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Summer Outdoor Fun



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Springtime at Stan Hywet

By Donna Spiegler

Stan Hywet Hall & Gardens opens April 1 for the 2022 season and it's a great time to visit this historic estate in Akron Ohio, completed in 1915 for the family of F.A. Seiberling (co-founder of the Goodyear Tire Company) and his wife, Gertrude. By late April, depending on how quickly spring and warmer temps arrive, daffodils and tulips are pushing up through the soil, the beginning of a cascade of garden color in the historic gardens that lasts well into October.

Visit and enjoy a tour of the manor house and a walk through the gardens, including the English Garden, the Great Garden, the London Plane Tree Allée, the Birch Tree Allée, the Japanese Garden, West Terrace and the Lagoon.

All gardens have been restored to the original design intent of landscape architect Warren Manning. The Seiberlings hired Manning in 1911 to design the grounds and gardens around the manor house designed by Charles Schneider. Considered one of the premier landscape architects of the early 20th century, Manning transformed the once abandoned farmland, woodland, and sandstone quarry into the beautiful estate that guests enjoy today.

A distinguishing feature of the Stan Hywet landscape are the two *allées* or promenades on opposite sides of the manor house. The **London Plane Tree Allée** extends 645 feet from the South Terrace to the end of the property, and is planted with London Plane (sycamore) trees, rhododendrons, azaleas and groundcover.

Extending north from the Manor House is the **Birch Tree Allée**, a 550-foot promenade of gray birch trees planted with lily-of-the-valley, creating a corridor with dappled sunlight and linking the Manor House to the Tea Houses. The tea houses provide guests a place to relax, and also offer a great view of the Lagoon area of the property. These garden pavilions are also a popular site for weddings, with the Birch Tree Allée serving as the wedding aisle.



One of Gertrude Seiberling's favorite gardens, the **English Garden** is a formal enclosed sunken garden. This garden has two entrances, and the main entrance is inspired by English churchyard gates. Redesigned in 1928 by landscape architect Ellen Biddle Shipman, the garden features a wide variety of perennials, decorative paving, sculptures, a garden building and pools, all standard features in her garden design. The English Garden is one of only two fully-restored gardens designed by Shipman that are open to the public.

The **Lagoon** is the last outdoor garden space to be restored (in 2020) according to the original design of Manning. Located on the site of an old stone quarry, it is comprised of a series of five manmade ponds, fed by two small reservoirs to the northwest. Dredged of 100 years of organic matter, and with a modern pumping system installed, the Lagoon now has a healthier ecosystem and is a tranquil place for guests to walk and enjoy nature.

With this modern pumping system, water from the Lagoon cycles through the nearby **Japanese Garden**. Manning collaborated with Japanese landscape architect T.R. Otsuka on the design of this garden, a miniature landscape of the Japanese countryside with a waterfall and representation of Mt. Fuji fabricated out of cement. Water from the waterfall flows through the Japanese Garden and winds through a wooded section of trails before ending up back in the Lagoon.

Behind the manor house, the multi-level **West Terrace** features a reflecting pool and an overlook with a vista of the Cuyahoga Valley. One of the most remarkable and intentional features of this vista is that it can be seen from the lawn in front of the house when all the manor house doors are open, a reminder to visitors that the house and landscape have been designed to feel completely integrated.

The **Great Garden** was originally designed as a service and kitchen garden; with rectangular beds of vegetables, fruit trees and berry brambles; as well as a cutting garden to grow fresh flowers for arrangements in the manor house. Still used for fresh flowers for floral arrangements, the Great Garden starts to "pop" with colorful blooms in late spring. By June, the perennials are in full bloom, and birds and butterflies have found their way back to the lush garden.

It's easy to spend an entire day touring Stan Hywet's garden and grounds. If time permits, other gardens to tour are the Rose Garden, the Dell, the Perennial Garden and the Corbin Conservatory, an indoor tropical garden.

From April to December, Stan Hywet offers self-guided tours of the manor house and grounds, and masks are required in all indoor spaces. The most up-to-date information on ticket prices, as well as the availability of guided tours and Covid-19 protocols, may be found at stanhywet.org.



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Shenandoah NATIONAL PARK

By Douglas M. Kish, M.A.

Located near the Blue Ridge Mountains in the Commonwealth of Virginia, lies 196,000 acres of land known as Shenandoah National Park. The park is best known for Skyline Drive, a 105-mile road that runs along the ridge of the mountains the length of the park and designated a National Scenic Byway, offering spectacular views of the area.

If you want to bring your furry companion, Shenandoah National Park is one of the most dog-friendly parks in the National Park System. Campgrounds allow dogs and they are permitted on nearly all of the trails if kept on a leash of 6 feet or less in length. While in the park, there are several species of wildlife that can be identified. More than 200 species of birds call Shenandoah National Park home and there are 32 documented species of fish in the park.

Numerous waterfalls of all sizes and shapes lie within park boundaries. The park encompasses various peaks, the highest of which is Hawksbill Mountain at 4,051 feet. From spring through fall, park rangers organize ranger-led hikes, as well as presentations regarding the history of the area.

Shenandoah National Park has two permanent visitor centers. The Visitor Centers enable the public to familiarize themselves with the trails, interactive exhibits and ranger programs. Dickey Ridge Visitor Center is located near Front Royal, Virginia, in the northern portion of the park. Across Skyline Drive from this Visitor Center is the popular Fox Hollow Trail trailhead. Located across from Big Meadows in the center of the park is the Harry F. Byrd Sr. Visitor Center, which is a good place to start your trip.

Three of the most popular areas to hike in the Shenandoah National Park are Big Meadows, Stony Man and Old Rag Mountain. Located on top of a mountain, Big Meadows is a high-elevation area that provides habitats for many plants and animals, as well as opportunities to view wildlife, stargaze or simply wander the many paths that weave throughout this unique ecosystem.



Mary's Rock Tunnel North Portal



Old Rag is host to many rare and endangered plants that live in the area, so you are advised to stay on the trail to avoid trampling the plant life. Even though the lower elevations of Old Rag are clear in the winter, trails can be icy and snow-covered in the winter. Traction devices for your boots are recommended for a winter hike. Although Old Rag is within the boundaries of Shenandoah National Park, most people approach it from the east rather than from Skyline Drive. There are parking areas at private landowner properties, but that parking fee does not exempt you from the regular park entrance fee.

Located at mile 32.2 on the Skyline Drive is Mary's Rock Tunnel. Turn on those headlights and make sure your vehicle has enough clearance before traveling through. The height of this tunnel is 12'8". Skyland is located along mile 41.7 and 42.5 at Skyline Drive's highest elevation of 3,680 feet. Lodging accommodations in this area range from premium rooms to small cabins, preferred and traditional rooms, suites, and pet-friendly rooms located in 28 separate buildings along the ridge and in the wooded areas on over 27 acres of the park.

Shenandoah National Park offers backcountry and wilderness camping. Backcountry campers are required to follow the "Leave No Trace" policy, which does not allow campfires. They are also cautioned to be aware of wildlife and to store food in park-approved bear canisters to prevent unintentionally feeding the bears. Most of the campgrounds are open from April to October-November.

Located near the center of the park, Big Meadows provides a convenient base for your park adventure. There are many services a short walk or drive away, such as the Byrd Visitor Center, Big Meadows Wayside and Lodge, Big Meadows Campground, Big Meadows Picnic Ground and numerous hiking trails.

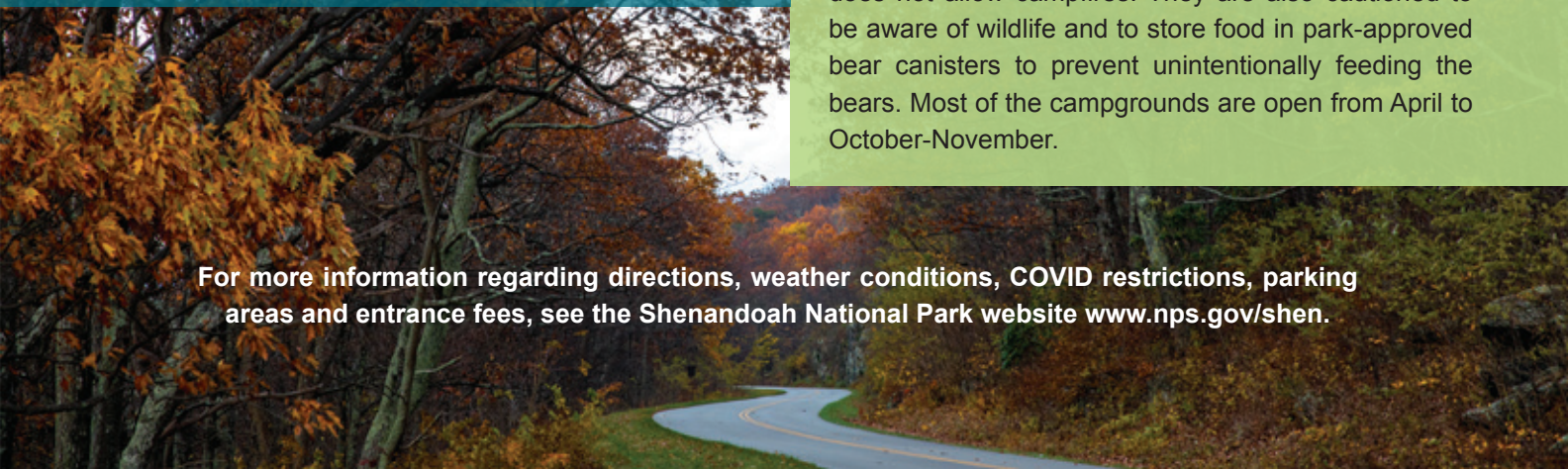
The Stony Man hike brings you to an outstanding view of the Shenandoah Valley, Massanutten Mountain and beyond. This is the easiest hike in the park, a 1.6-mile round trip loop which takes approximately 1 hour with an elevation gain of 340 feet.

Old Rag Mountain, which is home to the Saddle, Ridge and Ridge Access Trails, is open from March 1 to November 30, 2022. This area requires a day-use ticket in advance, in addition to an entrance pass, and you will not be permitted to hike Old Rag without that specific ticket. These trails feature adventurous rock scrambles and 360-degree views that will make you feel like you're on top of the world.

While highly rewarding, hiking to the summit of Old Rag is very physically demanding and can be dangerous if you have not planned properly. To ensure your safety and to get the most from your hike, be sure that you understand the basics of hiking safety before you set out on this adventure. Hikes in this area are long and have a significant elevation change with a strenuous rock scramble that requires good upper body strength. There are several different ways to hike Old Rag so it is advisable to compare the different options and pick the best route for you. It is also good to take the Old Rag trail map with you.

Bring plenty of food and water, although most hikers prefer fanny packs rather than backpacks in order to be able to get through the rocks. Hiking on a weekday will alleviate overcrowded weekends. Pets are prohibited on the Ridge, Saddle, Old Rag Access and Ridge Access trails. Legal overnight camping sites are limited in the Old Rag area. Take note of numbers listed on Old Rag Trail Blazes, as they are reference numbers for search and rescue personnel should you need to report an incident.

For more information regarding directions, weather conditions, COVID restrictions, parking areas and entrance fees, see the Shenandoah National Park website www.nps.gov/shen.



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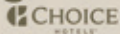
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Known to audiences from cinema to comic books, STERANKO is one of the architects of the Marvel Superheroic Age, and a collaborator with Steven Spielberg, George Lucas,

and Francis Ford Coppola on their hottest blockbuster films. Not only have recent polls cited him as the 5th Most Influential Creator in the history of the narrative art form, STERANKO has set what might be a world's record for visualizing more classic fictional heroic characters—including Sherlock Holmes, the Fantastic Four, Luke Skywalker, The Spider, the Green Hornet, James Bond, Batman, Han Solo, the Phantom, Captain Kirk, Mr. Spock, Conan, Doc Savage, Buck Rogers, and The Shadow (for which he painted 30 book covers)—than any other artist alive. All, and more, will be represented in the 2022 Spring Exhibit.

Audiences love heroes. We yearn for characters that inspire and unite us. We look for comfort in entertainment with powerful characters that save the day yet have dark sides and flaws we can relate to. You don't want to miss this premiere exhibition showcasing the most popular heroes of today's entertainment scene.

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YOUTH TRAINING

By Kelly Woodward, B.S.



Twelve-year-old Bryce Burton eagerly waits with other boys and girls for a turn to propel his knees one at a time high in the air and jump over obstacles side to side before dashing off in a zig-zag sprint down the indoor turf at 4.40 Performance in North Canton, Ohio. For families like Burton's, youth training is well worth the investment.

Burton just made one of the top soccer teams in the state, FC Evolution in Hudson, which is part of the national Elite Academy League. "My first step is when I'm the best," he says, smiling broadly. The "first step" is the first two to five steps of an athlete in any direction, which is critical for Burton to reach the ball before his opponent.

On his old team, Burton was not the fastest or strongest, nor had he ever considered trying out for a more competitive team. However, after several months of training with the coaches at 4.40 Performance, team parents began to comment on his speed. His 40-yard dash is 5.62 seconds, compared to 6.82 seconds when he started in November, 2020. Jack Burton comments about his son, "Now not only does he possess the skill, but he knows that he's strong. He knows that he's fast and he believes in himself."



Bryce Burton
Photo courtesy of Jack Burton





The married couple who runs 4.40 Performance, Lexi and Ian Connors, are happiest when they see increased confidence. Lexi smiles, saying, “When a kid starts doing things that they’ve never done before, they gain so much confidence in themselves and they take it into other places of life; in relationships, at home, at school, being a good teammate. That to me, is the biggest reward from this job.”

Lexi serves as Business Manager and Assistant Director of Sports Performance. The 28-year-old has a Bachelors in Exercise Science from Winthrop University in South Carolina, where she played Division One Lacrosse. Lexi was all-in as a young athlete, relentlessly pursuing her goals in lacrosse and gymnastics. Ian, meanwhile, enjoyed playing high school lacrosse, but did not play in college. The 30-year-old has a Masters in Exercise Science from Miami University and is Director of Sports Performance. College flags decorate their walls, representing schools where their athletes play around the country.

The training philosophy at 4.40 Performance follows the guidelines of the National Strength and Conditioning Association (NSCA), which are based on pediatric exercise science. The NSCA is concerned with both inactive youths, at risk of obesity, as well as those specializing early in a

sport and overtraining, which can lead to injury, burnout and eventually dropping out of a sport.

The NSCA states, “All youth should engage in regular physical activity and thus should be viewed as ‘athletes’ and afforded the opportunity to enhance athleticism in an individualized, holistic, and child-centered manner.”

The Connors are definitely child-centered, with Lexi joking that though they often feel like mom and dad to hundreds of athletes, they are not old enough to be their parents. However, they are young enough to relate to the athletes, who tend to confide in them. Their athletes are mostly 12 to 18, though some are as young as 7 and others are college age. 4.40 Performance develops individualized programs and trains in groups sorted by age and ability, as well as one-on-one. They also train school teams, particularly in the Federal League.

Sometimes families pursue training for a big goal, such as a Division One Scholarship, although the NCAA estimates that less than 2% of high school athletes will play Division One. The Connors encourage clients to compartmentalize goals, celebrating achievements along their individual training journeys.

Ian says, “if you can get the work in and you can continue to make progress, you’re setting yourself up to be the best version of yourself and there might be different levels to that, because, at the end of the day, when you’re 35 years old and you’re done with sports, you’re going to look back at every single practice and training session, and the friends that you made and the life lessons that you learned, the discipline, the ability to get knocked down and stand back up and all these things that carry over far beyond just sports.”

For families considering training, Ian and Lexi advise:

- 1) Let your child be the driver. Do not force him or her into training.
- 2) Beware of big promises. If it sounds too good to be true, it probably is.
- 3) If you observe young athletes training without instruction, walk away.
- 4) Trainers should emphasize **long-term athletic development, NOT short-term gain**, such as a big change in 6 weeks.
- 5) If a trainer is screaming in the face of a 12-year-old, it is not good for your child’s emotional health (though some parents may disagree).

Remember that no trainer can take full credit for a team or individual athlete’s success. They are just one part of the puzzle, in addition to the team coach, parent and child. Your primary goal is always a well-developed child, whether or not they ever play Division One.



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IT'S NOT JUST FOR VIDEO GAMES

By Sarah Kucyk

Virtual Reality Exposure Therapy (VRET) is validated by more than 25 years of scientific studies. It provides the opportunity for mental health professionals to not only reproduce real-life scenarios, but also to adapt and control these environments to suit the individual needs of their clients.

This technology allows mental health professionals to evaluate and identify their client's needs and anxieties within the safety of a consultation room. VR is a tool that effectively facilitates the application of psychological evaluation and intervention protocols.

Who qualifies to use VRET? Although many people can benefit from using VRET, studies have shown it helps individuals who have anxiety disorders, panic disorders, and people who have PTSD and OCD. Individuals who have phobias such as flying and test taking are also encouraged to try VRET.

What happens during VRET? Your therapist will discuss how VRET can help you through your needs. After the evaluation, you will be given a PSIOUS VR headset. There is no difference between this headset and the ones you play video games on so, if you have one or have ever tried VR games, you already know how this works.

If you haven't, you are essentially given goggles that cover your eyes and peripheral vision. Once you adjust it to your head, it places you in an augmented reality where you control your movement and decisions with hand controls and/or turning your head. You really feel like you're wherever the headset shows you!

During the VRET session, your therapist will be able to control what you're exposed to based on your individual needs discussed before the session. And don't worry, you'll be able to communicate with your therapist in real time. In fact, it's encouraged to talk about how and what you're feeling during the session.

Right now, Total Health and Wellness is offering VR therapy sessions. Contact us to learn how you can incorporate VR into your sessions! Call the office at 330-956-5681 or email us at hellothwc@gmail.com.



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THIRSTY DOG BREWING CELEBRATES 25 YEARS OF CRAFT BEERS

By Michael Damron, B.S.

Time flies when you're doing what you love! Thirsty Dog Brewing Company first opened in 1997. Twenty-five years later, their team is continuing to do what they love—making delicious, world-class craft beer.

Reaching their 25th anniversary helps secure Thirsty Dog as one of the oldest craft breweries in Ohio. Originally, they opened shop as a brewpub restaurant in Canton, Ohio. After several years of increasing community interest, the Thirsty Dog team decided to close the restaurant portion of the brewpub so that they could focus all their attention on making the best craft beer possible.

To help scale production efforts, they moved the brewery into the former home of Burkhardt Brewing Company, in Akron. Carrying on the city's rich brewing legacy, their brew crew began to experiment crafting different styles of beer.

Today, Thirsty Dog Brewing Company produces over 40 unique flavors of beer. Each one is meticulously hand crafted in small batches using the finest ingredients. High-quality malted barley is the source of the beer's sweetness and body. Select American and European hops are used to balance the malt sweetness, and at times to add special flavors and aromas to the beer. Their carefully selected ingredients, along with specially designed recipes and brewing processes, give Thirsty Dog beers unique flavor profiles that are hard to find in today's mass-market "one size fits all" society.



As the popularity of their beer spread throughout the east coast, the Thirsty Dog team decided to return to their roots, opening a Taphouse and Sour Haus. At each of these locations, guests can enjoy a vast selection of Thirsty Dog Beer and delicious food. You can find more information about these locations on their website thirstydog.com.

"It has been an amazing 25 years," said John Najeway, Thirsty Dog co-owner. "We were one of the first licensed breweries in Ohio, and now there are over 350 of them competing for the same consumers. As we embark on our 25th year, keep an eye out for continued innovations from us. Be sure to stop by the Taphouse to sample our latest offerings and join us for a pint or beer dinner to celebrate 25 years. Cheers!"

At Thirsty Dog Brewing Company, full flavor, delicate balance, texture, and aroma combine to make beer an infinitely complex and thoroughly enjoyable experience. Their craft brewed beers are far more diverse in range and character than the small spectrum of mass-market beers offered to the American public by the large national breweries. This diversification has helped Thirsty Dog stand out from its competitors and will continue to keep craft beer enthusiasts falling in love with their brews for decades to come.



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Coshocton County is filled with outdoor adventures for all. Scenic water trails, historic sites, historic neighborhoods, public gardens, and trails offer options for adventure seekers and those searching for a place to relax, no matter the season. It's the perfect place to plan your next outdoor experience.



Families love coming to Coshocton for fun. Lake Park Recreational Complex is the perfect place to spend the day. It features the Lake Park Aquatic Center, a riverside campground, walking, hiking and bike trails, playgrounds and picnic shelters. The Basin, a remnant of the Ohio and Erie Canal, is stocked with fish each spring. Visitors also enjoy seeing the Lake Park Pavilion, which was built in 1923 and is one of a few remaining dance pavilions in the state, now a popular site for parties and weddings.

Visitors of all ages love Historic Roscoe Village, a restored 1830's Ohio and Erie Canal Town. This charming neighborhood is filled with shops and restaurants housed in historic buildings. The Roscoe Village Foundation offers self-guided tours and canal-era crafts year-round. On summer weekends, a float back in time on the Monticello III Horse-drawn Canal Boat Ride is a must. Annual events include Spring & Fall Homeschool Days, Corvette Cruise-In, Apple Butter Stirrin' Festival and Christmas Candlelighting Ceremonies.

Clary Gardens, an emerging botanical garden, is free and open to the public year-round. Its 20 acres of hillside gardens, ponds, rose garden, outdoor amphitheater and children's garden create the perfect place for a day of family fun, romantic stroll or picnic. The new open-air pavilion is available for private functions. Clary Gardens hosts annual events which include a Butterfly House and Family Fall Festival, and is also Ohio's top outdoor wedding destination.

Geocachers can enjoy a variety of "hides" in Coshocton County. The Coshocton Visitors Bureau launched its first trail, the Coshocton Crow Geotrail, in 2014. The response has been overwhelming. We are thrilled to be launching an all-new trail this May. Geocaching is a great way to introduce navigational tools and wayfinding to kids of all ages. Using the technology within a smartphone, cachers use satellite technology to find hidden clue boxes throughout the county. Once the passport sheet is completed, it can be redeemed for an exclusive coin, available only at the Coshocton Visitors Bureau.

Guests are sure to find an adventure on one of the county's many trails. In addition to Geocaching, wine lovers and road warriors will find their place. The Three Rivers Wine Trail features eight unique wineries and a brewery all within a scenic drive of one another. Earn your free Three Rivers Wine Trail T-shirt by having your passport signed at each stop.



On the Three Rivers Ride, motorcyclists and motorists can travel on 105 miles of gravel-free scenic roadways, enjoying the best of Coshocton's rolling Appalachian foothills. Stops along the way include many of the attractions mentioned here, along with World Champion Pearl Valley Cheese and a selection of locally loved restaurants.

Race season is quickly approaching and athletes won't want to miss the opportunity to run in the first-ever Friends of the Parks Half Marathon, 10K and 5K Races on April 16. Benefitting the local park district, the course winds through Lake Park's many paved paths and through Coshocton's Historic Downtown District.

June 25 brings the 10th Annual Indian Mud Run, a nationally recognized extreme obstacle course race (OCR.) Racers from across the country come to participate and earn their spot to compete at nationals. A 5K, "easier" course and Kids Course are available for weekend warriors, too.

Love adventures on the water? Coshocton's five scenic waterways are perfect for paddling, fishing and birding. Public access points are easy to find and offer ample parking. At last count, there were 14 nesting pairs of Bald Eagle and several pairs of Osprey along the waterways. They are commonly seen flying along the slow-moving water of both the Walhonding and Tuscarawas Rivers.



Hunters from around the state and country travel to the area each year to hunt. Coshocton has been the top Ohio county for white-tailed deer harvest for more than a decade and is consistently in the top three for wild turkey. Ohio's largest public land, The Woodbury Wildlife area, sits just west of the city of Coshocton and features more than 19,000 acres. Nearly 10,000 more acres are found within the Muskingum Valley Watershed Conservancy District and on the AEP Conesville Coal Lands. Shooters can practice their skills at Woodbury Shooting Range and Thunder Valley Precision ranges.

Outdoor opportunities are abundant in Ohio and Coshocton is fortunate to have so many excellent attractions. It's easy to spend several days here. The Coshocton Visitors Bureau staff is happy to assist guests with their travel plans and itineraries. Request a free visitor packet today at VisitCoshocton.com or call (800) 338-4724.



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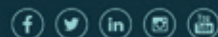
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Think Green, **THINK BIG,** Think Spring

By Linda Devlin

Extending 624 feet into the Kinzua Gorge at a height of 225 feet, the Kinzua Sky Walk is “one of the top 10 most scenic skywalks in the world,” according to The Culture Trip, U.K. At the end of the skywalk is a partial glass floor which enables one to enjoy 360-degree views of the gorge. Visitors can also enjoy the view by hiking down the side of the gorge on the Kinzua Creek Trail, or from the two overlooks located under and to the side of the skywalk.

Located within the Kinzua Bridge State Park, the skywalk is open seven days a week, year-round. At the park, you can enjoy visiting the exhibits at the Kinzua Center to learn the amazing history of the skywalk, which is the reinvention of the historic Kinzua Viaduct originally constructed in 1882. Inside the Center you will find two floors of interactive exhibits including a replica train car with video of what it was like crossing the viaduct as part of a train pulled by a large steam locomotive.

Other trails at the park include the General Kane Trail and a trailhead for the Knox & Kane Rail Trail. The Knox & Kane Rail Trail is a linear trail running from the park, past Mt. Jewett to Lantz Corners along Rt. 219. During 2022, new construction will link the trail to the village of Kane, and onto Lamont, Pennsylvania. The trail surface is crushed limestone in most areas, and it is suitable for both hiking and biking. Mt. Jewett, Lantz Corners and Kane all offer charming, locally-owned restaurants which welcome hikers and bikers.

A scenic view of a forest at sunset, with a large, rusted metal structure in the foreground. The sky is a mix of orange, pink, and blue, and the forest is a deep green. The metal structure is a large, rusted metal structure, possibly a bridge or a tower, that has been abandoned and is now a part of the landscape. It is made of dark, rusted metal and has a complex, lattice-like structure. It is situated in a clearing in the forest, and its shadow is cast on the ground. The forest is a dense, green forest, and the trees are a mix of deciduous and coniferous. The ground is a mix of dirt and grass, and there are some rocks scattered around. The overall scene is a beautiful, natural landscape that has been partially altered by human activity.

The Kinzua Bridge State Park is located at 296 Viaduct Road, Mt. Jewett, Pennsylvania. Admission is free to the park, the visitor center, and the skywalk. For park information, phone 814-778-5467.

In the springtime the Allegheny National Forest (ANF) starts an amazing transformation. Wildflowers appear, the song of birds fill the air, and the light, yellowish-green leaves start to color the forest a very distinctive shade of spring green.

The Allegheny National Forest is over 318,000 acres of public lands open for recreation. It is the only National Forest in Pennsylvania. The Allegheny Reservoir, nestled within the northern section of the ANF, offers over 100 acres of shoreline and it is perfect for fishing, kayaking, and boating. When the weather is warmer, Kinzua Beach is a designated swimming area.

The ANF offers abundant camping opportunities. There are 14 campgrounds, with more than 1,000 campsites. Campsites along the Allegheny Reservoir are Willow Bay/ Campground & Cabins, Dewdrop, Kiasutha, and Red Bridge Camping & Cabins.

The campgrounds are designed to enjoy the beauty of the forest. Mostly tree shaded, each camping site offers a picnic table, a fire ring and parking for two cars.

Two of these campgrounds also offer cabins. Willow Bay offers primitive cabins; Red Bridge has full-service cabins. For photos and information on renting the cabins please call 814-368-4158 or go to www.alleghenysite.com.

In addition, there are five non-reservoir campgrounds. These include Tracy Ridge, Minister Creek, Buckaloons, Hearts Content, and Loleta. For information on these and other sites call 1-877-444-6777 or go online to view photos and to book sites at www.recreation.gov.

Getting outside to enjoy the beauty of nature is simplified by the extensive trail system in the forest. Trails within the ANF include the North Country Scenic Trail (96.6 miles), Minister Creek Trail (10 miles), Morrison Trail (10.8 miles), Rimrock Overlook & Trail (1.3 mile), and Timberdoodle Flats Interpretive Trail (two loops, 1.75 miles). The North Country Scenic Trail is a great multi-day backpacking trail, while Timberdoodle Flats is a fun, family-friendly, looped interpretive birding trail suitable for both adults and young children.

McKean County on the northeastern side of the ANF is known as Trail Central. There are 21 trail systems built and maintained by volunteer trail groups in McKean County. The Marilla Trail System just west of the City of Bradford includes Marilla Bridges Trail, White Pine Trail, Indian Pipe Trail, Hidden Valley Passage, Cornelius Connection at Gilbert Reservoir, Marilla Rocks Trail and Marilla Springs Trail.

The Marilla Reservoir is a favorite 1-mile loop trail. The trail crosses the reservoir via a wooden covered bridge, and a gazebo half-way along the trail offers a place to rest and relax. The raised walkways, as you circle the reservoir, offer wonderful vistas of woods and water. In addition to hiking, Marilla Reservoir is a favorite fishing spot as kayaks and non-motorized boats are allowed. For information and trail maps go to www.visitanf.com/trail-central.

Nearby, but a world away, the Allegheny National Forest Region and the Kinzua Sky Walk both offer a wonderful destination for a short getaway, or a week-long summer vacation. For a full list of lodging options, things to see and do, restaurants, museums, and trail information call 800-473-9370 to request a free Adventure Guide or go online to download a guidebook at www.visitANF.com.

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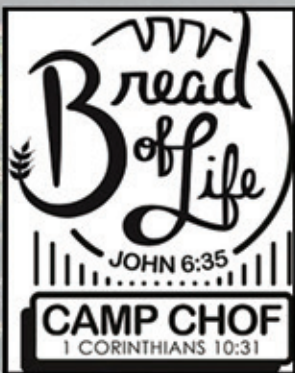


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While riding the C&O/Greater Allegheny Passage (GAP) bike trail in June of last year, I was reminded that when camping all food should be stored away from the tent and hanging high from a tree branch. Stopping for the night in a remote GAP campground, I put our food in a dry bag and hung it in an adjoining shelter. We then put our bikes and tents in another shelter. Later that evening, a racoon discovered I had left some snack food in my bike. After it knocked the bike over onto my tent, it ran out and found the hanging food.

The racoon stood about 41 inches tall (the bag was 40 inches off the ground) and it was tearing the bottom of the food bag. After cautiously convincing the racoon to leave, we had the opportunity to be up at 3 a.m. repairing a tent and re-hanging the food properly from a tree branch 10 feet off the ground. I then got to stand guard the remainder of the morning as the racoon repeatedly returned until daylight. What a way to be reminded to do things right the first time!

This and many other discoveries were part of a new adventure after my wife dropped me off in Washington, DC, and I rode my bike 5 days to Pittsburgh, Pennsylvania, self-supported using the camping facilities along the way. I have ridden the trails twice before with friends and family on the GAP (Pittsburgh to Cumberland, Maryland) and C&O (Cumberland to Washington) trails using the great B&B/hotel system. These trips were great with the first trip vehicle supported as I rode a standard Trek Road bike. The second time my wife and I hauled our gear riding a tandem and pulling a trailer.



By Knute Hankins

BIKEPACKING

on

THE C&O/GAP TRAIL

For this adventure, I discovered a great trip with a trail that provides two different camping perspectives. After riding about 30 miles out of Washington, the C&O trail had campgrounds providing an outdoor toilet and usually a pump well roughly every 10 miles. The GAP trail had a greater mix of camp area types and they were spread out a bit further. The campgrounds were never overcrowded as a random number of riders settled in each evening. It was also great to ride until you felt like stopping. There were enough camp sites that I could stop earlier if I wanted to explore, or go further if I felt like a longer ride.

Camping the rail was a great opportunity to meet independent and adventurous folks. After the first day, I met a rider heading north after having just ridden from Pittsburgh. I met another rider who was riding an e-bike from New York City to Seattle. For most of the remainder of the ride we either rode together or at least ended up in most of the same camp areas.

We also met numerous other great people. The variety of people was driven by most riders having a different pace or picking different camp sites. It was great for meeting new people whether on the trail, at a small tent village on the C&O, in a shelter in a town, or at a GAP campground. Most of the campers shared resources and stories during the evenings and the camping provided a level of friendship/support not seen in the B&B/hotel format.

There are many questions asked about various types of bikes to ride and how many repair parts you should carry with you. The trail is rougher on the C&O, but both

trails are passable for all kinds of bikes. Although any well-maintained bike will work, I recommend using a more forgiving bike with wider tires. The road/race bike was physically rough on the rocky parts of the C&O.

I rode with people using different types and ages of bikes and we had no issues or mechanical breakdowns. What also sets this trail apart from others is you are never totally alone; help and supplies are relatively close and fellow riders will be encountered throughout the day, especially in the summer.

Additionally, I did bring a camp stove for great coffee and oatmeal in the morning, while finishing in the evening with chicken ramen and tuna fish. During the day, restaurants and stores were usually available for lunch. I also carried snacks to munch on while on the trail.

For those not inclined to camp on the trail, there are numerous hotels, cabins and B&Bs along the way that are more than comfortable and accommodating.

I recommend looking at the following three resources to complete your planning for the ride. The C&O and GAP Trail guide (gaptrail.org/before-you-go/trailguide/) includes details from restaurants to key points on the trail. The Facebook group Great Allegheny Passage/ C&O Canal Enthusiasts includes many questions about the ride, actively follows many riders on their ride, and provides many daily changes in the route due to weather, etc. Finally, a list of all the camp sites available along the way can be found on the web site <https://gaptrail.org/before-you-go/camping/>.

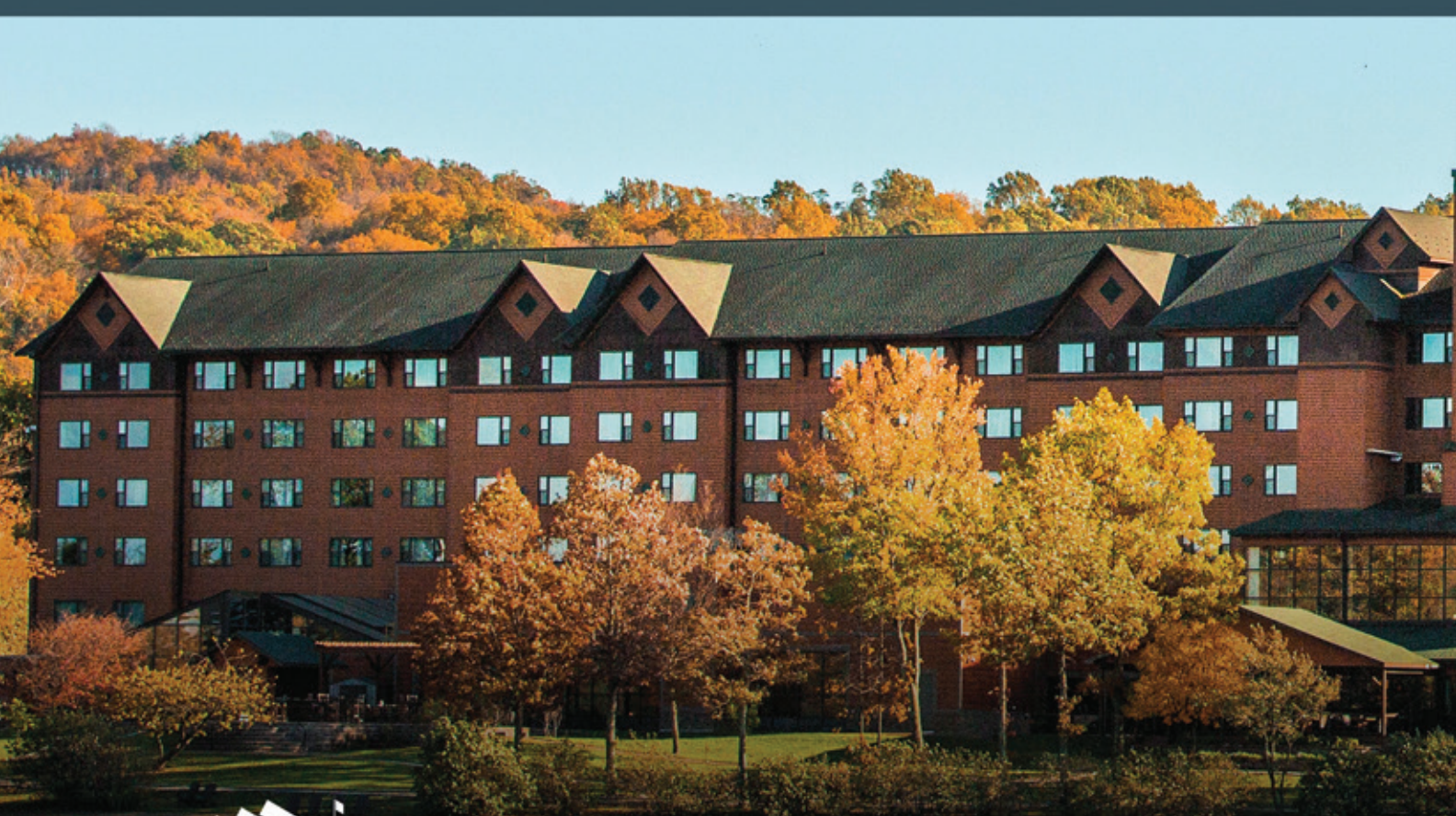
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WHAT IS INTERMITTENT FASTING?

By Janet M. Eagon, CPT

Intermittent fasting is quickly becoming one of the most popular health and fitness trends. People use it to lose weight, improve their health and improve quality of sleep. Fasting can have powerful effects on your body and brain and may even help you live longer, according to diet experts.

Intermittent fasting is an eating pattern that cycles between periods of fasting and eating. There are six popular ways to practice intermittent fasting. The 16/8 method involves fasting every day for about 16 hours and restricting your daily eating window to approximately 8 hours. The 5/2 diet involves eating what you typically eat five days of the week and restricting your calorie intake to 500-600 for two days of the week. The eat-stop-eat method involves a 24-hour fast once or twice a week. Fasting from dinner one day to dinner the next day amounts to a full 24-hour fast.

The alternate day fasting method is a full fast every other day. This method can seem rather extreme, so it is not recommended for beginners. The warrior method involves eating small amounts of raw fruits and vegetables during the day and then eating one huge meal at night. The last method is spontaneous meal skipping. It is simply skipping meals randomly when you don't feel hungry or are too busy to cook.

Fasting can be a very powerful weight loss tool. It changes hormone levels. Because of these changes in hormones, fasting may increase your metabolic rate. Intermittent fasting helps you eat less and burn more calories which causes weight loss by changing both sides of calorie equation.

What is happening during the fasting hours? Your body starts the digestion process immediately after food intake. This causes blood sugar levels to rise and produce insulin. After about 3 hours, your blood sugar levels drop again. Our body switches to energy production from fat once glucose in the blood is depleted. After about 9 hours, your blood sugar level settles down. The hormone glucagon is released, and blood sugar level remains constant.

After 11 hours, your body starts producing six different hormones that perform the same function of fat metabolism. After 14 hours, ketones are produced in the liver as a by-product of fat burning. Ketones provide energy to the heart, brain and vital organs. This is why you may feel particularly concentrated and productive during the fasting period.

After 16 hours of fasting, autophagy begins. This is a process where your cells begin to process or recycle themselves. They are completely renewed. Your body undergoes a big and proper cleanup and makes your cells more efficient. For optimal results it is recommended fasting for around 16 hours with occasional longer challenges.

In addition to weight loss, other benefits of intermittent fasting include reduction of inflammation which can lead to many chronic diseases. It increases the brain derived neurotropic factor (BDNF) hormone and may aid the growth of new nerve cells. Fasting may also help reduce "bad" LDL cholesterol and can add to heart health.

Some side effects of fasting are, of course, hunger and weakness. These may only be temporary as your body adapts to a new eating schedule. If you have a medical condition, you should consult your doctor before trying intermittent fasting.

Intermittent fasting is a weight loss tool that works for some people, but it does not work for everyone. Remember, there can be too much of a good thing. The most important is that fasting works for you. Be sure to always listen to your body.



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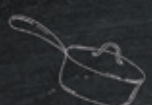
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Unique Wineries You Should Experience

By Trish Mann

The rolling Ohio countryside in and around Harrison County is home to 4 distinctive wineries, each offering locally crafted wines, stunning scenery, charming venues, and more.

Cadiz is home to Ohio Valley Winery which resides in a building off the square, dating back to 1829. They offer 8 varieties of wine, and their food offerings are small bites such as flatbreads and cheese trays. For *Gone With the Wind* fans, they will enjoy a bottle of Miss Scarlett, a dry red wine in honor of Clark Gable who was born in Cadiz. Ohio Valley Winery offers live music, DJs, and Karaoke for entertainment.

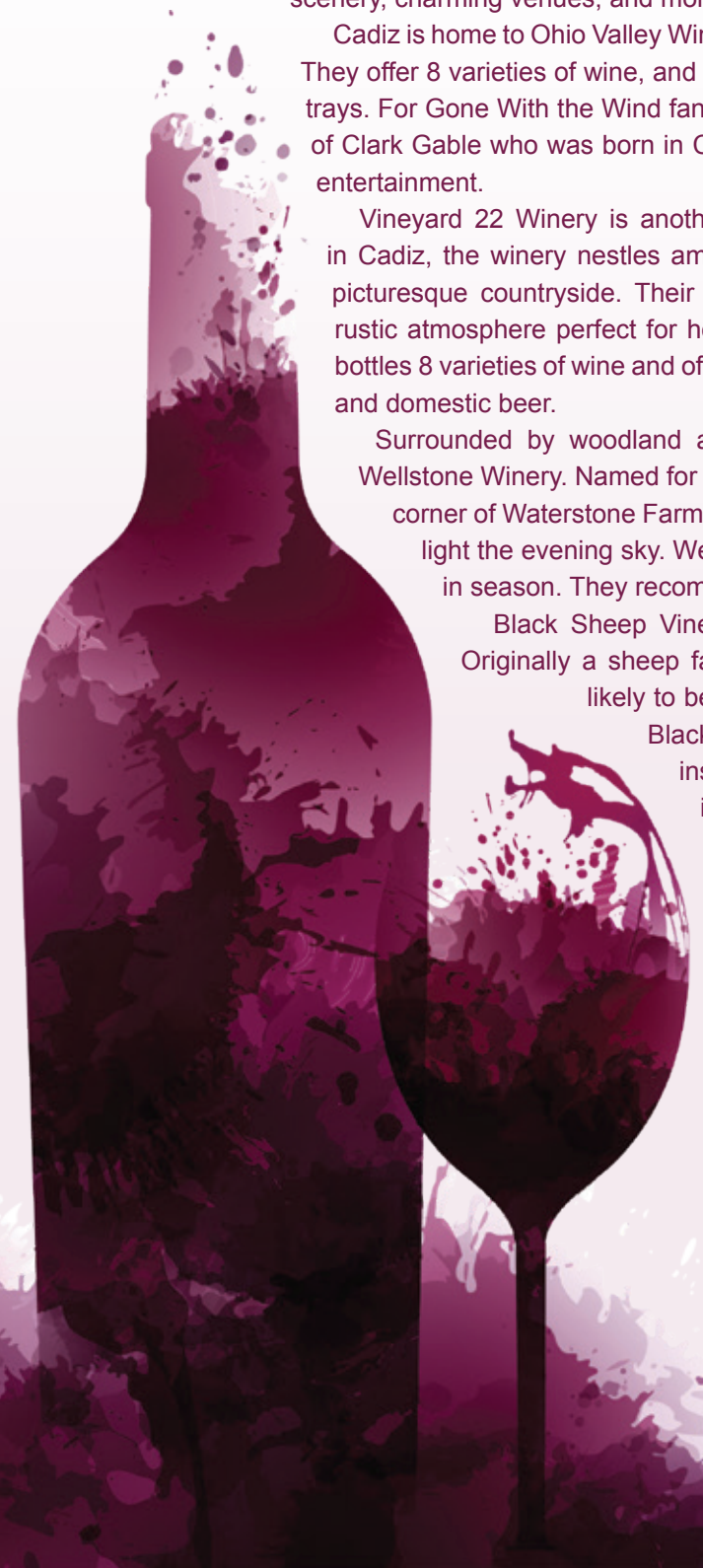
Vineyard 22 Winery is another addition to Harrison County's growing wine culture. Located in Cadiz, the winery nestles among scenic horse pastures surrounded by rolling meadows and picturesque countryside. Their views, outdoor accommodations, and barn provide an upscale rustic atmosphere perfect for hosting weddings and other events. Vineyard 22 Winery currently bottles 8 varieties of wine and offers assorted appetizers. For the non-wine drinker, they serve craft and domestic beer.

Surrounded by woodland and sandstones, the Appalachian Plateau of Ohio is home to Wellstone Winery. Named for the massive stones scattered across the area, the winery is at the corner of Waterstone Farm. It is an outdoor winery with breathtaking vistas and a stone fire to light the evening sky. Wellstone Winery offers live entertainment and food most Saturdays in season. They recommend calling ahead of your visit.

Black Sheep Vineyard in Adena is a hidden gem just beyond Harrison County. Originally a sheep farm, it's now is a family-owned winery. However, you are more likely to be greeted by the owner's gentle dogs than by sheep. The deck at

Black Sheep Vineyard offers nightly views of incredible sunsets, while inside, the warm hues of the rustic interior and crackling fireplace will immediately put you at ease. They offer 11 bottles of handcrafted wine and often have a food truck on the premises. Live music and other events are on the calendar regularly.

Today, wineries are more than just discovering a favorite bottle of wine. They are friends, family, intimate conversations around a fire, singing with live music, and sometimes just a place to unwind and leave your troubles at the door. No visit to Harrison County is complete without spending time at one or more of these timeless retreats.



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A Fun, Affordable Destination

By Lisa Wild

It's time to pack those bags and head on over to Streetsboro for some outdoor fun. Streetsboro is Northeast Ohio's Best Vacation Value, offering a vast assortment of fun outdoor activities to enjoy. Located in Portage County and directly off the 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 vacation enjoy over sixty nearby attractions including the Cuyahoga Valley Scenic Railroad and National Park, the three amazing state parks and numerous county parks. During your visit be sure to enjoy an afternoon of kayaking and canoeing



at Camp Hi Canoe & Kayak, golfing at Boulder Creek Golf Club, visiting the picturesque orchards, strolling through the wonderful farmers markets, enjoying some horseback riding, or high-flying fun with the Cleveland Skydiving Center.

There is also an assortment of museums, wineries, casinos, antique, outlet and retail stores. For more information about the amazing attractions and things to do when visiting Streetsboro, visit www.StreetsboroVCB.com/explore.

Feel at home at one of the nine affordable hotels including the Comfort Inn & Suites, Econo Lodge, Fairfield Inn by Marriott, Hampton Inn & Suites, Holiday Inn Expresses & 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.

Oh, and don't forget about your furry friends; several of the hotels are pet friendly so you can bring your pup along.

Streetsboro is also home to two serene campgrounds. For more information about the Streetsboro hotels and campgrounds visit www.StreetsboroVCB.com/stay.

Whether you're looking to enjoy breakfast, lunch or dinner, Streetsboro has more than 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 Kitchen Too, El Campesino, Tai-Wah Asian Cuisine, Brown Derby, and Chuggers, just to name a few.

For a complete list of Streetsboro restaurants and their locations visit www.StreetsboroVCB.com/dine. Be sure to mark those calendars for the Third Annual Streetsboro Restaurant Week, held April 24-30, 2022. There will be amazing specials and discounts available as well as raffle prizes for participating.

Streetsboro will be celebrating its Bicentennial during 2022 with several special events planned. Additional events will be taking place throughout the year in Streetsboro and Portage County, including Streetsboro Family Days, Garrettsville Summerfest, St. Joseph's Ox Roast, Ravenna Balloon A-Fair and the Mantua Potato Festival. Get ready to have some fun in 2022 and mark those calendars to attend. Stay up to date on the latest events taking place by visiting www.StreetsboroVCB.com/events.

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



IT'S DUCK SEASON

APRIL

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

MAY

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

JUNE

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

JULY

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

AUGUST

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

SEPTEMBER

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

*ALL GAME TIMES ARE SUBJECT TO CHANGE

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SOUTHWEST DUCKS
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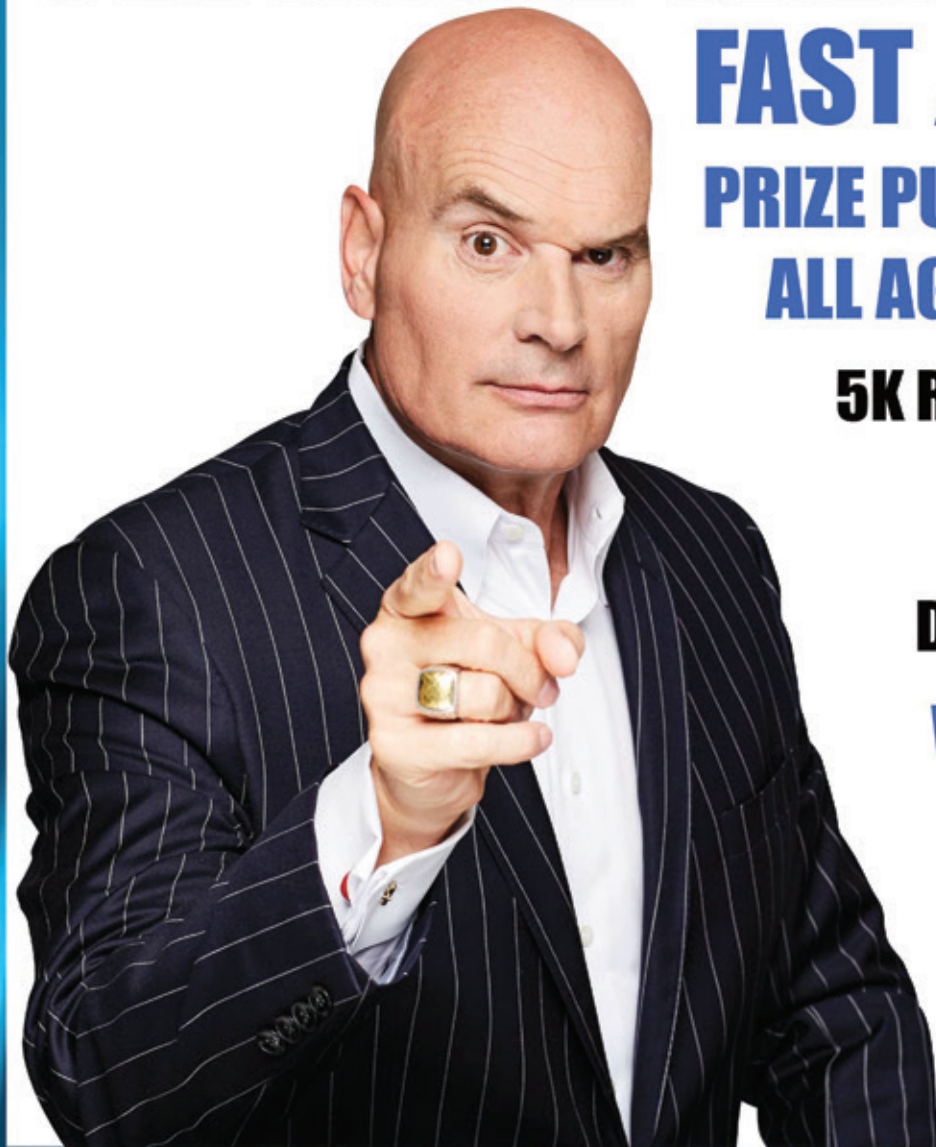
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FISHING THE CHAUTAUQUA-LAKE ERIE REGION

By Victoria Pane

The Chautauqua-Lake Region of western New York is highlighted by five amazing lakes, including Lake Erie and Chautauqua Lake, and numerous streams making it a top destination for world-class fishing.

LAKE ERIE CHARTER FISHING

Anglers from all over travel to Chautauqua County for access to Lake Erie's eastern basin, home to some of the best small and largemouth bass, walleye, and trout fishing the country has to offer. Lake Erie's shoreline between Dunkirk and Irving, New York, was named the #3 Best Bass Lake in the Northeastern U.S. by Bassmaster Magazine (July 2021). Bass are found along the entire New York shoreline with hotspots concentrated around rock drop offs in 15 to 35 feet of water.

Anglers can enjoy an early bass season on Lake Erie, which runs from the first Saturday in May until the third Saturday in June. The eastern basin of Lake Erie is well-known for trophy-size walleye (8-10 pounds) found in deeper waters. Tournament winners often exceed 11 pounds.

Lake Erie is the shallowest of the Great Lakes, making for quickly changing conditions. Lean on the expertise of area sport fishing guides, many of whom have years of experience and are happy to share the wisdom that could help land the catch of a lifetime.



FLY FISHING IN STEELHEAD ALLEY

Lake Erie's tributary streams receive an annual run of migratory rainbow trout called "steelhead." From October through April, this area transforms into the renowned Steelhead Alley as thousands of trout ascend five streams on their mission to spawn. As the fish migrate upstream, anglers from near and far travel here to enjoy a few days of fish-catching fun. Colorful steelhead from 3 to 6 pounds are common, with larger fish weighing upwards of 10 pounds offering the occasional surprise. Excellent fly-fishing opportunities await in Chautauqua County!

Cattaraugus Creek is the largest of all Chautauqua County Lake Erie tributaries, with the first six miles of this magnificent waterway located in Chautauqua County. The mouth of the stream provides access for shore and boat fishing. Silver Creek joins Lake Erie in the village of Silver Creek, New York, to offer several miles of smaller water steelhead fishing from the mouth to the other streams run muddy, this stream is typically less Hanover and King Road crossing. When stained.

Tiny Walnut Creek flows into Silver Creek near the mouth with productive fishing upstream to the falls. Canadaway Creek provides excellent steelhead fishing with colorful brown trout in the mix too. Anglers will find good numbers of both species from the mouth to six miles upstream. Westfield Water Works Dam on Chautauqua Creek allows steelhead to swim much farther upstream permitting several more fish to occupy the waterway without over-crowding.

A VARIETY OF PREY IN INLAND LAKES

Among local inland lakes, Chautauqua Lake has exceptional fishing for walleye, bass, muskellunge, and several species of panfish. It also ranked #23 Best Bass Lake in the Northeast by Bassmaster Magazine (July 2021). The shallow, weedy areas and docks offer exceptional cover for largemouth bass, and both boaters and shore anglers do best by waiting to ambush prey.

Findley Lake's beds of aquatic vegetation provide habitat for a variety of sportfish and panfish, while the three interconnected lakes of Cassadaga Lakes provide angling opportunities for largemouth bass, smallmouth bass, northern pike, muskellunge, and panfish. Bear Lake's shoreline is predominantly wetland, providing excellent habitat for bass and other predator and prey fish.

ICE FISHING

Chautauqua County is also a popular "hard water" fishing destination, with anglers seeking walleye and a variety of panfish from the frozen depths of Chautauqua Lake, Findley Lake, Cassadaga Lakes, and Bear Lake, all of which offer plowed access points.

THE FISH OF A THOUSAND CASTS: MUSKYS

Chautauqua Lake specifically is recognized as a world-class muskellunge fishery, with many fish in the 40-50-inch class caught each year. Better catch numbers tend to come from shallower areas along weed edges, where trolling or drifting and casting are both effective methods. Several fishing guides specialize in musky outings on Chautauqua Lake. They are experts at navigating local waters and all work very hard to make each angler's trip as memorable and enjoyable as possible.

Chautauqua's musky population is supported by an annual stocking of 13,000 fall fingerlings (8.5 to 9 inches) by the DEC Chautauqua Hatchery at Prendergast Point.

BY LAND OR BY BOAT

There are several great places throughout the Chautauqua-Lake Erie Region to fish directly from the shore. For those who prefer to fish by boat, many of the region's lakes offer full-service marinas, boat launches and boat rentals.

Start planning your next fishing adventure to the Chautauqua-Lake Erie Region. Visit TourChautauqua.com today or call 866-908-4569 and request a FREE copy of the 2022 Travel Guide.



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Get outside in **MOUNTAINEER COUNTRY**



By Kenzie Dye and Hannah Williams

Whether you thrive hiking hilly terrains, kayaking on a calm, winding river, or soaking up the scenic beauty around you, Mountaineer Country should be a destination at the top of your list for your next outdoor adventure.

With 21 different trails weaving nearly 50 miles through the beautiful woodlands of North Central West Virginia, Coopers Rock State Forest is one of Mountaineer Country's most popular outdoor spots. Coopers Rock offers easy to moderate hiking trails for hikers of all styles and experience levels. If mountain biking is more your speed, take a spin on more than 50 miles of single and doubletrack biking trails the forest has to offer. Whether you take an easy ride between campgrounds or climb the steep slopes to the top of the Cheat River Canyon, your experience will be both memorable and rewarding.

Another spot for a serene escape is the WVU Core Arboretum. Filled with planted trees and shrubs, old growth forest, floodplain sites, and trailside benches, the WVU Core Arboretum is tucked away between Monongahela Boulevard and the Monongahela River. Find a variety of natural habitats in its 91 acres of hillside and bottomland and more than 3 miles of foot trails. Free parking for visitors is available at the Arboretum parking lot or the WVU Coliseum parking lot.

Rock climbing is a favorite pastime for Mountaineer Country's outdoor enthusiasts. With climbs at Coopers Rock State Forest and the Snake Hill Wildlife Management Area, climbers can embark on more than 100 bouldering problems. At Coopers Rock, climbers of all levels can participate in guided rock climbing and rappelling activities.

Hidden away just outside of Morgantown, West Virginia, Snake Hill Wildlife Management Area features some of the region's lesser-explored sandstone climbing. Visitors can find a mix of top rope, trad, and sport climbing routes. Climbers can explore routes year-round, but fall is the best time.

If water activities are in your plans, you can discover all 13 miles of the beautiful Cheat Lake on a jet ski or motorboat. Boaters can launch from two lake marinas: Edgewater and Sunset, as well as the Port of Star City that accesses the Monongahela River.

Fishing is a favored activity in Mountaineer Country, too. The backwaters of Cheat Lake and Little Sandy Creek are prime spots for anglers. Fishermen enjoy the fish cleaning station available at the Cheat Lake Swimming Area at Millstone Point Beach.

Located just south of Grafton, Tygart Lake State Park features a 10-mile, 1,750-acre lake that's open to the public for fishing, boating, jet skis, and more. Set sail from one of two public launch ramps around the perimeter of the lake and reserve your spot at the Tygart Lake Marina to refuel. Tygart Lake is stocked with a wide variety of bass, walleye, catfish, and more.

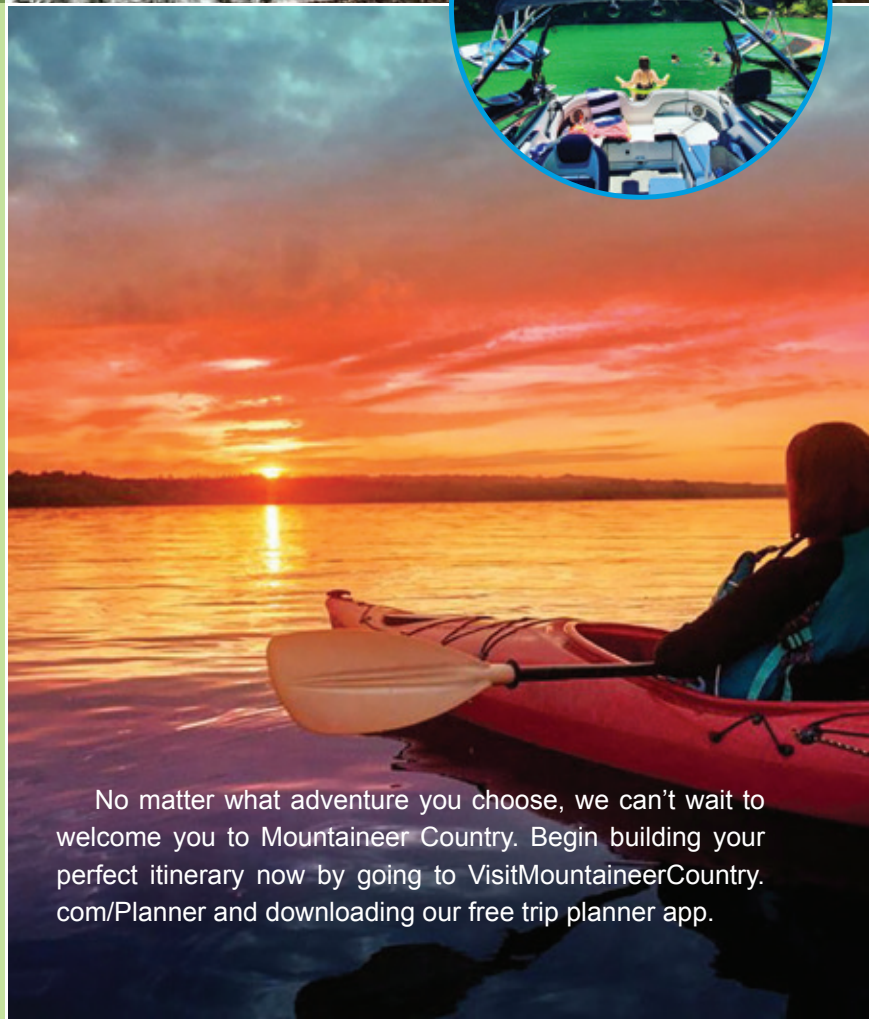
Visitors with a valid West Virginia Fishing License are invited to sail out to the backwaters for deep-boat fishing or cast out from the shore. The Tygart Lake Dam is stocked with trout by the West Virginia Department of Natural Resources. Plus, during the West Virginia Gold Rush in March, rivers throughout the state are stocked with golden rainbow trout, local fisherman's favorite treasure.

There is a large supply of kayaking and rafting adventures in Mountaineer Country. Paddlers can drop in for flatwater kayaking and canoeing from almost anywhere along the Monongahela River. Between each lock and dam, the waters are calm and clean, with slow-moving currents and lots of room to paddle.

The Cheat River is a 78-mile free-flowing river that produces everything from flatwater paddling to Class III, IV, and V white water rapids. Drop into the headwaters of the Upper Cheat River Water Trail for the first 38 miles of the Cheat River. Located just north of Morgantown, these calm, flat waters are perfect for a relaxing day on the water.

The intensity ramps up as you head into the Cheat Narrows, rushing just outside of Rowlesburg. From here, paddlers will enter the Cheat River Water Trail to complete the final 40 miles of the Cheat River, reaching the terminus at Parsons.

The Tygart Valley River flows through Valley Falls State Park in Fairmont. Four sets of cascading waterfalls are a natural draw for kayakers and paddlers alike. Known as the "Last Waters in West Virginia," the water levels and current stay strong throughout most of the year. Take on 1.5 miles of Class II to Class IV rapids before taking on the falls. Some expertise and technical skill are recommended for these rapids.



No matter what adventure you choose, we can't wait to welcome you to Mountaineer Country. Begin building your perfect itinerary now by going to VisitMountaineerCountry.com/Planner and downloading our free trip planner app.

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The snows are melting, the pandemic is easing, and it's time to spring into the year with healthy lifestyle choices. Did you know that travel is a great way to relieve stress and increase your mental health? And you don't have to travel far to experience those benefits.

It is well known that stress harms the body by causing digestive issues, headaches, sleep interruptions and loss of focus. "The stress of work and daily demands can distract us from what we find to be actually meaningful and interesting," says Dr. Tamara McClintock Greenberg, a San Francisco-based clinical psychologist and author of *Psychodynamic Perspectives on Aging and Illness*.

Add to those ordinary demands the extraordinary stress of the past two years of the Covid-19 pandemic and we are all looking for ways to restore our sense of well-being. What better way is there to help you take your mind off stressful situations than traveling to a new place, discovering new interests, and meeting new people. This can lead to lower cortisol levels, making you feel calmer and content. "It also helps us reflect on our personal goals and interests," adds Greenberg.

Ohio abounds in travel destinations – from parks to historic sites to unique small towns offering dining and shopping options. An overnight visit to one of the state's lesser-known gems can be a way to relieve stress, get physical activity, and even recalibrate your mental, emotional, and spiritual health.

This spring, consider a trip to Steubenville and Jefferson County in the eastern part of Ohio. The delightful Victorian Bayberry House Bed & Breakfast located in downtown Steubenville offers a variety of cozy but comfortable accommodations within a short distance of several of the area's signal attractions.

Energize your artistic brain cells and grab a map to walk or drive around town to see some of the 25 larger than life works of art that have given the "City of Murals" its nickname. March features the Steubenville Art Association Art Show. In April, take in the Spring Quilt Show at the Steubenville Visitor Center and participate in the Great Steubenville Eggsibition, a scavenger hunt for exquisitely painted 3-foot-tall eggs situated in downtown storefronts.

Get your endorphins pumping by hiking around Beatty Park, a site on the National Register of Historic Places with creeks, wildflowers, fossils, and trails located in downtown Steubenville. History lovers can learn about 18th century Ohio at Historic Fort Steuben, explore the Jefferson County Historical Museum, or take a ride through the countryside to Historic Mount Pleasant, an important site in the Abolitionist Movement of the 19th century.

Need some spiritual renewal? Tour St. Paul's Episcopal Church, the oldest in the city with its stunning Tiffany stained-glass windows. Or prayerfully walk the Stations of the Cross at Franciscan University of Steubenville, the large bronze images that came from Italy and designed by artist Carmelo Puzzolo.

Get up and GO and get a healthy start on life this spring without going too far!

Travel? It's Good for Your Health!

By Judith Bratten





Historic Clifton Mill

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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.

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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.

Little Miami Scenic Trail – No matter where you like to ride or hike, there's a place in Greene County to do it. Five trails in Greene County with four converging at Xenia Station, the Greene Trails rails-to-trails system reaches out in four directions on over 140 miles of paved trails.

Come visit us and experience all of Greene County!



GREENE COUNTY, OHIO
CONVENTION & VISITORS BUREAU

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GHOUL RUNNINGS

By David Thornbury



Occasionally we hear of bizarre pairings that demand explanation. Que up Ghoul Runnings Kayak Adventures. This kayak livery offers guided and self-guided tours down the scenic Sandusky River and beautiful Fremont Reservoir, but now back to the unusual name. Owners Beth Turner and her husband Bob have been running a Haunted Attraction each fall for the past 33 years known as the "Haunted Hydro." The "Hydro" is a 1910 Hydro Electric Power plant located on the Sandusky River that was fully operational until the mid-1940's.

The Turners' love for Halloween inspired them to open the Haunted Hydro and now their love for the outdoors and kayaking gave them a new idea to start a kayaking business, playing off the success of their Haunted Attraction, and Ghoul Runnings Kayak Adventures was born.

Opening in May of each year, Ghoul Runnings offers guided and self-guided tours including safety and training classes. They offer a variety of 2-hour, 4-hour, and specialty adventures which include a history tour, singles kayaking group, bird and nature, sunset, and for those that are brave enough, they offer a themed Full-Moon paddle that is repeated each lunar cycle with a different villain or creature waiting to frighten yet entertain the adventurous kayaker. From Jason to Zombies, you never know what might be lurking riverside!

Online event tickets and onsite sales are available through www.GhoulRunnings.com and at their business location, the "Yak-Shack," located at the Fremont Reservoir across the road from their "A-Frame" rental location at 1773 S. River Rd., Fremont, Ohio. Adventures start in May and run into September, weather permitting.

CHEESE N' YAKERS!

Nothing puts a smile on a face faster than Kayaking on the Sandusky River!
No phones or apps required... unless you're capturing that cheesy smile!

Find us on Facebook!
Ghoul Runnings Kayak Adventures

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SCAN TO WIN A FREE KAYAK ADVENTURE! - SCAN FOR DETAILS!
NO PURCHASE NECESSARY!

Ghoul Runnings Kayak Adventures in Fremont, Ohio has both guided and self-guided kayak trips for all skill levels!
Find your way back to nature in Sandusky County!

Dare to Discover! Plan your visit now at:
GhoulRunnings.com - SanduskyCounty.org

Ad and contest sponsored by the Sandusky County Visitors Bureau & Ghoul Runnings Kayak Adventures. Package includes: A FREE Family Kayak Adventure, overnight accommodations at the Comfort Inn and Suites in Fremont, dinner at The Garrison restaurant in Fremont and more! No purchase necessary to win!
Contest Rules: One entry per-person, winner will be randomly drawn and announced on May 15th, 2022 on our Facebook Channels.

Over 50 log cabin rentals available for 2-15 guests, grocery delivery, in-cabin chef, in-cabin massages, wedding services and more!



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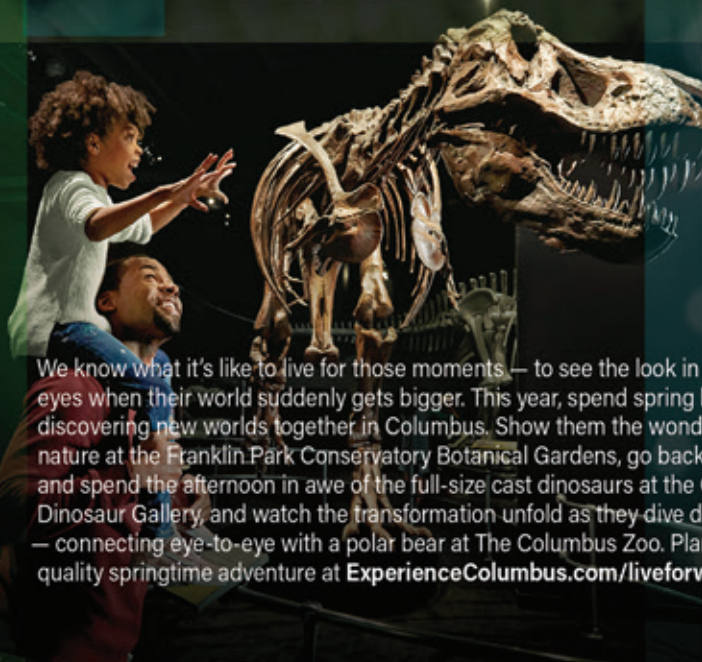


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We know what it's like to live for those moments — to see the look in their eyes when their world suddenly gets bigger. This year, spend spring break discovering new worlds together in Columbus. Show them the wonders of nature at the Franklin Park Conservatory Botanical Gardens, go back in time and spend the afternoon in awe of the full-size cast dinosaurs at the COSI Dinosaur Gallery, and watch the transformation unfold as they dive deeper — connecting eye-to-eye with a polar bear at The Columbus Zoo. Plan your quality springtime adventure at ExperienceColumbus.com/liveforward.

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