hike on Saturday, January 15. You'll hike from Old Man's Cave to Ash Cave with a stop at Cedar Falls for a rest by a bonfire and the Logan Kiwanis Club's bean soup and cornbread muffins. Busses transport hikers back to the Old Man's Cave parking lot from Cedar Falls and Ash Cave.

After the Hocking Hills Winter Hike head to historic downtown Logan for the Logan Frozen Festival. Watch ice sculptors create works of art from blocks of ice. More than 25 individual ice sculptures are displayed along Main Street in the Hocking Hills' hometown. There's also plenty of places to shop and dine while enjoying the festival.

Romance fills the air as Valentine's Day approaches. Cozy cabins invite sweethearts to warm up in front of a crackling fire. Steaming hot tubs rejuvenate muscles

reacquainted with vigorous winter hiking. Traveling spa services will come to your cabin to pamper you with relaxing massage therapy.

Take your Valentine to Ash Cave for the Sweetheart's Hike February 12.

Spoil your valentine with new spa experiences. Rent a woodland sauna pod for two featuring a large window to enjoy the view from inside a warm sauna. If you're ready to try a whole new form of wellness and relaxation, Hocking Hills Serenity Salt Cave is for you. This salt cave is not your average cave. With the powerful use of salt from the Himalayas and an incredible Halotherapy session, only 45 minutes are needed to feel cleansed, inside and out.

Ready for a little night life? Winter nights are spectacular at the John Glenn Astronomy Park and the star show starts early this time of year. Kick up your heels with live music at the Hocking Hills Winery and Brewery 33 every Friday and Saturday night.

Nature awakens from her winter slumber in the Hills with thundering waterfalls, woodland wildflower carpets and families enjoying a much-needed spring break. The days are a little longer and the weather is a little warmer. The maple sap flows from the trees and it's time for Maple Sugaring in the Hills March 12 and 13. Learn how maple is harvested and turned into tasty treats while enjoying the Hills' next seasonal transition.

The Hocking Hills is perfect for the family spring break. Spring brings opening day for zipline outfitters. State Forest bridle trails welcome equestrians with early signs of spring. Immerse yourself in spring at the Wildflowers and Waterfalls Hike on April 24. You will be joined by the park naturalist at Ash Cave for a delightful celebration of the season.



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# Is Learning Martial Arts on Your Bucket List?

By Ben Baroni



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# SO, YOU WANT TO RUN



By Breanne Bakan

Whether you're new to running or you've been around the block a few times (pun intended), your first marathon can seem daunting. Covering 26.2 miles on foot is no small feat, and many people don't know where to start to prepare for such a task. I have put together a few easy tips to get you started on your marathon journey!

## **FIND A SUPPORT SYSTEM**

Whether it's a running partner, a run group, or an online community, having people to hold you accountable is important. They'll help you get out the door on the days it seems impossible. Plus, there's a good chance they will know things you don't, so you'll be able to ask questions and learn things.

## **GET THE RIGHT GEAR**

Running is great because you don't need a lot of equipment to do it. But there are a few important things to keep in mind. Having the right shoes on your feet can make the miles seem easier and help prevent injury. Head to your nearest run specialty store to have your gait analyzed by a professional so you can get the right shoes for your feet. I also recommend investing in comfortable running clothes that fit you well and are designed for whatever elements you'll be training in. If you're running in the winter, make sure you have appropriate clothing to keep you warm.

# A MARATHON IN 2022?



## **MAKE A TRAINING PLAN**

If you find a training group, you might be able to get a training plan from them. If not, you need to make sure you find one that is geared to your current fitness level and will provide you with the necessary training to complete your marathon. Thankfully, the internet has tons of resources on this and many different plans to choose from. You can even find coaches online to help guide you through this journey.

## **PRACTICE YOUR RACE DAY**

This doesn't mean run the full race; it means do everything that you would do on a race day on some training runs. Need a new pair of shoes? Don't debut those on marathon morning. Looking to try some new hydration or nutrition? Don't break those out for the first time at mile 10 of the race.

Making sure that everything you need for your marathon works for you and your body is important to ensure that you're setting yourself up for race day success.

## **BE PATIENT**

Running a marathon isn't easy, and neither is preparing for one. When you first start it might seem impossible that you'll ever complete that 26.2 miles. The best thing you can do is to take each day one at a time. Focus on what you have to do that day and enjoy the journey. After all, this is supposed to be fun. Before you know it, you'll have finished your first marathon!

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# Put a Healthy Lifestyle on Your Bucket List

By Judith Bratten



“Start slow, start with small steps, and make it fun!” advises Angela Lombardo about developing a healthy lifestyle. And she should know. The owner/manager of Fresh Twist, a plant-centric kitchen established in 2019 in Steubenville, Ohio, Lombardo learned about the value of eating fresh and nutritious foods through her own research and taking classes to become a certified health coach.

“When my daughter was about two, she was diagnosed with a health condition that would require frequent surgeries throughout her life,” Lombardo explains. “That’s what started my search and my interest in preventing lifestyle-related disease through diet. We needed the doctors, but I also knew we could help by changing our eating habits.”

The purpose of Fresh Twist is stated clearly on their menu: Our mission is to provide delicious plant-based food and nutrition education to promote health and wellness within our community. Our recipes provide a synergistic blend of complex carbohydrates, phytonutrients, antioxidants, plant-based protein, fiber and healthy fats. Long words to describe dishes that not only feed the body but are also environmentally friendly.

“We make an effort to source our food organically, locally, and

sustainably,” Lombardo adds. The more she learned, the more she realized that diet alone wasn’t the key to good health. And the more she learned, the more she wanted to share her knowledge and experience with others.



“But when I did, friends would say ‘I don’t know how to eat healthy’ or ‘I don’t know where to get these foods’ or ‘I don’t know how to

cook this way.’ So that’s when we decided to open Fresh Twist, as a way to introduce and encourage people to try a new way of eating and living.”

The eatery is a small but bright space with an open kitchen where customers can order set menu items or create their own salads, bowls, flatbreads, or smoothies. The pandemic hit just as they were growing, but they were able to keep interest up with their take-out menus. Their friendly and knowledgeable staff also draws customers back.



The most popular items? The Taco Bowl, the Taco Salad, and the Buddha Bowl (warm rice, roasted sweet potatoes, broccoli, crispy chickpeas, carrots, cabbage, smashed avocado, peanuts, and scallions).

“We’ve had guys get our taco salad and swear they were eating meat – but we create our own meat substitutes with all natural ingredients and no preservatives or



additives,” she notes proudly. “And our most popular smoothy is called Purple Rain with blueberries, banana, almond milk, and a peanut butter drizzle.”

Her final advice is to look at eating and living a healthier lifestyle as an adventure. “Trial and error,” Lombardo suggests. “Try new things. Don’t be hard on yourself. Add a few more vegetables to your diet. Drink a few more glasses of water. Spend more time in the produce section rather than among the shelves of processed foods. Aim for the goal of 80% whole foods. Everyone is different with different needs and tastes, so be willing to experiment.”

Take a ride to Steubenville and try Fresh Twist for yourself. Located at 2311 Sunset Blvd., you can check the website [www.fresh-twist.com](http://www.fresh-twist.com) to help you start on your adventure.



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# CHASING AWAY THE WINTER BLUES



By Lisa Wild

The winter season is a beautiful time of year but being stuck inside can feel a bit claustrophobic at times. Come chase away those winter blues in Streetsboro, northeast Ohio's best vacation value and a destination that offers something for everyone, anytime of year. Located in Portage County, directly off Ohio Turnpike exit 187, just minutes from Cleveland, Akron, Canton, and Youngstown, Streetsboro is convenient, safe and welcoming.

As you embark on your next memorable getaway enjoy the over 60 nearby attractions including Boston Mills Brandywine Ski Resort with their beautiful slopes for skiing, snowboarding and tubing, the Kent State University Museum featuring

changing exhibitions of work by many of the world's great artists and designers, West Main St. Winery & Brewery where you can enjoy an assortment of wines, craft beers and hard apple cider, or visit MGM Northfield Park where you can try your luck. Remember to check out the Cuyahoga Valley National Park or the Portage Park District where you can enjoy the outdoors while taking a leisurely walk.

Be sure to include some of the wonderful retail stores in your visit, including the Streetsboro Antiques Mini Mall with a large array of fine antiques, collectibles, vintage and primitives from several eras, Rooted Oaks OH where you can browse an assortment of handmade items

from local artisans, and the Aurora Farms Premium Outlets which has more than 50 designer and name brand outlet stores. For more information about the amazing attractions and things to do when visiting Streetsboro visit [www.StreetsboroVCB.com/explore](http://www.StreetsboroVCB.com/explore).

Feel at home while at one of the nine affordable hotels including the Comfort Inn & Suites, Econo Lodge, Fairfield Inn by Marriott, Hampton Inn & Suites, Holiday Inn Express Hotel & Suites, Motel 6, Quality Inn, TownePlace Suites by Marriott, and the Wingate by Wyndham. Each property features special amenities for their guests to enjoy which could include breakfast, free Wi-Fi, a fitness center, and swimming pool.



Kitchen Too, El Campesino, Tai-Wah Asian Cuisine, Happy Moose Bar & Grill, Chuggers, Don Patron Mexican Grill and Brown Derby, just to name a few. For a complete list of Streetsboro restaurants and their locations visit [www.StreetsboroVCB.com/dine](http://www.StreetsboroVCB.com/dine).

Mark your calendars for the 3rd Annual Streetsboro Restaurant Week, April 17-23, 2022. There will be amazing specials and discounts available, as well as raffle prizes for participating.

A variety of events take place throughout the year in Streetsboro and Portage County. Get ready to have some fun in 2022 and plan to attend the annual Streetsboro Family Days and the Streetsboro Bicentennial. Stay up to date on the latest events taking place by visiting [www.StreetsboroVCB.com/events](http://www.StreetsboroVCB.com/events).

Regardless of the time of year you visit, Streetsboro is always your destination for a fun, affordable and memorable vacation or getaway. Start planning today by requesting a FREE Vacation Value Packet and Coupons by visiting [www.StreetsboroVCB.com](http://www.StreetsboroVCB.com) or call (888) 558-5580. We can't wait to see you!



Oh, and don't forget about your furry friends; several of the hotels are also pet friendly so you can bring your pup along. Remember that we're Chasing Away the Winter Blues, so many hotels are also offering a special Chase Away the Winter Blues rate. For more information about Streetsboro hotels visit [www.StreetsboroVCB.com/stay](http://www.StreetsboroVCB.com/stay).

Whether you're looking to enjoy breakfast, lunch or dinner, Streetsboro has over 50 family friendly restaurants with an assortment of cuisines available including American, Italian, Mexican, Chinese, Asian, and Japanese. There is something for every appetite. Be sure to try some of the local favorites including Barrel Lodge Bar & Grill, Jim's Open





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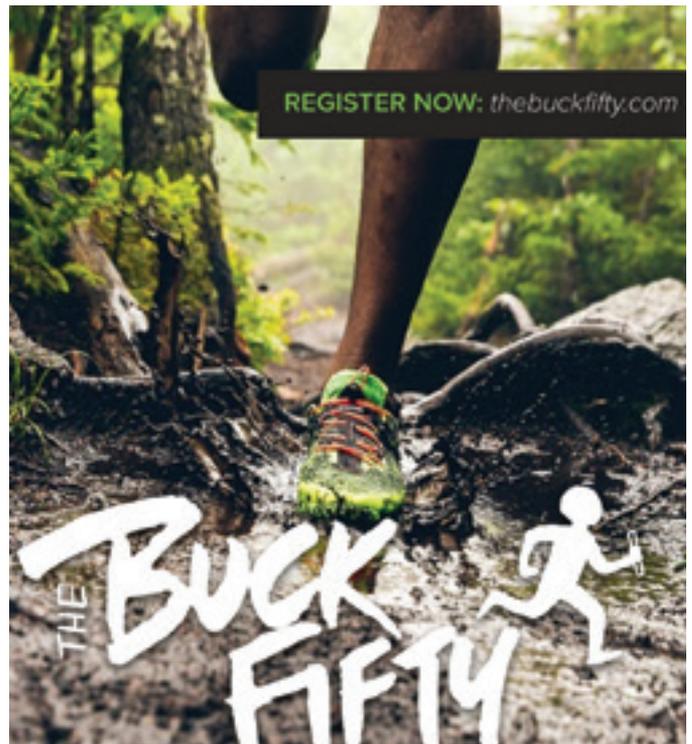
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# STARK AREA REGIONAL TRANSIT AUTHORITY ADOPTS E-PAYMENT SYSTEM



By Leo Jennings



A new tap-and-go e-payment system will make scoring great public transit service easier, more convenient and affordable. Given that the Canton area is home to the Pro Football Hall of Fame and is arguably the Gridiron Capital of the known universe, it should come as no surprise that CEO Kirt Conrad named the tap-and-go smart cards that will drive the Stark Area Regional Transit Authority's (SARTA) innovative electronic fare payment system "**SCORE**" and "**Touch Down**" cards. "The names are perfect because the cards are going to be game changers for us and our riders when we roll them out in early 2022," Conrad said.

The plastic SCORE card is similar to credit and debit cards and is embedded with a computer chip. After users create an account and register their card, they can store value on the card, use it to pay for all SARTA tickets and passes, and add to their account balance at any time online, at a transit center, or over the phone. The Touch Down card, made of heavy cardboard, comes pre-loaded with a set dollar amount or specific ticket or pass. The cards are free and will be available at SARTA's Cornerstone, Belden Village, Massillon, and Alliance transit centers and may also be ordered online, over the phone, or by mail.

Along with eliminating the need for paper tickets, passes, and transfers, the new smart cards offer a number of other advantages that will make using SARTA's fixed route, ProLine ADA, Success Express, Veterans and other programs and services more convenient and affordable than ever before.

"Riders will notice the difference the minute they get on the bus," Conrad stated. "Instead of fumbling with paper tickets and passes or cash they will simply tap their SCORE or Touch Down card on our new validators and in just a few seconds be on their way to the thousands of destinations we serve in Stark County and beyond."

And reaching those destinations will cost less because the new electronic payment system will enable SARTA to implement daily fare capping on the system's fixed routes. "Riders will be able to take as many trips per day as they want or need for just \$3.00," Conrad noted. "They won't need to buy multiple tickets or use transfers. They can literally 'tap and go' wherever they want or need to go that day for one set price."

While the new system is easy to use – creating and registering a SCORE card takes just a few minutes – SARTA is developing and preparing to launch a marketing and education campaign that will enable riders to take full advantage of all the smart cards' features. "We will use social media and our website, as well as earned and paid media to spread the word about this exciting new program," said Conrad. "And of course our talented customer service representatives will be available to answer questions, provide training, and make it easy for everyone to 'score' the best public transportation service in the area."

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# FROM WINTER BLUES TO SNOWSHOES

By David Thornbury

With the onset of winter, getting bundled up and spending time outdoors takes extra time, effort and motivation. Here in Sandusky County, our Northwest Ohio location combined with our proximity to Lake Erie gives plenty of reasons to get motivated to explore our county and take in an adventure or two!

The crowded parks and trails from just a few months ago are suddenly eerily quiet. Snow covered trails offer new opportunities to explore our parks from a whole new perspective. While our parks are open year-round for hiking, we do suggest at least 2 inches of snow for cross-country skiing. Popular locations include: White Star Park in Gibsonburg, Creek Bend Farm in Lindsey, Blue Heron Reserve in Vickery, Wolf Creek Park and River Cliff Park in Fremont. The North Coast Inland Bike Trail spans the entire county and continues across the state, offering almost endless trails, perfect for cross-country skiing.

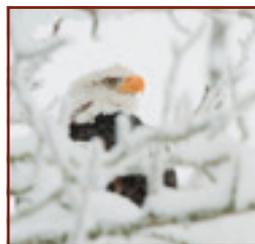
What can visitors expect to find on our wintery trails? With the decreased number of human visitors



to our parks and trails, wildlife and birds are gathering in mass. Bald Eagles are often seen,

especially along the Sandusky River and Sandusky Bay. The absence of tree foliage offers better visibility of the rural landscapes as well as the woodland creatures.

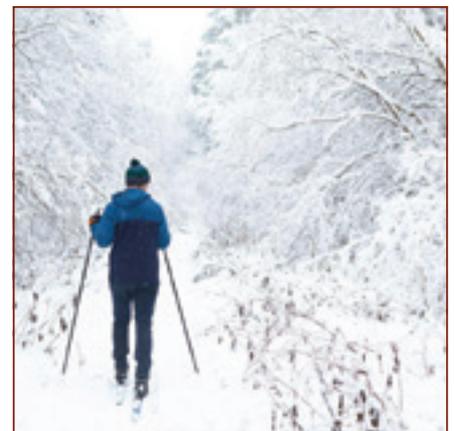
Sandusky County and Ottawa County recorded the largest number of bald eagle nests across Ohio with 142 nests between the counties according to the Ohio Department of Natural Resources 2020 nest census. The Sandusky County Park District Systems Blue Heron Reserve is part of the Lake Erie Birding Trail and is one of the best locations to spot a Bald Eagle.



historic Mull Covered bridge, located at 1515 County Road 9 in Fremont. Listed on the National Register of Historic Places, this “town lattice” truss type bridge is one of the last remaining covered bridges in Northwest Ohio. Built in 1851 by the Henry Mull family, the bridge allowed for safe access for trade to the Mull Mill. The bridge was open to traffic until 1962 when the road was diverted and a new bridge constructed.

No visit to Sandusky County would be complete without a stop at

When you are done exploring our trails by ski or on foot, you will most certainly be ready for a hot meal and maybe even a cold beer at one of our many local establishments. Downtown Fremont offers choices from American Pub to Irish and Italian and there is a full list of local eateries on our website at [sanduskycounty.org/eat](http://sanduskycounty.org/eat). If your adventure goes into the after hours, we have clean, affordable lodging that can offer you a place to rest and recharge for a second day of exploring. See [sanduskycounty.org/stay](http://sanduskycounty.org/stay).



Ready for a visit? Find out more about our parks at [lovemyparks.org](http://lovemyparks.org) or about our attractions and county at [sanduskycounty.org](http://sanduskycounty.org).

# Winter Recreation in Somerset County

By Ron Aldom

When the snowflakes start falling, Somerset County, Pennsylvania, becomes a winter wonderland for outdoor enthusiasts. The county boasts 3 downhill ski resorts, along with miles of XC (cross country) ski trails and even more miles of snowmobile trails. Plus, there is an abundance of other outdoor recreation, including snowshoeing, sled riding on a lighted hillside at Laurel Hill State Park, and outdoor beauty that makes touring the county a memorable experience.



Skiers and snowboarders are drawn each year to Somerset County's Seven Springs Mountain Resort for its diverse trail network and expansive amenities, the resort serves up 33 slopes and trails of every difficulty rating, plus 7 progressive terrain parks across 289 skiable acres. The resort hosts hundreds of thousands of guests each winter and the mountain is always buzzing when the slopes are open. With over 400 hotel rooms and an even larger array of other lodging, Seven Springs Resort is the perfect winter destination for everyone.

In search of a laid back, perfect destination for families, Somerset County offers that at Hidden Valley Resort, a sister resort to Seven Springs Resort. Hidden Valley offers 26 slopes and trails, the best snowmaking and grooming in the region and 9 lifts to get everyone up the mountain for a fun filled day. The resort amenities include, dining, full-service ski shop, ski school and other services.

The final downhill ski destination is Laurel Mountain Resort. Nestled in Laurel Mountain State Park, this iconic and revered ski resort boasts the highest vertical drop (761 feet) on the Laurel Ridge of Pennsylvania and is even more well known for its double diamond Lower Wildcat Slope, which is the steepest in the state at nearly 60%. With 20 groomed slopes and trails, Laurel Mountain is a perfect destination for skiers and snowboarders of all levels. While no lodging is available onsite, local hotels are within an easy drive.



Snowmobiling continues to grow in popularity and Somerset County offers hundreds of miles of trails dedicated to this outdoor sport. See the county's wintry landscape across open terrain and forests and experience the beauty of the snow falling across the mountains. Forbes State Forest has over 120 miles with directional signage to help you safely navigate the terrain. Information is available on the DCNR website [www.dcnr.pa.gov/recreation](http://www.dcnr.pa.gov/recreation).

XC Skiing has a very dedicated audience, who primarily travel to Laurel Ridge State Park to take advantage of over 20 miles of XC Trails, much of which is groomed. Newcomers can even schedule free lessons from the Pennsylvania Cross Country Skiers Association. Other XC locations include Kooser State Park, other sections of the Laurel Highlands Hiking Trail and the Great Allegheny Passage Bike Trail. For info, see [www.dcnr.pa.gov/recreation](http://www.dcnr.pa.gov/recreation).

Coinciding with XC and increasing in popularity every year is snowshoeing. This sport doesn't require a groomed trail and offers a great opportunity to hit the numerous hiking trails in Somerset County after a nice snowfall, take in the breathtaking outdoor scenery of our winter wonderland. Warming huts are available to cross county skiers and snowshoers along with an experienced ski patrol to aid guests with trail conditions.

Getting here is easy, as there are an abundance of major highways running through the area, including the Pennsylvania Turnpike (Route 76) with exit 110 entering directly into the borough of Somerset, providing a great east and west connection. U.S. Route 219 with its recent expansion easily connects to U.S. Route 68. The historic

National Road (Route 40) and the Lincoln Highway (Route 30) both travel through Somerset County, as well. These two highways are designated heritage corridors and offer scenic tours of historic and cultural aspects of the county.

With millions of visitors a year experiencing the winter recreation in Somerset County, there is an abundance of guest services and attractions available, including lodging, dining, shopping, wineries, breweries, and an array of others. As an agriculture county, local products are readily available, including our famous Somerset County Maple Syrup.

While winter kicks off almost as soon as the snow falls and the temperatures drop, January is always the month for the Fire & Ice Festival, which celebrates our winter heritage. Held each year, on the streets of Somerset, ice carvings, art and craft vendors, food trucks, fireworks and family-oriented games and activities all come together for a special weekend celebration. This year's festival will be held January 14-16, 2022. For more information and event schedules contact Somerset Inc. at [info@somersetinc.com](mailto:info@somersetinc.com).



Winter takes on a festive identity in Somerset County and has been welcoming skiers and other outdoor recreation enthusiasts to the mountains for nearly a century to experience all this county has to offer. Whether you're an active participant or more of an observer, Somerset County has something for everyone. And, yes, we do a great job keeping our roads open and safe to travel all year long. Explore Somerset County!





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# Keeping Up With the Times

By Wendy Hodorowski



Nearly 100 years ago, a tradition of generous hospitality began at the summer estate of Earl Oglebay in Wheeling, West Virginia, just two hours from northeastern Ohio. Earl Oglebay willed his spectacular country estate, known as Waddington Farm, to the City of Wheeling for public recreation nearly a century ago. Today, the picturesque beauty of Oglebay's property has expanded to 2,000 acres of year-round recreational activities and exceptional overnight accommodations amid the property's natural beauty, making it West Virginia's most popular recreation destination.

But it wasn't until 1957 that Oglebay became a comprehensive year-round resort when Wilson Lodge opened to the public with 57 rooms. And just nine years later, Oglebay would add the 45-room Kline Wing addition to the lodge. The 60's style décor at the time of its opening was new and cozy. A blend of rustic charm and warm colors had guests feeling right at home. This wing addition was the first of three to Wilson Lodge. The addition of Byrd Wing would be built almost 14 years later with Lakeside Wing to follow.

Oglebay is certainly no stranger to construction or renovations. Expansions to Wilson Lodge included dining room renovations in 1989 and 1999, and the addition of a conference center wing in 1997. In 2006,



Wilson Lodge once again underwent major construction with the addition of the 53-room Lakeside Wing. This new wing opened in May of 2006 and features deluxe king and double queen rooms and suites. The \$15 million construction project also included a complete redesign and renovation of existing guest rooms, six new king rooms, and a new 5,000 square-foot spa that was christened West Spa.





In 2021, Oglebay renovated Glessner Auditorium, a 7,600 square foot, 350-seat multi-purpose event and conference space and a 1,500 square foot pre-function space. Renovations included new carpeting, restoration of the hardwood floor, cleaning of the existing wood columns, paneling and wood railing, new LED, accent and stage lighting, audio-visual infrastructure improvements and new stage curtains and window treatments. Additionally, all conference and meeting facilities were fully renovated and equipped with state-of-the-art presentation technology.

Beginning in January 2022, the latest renovation of Oglebay's Wilson Lodge will transform and incorporate the 50+ year old Kline Wing into an extension of the West Wing. The rooms will be uniquely designed, providing guests with more open space, updated décor and a visually appealing color palette of warm and neutral tones throughout the suites. Additional renovations also include new flooring, enhanced lighting, and updated bathrooms. A new elevator and refreshed look complementing the hallways of West Wing will complete the transformation.

"The renovation of Kline Wing is long overdue. We are excited to soon offer guests the comfort, modern amenities and excellent customer service they have come to expect," said Beth Whitehouse, Wilson Lodge General Manager.

Today, Wilson Lodge is the centerpiece of Oglebay boasting 258 rooms, suites and chalets. Premium rooms and suites have soothing guest interiors featuring rich wood and granite, LCD TVs, wet bars, balconies, high-speed wireless and more. Superb dining venues, a full-service spa, 24-hour fitness center, retail outlets and an array of additional amenities by special request are available to all guests.

For additional information about booking a stay at this hidden gem in West Virginia, visit [oglebay.com](http://oglebay.com) or call 877-436-1797.

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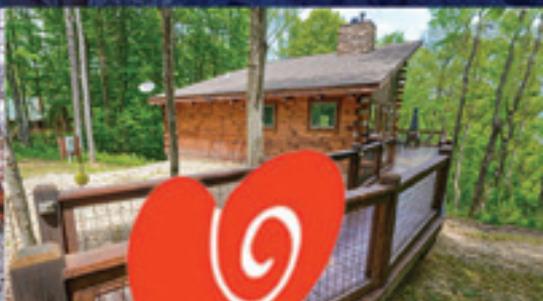


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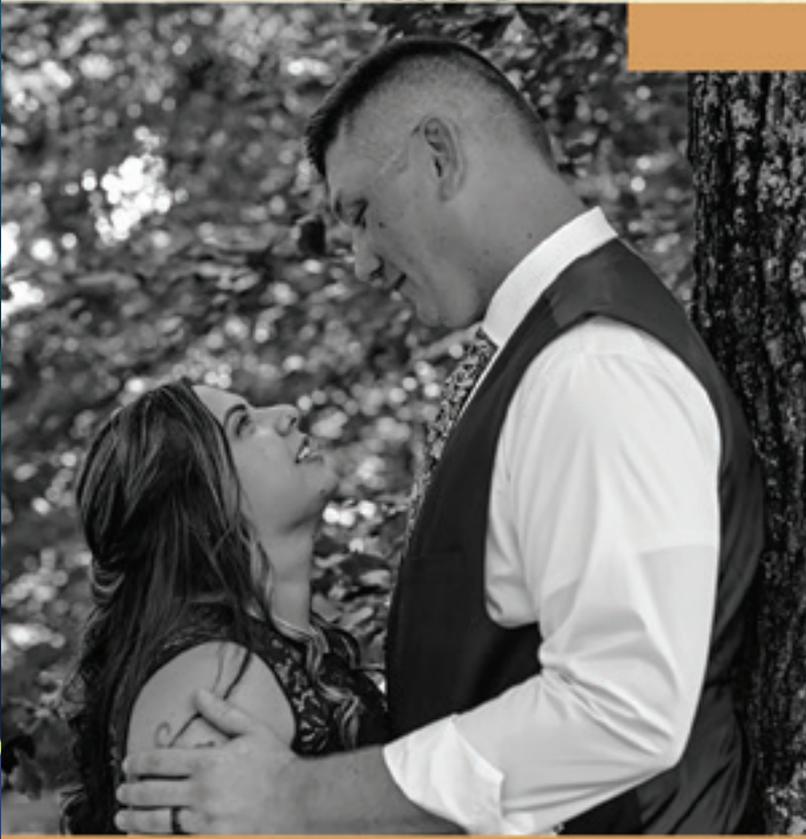


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