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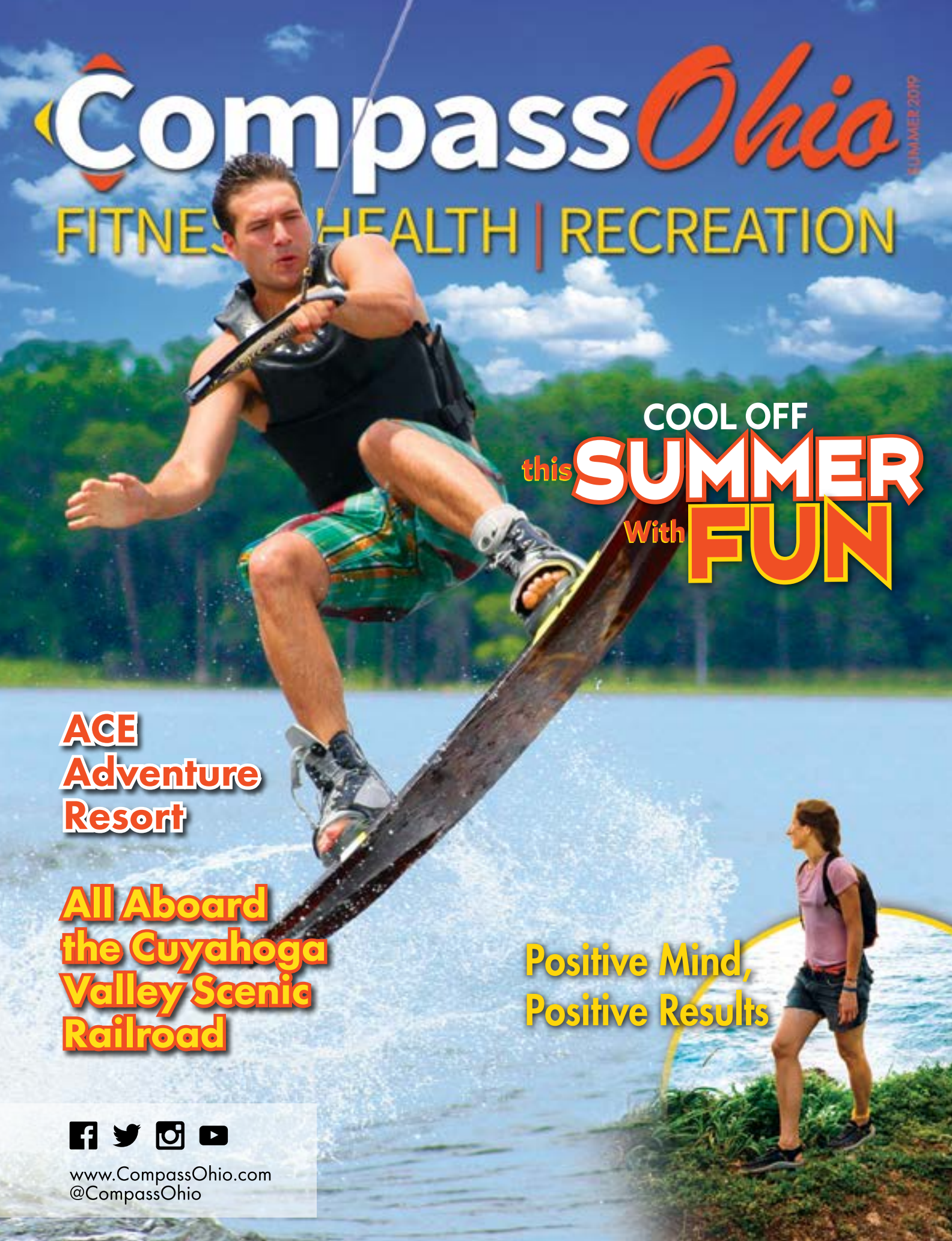
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PUT-IN-BAY

By Kristine Camper

Have you ever been itching to go on an adventure, but time and finances convince you to cancel your plans and just stay at home? Well what if I could tell you that just a short drive away is an island full of hidden caves with gems, private beaches, trails to explore, and endless miles of paths to go biking, running, or just a walk with a loved one? Does it sound like a fantasy land to you yet? It kind of is. This magical place that I am talking about is Put-In-Bay.

Located just past Sandusky, Ohio, it is only 2 hours away. Once you get there, you get to take a 30-minute ferry ride to the island which you can take as a pedestrian, with your car, or with your bike. The tickets are inexpensive and definitely worth the additional fee to take a mode of transportation with you. Although the island is not that large across, walking it all would take quite a bit of time. So, what are you waiting for? Get ready and start planning your trip. In this article we will go over activities that you can do, the expenses of the trip, when to go, and how to have a great time.

What time of the year should you plan on going to Put-In-Bay (PIB)? Because this island is in the middle of Lake Erie, it can be rather windy in early spring or early fall. Prime time for PIB is from late spring through late summer. Of course, this is the height of the season, but PIB is never too overcrowded and you can always find a place to get away from the crowds as well. You can stay at campgrounds and cabins that are family friendly. It would be wise to book these in advance if you plan on visiting during the summer to ensure that you have a reservation on hold.

One place that I would recommend looking at is AirBnB. Not all of these rentals will be directly on the island, but a little bit of time spent searching and you can find incredible locations with great deals and rates. For example, some of the cottages will give

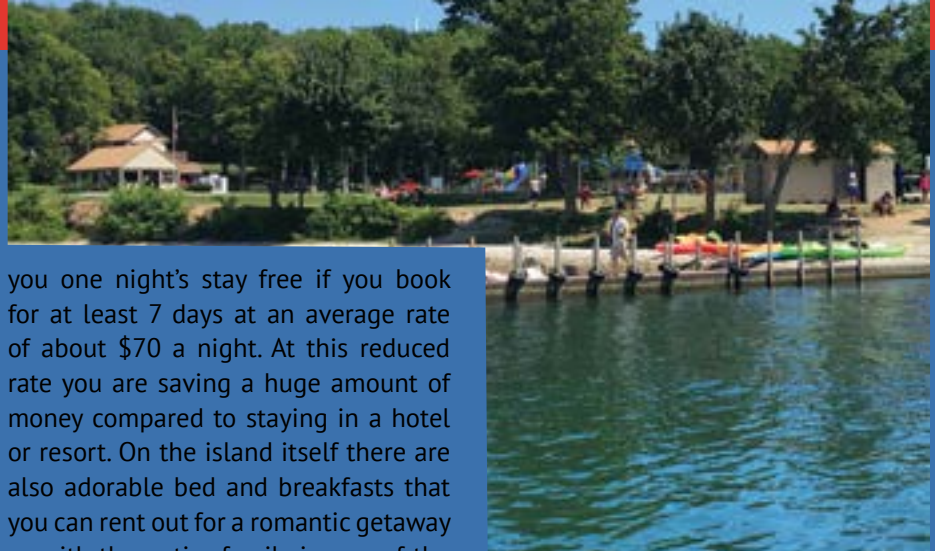
you one night's stay free if you book for at least 7 days at an average rate of about \$70 a night. At this reduced rate you are saving a huge amount of money compared to staying in a hotel or resort. On the island itself there are also adorable bed and breakfasts that you can rent out for a romantic getaway or with the entire family in one of the larger on-suites.

Why decide to go to PIB? What are some of the activities that you can do? PIB is the perfect getaway because it has access to beaches, woods, open trails, and large green spaces. So, beyond bringing frisbees, soccer balls, and a baseball and mitt, you can go on cave tours, visit some of the local wineries, have dinner on the beach, pack a picnic, go for a bike ride, go shopping in the center district, or have a night out on the town. With countless opportunities for fun and adventure, it is time to book the trip right now!

The best way to enjoy PIB is to map out what you plan to do before heading out there. The reason for this is so that you can be totally prepared and have brought everything onto the island the first time rather than having to take multiple trips on the ferry to grab things that you may have forgotten. A trip to PIB can be for just the day where you bring your bike, a packed

picnic, and your bathing suit as you travel around the wineries and enjoy the abundance of the caves. Or you can be there for an entire week with family and friends enjoying barbecues, late night campfires, long days on the beach, and searching for natural geological processes in the many nature preserves on the island.

No matter how you want to experience PIB, it is worth the trip because the reward is absolute joy and happiness as you are able to spend time with your family, friends, and loved ones without having to worry too much about having an itinerary or the financial burden of a vacation. Instead you can feel transported to a place that is completely different than your traditional summer days to have an adventure that will last you a lifetime of memories. ✨



iron deficiency

in RUNNERS

By Katelyn Luther

There's a quote somewhere that goes something like "Running is a metaphor for life, because you get out of it what you put into it." We always tend to hope that this is the case, that we will be rewarded for our hard work with success. However, in running, as in life, there are many conditions out of our control that can prevent us from achieving our goals, regardless of the effort that we put into them. There is nothing more frustrating than lining up on race day after months or even years of hard work, and not performing as well as you believed you would.

In my first few years of competitive running, I experienced this frequently. My training and workouts predicted much faster times than I was actually running in races. I began to doubt myself and question what was causing these bad performances. The answer finally came at the beginning of my collegiate career, through a blood

test. The results showed that I was iron deficient, with especially low hemoglobin levels—something very common in runners, and even more so in female runners, who lose extra iron through menstruation.

The most critical role of iron is to transport oxygen from the lungs to muscle tissues so that the muscles can convert the oxygen into ATP, the body's source of energy, through aerobic respiration. Thus, insufficient amounts of this micronutrient result in underperformance, as muscles are inhibited by lack of oxygen, with

respiration becoming anaerobic, producing lactic acid rather than energy, resulting in an earlier onset of fatigue.

Iron deficiency often goes undiagnosed in runners, as they blame their fatigue on high training volume, and bad races on numerous factors, from their mentality to what they ate the night before. While these and many other factors can greatly affect performance, they are not always to blame. Runners who regularly experience unexplained fatigue or decrease in performance may be showing signs of iron deficiency.

If these symptoms do not go away with adequate intake of iron through dietary sources, such as red meat and leafy greens, it may be beneficial to have blood levels tested. If your iron levels come back low, a doctor or dietician can suggest specific dietary needs to increase levels, or recommend supplemental iron. ✨





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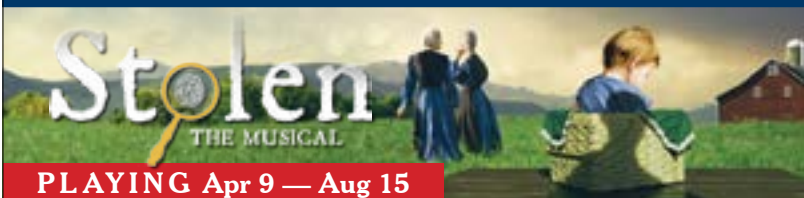
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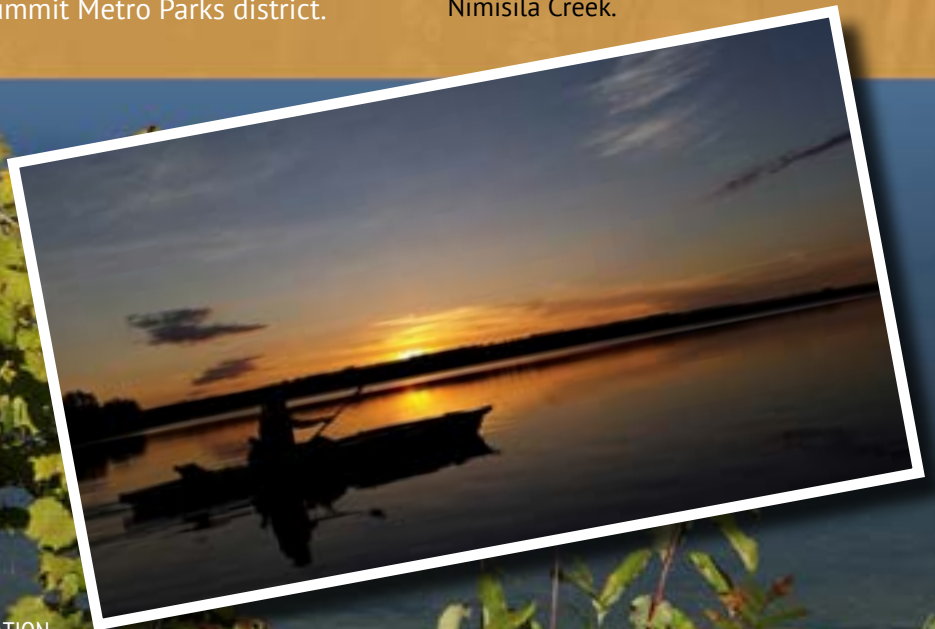
PART OF THE PORTAGE LAKES

By Stephanie Walton

Looking for first-class fishing, kayaking, camping or birding opportunities in northeast Ohio? Summit Metro Parks has it all – right in your back yard. Located in Green, Nimisila Reservoir is one of 13 water bodies that make up the Portage Lakes, and at 825 acres, it's also the largest body of water in the Summit Metro Parks district.

A RICH HISTORY

Nimisila Reservoir was the last of the Portage Lakes to be created, with the reservoir originally providing for the ever-expanding water needs of Akron's industrial complex. Built in 1936 by the federal Works Progress Administration, the reservoir was created when an earthen dam 44 feet high and 2,350 feet long was built on Nimisila Creek.



Historically, Nimisila was an important trading post for European settlers and Native Americans, and the old portage path was part of the ancient territory boundary. The area was a recognized landmark during the War of 1812, serving as a rendezvous point for American troops. In more recent history, a World War II airplane crash-landed in the reservoir on a training mission from Goodyear. According to legend, it remains stuck in the mud somewhere underwater.

DROP A LINE

If you're a serious angler, Nimisila Reservoir is the spot for you. The lake is known for its channel catfish and largemouth bass, and other fish in the lake include northern pike, walleye, bluegill, black and white crappie, yellow perch, brown bullhead and redear sunfish. With only electric boat motors permitted, the pace at Nimisila is slower and quieter, making for a good fishing experience no matter what the day's catch may be.

PADDLE THE RESERVOIR

Those who enjoy kayaking and stand-up paddleboarding will love Nimisila for its serenity and calm waters. Not comfortable yet with your paddling skills? Summit Metro Parks offers a variety of naturalist-led programming for all skill levels, at Nimisila and other area lakes. Paddle with a certified instructor and a naturalist to learn strokes, practice safety techniques and see wildlife around the water. Visit www.summitmetroparks.org for more information or to register for a program.



CAMP OUT WITH US

Once you arrive at Nimisila, you may not want to leave. Twenty-nine individual campsites are available at the campground for just that purpose. Located near the eastern banks of the reservoir, all sites are equipped with a fire ring and picnic table. Six of the sites have electricity and three are ADA accessible. Campsites accommodate a tent or tents with combined floor space under 200 square feet, or a camper, RV or truck camper and a tent. There are no showers or drinking water at the campground, but it does feature a boat launch, playground and several graywater stations.

Reservations may be made online through Reserve America (www.reserveamerica.com) and in person at the park district's administrative offices at 975 Treaty Line Road, Akron.

During peak season (May-October), sites with electricity are \$30/weeknight and \$35/night on weekends (Friday-Sunday) and holidays. Non-electric sites are \$25/weeknight and \$30/night on weekends and holidays. A flat processing fee applies to each reservation, and a 25 percent senior discount is available Monday through Thursday nights during peak season for people 60 and over.



FOR THE BIRDS

An important migratory stop-over habitat, the reservoir is home to many species of waterfowl, as well as eagles and osprey. In late summer, Nimisila is also the staging area for several thousand purple martins. The birds roost on the lake's grassy islands during the night, feast on the insect population and then continue their migration south for the winter. This nightly roosting ritual is a spectacular sight to behold.

OTHER AREA LAKES

Summit Metro Parks also manages Munroe Falls Metro Park in Munroe Falls and Silver Creek Metro Park in Norton, both of which offer lake swimming from May 25 to August 11. Visitors can also rent pedal boats at Munroe Falls, and pedal boats, canoes, kayaks, stand-up paddleboards and rowboats at Silver Creek. At Summit Lake in Akron, Summit Metro Parks operates a "pop-up nature center" offering a variety of nature and water-based programming opportunities. The park district is currently in the process of converting the historic Summit Lake pump house into a permanent lakeside nature center.

COME SEE US!

Nimisila Reservoir Metro Park:
5550 Christman Road, Green
Munroe Falls Metro Park:
521 S. River Road, Munroe Falls
Silver Creek Metro Park:
5000 Hametown Road, Norton
Summit Lake Nature Center:
390 W. Crosier Street, Akron

Contact Summit Metro Parks at 330-867-5511 or visit www.summitmetroparks.org for details, hours and directions. ✨

ACE

ADVENTURE RESORT

By Chelsea Bricker



Live **FREE** this summer at **ACE Adventure Resort!**



Located just a short drive from all of Ohio's major cities and located in Oak Hill, West Virginia, lies ACE Adventure Resort. Adjacent to land designated by The National Park Service as The New River Gorge National River, the 1,500-acre base is home to on-site rock climbing, a zipline course that offers views of the stunning New River Gorge, hiking and biking trails, a paintball course, a 5-acre lake waterpark, and so much more! For over 30 years, ACE has been a pioneer in outdoor adventure, priding themselves in offering the best trips that you can experience on the New and Gauley Rivers, with skilled guides leading you every step of the way.



Kids ages 6 and up can raft with their group and a guide, or paddle (or tandem paddle) their own inflatable kayak, known as a duckie.

The most popular trip at ACE holds that title for a reason. The Lower New River Gorge Whitewater Rafting Trip is easily the best summertime East Coast rafting experience. The 6.5 mile stretch of river winds through the bottom of a 1,000-foot canyon, with house-sized boulders, thick deciduous forests, and sandstone cliffs surrounding rafters as they make their way through the class IV+ portion of the river. The trip ends beneath the iconic New River Gorge Bridge, perhaps West Virginia's most well-known spot. Raft the Lower New as a full-day trip and experience a riverside lunch and jump rock, or opt for the shortened half-day version.

For little rafters and their families, the Upper New River provides the best

intro to whitewater around. Kids ages 6 and up can raft with their group and a guide, or paddle (or tandem paddle) their own inflatable kayak, known as a duckie. This full-day trip brings no shortage of fun, with lots of time for swimming and for playing games in the water. A riverside lunch is provided halfway through the trip to fuel you through the rest of your day.

Back on base, the 5-acre Wonderland Waterpark is unlike any waterpark you've ever seen. The natural, spring-fed lake is full of inflatable obstacles and toys so you can bounce, slide, and glide your way around the lake all day. Conveniently located next to The Lost Paddle featuring Woody's award-winning wood-fired pizza, you can take

a break and enjoy delicious American cuisine right by the lake. Grab an adult or kid-friendly slushie and hang out on the beach, or play a game of volleyball or giant chess. New for 2019, Wonderland Waterpark has added on a Splash Pad, so toddlers and smaller children can get in on the fun at the waterpark too.

ACE is proud to be the home of the only zipline course with views of the spectacular New River Gorge. The 9-zip course consists of tandem ziplines, so you can race your friends for bragging rights. Featuring two bridges, you can look down at the trees and a mountain stream below. The grand finale is a treehouse that is appropriately named "The Plunge." If you aren't afraid of

the dark, the night zip option provides serious thrills, as zipliners take on the course armed only with a headlamp to light their paths.

Miles of mountain biking and hiking trails weave their way around ACE, so you can take to the trails during your stay. Bring your own bike and hit the trails, or rent one from our welcome center. Those interested in a guided mountain bike experience can choose from a wide variety of biking trips, from beginner-friendly to more advanced single track rides. Or, see the trails and the scenic vistas they lead to on foot by hiking your way around ACE. Guided hiking trips are available both at ACE or into the New River Gorge.

The New River Gorge is world famous for a myriad of outdoor activities, including rock-climbing. Well renowned for its rock-hard sandstone, climbers travel the world to climb in this region. ACE offers climbing trips into the heart of the New River Gorge,

where beginners and experienced climbers alike can try out classic, world-famous routes. Or, climbers can opt to climb on ACE's private cliffs--this is an especially great option if you can only spend a half day climbing.

A short drive from ACE will bring you to Summersville Lake. The largest lake in West Virginia boasts crystal clear blue waters and is lined by cliffs almost everywhere you look. See Summersville Lake from a stand-up-paddleboard or lake kayak, or try out ACE's Pontoon Adventure and SUP, climb, tube, swim, and relax your way around the lake.

With lodging on site, you won't have to travel far for your activities. ACE has everything from deluxe cabins complete with hot tubs, to primitive camping, with everything in between. Many of our cabins have their own kitchen, so you can cook from the comfort of your cabin, or you can opt to dine at the Lost Paddle Bar and Grille. The Lost Paddle plays host to

locally and nationally renowned bands every weekend, so you can check out the music scene, grab some food and a craft beer or specialty cocktail, and enjoy the show.

Ready for more? Join ACE every September and October when the US Army Corp of Engineers releases the water from Summersville Lake and creates world-class whitewater rafting on the Gauley River. For 6 weekends, rafters can experience the Upper Gauley, full of pulse-pounding whitewater, or the Lower Gauley, a calmer and incredibly scenic stretch of whitewater.

Experience ACE Adventure Resort and feel like you're a world away without having to travel far. For more information and special discounts visit aceraft.com/oh. ✨



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WALKING TRAILS ARE NOT JUST FOR THE COUNTRY

It used to be a tradition of city-dwellers to take a ride out into the countryside to a state park or forest and hike along the cleared trails. But with our busy lifestyles, urban folks are looking for more local ways to get their exercise and see the sights without having to run a marathon. Travelers, too, are interested in sightseeing experiences while they stroll along city sidewalks.

There is an organization that supports those efforts: the American Volkssport Association. What are volkssports? The term translates as “sports for the people,” and includes self-paced, non-competitive events providing aerobic exercise such as walking or bicycling. As part of the International Volkssport Verband, the AVA offers free events all over the world, open to everyone regardless of age or level of fitness. Families from infants in strollers to grandparents and singles of all ages are welcome. The Ohio chapter lists seasonal walks throughout the state that combine healthy activity with interesting sights.

Walking is the most popular of all U.S. volkssporting activities and has been identified by the U.S. Surgeon General as the most beneficial form of exercise. More than 3,000 sanctioned U.S. volkssport events are sponsored

annually with participation open to the general public with no need to be an athlete. The events usually offer two trails: 10 kilometers (6.2 miles) or 5 kilometers (3.1 miles).

The City of Steubenville in east central Ohio has hosted a volkssport walk for several years through the Gemutlich Wanderers chapter. Those who register to participate get an itinerary and map, with details of the buildings, attractions and unique features along the 5K and 10K walk. As they weave through the city streets, participants learn about the 22 murals that adorn the downtown buildings, the history of the city as a major port in the 19th century and can even cross over the historic Market Street Bridge into neighboring West Virginia.

Steubenville developed its own Heritage Trail with a total length of approximately 4 miles. It begins in the downtown Beatty Park and winds its way through the historic downtown, ending in Belleview Park. Trail highlights include the restoration of the Grand Theater, Historic Fort Steuben, the Carnegie Library and many beautiful churches. Maps of the trail can be obtained at the Fort Steuben Visitor Center at 120 S. Third Street.

Joining these trails is the newest effort by the Jefferson County Chamber

of Commerce, the Market Street Mile. Designed for those who want to get some exercise during their lunch hour, the trail begins at the Chamber offices at 630 Market Street in Steubenville and wends its way down through town, across the Market Street Bridge and then back up to the offices, which equals exactly one mile.

The Chamber transforms one of its offices into “MSM” Headquarters where walkers can store their belongings while they walk and help themselves to a pick-me-up snack, water, and any other necessities they may need from sunscreen to umbrellas. There is also a sign-in sheet where participants log their walks and enter for a chance to win prizes. It is open during the Chamber’s regular hours, Monday through Thursday from 9-4. There is no need to register or sign up, there’s no charge and it is open to anyone, not just Chamber members or city residents.

So, if you can’t get out to hike this summer, take a stroll through your downtown. You’ll be surprised at what you’ll discover.

For more information on Volkssports and to find a local chapter, go to www.ava.org. ✨

Article courtesy of Historic Fort Steuben.



Bridgestone SENIOR PLAYERS *Championship*

at Firestone Country Club

By Laura Vescovi

PGA TOUR Champions is home to the legends of the golf world, and it's there that they continue to compete on the world's best golf courses in the world's most premiere events. Of those events, few carry as much weight as the Bridgestone SENIOR PLAYERS Championship, the fourth of five senior major championship of the year on PGA TOUR Champions.

The newly-named Bridgestone SENIOR PLAYERS Championship will return to Northeast Ohio for a second time in its 35-year history after being played at Canterbury Golf Club in Beechwood from 1983-1986. In total, the tournament has been played in nine different cities at some of the country's top venues including The Philadelphia Cricket Club, Caves Valley Golf Club (Baltimore), Fox Chapel Golf Club (Pittsburgh), Westchester Country Club (New York) and Exmoor Country Club (Chicago) and now Firestone Country Club which will host the event's 2019 edition the week of July 8-14, 2019.

Although the Bridgestone SENIOR PLAYERS will replace the World Golf Championships-Bridgestone Invitational, a vast amount of history will return to Firestone Country Club this year. In all, 57 of the 78 players who competed in the 2018

SENIOR PLAYERS Championship have competed in either the World Golf Championships-Bridgestone Invitational or the NEC World Series of Golf at Firestone Country Club. Most notably, José María Olazábal captured both the 1990 and 1994 NEC World Series of Golf, while Vijay Singh won the 2008 WGC-Bridgestone Invitational at 45 years old.

This tournament is a haven for spectacular golf and in 2019, fans can expect to see the best players on PGA TOUR Champions including fan favorites like Fred Couples, Jay Haas, Vijay Singh, John Daly, Miguel Angel Jimenez, Kenny Perry, Colin Montgomerie and three-time SENIOR PLAYERS champion Bernhard Langer. In addition to Langer, other notable past champions include Arnold Palmer (1984-85), Jack Nicklaus (1990), Fred Couples (2011), Scott McCarron (2018),



Vijay Singh

Firestone Clubhouse



and Vijay Singh who notched his first senior major title at Exmoor Country Club last year.

The SENIOR PLAYERS has had its share of exciting finishes over the years, and 2018 was no exception. Vijay Singh started the final round one shot behind in fourth place and went on to card a final round 67 to earn a spot in a playoff against Jeff Maggert. Singh birdied the second playoff hole, defeating Maggert and ultimately earning his third win on PGA TOUR Champions, his first senior major championship and an exemption into the 2019 PLAYERS Championship at TPC Sawgrass.

PGA TOUR Champions has a unique culture that puts fans up close and

personal with professional golfers. Fans are encouraged to walk with their favorite group of players, allowing for some great exercise while walking along the 18 holes of Firestone's South Course. Professional golf is more than just a sporting event, but a social one as well. Live Music will be performed after the last putt drops on Friday and Saturday of tournament weekend and a new venue opens this year called the Water Tower Club. This venue is where fans can relax, socialize with a drink and get a bite to eat at some of the food trucks on-site including Swenson's, Hatfield's Good Grub and Nelly Belly Pizza. Kids 18 and under are admitted free with a ticketed adult and are encouraged to visit the Kids Landing where putt-putt golf, ice cream and face painting will be available.

In addition to providing enjoyable fan experiences inside the gates of tournaments, the PGA TOUR is also

committed to leaving significant charitable footprints outside the gates in the cities it plays and since its inception has generated nearly \$3 billion all-time for charity. In Northeast Ohio, professional golf events at Firestone County Club have generated more than \$28 million for worthy causes and in the pursuit of continuing that legacy with the debut of the PGA TOUR Champions in 2019, the Bridgestone SENIOR PLAYERS will be contributing proceeds to six key charities, including the Akron-Canton Regional Foodbank, Akron Children's Hospital, The First Tee of Akron, UH Rainbow Babies & Children's Hospital, Summa Health System and Cleveland Clinic Akron General.

For more information about the Bridgestone SENIOR PLAYERS Championship coming to Firestone Country Club, July 10-14 please visit BridgestoneSeniorPlayers.com. ✦

Photos courtesy of PGA TOUR

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MOHICAN



By Laura R. Weirick

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

So, what is there to do in the Camp & Canoe Capital of Ohio? Take a canoe or kayak down the Mohican State Scenic River, try the zip line or aerial adventure park. Go karts, mini-golf and more. Summertime is perfect for hiking, mountain biking, horseback riding, and festivals. June 8 is the International Wine at the Mill Fundraiser. This is a popular Mohican event, where all proceeds go for preservation efforts at the Wolf Creek Grist Mill. July 6 brings the Car Show and fireworks. Ranked in the top 10 of car shows by *Cruisin' Times Magazine*, the Loudonville Car Show showcases vehicles of all eras. And if you love fireworks, Pleasant Hill Lake Park has the hugely popular "Christmas in July" that ends in an awesome fireworks display over Pleasant Hill Lake on July 20.

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

And what would a vacation be without shopping? The Mohican-Loudonville area has a quaint



experience over 40 top native american artisans, craftsmen & traders.

downtown with independent shop owners that will introduce the visitor to an array of art, clothing, jewelry, gadgets that solve all sorts of issues, electronics, antiques, crafts and more. Creative Outlet Indian Store has the largest selection of Authentic Native American jewelry and artwork in northern Ohio. Four Seasons has two full floors of gifts, boutique, collectibles and flowers to explore. Mohican is also the gateway to Amish Country, just a short drive to Millersburg or Berlin with shopping galore!

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

recently released movies throughout the year.

DiscoverMohican.com has plenty of options to keep travelers on budget without compromising any wants on the trip. From campgrounds to cabins, castle to a state park lodge, inns to Bed & Breakfast there is something for everyone. Some places have savings all year long. For example, if you are looking for a cabin along the Mohican State Scenic River, check out Blackfork Cabins. The longer the stay, the more there is to save. Put your child's report card to work! Mohican State Park Lodge offers a "Stays for A's" program that awards \$10.00 off for every A on your child's report card, up to a \$50.00

savings. They also offer a special rate for the "Savvy Seniors." Guests over the age of 65 can enjoy the lodge's special discounted rates.

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



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EXPLORE CLEVELAND METROPARKS THIS SUMMER

By Jeff Tolman

Manakiki Golf Course in Willoughby



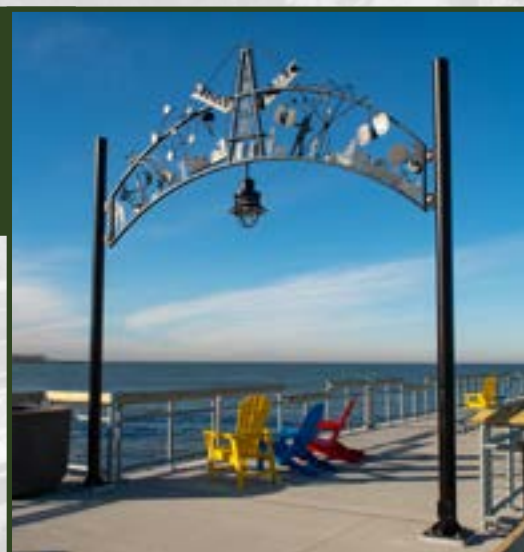
Summer turns Cleveland Metroparks more than 23,600 acres green. The warmer months bring a surge of walkers, bikers and hikers out to explore the parks, golf courses, dining and retail venues and nationally acclaimed Cleveland Metroparks Zoo.

Summertime on the Lake

Cleveland Metroparks saw record visitation to the lakefront in 2018 with the Edgewater Beach House and successful Edgewater LIVE and Euclid Beach LIVE concert series. New additions also helped drive attendance such as the Edgewater Nature Shop featuring standup paddleboard rentals and Cleveland Public Library Book Box, a mini-library that was created in partnership with the Cleveland Public Library. In late May, Cleveland Metroparks will officially dedicate the new Euclid Beach Pier, a brand new 300-foot pier that partially extends over Lake Erie.

Cleveland Metroparks free Edgewater LIVE and Euclid Beach LIVE concert series kicks-off its sixth season the last week of May and runs until the beginning of August. The series offers free live musical performances along Cleveland's lakefront with local

Euclid Beach Pier





Snow leopard at Cleveland Metroparks Zoo

food trucks, recreational activities and more. Edgewater LIVE presented by Cuyahoga Community College runs Thursday evenings beginning on May 30 at Edgewater Park and Euclid Beach LIVE presented by Dollar Bank runs Friday evenings and begins May 31 at Euclid Beach Park. The series will not be held on the week of July 4.

The trails of the Emerald Necklace

With more than 300 miles of trails including over 100 miles of paved all-purpose trails, Cleveland Metroparks continues to improve connections and build on park founder William Stinchcomb's vision of an interconnected Emerald Necklace. Recent improvements include the new six-mile paved Valley Parkway Connector Trail that fulfills the "missing link" in the Park District's network of trails between Brecksville and Mill Stream Run Reservations.

In addition to paved trails, Cleveland Metroparks has also added several new natural surface trails including the West Channel Pond Trail in Rocky River Reservation that features elevated accessible boardwalks. The new half-mile Lookout Ridge Trail in West Creek Reservation offers a unique view of the skyline of Cleveland from its overlook.

Bicycling is a popular activity across the Park District, especially so in the warmer months. In addition to the over 100 miles of shared-use, paved, all-purpose trails and 300 miles of roadways, Cleveland Metroparks also

offers three designated natural surface mountain bike trails in Bedford, Mill Stream Run and Ohio & Erie Canal reservations. The trails offer terrain for both beginner and intermediate mountain bikers.

A golf course for everyone

Golfing is also another popular recreational activity in Cleveland Metroparks during the warmer months. With eight scenic and affordable golf courses nestled around The Emerald Necklace, there's a course for everyone.



Merwin's Wharf Restaurant

Manakiki in Willoughby and Sleepy Hollow in Brecksville again rank among the top public courses in Ohio this year. While Sleepy Hollow and Manakiki can challenge even the most seasoned golfers, each of Cleveland Metroparks eight golf courses is unique – from a sporting par three at Shawnee Hills to the rolling hills of Big Met to a quick nine holes at Washington less than ten minutes from downtown.

In addition to offering fast pace of play and beautiful scenery, several courses offer a variety of lessons to improve anyone's game by trained PGA golf professionals through the Academy of Golf programs.

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

Securing a Future for Wildlife

Securing a future for wildlife is the role of Cleveland Metroparks Zoo, a nationally recognized leader among zoos and aquariums in North America with over 2,000 animals across 400 species from around the world. The zoo features unique and engaging

destinations for the whole family including Wilderness Trek, Australian Adventure, Primate, Cat & Aquatics, The RainForest, African Savanna, and newest destination – Asian Highlands.

Cleveland Metroparks Zoo specializes in animal care, education, and research. For over 20 years, the zoo has been at the forefront of conservation efforts to protect wildlife around the world. Since 1995, Cleveland Metroparks Zoo has contributed more than \$7.5 million to wildlife conservation efforts around the world in partnership with the Cleveland Zoological Society.

The Zoo is open year-round and also hosts several premier family-friendly events annually including the popular Boo at the Zoo Halloween event and more. Its educational offerings include year-round programming, camps and overnight experiences.

Education and recreation in nature

Cleveland Metroparks is a place to learn and get active, offering thousands of programs and events each year across the 48 communities it serves. Educators at the zoo, parks, and golf courses offer remarkably diverse, hands-on education opportunities to create connections to nature and promote conservation and sustainability. Naturalists provide free or low-cost nature programming for all ages from preschool to seniors at locations throughout the Emerald

Necklace. Educational opportunities for children include nature preschool, summer nature camps, and more. Free Nature Centers at locations across the Park District offer a break from the weather and feature unique educational displays and live animals.

For those looking to get active, Cleveland Metroparks Outdoor Experiences division offers diverse recreation and nature education programs year-round including hiking, mountain biking, stand-up paddleboarding, kayaking, snowshoeing, and cross-country skiing.

Dining and rentals

Cleveland Metroparks also offers unique dining opportunities such as Merwin's Wharf, located along Cuyahoga River's Irishtown Bend and offering fresh, locally sourced menu items. From Memorial Day through Labor Day, Cleveland Metroparks offers several additional dining opportunities including e55 on the lake, Emerald Necklace Café and more.

Cleveland Metroparks also offers more than 75 rental facilities. From waterfalls and castles to lakefront sites and the state-of-the-art Stillwater Place at Cleveland Metroparks Zoo, there are a number of interesting, unique places for special events.

For all information on Cleveland Metroparks, visit clevelandmetroparks.com.







West Channel Pond Trail in Rocky River Reservation





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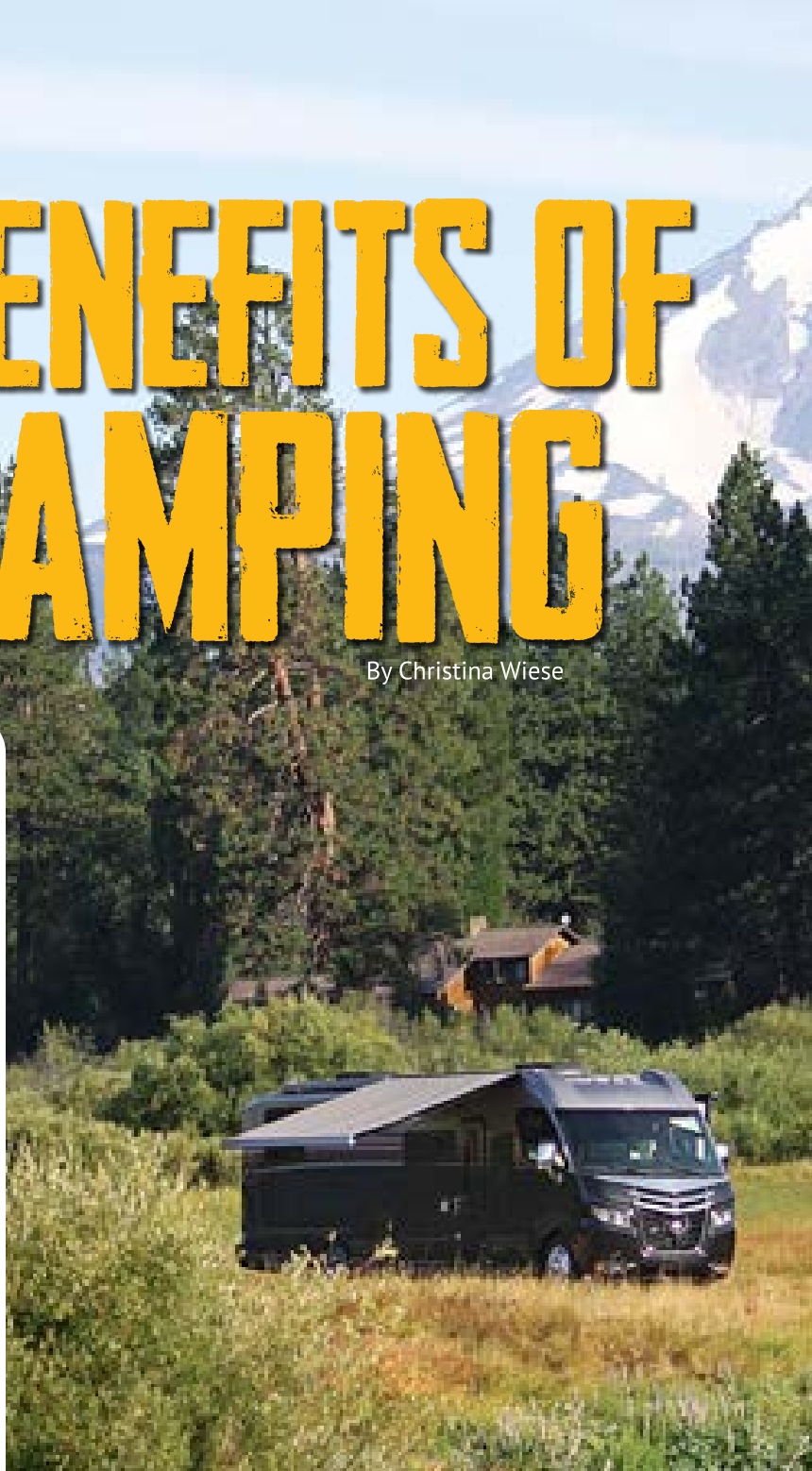
THE BENEFITS OF CAMPING

By Christina Wiese

Warmer weather has finally arrived and we're anxious to get outside and enjoy it. Of all the ways to get out there, from amusement parks to zip lining, camping is our favorite way to experience the season. And it isn't just fun, it's good for you, too. Whether you're spending quality time with others or unplugging from technology for a little while, camping offers several benefits. Here are just a few reasons why you should plan a trip this season.

EXPLORE NATURE

Make time to take in all the beauty of nature that surrounds us. You'll be left staring in awe at sights like the gorgeous colors of the Grand Canyon, the ancient Bristlecone Pine Forest, star-filled skies over Arches National Park, and other natural wonders. There are more than 130 national parks and over 10,000 campsites in the United States, so there will always be somewhere new waiting to be explored. Beaches, deserts, mountains, woods, and hundreds of places in between are yours to explore when you're camping. Get away for a weekend or plan a longer road trip and make memories along the way.





IMPROVE YOUR HEALTH

Numerous studies show that passing time outside can improve overall health. Just breathing in oxygen-rich fresh air can provide relief from daily stress. Activities like biking, hiking, and swimming are all great ways to release those endorphins. Even walking around the campground and setting up your tent or RV helps burn calories. There's also proof that sleeping under the stars and waking up to a sunrise can help reset the body's circadian rhythms so you sleep better and wake up more refreshed.

CONNECT WITH OTHERS

Making memories together is the foundation for life-long relationships. Use camping trips to get closer to your significant other or family. Take turns telling stories around a campfire. Watch the sunset together. Every moment shared is one to be treasured later. Pack up the whole family for a spring break camping trip. Or send the kids to visit grandpa and grandma in their RV for a couple weeks in the summer. Whatever your camping style, there are many ways to share the outdoor experience with others.

UNPLUG FROM TECHNOLOGY

Most of us don't realize how much time we spend on our phones, tablets, and other digital devices. Camping is the perfect time to take a digital detox. You might be surprised how much calmer and happier you feel without the constant distraction of technology. Bring along a book to read or a journal to write in for some screen-free relaxation between your outdoor adventures.

TRAVEL MORE AFFORDABLY

Camping is one of the most affordable ways to travel. Daily rates for most campsites are a fraction of the cost of a hotel room. It's easy to find an RV that suits your needs, whether you are in the market to buy or rent. Visit GoRVing.com/where-to-find to search for RV dealers, rentals, and more. There

are numerous lightweight towable units available that can be towed behind compact SUVs, and motorized RVs are becoming more fuel-efficient to help stretch those dollars. Plus, with a kitchen at your disposal, you can make healthy, inexpensive meals wherever you go.

BRING THE WHOLE FAMILY ALONG

RV camping is one of the best kid- and pet-friendly ways to travel. Lots of campgrounds have playgrounds and amenities just for little ones. The kids can have their own bunk beds in an RV, and ordinary tasks like making dinner become a family-activity around a campfire. You can even bring your furry best friend along for adventures. Many RV models include features to make traveling with pets easier – like leash hooks, pet beds, and dedicated drawers for food and water dishes.

CREATE YOUR OWN TRADITION

Camping is a tradition that can be passed down from generation to generation. Both my husband and I grew up camping with our families. His grandparents owned a travel trailer RV, and they would spend summers together at the beach. My family had a pop-up camper that we towed behind our mini-van and used for trips to the Ozarks and other Midwest vacation spots. We fondly recall those childhood memories and that's one reason we're planning to purchase an RV when we start a family. We hope to share that tradition with our children.

PACK YOUR SLEEPING BAGS AND GO

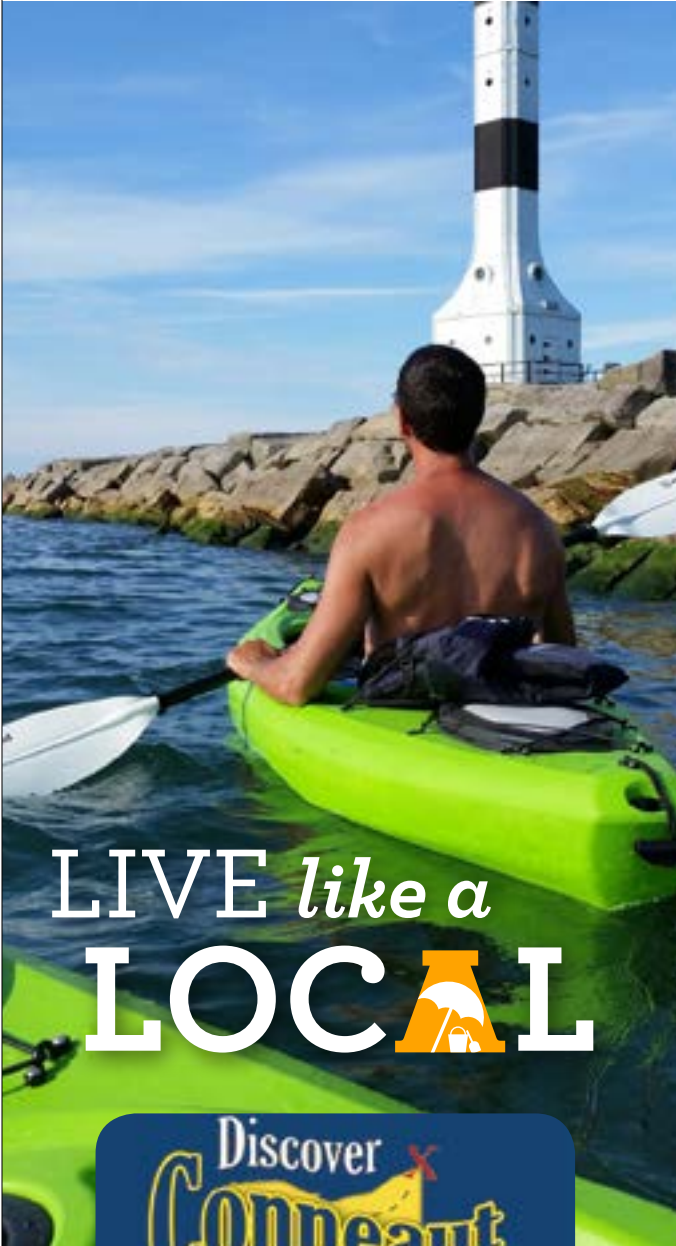
So, what are you waiting for? Start planning your adventure and experience the benefits of camping for yourself. Start by researching the location of parks you'd like to visit. The National Park Service (www.nps.gov) and GoRVing.com offer plenty of advice for campers. And don't forget to bookmark www.GeneralRV.com/blog for destination ideas, helpful tips, easy recipes, and more. Happy camping! ✨

Photos courtesy of GoRVing.com

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The 2019 Light Opera festival season, which runs June 15 through August 10, opens with the toe-tapping

musical "South Pacific" by Rodgers and Hammerstein. Also included in this summer's line up will be Gershwin's "Girl Crazy," Sondheim's "Into the Woods," Gilbert and Sullivan's "The Pirates of Penzance," "Music in the Air," "Perchance to Dream" and "The Devil's Rider."

Over 20,000 patrons from across the country and around the world come to Wooster for the Ohio Light Opera performances in the intimate confines of Freedlander Theater each summer. Patrons find the matinee performances

fit in well with local restaurants that offer upscale dining and still leave time for sightseeing and shopping. Evening performances can be followed by wine parings or decadent desserts and coffee. Hotels, Inns and Bed and Breakfasts offer special packages that include show tickets, gourmet breakfasts, lunches and dinners.

This summer the Ohio Light Opera invites you to special event call Lagniappe. What exactly is a Lagniappe? Something given as a bonus or extra gift and what a special gift this is! In appreciation of over 40 years of audience support, the Ohio Light Opera is providing a week of special events. From July 30 to August 3 the company will be presenting lectures, musical concerts and video presentation--and all events are free. Please visit them online at ohiolightopera.org for details.

While visiting our area we invite you to discover our many shopping areas including charming downtown Wooster and the popular shops of Amish Country in Kidron, Shreve and Fredericksburg. Spend the afternoon in the quant village of Smithville or Orrville, the home of the famous Smucker Company jams and jellies.

We invite you to visit us this summer and find out what makes Wayne County so special. Additional information about the Ohio Light Opera is available by phone at 330-263-2345, online at ohiolightopera.org or by contacting the Wayne County Convention & Visitors Bureau at 800-362-6474 or online at wccvb.com. ✨

Article courtesy of Wayne County Convention & Visitors Bureau.



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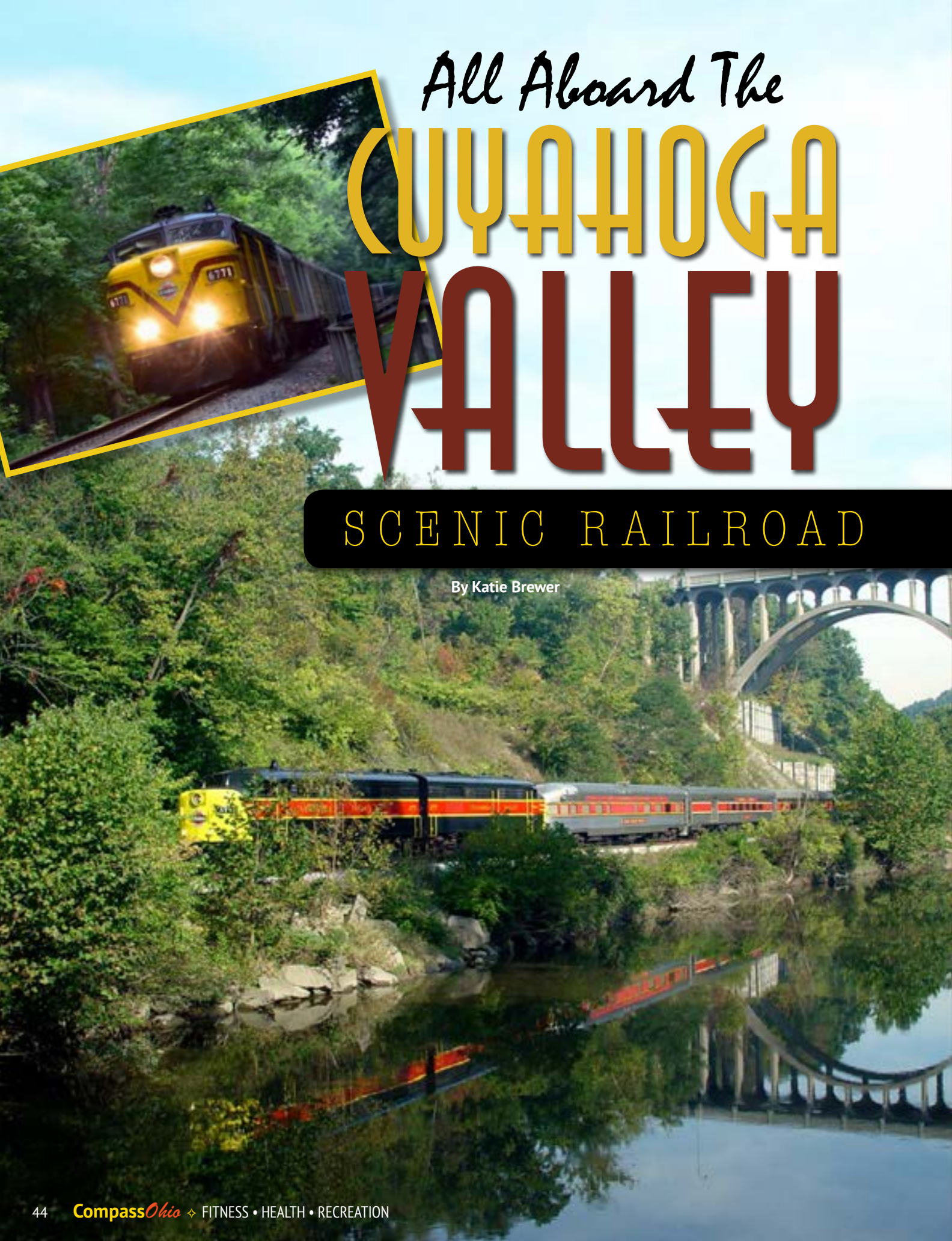
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All Aboard The

CUYAHOGA VALLEY

SCENIC RAILROAD

By Katie Brewer

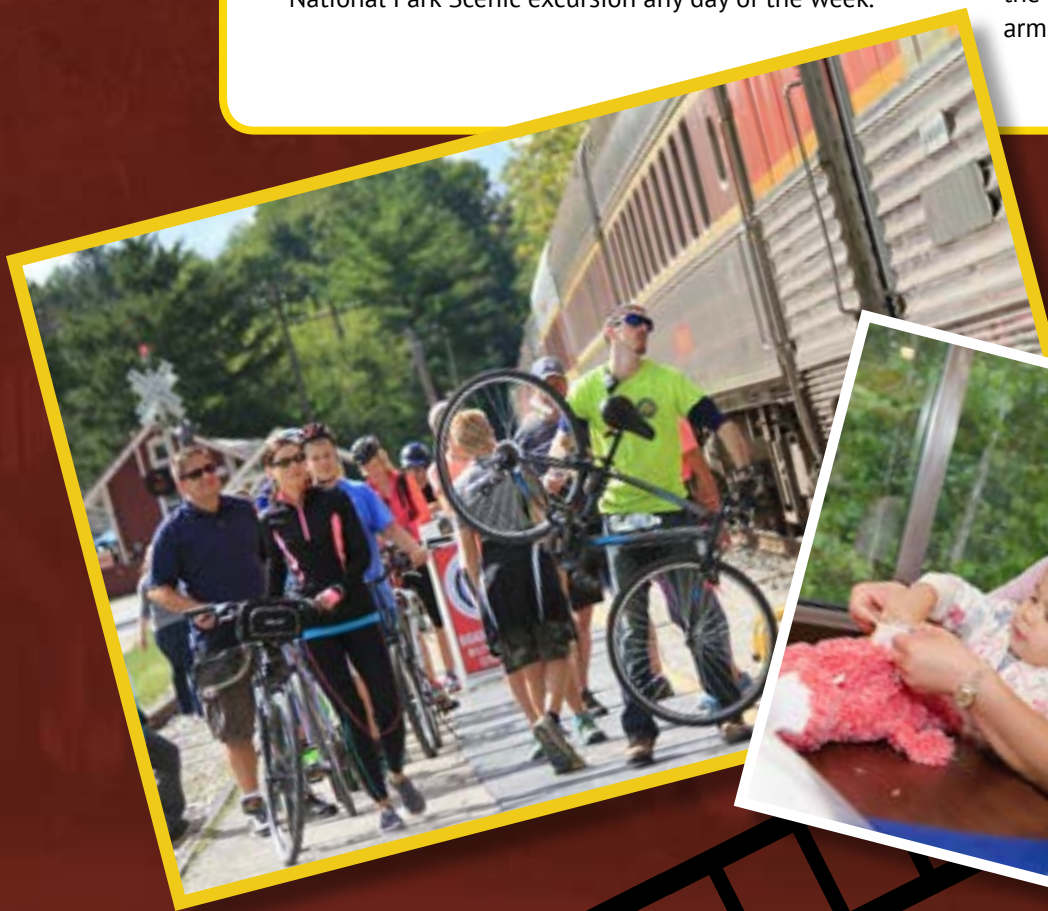
The train is your ticket to experience the natural scenery the park has to offer and to learn about the rich history of the railroad.

Located in Northeast Ohio, Cuyahoga Valley Scenic Railroad (CVSR) runs through the 33,000-acre Cuyahoga Valley National Park. The train is your ticket to experience the natural scenery the park has to offer and to learn about the rich history of the railroad. Running along 26 miles of track from Independence to Akron, passengers will see things like eagle nests, a beaver marsh, the Cuyahoga River and more.

The most popular ride is the National Park Scenic excursion, which is a three-and-a-half-hour roundtrip through the park. Passengers can choose from a variety of seating options including coach, table top, first class, upper dome and executive class. With a coach all-day pass, passengers can deboard at our three main stations along the route and walk the trails, visit local shops or grab a bite at the local restaurants. Tickets range from \$15 - \$35 per person. CVSR members receive complimentary tickets for the National Park Scenic excursion any day of the week.

Passengers can catch the train at any of the three main boarding stations in Independence, Peninsula and Akron. During June through August, the train runs Wednesdays through Sundays at various times throughout the day. Check the train schedule to view departure times.

Take in the sights of Cuyahoga Valley National Park (CVNP) by bike along the Ohio and Erie Towpath Trail and then ride the train back to your station of origin or vice versa. The unique Bike Aboard program allows cyclists to bring their bikes aboard the train, making for a fun day of exploring. The train can be flagged down at any of the boarding stations by waving both arms over your head. Bike Aboard is \$5





Looking for a nice night out? Dinner on the Train is a weekly dinner train that will transport guests back to the golden age of railroading. Every Friday night passengers board the vintage Silver Solarium and Silver Lariat California Zephyr train cars to enjoy four-courses of chef prepared food. A complimentary bar is available for guests and wine is poured throughout the courses. Tickets are \$115 per person for dome seating and \$105 per person for first class seating. Dinner on the Train is only for passengers ages 21 and older.

CVSR also offers Friday night event trains like Canvas and Wine on the Rails, Murder Mystery, Trivia and Bingo on the Train, Grape Escape wine tasting, Ales on Rails™ beer tasting, Mixology, Music on the Train and party cars with changing themes. These events can be found at cvsr.org/Friday-night-events.

Tickets for all train rides can be purchased online at www.cvsr.org or by calling 1-800-468-4070. It is recommended that passengers purchase tickets prior to boarding and arrive at the station 30 minutes prior to departure time. ✨

per person and is paid upon boarding (ages three and older). For frequent riders, an annual Bike Aboard pass is available for \$35 per person and allows cyclists to ride as many times as they wish. To check the mileage between stations and learn more, visit cvsr.org/bike-aboard.

Kayakers can also ride down the Cuyahoga River and take the train back to where they started. A single kayak is \$10, and a double kayak is \$15. Be sure to check with CVNP about any alerts they may have for the water trail.

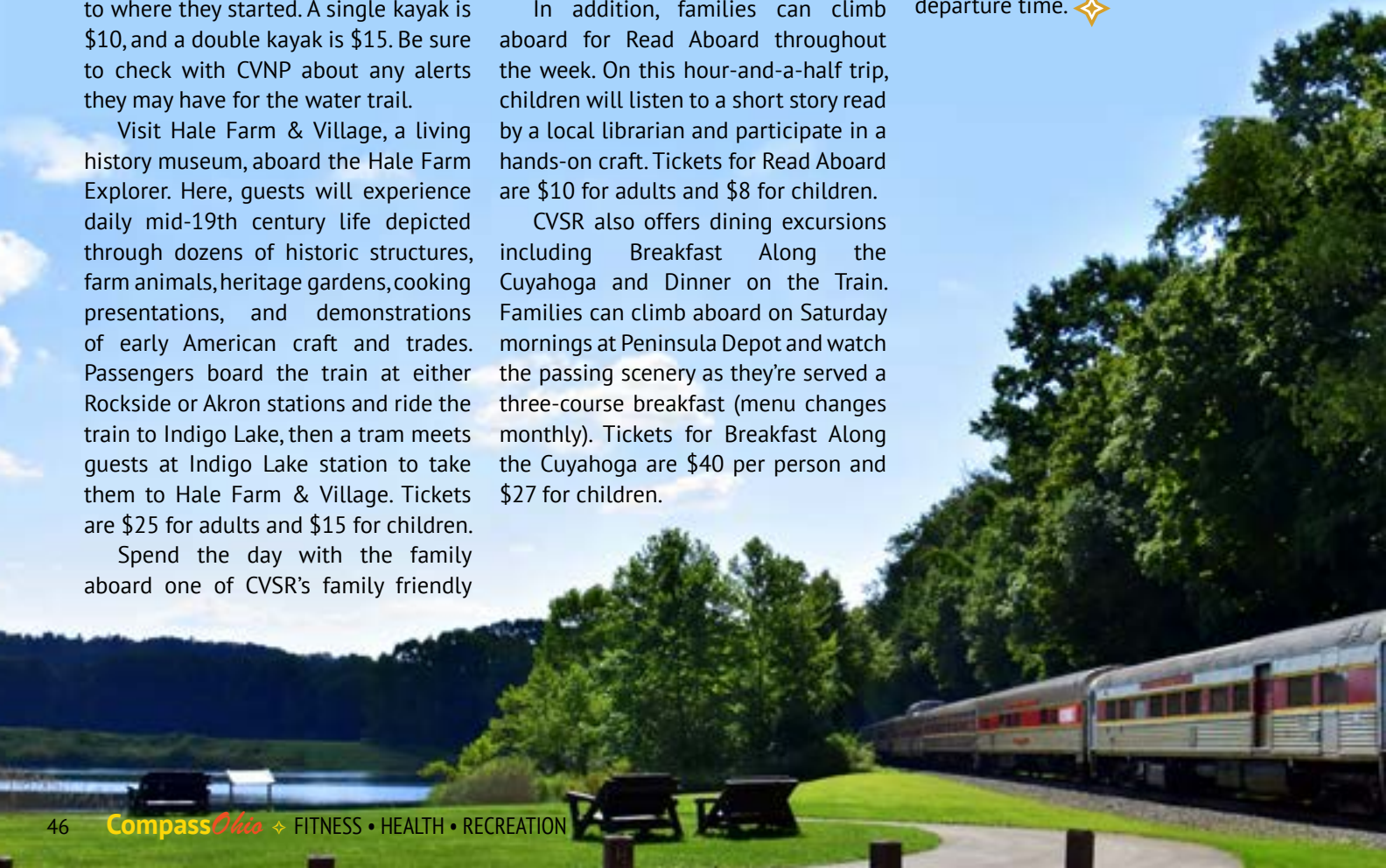
Visit Hale Farm & Village, a living history museum, aboard the Hale Farm Explorer. Here, guests will experience daily mid-19th century life depicted through dozens of historic structures, farm animals, heritage gardens, cooking presentations, and demonstrations of early American craft and trades. Passengers board the train at either Rockside or Akron stations and ride the train to Indigo Lake, then a tram meets guests at Indigo Lake station to take them to Hale Farm & Village. Tickets are \$25 for adults and \$15 for children.

Spend the day with the family aboard one of CVSR's family friendly

rides. These train rides are designed specifically with kids in mind to keep them entertained and provide educational experiences. Events include: CVNP Rail Roving, Bingo on the Train, Disney Pixar Trivia, Board Games, Superheroes on the Train, Royalty on the Rails, stuffed animal workshops and more. Tickets range from \$15 - \$35 per person.

In addition, families can climb aboard for Read Aboard throughout the week. On this hour-and-a-half trip, children will listen to a short story read by a local librarian and participate in a hands-on craft. Tickets for Read Aboard are \$10 for adults and \$8 for children.

CVSR also offers dining excursions including Breakfast Along the Cuyahoga and Dinner on the Train. Families can climb aboard on Saturday mornings at Peninsula Depot and watch the passing scenery as they're served a three-course breakfast (menu changes monthly). Tickets for Breakfast Along the Cuyahoga are \$40 per person and \$27 for children.



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CAMP CHOF

By Trent Dibell

Camp CHOF has been in existence since 1969. In the late 60's, Canton Baptist Temple and the senior pastor at the time, Pastor Harold Henniger, had a vision to have their very own camp where youth could grow spiritually during the summer months. By the grace of God and by His people loving Camp CHOF, we are still here today in the year 2019. We will be celebrating what God has done over the past five decades at Camp CHOF. It is great to see how the Lord puts the right people in the right place at the right time to be used of Him.

Our church family, Canton Baptist Temple, truly loves and supports the ministry of Camp CHOF. We have watched many spiritual decisions made over the past fifty years at Camp CHOF. It has also been great to see how other church families have loved on the Camp and have supported the Camp by sending campers and using the Camp for retreats.

As God has grown Camp CHOF, He has also grown our vision into how we operate and function as a Camp. In Matthew 16:18, Jesus says, "Upon this rock I will build my church." Our vision is to glory God in whatsoever we do (1 Corinthians 10:31) and to serve the local church.

Camp CHOF is not



the local church, but we are a tool that has a great desire to be used by the local church. We want churches to use Camp CHOF as a catalyst to help their local church grow closer to the Lord.

God has given Camp CHOF a great staff and many attractions to make a camper's week exciting while we are able to serve campers of all different ages.

God has given Camp CHOF a great staff and many attractions to make a camper's week exciting while we are able to serve campers of all different ages.



Camp CHOF Staff: It is incredible to see the needs met year after year with our summer staff falling right into place. We only rely on the Lord to bring the right individuals to Camp CHOF that summer. Each staff person is a born-again believer in Christ and also has been baptized by immersion. Each staff person also has a background check. Our staff loves the Lord and loves the Camp. They get excited and help plan out the summer so that campers can have the very best experience during their week.

Day Camp: Our Day camp is for school grades K-2. We accept campers from ages 5 by June first till they are exiting the 2nd grade. We have a

great program where a camper will be able to hear from God's Word, go swimming, ride pedal carts, meet interesting animals, make crafts and so much more. Our Day Camp is set apart from other programs because of our intentional investment in the lives of young people and their families. Our trained and background checked staff has a deep interest in sharing Jesus with them as well as making it practical in our daily lives while at Camp CHOF.

Resident Camp: Our overnight Camp is the best overnight camp in the area. We have a non-stop schedule from sun up to sun down for our overnight campers. We hold two services a day where the Lord has provided us with our own Camp CHOF Praise Band to lead worship while we also have engaging speakers that the Lord uses to speak to the campers. Our goal is to help campers get closer to the Lord so that they may have a desire to help

their church grow or get plugged in to a Bible-believing church in the area.

We are owned and operated by Canton Baptist Temple, so please, stop by and visit sometime soon. We are blessed to have many attractions for campers such as a zip line, rock wall, Olympic size pool with water slide and diving board, a giant swing, go karts, game room, craft shop and much more. Our trained and background checked staff has an invested interest in the campers. A lot of the staff have been campers in the past and they remember what it was to have a staff member speak to them about the Lord, talk to them about life, Scripture, and to pray with them.

For more information about Camp CHOF and Canton Baptist Temple you can go to www.cantonbaptist.org or www.campchof.org. We also have a Facebook page and a YouTube channel that you can like and follow. Thank you for reading and remember, "Do all to the glory of God." ✨

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Take A Road Trip In Carroll County

By Amy Rutledge

June 1, 2019 the third annual Best Dam Poker Run will be held at Atwood Lake Park. It will take you on a scenic ride through a three-county area to five different dams or levees in the Muskingum Watershed Conservancy District, where you will pick up your poker hand. The entry fee gets you your poker hand and a late lunch/early dinner. Proceeds from the event will go to SAVE 22 a local nonprofit that is raising awareness and prevention of veteran suicide. The run is a great way to see some beautiful countryside and support a great cause. The ride is open to four-wheel as well as two-wheel vehicles.

Carroll County is a good location to get off of the beaten path and enjoy a Sunday drive. If you need an excuse to make that ride in the country, come to find plants or fresh vegetables straight from the farmer depending on whether you come in the spring or summer.

Griffiths Greenhouse located at 4086 Milo Road NW, Carrollton and Canton Road, carries a full line of flower

and vegetable plants starting in April. They will have plants available till June and then they will have their own produce for the summer, and mums and pumpkins through the fall. They are a one-stop shop for all of your growing needs. Make sure you check out their new garden center.

Snode's Restored Country Barn & Melon Farm at 6052 Arrow Road in Minerva, is a scenic drive off of Canton Road. The drive will take you past Pleasant Grove Church and cemetery. The restored barn is a great venue for weddings and other events. Starting in mid-August, the Snode family starts having their produce stand open for the passerby. They are known in the area for having the best cantaloupes and watermelon. The stand also will have sweet corn and other vegetables for purchase at an old-fashioned, self-pay lock box.

Manfull Orchards Farm Market has offered Carroll County's freshest fruits and vegetables for seven generations. Located in Augusta on state route 9, the roadside market features homegrown

apples, peaches, sweet corn, pumpkins, and other fruits and vegetables in season. Jams, jellies and more can also be found. Back Door Treasures, located at the market, offers antiques and collectible treasures. They are open June through Christmas, Monday-Saturday, 10-6.

Detweiler's Greenhouse at 4098 Cobbler Road in Carrollton is an Amish owned greenhouse. They offer flats and hanging baskets of flowers and vegetables as well as organic produce.

Carrollton Farmer's Market will start its 30th year on May 4, 2019. The market runs every Saturday from 8 am to noon in the Dollar General parking lot located on Canton Road in Carrollton. The members of the market grow or make all of the items they sell. There are plants and crafts to start the season and plenty of fresh vegetables as they come into season. The market finishes up the year with pumpkins and crafts. It is a great place to get all of your food needs while visiting with the farmer and the locals. ✨

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The Friendly City

Wheeling, WV has an incredibly rich history. From a frontier outpost and a gateway to the west, to the birthplace of a state and an industrial powerhouse, Wheeling has had an important impact on the history of our region, state and nation. This year, 2019, represents the 250th anniversary of the city's founding in 1769. An array of events and activities have been planned to celebrate and commemorate this milestone.

A costume ball kicked things off in January, followed by several programs and events that have served to educate and entertain. Many more offerings are scheduled throughout the year, including first person historic character "Pop Up History" presentations, public art installations, historic church and cemetery tours and a major parade, to name a few.

In June, a series of events have been brought together to create a destination weekend in Wheeling. Beginning on Thursday, June 20, the birthplace of West Virginia will commemorate WV statehood day at WV Independence Hall with special programming. That

Friday, another program takes place at the historic site with an open house and reception to commemorate the 160th anniversary of the U.S. Custom House (WV Independence Hall), finished in 1859. Guests are invited to experience the historic spaces and exhibits in the building and enjoy refreshments at the reception.

The signature event for the weekend and for the 250th celebration occurs on Saturday, June 22, at Wheeling's beautiful Heritage Port. To celebrate the 170th anniversary of the city's iconic Suspension Bridge, a National Historic Landmark, a full day of activities are on tap with something to offer for all ages. Artists will be set up in various locations near the river to participate in a Plein Air painting event in which each of them will demonstrate their craft as they paint the historic bridge. Coloring pages and art activities will be available for children. Live music from several genres will be provided throughout the day on the stage, while storytellers will present interesting history and anecdotes about the Suspension Bridge.

Cultural ambassadors in 19th century costumes will be on hand to interact with visitors, along with first-person historic character programs. Several delicious food options will be available as the celebration is being held in conjunction with the Ohio Valley Rib and Chicken Cook Off, and adult beverages can be enjoyed in the beer garden. Perhaps most exciting, a Gateway Clipper riverboat will be on hand to offer ticketed tours throughout the day and evening to provide a fun and unique perspective of the Bridge and the mighty Ohio River. As dusk falls, attendees will be treated to a robust fireworks display to finish the day.

On Sunday, it will be time to hop on your bike to participate in the historic bicycle tour to visit fourteen historic sites located throughout the city. Starting at Center Market, the tour will meander through Wheeling's historic neighborhoods and Wheeling Island to provide an overview of the city, combining good exercise with great history. We hope that you can join us to take part in our celebration and experience all that the "Friendly City" has to offer! ✨

Article courtesy of Visit Wheeling, WV.

THE 250TH CELEBRATION OCCURS ON SATURDAY, JUNE 22, AT WHEELING'S BEAUTIFUL HERITAGE PORT.





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POSITIVE MIND, POSITIVE LIFE, POSITIVE RESULTS

By Alexandria Spencer, CF-L1

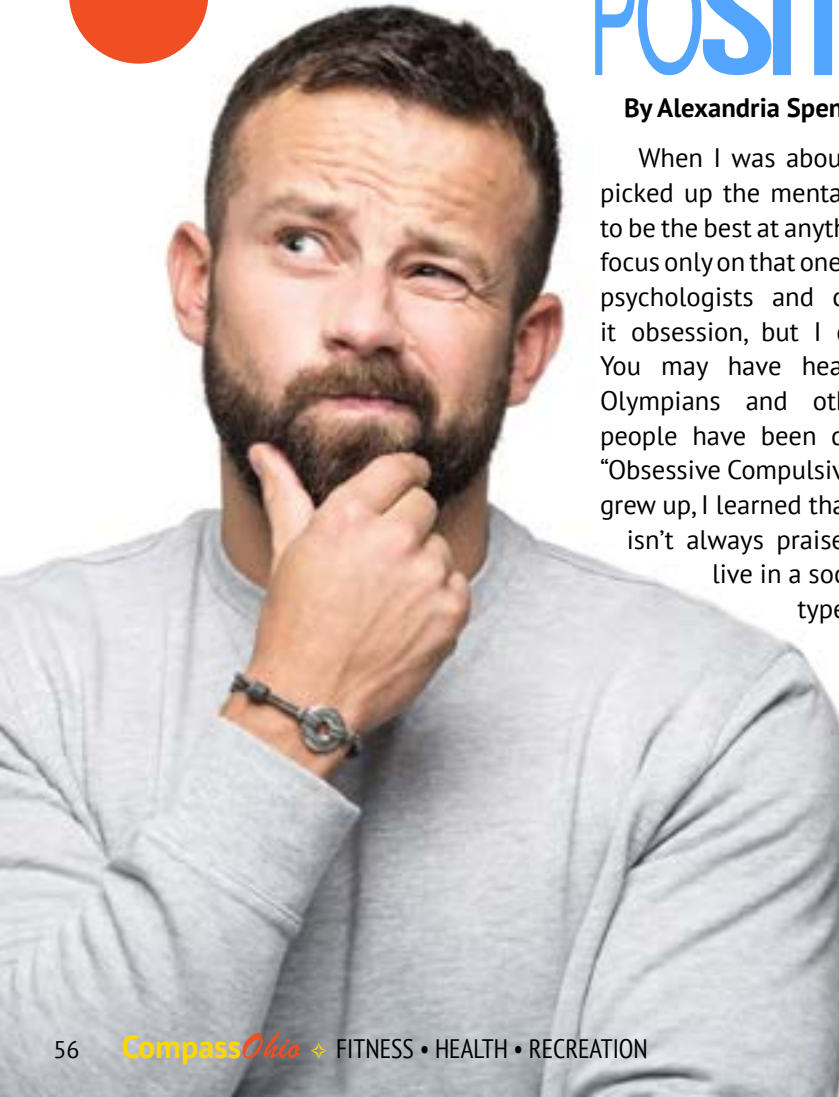
When I was about 8 years old, I picked up the mentality of wanting to be the best at anything I did and to focus only on that one thing. Licensed psychologists and counselors call it obsession, but I call it passion. You may have heard that many Olympians and other successful people have been diagnosed with “Obsessive Compulsive Disorder.” As I grew up, I learned that this tendency isn’t always praised. Actually, we live in a society where this type of behavior

is almost frowned upon. When I was younger and preparing for an important competition, I was faced with an ACL injury that took my

identity, or so I thought. “I will never recover; it’s so far away; I’ll never play again.” Toxic words poured out of me. Praying the pain away didn’t work. God seemed to have a different plan for me other than an easy way out. Every time I awoke in the middle of the night from pain, I realized the pain wasn’t going anywhere unless I did something about it. The moment my pain medicine wore off from surgery, I was on my feet. My mind was made up and giving up was no longer an option, and my “passion” took over.

Soon after I recovered, I tore my ACL again just ten days later. What’s the point, I asked myself; I worked for months to recover, just to end up right back where I started. I decided to once again embrace the pain and do something about it, and found my own tactics to try to motivate myself.

My first attempt to combat negative thoughts was I wrote where I wanted to be in one month, three months, and





six months on a piece of paper and put it in a place where I could see it every day. I did one exercise that I absolutely hated. I kept a journal where I wrote about all of my feelings. This was an outlet for me, as well as a way to fully express my thoughts on paper rather than taking it out on someone close to me in a negative way. I also looked back at what I wrote as I moved forward in my journey.

I could've chosen to take my situation and do nothing but believe the thoughts in my mind that I wasn't going to recover. That's what my "comfortable" mind wanted to do. But as many leaders say, "Do something uncomfortable each day that really pushes you to grow," and I did exactly that. The concept of doing things that make you uncomfortable is an art and something that should be developed. You have to condition yourself to be positive with tiny daily decisions. The things you look at in life and think, "Oh gosh, I don't want to do that" or maybe "I don't want to have that conversation."

Whether that means doing something simple, such as making the bed each morning, or having to do something more difficult, such as saying you're sorry to someone. This leaves two questions to ask yourself; "Why does this task or thing bother me so much?" and "How can I restructure

my life to make this task something I can do?" Dig really deep, pull those hard feelings out and fill your head with challenges that you aim to overcome instead of filling it with the mentality "This is just who I am."

The last and most recent part of my life where I have used my positive mindset is in my journey to be a professional athlete. I have been training to make it to the Crossfit Games. Goals that don't scare you are goals that are not big enough. And goals that not only scare you, but scare the people around you, are just right. "How could I ever be good enough to do this? Look at those girls, they are so much stronger and bigger than me" or "This is crazy. You have to be so strong, and those athletes work out all day and have money to get there." Doubt has been my biggest struggle.

We all struggle with our own negative thoughts in some capacity, and there are times they may actually be true. I'm not good enough to be a Games athlete right now, but I can do everything that I can control to change that. We can't ignore reality, but we can change it. Life is so much better when you are living life your own way, doing exactly what you want regardless of what it takes, and doing things in life that you dislike that pull out the best in you.

Three things I currently do to keep my mind positive and keep my life moving in a positive direction are getting rid of anything that produces negative thoughts, never complaining about a workout even if I don't want to do it as it is always an opportunity to grow. And lastly, every time I come across a new person or situation in my life, I always ask myself, "What is the purpose of this? Will this person or situation make me grow?" If the answer is no, I don't pursue it. It hurts, but it has pushed me further into my potential.

Challenges aren't something to be feared. A positive life leads to a life where you could lose everything but still know who you are. Be positive, be kind, love what you do, and work hard everywhere you go. That's how you get the best results, not only in the gym, but in life as well. We have to earn the life we love to live. Use each day in the gym as an opportunity to define yourself. If you can get past the desire to stay at home on the couch and instead, go to the gym, you're winning an uphill battle. Don't ever aim to stay the same. Keep striving and keep bettering your life. ✨



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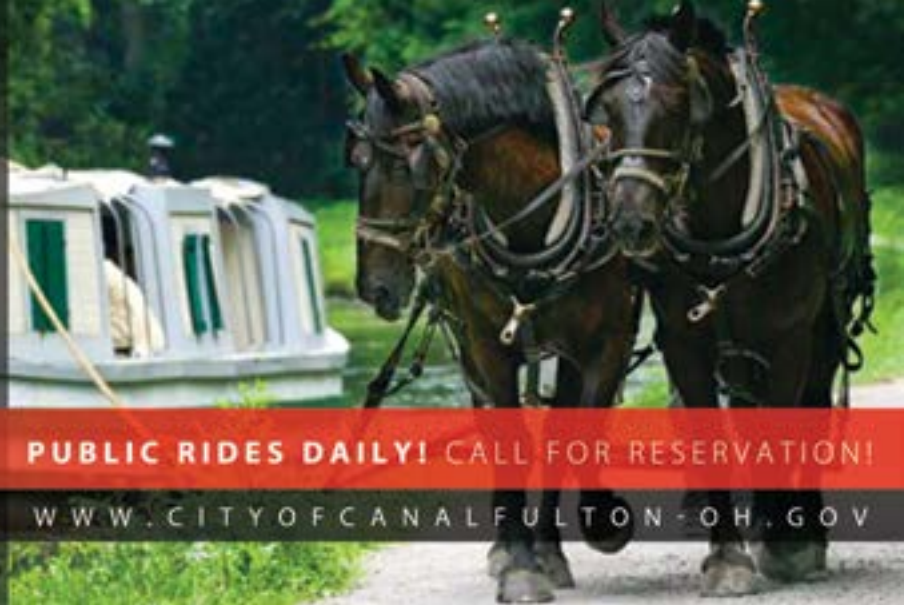
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WORK OUT—LITERALLY

By Shannon Ortiz, LPCCS, RYT200, SPS

As both a licensed clinical counselor and a yoga instructor/sports conditioning specialist who works with clients on both their physical and mental health, the questions I get most often are about two things: “How do I feel better?” and “How do I look better?” Feeling better includes mood, sleep, and energy. Looking better most often includes losing weight, but it encompasses so much more than that as “looking good” is subjective to the individual asking the question. When it starts to get nice outside, which is a crapshoot in northeast Ohio, I immediately take my sessions (mental or physical) outside. Walk and talks are my most favorite, but it can take on many forms. Here’s why.

We all know, or should know, the benefits of working out, right? Anyone, anyone? If not, there’s an app for that, or Google at the very least. What you may not know are the benefits of taking your workout out, as in outside. We all want to get more bang for our buck, something for nothing, or even to kick it up a notch. “BAM!” Taking your workout routine outside might be the easiest (and cheapest) way to do that.

There’s actually a long list of reasons to enjoy the great outdoors, but let’s keep it simple. Most of the reasons being in nature is beneficial to your workout have to do with the benefits to our brain and bodies. If our brains and bodies feel good, our performance in whatever activity we are doing, including exercise, will inherently be better. It must be said we will be better at everything we do. You will be better in your relationships, at your job, at everything you do in life. It’s kind of going back to the old adage, “Look good, feel good.”

Here is a short list of what going outside does:

- 1** Exposes us to important Vitamins, like Vitamin D: boosts immune system and mood regulation;
- 2** Releases endorphins: lowers blood pressure and heart rate, which lowers the release of stress hormones like cortisol;
- 3** Regulates and resets bodily rhythms: body biorhythms like sleep and digestion are impacted.

What happens when you wake up after a good night’s sleep feeling energized because your immune system is in tip top condition, and you’re relaxed because your brain is producing the appropriate amount of happy chemicals it needs to feel emotionally healthy? You perform better! Whether it be yoga in the park, a long run on the trail, or being a more present parent and supportive spouse; you do better because your mind and body feel better.

We spend a lot of time finding the right running shoes or yoga mat in hopes those things will help us be our best at that particular activity. Eating enough, sleeping enough, and being in a good mood are one and the same to buying all the gadgets to improve your performance.

Another benefit to your workout is increased social connectedness. Studies have shown that people who go outside are more socially connected by nature, pun intended. Unless you’re inviting the community to your treadmill in your basement, taking your exercise to the local park puts you in contact with other people who are like minded. The benefits of social connections are just as long as the benefits of exercise, but in this case, the accountability of joining a running group or a bike club can help those who need extra support and motivation.

The director of your local park’s recreation department knows this, and many communities are holding events surrounding this idea. Taking your workout out to the local park not only makes us better athletes, but better humans. Check with your local park and recreation department for exercise programs near you. Know better. Do better. Go out. Work out! ✨

Most of the reasons being in nature is beneficial to your workout have to do with the benefits to our brain and bodies.

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To learn more, visit TravelTUSC.com



THE GREAT LAKES Medieval Faire

By Scott Barr, BA, BS, DTR

Hear ye, hear ye! Come hither all ye Majesties, Knights, Lords and Ladies. Get ready for another exciting year at The Great Lakes Medieval Faire for 2019. For you swashbucklers who haven't heard of the Faire, you're in for a grand adventure. Simply put, it's a festival, or "faire" commemorating a different era of time each Saturday and Sunday for six consecutive weekends while staff members dress appropriately for each weekend.

Imagine giving your tickets to the creative and beautifully dressed ticket holders at the gate and being told "Thank you, my Lord" and "Thank you, my Lady" as you enter. You may dress casual in a shirt and jeans or don an outfit. Many unfettered long-time guests find it hard to resist adorning the most imaginative outfits. Their creative minds marvel the spirit of the Halloween season without the scare factor. Many consider this the opportunity to escape and find their child-at-heart. Once you come for the first time, don't be surprised to find yourself wondering what you'll be dressed as the following year.

Visit the website and decide which themed weekend speaks to your inner child. During the Pirate weekend, staff and guests will dress as their favorite pirate character. During the Celtic weekend, talented groups will play the bagpipes on the stage at various scheduled times. As you skim through the assortment of shows that play each weekend, pick the show and time that best suits your needs and come

early. The Time Travel weekend offers a broader range to dress up as your favorite character regardless of the time period. During the World, Music, Food and Jubilee weekend, there will be an opportunity to indulge in worldly music, dance and culinary food delights.

When it's time to satiate your taste buds, an outside food court and large pavilion await guests. There is an abundance of food choices offered for everyone. Fried foods, smoothies and salads are superb options, while many with a daring appetite will feast on the famous turkey leg. Snack on glazed almonds and pecans, and keep yourself hydrated with your own ceramic "Medieval Faire" mug. The Faire sells different styles and sizes of mugs, including an annual original style with a label signifying the current year. Stroll through the Artisan and Craft Market, which is one of Ohio's largest open-air markets, which sells jewelry, fragrances, leather goods, costumes, clothes, boots, swords and much more.

The 27th Great Lakes Medieval Faire is a royal treat for teens, adults and families with kids. Ticket prices are \$22 for adults ages 13 and up and children ages 5-12 are \$6. Season passes are available. Discounts are available if tickets are purchased during the week on the website <http://www.medievalfaire.com>. The Faire is open Saturdays and Sundays, July 13 through August 18, 11 am – 7 pm, rain or shine, at 3033 State Route 534, Rock Creek, Ohio. ✨



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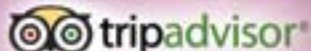
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The **FIGHT** *Against A* **PEST**

By Philip Palmer, BA

When I'm shopping and I put my groceries on the checkout belt it is usually comprised of fruits and vegetables along with grains. My grocery bill happens to be one of my largest expenses as I try to choose the healthiest options which tend to cost a bit more. I find choosing the healthiest foods worthwhile due to the health benefits, yet more and more there are times I avoid certain healthier foods due to their cost. Recently I stumbled on how a small bug might be the cause of our produce prices soaring, due to the damage they cause and how scientists are at a loss for a solution.

The United States is home to over 91,000 different insects while the state of Ohio has approximately 635 insects in the insect identification database. Most of these insects are considered native, meaning they are found in an area due to natural processes, compared to invasive, which means they will thrive in the area and negatively affect the native species and are likely to cause environmental or economic health. One such invasive insect is the Brown Marmorated Stink Bug (BMSB).

BMSB were first spotted in the United States in Allentown, Pennsylvania in 1998. BMSB is a product of globalization and native to East Asia, China, Taiwan, Japan, North and South Korea. In less than 20 years they have quickly spread to 44 of the 48 continental US states partially due to their ability to fly long distances. In one study scientists glued 737 BMSB to tiny flight treadmills and tracked how far they flew and were quite astonished, as the average was 1.5 miles a day.

There are many invasive bugs across the world, yet few get the labeling of a pest. The BMSB quickly

took that role not because of the smell it excretes when in danger, that some have likened from moldy cilantro to dirty socks, but because of the damage they do. Most herbivore insects are specialists in that they tend to eat only a few things. For example, the emerald ash borer attacks ash trees where the boll weevil goes after cotton, yet the BMSB doesn't believe in specialization as currently this pest has a list of 250 plants, vegetables, fruits, nuts, and berries that it feeds on. Once a BMSB starts feeding on a product such as a fruit, it usually makes it unsellable.

Upon insertion of their mouth the BMSB will release an aggregation chemical. This chemical has a smell that attracts other BMSB to join the eating. BMSB sucks the juices out of a fruit, which cause the cells of the fruit to darken and get dimples. It results in scars known as "cat-facing" because of the cat-face-shaped scars left from where they pierced the skin. These scars make the fruit or vegetable unsellable for produce, yet sometimes it can be salvaged to process for juice. Fruit loses as much as 80-90% of value due to degradation. Many times, produce will still be tossed out as the aggregation chemicals that the bugs emit while feeding changes the way the juice tastes.

When it comes to pests, the use of pesticides is often an option; yet for the BMSB, pesticides don't work well as their long legs keep the pesticide away from their organs and their hard

shell provides a protective barrier. Most species in the world have natural predators and the BMSB has none in the US as spiders, birds, reptiles, and other animals and insects don't like the way they smell or taste.

Having few predators has allowed the BMSB to spread quickly, and so has the cost of the damage. In 2010 Pennsylvania apple growers lost almost half of their crop to stink bugs, over \$15 million dollars. That same year New Jersey, the fourth largest peach producer in the nation, had losses ranging from 60-90%.

In recent years the BMSB has been spotted in 36 of the 58 California counties. One lab study showed two new foods that the BMSB would eat, avocados and citrus fruits. As scientists struggle to find a solution to slow down the BMSB progress, pesticide use has suddenly jumped due to the BMSB problem. Even though the general population is not scientists or farmers, we can help the battle against these pests.

Instead of tossing them out when they crawl indoors during colder months, we can squish them or flush them down the toilet. Yes, that might sound funny, but it is our fight too. As our produce and farming methods have quickly changed in the last ten years, so can our thoughts about removing a bug. It might only be one or two BMSB that we destroy, but by eliminating one that lays 240 eggs a year, we have done our part. ✨





APRIL

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

MAY

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

JUNE

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

JULY

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

AUGUST

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

SEPTEMBER

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

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- Akron RubberDucks
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- BOW Bowie Baysox
- ERIE Erie SeaWolves
- HBC Harrisburg Senators
- RICH Richmond Flying Spinnakers

EASTERN DIVISION

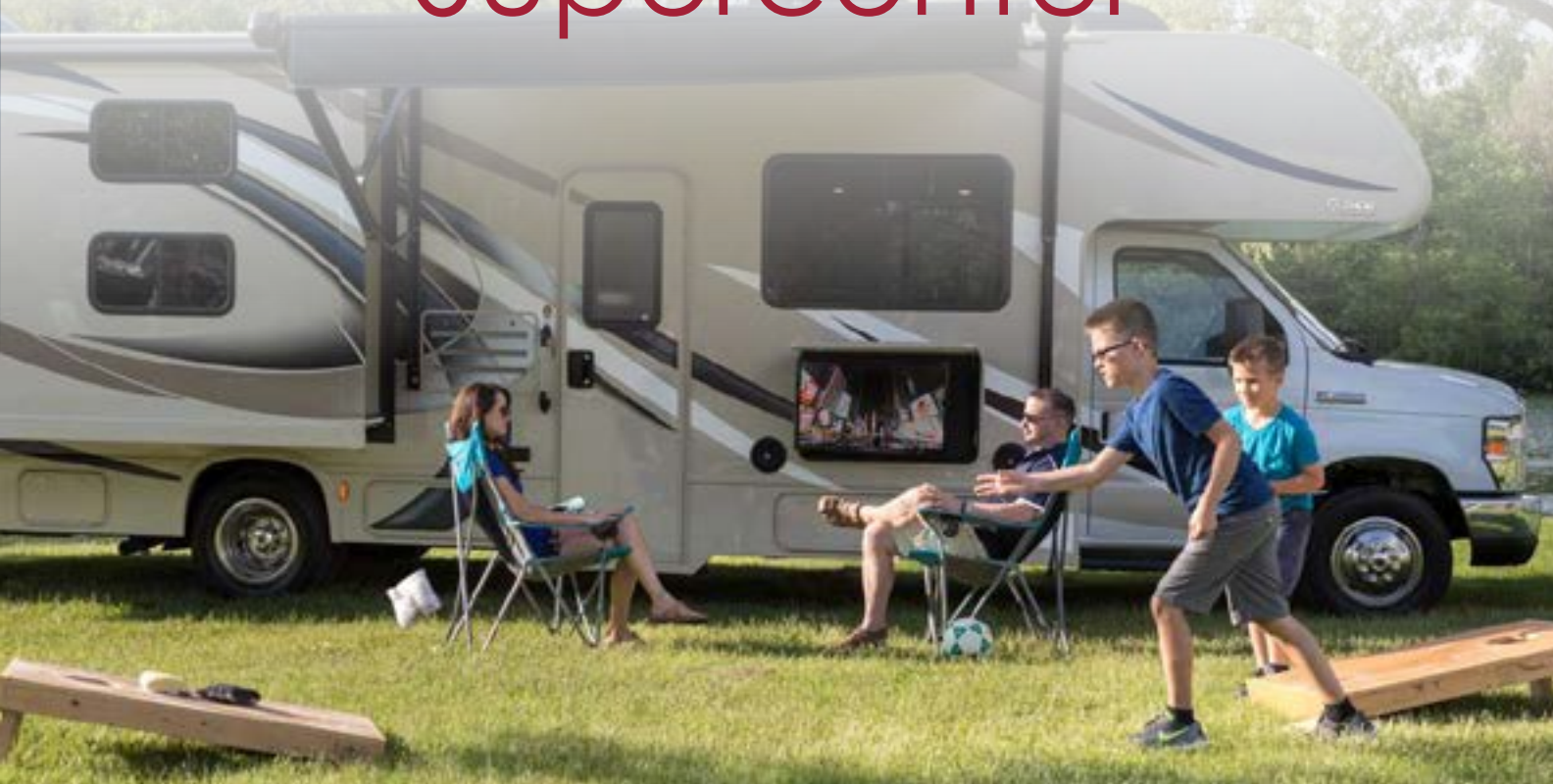
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A woman and a child are on a surfboard in the foreground, with a roller coaster in the background. The woman is standing and holding a surfboard, while the child is sitting on the surfboard. The roller coaster is a blue and white structure with a train of cars. The scene is set on a beach with water in the foreground and a cloudy sky in the background.

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