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# Akron Zoo

## FEATURED SUMMER EVENTS!

### **Member's Night** Friday, June 8, 5 p.m. – 9 p.m.

Join us as we kick off the summer with a special evening exclusively for Akron Zoo Members. Enjoy up-close animal encounters, enrichment for the animals and the musical stylings of Tom Todd, The-One-Man-Band.

### **Brew at the Zoo\*** Saturday, June 16, 6:30 p.m. – 10:30 p.m. **Decades Night**

**Adults Only (21 & over, including DD)** Enjoy a beer and wine tasting from local breweries and wineries as you stroll through the zoo afterhours. Tastings are included and full-size beers will be available for purchase at \$4 each. Additional tasting cards are \$10. Akron Zoo members: \$27 Akron Non-member: \$33 DD Akron Zoo member\*\*: \$16 DD Non-member\*\*: \$22 LIMITED VIP TICKETS – Early entrance at 6 p.m. to private area. Tickets includes appetizers, reserved seating all night, three additional tastings, a full-size beer ticket, a special souvenir and more. VIP Attendee: \$50 VIP DD\*\*: \$40 \*Registration required. Tickets are non-refundable. Event takes place rain or shine. \*\*Designated driver (DD) ticket holders will not receive tastings or the ability to purchase additional tasting cards or beer tickets. DD tickets include two tickets for soft drinks or water. *Must be 21 or over*

### **Father's Day** Sunday, June 17, 10 a.m. – 5 p.m.

Give dad and grandpa a wild day to remember at the Akron Zoo! Free admission for all dads and grandpas. Free to Akron Zoo members. Regular admission rates apply.

### **Princess & Pirate Day** Sunday, June 30, 10 a.m. – 5 p.m.

Wear your best princess dress or pirate outfit and scour the zoo for treasure! Free to Akron Zoo members. Regular admission rates apply.

### **Summer Safari** Friday, August 10, 7 – 10 p.m.

**Adults only (21 & over)** Enjoy animal encounters, music, drinks and food from the area's finest caterers and restaurants. Raffle and silent auction prizes include behind-the-scenes tours, art made by the animals and more! This is a great way to support the zoo!

### **Wild for Wine\*** Saturday, August 25, 6 – 9 p.m.

**Adults only (21 & over, including DD)** Akron Zoo members: \$45 Akron DD Akron Zoo member \*\*: \$25 Non-member: \$50 DD Non-member \*\*: \$30

Tickets include a souvenir wine glass to take home, appetizers, wine tastings and live music. Our animal ambassadors will be showing off their Van Gogh skills. Try your luck at winning a painting to take home! \*Registration required. Tickets are non-refundable. Event takes place rain or shine. \*\*Designated driver (DD) ticket holders will not receive tastings. DD tickets include two tickets for soft drinks or water. *Must be 21 or over*

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Visit [akronzoo.org](http://akronzoo.org) for more information.**



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# 2018



## OHIO SERIES MOUNTAIN BIKE RACING

### XC MOUNTAIN BIKE SERIES

RACE	VENUE	DATE	LOCATION
WV MBA Challenge	Mountwood	4/8	Parkerburg, WV
Southwest Screamer	Eastfork State Park	4/15	Bethel/Cincinnati
Mohican	Mohican State Park	4/21	Loudonville
Tecumseh's Revenge	Scioto Trails State Park	5/6	Chillicothe
Vulture's Knob	Vulture's Knob	5/12	Wooster
Race to the Hills	Lake Hope State Park	7/29	Athens/Nelsonville
Ravenna Roots	Westbranch State Park	8/12	Ravenna/Akron
Dillon Rocks	Dillon State Park	8/26	Zanesville
Race on the Ridge	Chestnut Ridge Park	9/9	Carroll/Columbus
Race to the Roost	Camp Tuscazoar	9/15	Dover
OMBC Championship	Mohican State Park	10/6	Loudonville

### XXC ULTRA RACE SERIES

Mohican MTB 100/100K	Mohican State Park	6/2	Loudonville
Mohican Run 100/50/25	Mohican State Park	6/16	Loudonville



find complete series and registration details

[www.OMBC.net](http://www.OMBC.net)





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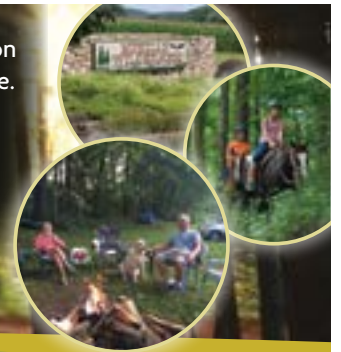


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Buckeye State

# BACKPACKING

By Christopher J. Shaffer

We have all seen the bumper sticker proudly stating that the vehicle's owner is "Stuck in Ohio." While many people can identify with that statement, those of who are proud to be from the Buckeye State realize that we are anything but stuck. Hikers in our fair state actually have a pretty easy time finding a local patch of forest to get out and experience a few miles of relative wilderness. While you can frequently combine these shorter trails to get longer and more rugged hikes in, sometimes we get out overnight to more completely recharge our internal batteries. In these cases, many of us load our backpacks and prepare to travel a day or more away to find a remote mountain trail for our nature therapy. Unfortunately, taking several extra days to get to a backpacking trail is not always an option. Luckily, if you live in Ohio, you are rarely more than a couple of hours away from at least a short backpacking trip.





Considering the fact that I spend most of my time in Ohio's only National Park, we'll start there. While there are no designated backpacking trails in Cuyahoga Valley National Park, there is a campsite at the Stanford House in the heart of the CVNP. The site is only open during the summer and I would recommend making reservations in advance. To make your reservation and learn more about where to camp, park and hike in the valley, visit the website [www.nps.gov/cuva/planyourvisit/camping.htm](http://www.nps.gov/cuva/planyourvisit/camping.htm).

Using the campsite as your overnight destination, there are dozens of little backpacking trips that can be put together from the hiking trails in the area. You really can't go wrong with hiking in this area. If you choose to stay on the east side of the river, you'll find the Stanford Trail located near the back side of the campground. Follow this trail about 1.5 miles to join with the Brandywine Gorge Trail and get a view of the 65-foot Brandywine Falls. Of course, since the campground is at the base of the trail, you can do that as a day hike, or part of your backpack hike. The flexibility and easy access to

*The flexibility and easy access to "bail out" points are some of the best reasons to try backpacking in your backyard national park before attempting anything that gets completely out of your comfort zone.*

"bail out" points are some of the best reasons to try backpacking in your backyard national park before attempting anything that gets completely out of your comfort zone.

Many of the trails you travel through the CVNP will either parallel or share routes with the Buckeye Trail. This 1444-mile trail provides day hikes and overnight backpacking trips in every corner of the Buckeye State. Check out their website [www.buckeyetrail.org](http://www.buckeyetrail.org)

to order maps and find a section near you. Next to the CVNP, some of the more popular sections of the Buckeye Trail meander through the beautiful Hocking Hills, Wayne National Forest and Burr Oak State Park. Burr Oak is also part of another great Ohio trail, the Wildcat Hollow Backpack Trail. The parking area and trailhead is just north of Burr Oak Lake near the Buckeye Trail so you can combine and hike all of them for a grand adventure, or just pick and choose for a more manageable loop trip.

Living in northeast Ohio and working close to the CVNP means that I am also very close to the Ohio Turnpike. If







I really need a quick escape into a more rural area, I just jump on I-80 and head east towards the Allegheny National Forest. Along with The Gerard Hiking Trail in Oil Creek State Park, the many trails of Allegheny National Forest are my favorite hikes under a 3-hour drive from the Akron area. If I had to choose a favorite, it would be the Hickory Creek Trail. This 12-mile trail is the only designated trail in the wilderness area, but you can add mileage by hiking parts of the North Country Scenic Trail near the Hearts Content Recreation Area, or by following the Scenic Trails blue blazes over to the Minister Creek hiking trail and overlook. Of course the maps and trail descriptions for this area are easily found on the National Forest's website [www.fs.usda.gov/main/allegheny/home](http://www.fs.usda.gov/main/allegheny/home). While at the Forest's website, be sure to check out the Rimrock and Tracy Ridge Trails along the Allegheny Reservoir.

Assuming you have a little more time to drive, southern Ohio offers a series of hikes that will make you forget all about being "Stuck in Ohio." At a little over 4 hours from Akron, Shawnee State Forest or "the little Smokies of Ohio" has over fifty miles of hiking trails with half a dozen designated campsites dispersed through the trail system. Lots of options, rugged terrain and limited access to water during the off season make Shawnee an excellent destination for solitude or shakedown hikes while preparing for bigger

*Assuming you have a little more time to drive, southern Ohio offers a series of hikes that will make you forget all about being "stuck in Ohio."*

trails. See the link [http://forestry.ohiodnr.gov/portals/forestry/pdfs/SF/shawnee\\_backpack.pdf](http://forestry.ohiodnr.gov/portals/forestry/pdfs/SF/shawnee_backpack.pdf) for more information.

Another personal favorite is the Zaleski State Forest Backpacking Trail. This trail is a great one to break new hikers in on due the fact that this trail is basically shaped like two loops with a connector in the middle and a little lolly-pop-shaped spur off the northern loop. That means that you can hike the whole thing at once or if things aren't going as well planned, you have an easy out to salvage the spirits of your fellow hikers. Their website is [http://forestry.ohiodnr.gov/portals/forestry/pdfs/sf/zaleski\\_backpack.pdf](http://forestry.ohiodnr.gov/portals/forestry/pdfs/sf/zaleski_backpack.pdf).

These, of course, aren't the only trails in or near north-east Ohio, just a sampling of my favorites. For more trails, be sure to check in with your local outfitter to find out what their favorites are. ✨



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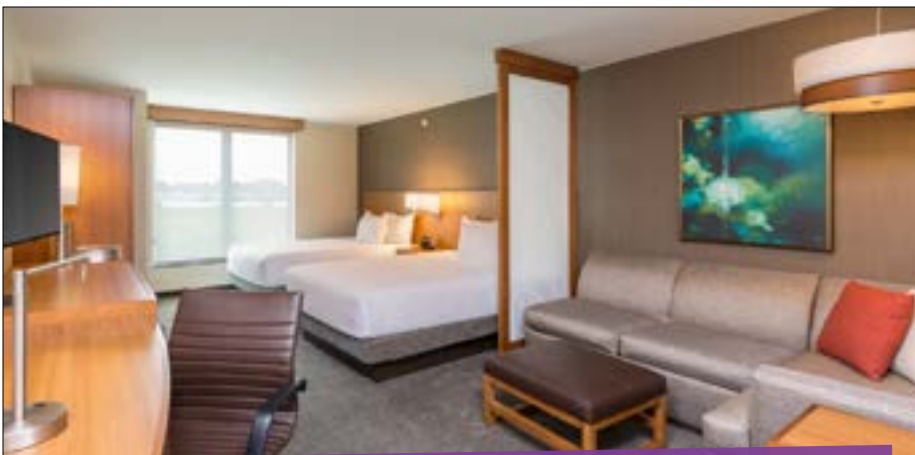
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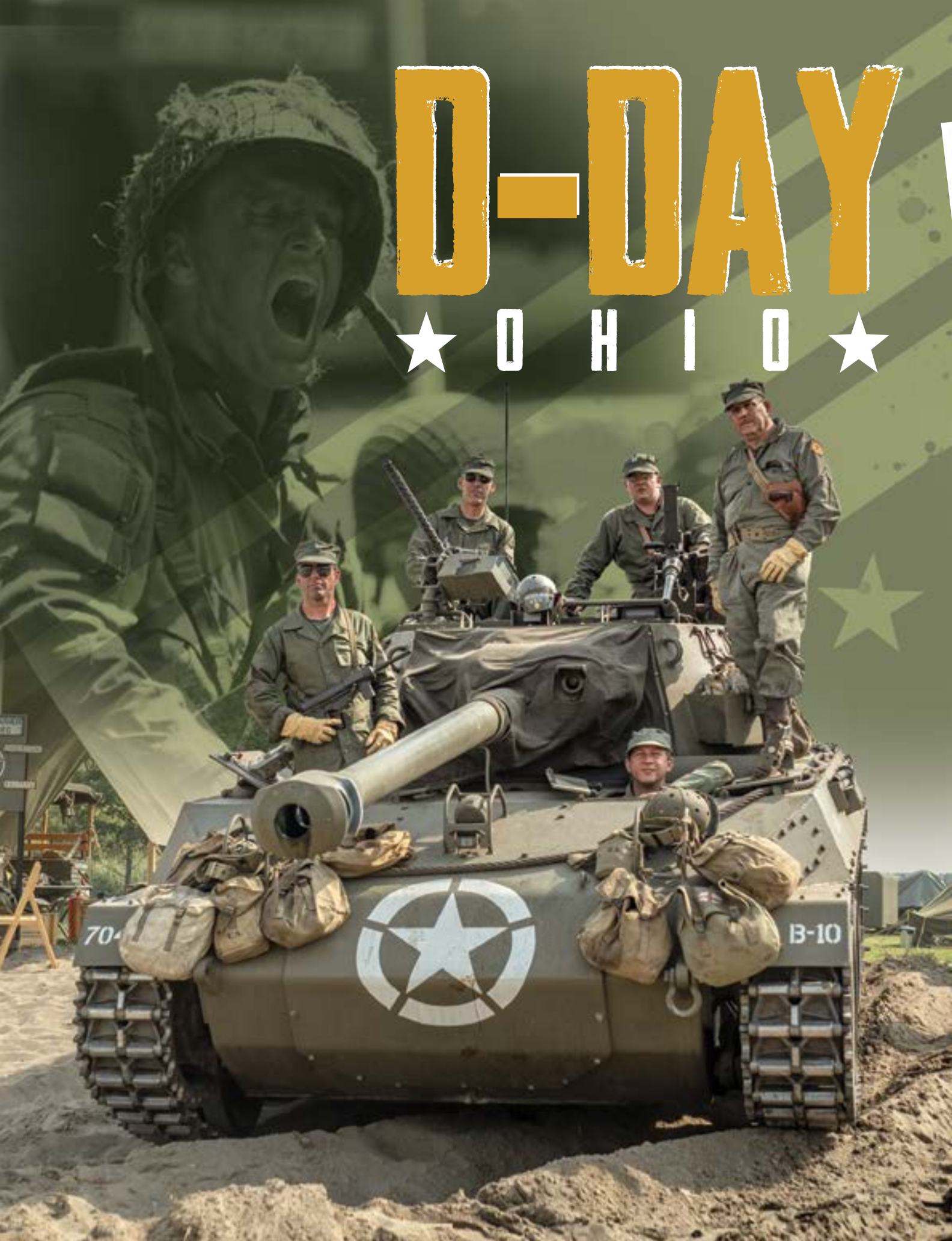
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# D-DAY

★ O H I O ★







On the long, sandy Lake Erie beach at Township Park in Conneaut, Ohio, the land forms a bluff that closely resembles Omaha Beach in Normandy, France. It is on that stretch of shoreline in Northeast Ohio that spectators gather to witness over 1800 living history reenactors bring to life the memory of June 6, 1944 - D-Day.



D-Day Ohio is quickly becoming America's premier living history experience. The free public event is a highly realistic and educational reenactment of the WWII European Theater of Operations and the D-Day Normandy invasion. The commemoration is to honor the sacrifices made by all those involved in this campaign and World War II.

Since 1999, this re-creation of the events surrounding the allied landings on the coast of Normandy, France has thrilled thousands of spectators. Hundreds of re-enactors from across the United States and Canada assemble on the 250-yard long beach and sloping adjacent terrain, which closely resemble Normandy's Omaha Beach. Other areas of the park provide secluded venues for skits of inland skirmishes between the occupying German soldiers, French resistance fighters, and Allied parachute and Glider infantry.

Spectators have an excellent and unobstructed view of the battlefield. Encampments of Allied and Axis units provide spectators the entire 1940's military experience. Great attention

is given to participant authenticity to create a living history of WWII. Beyond the reenactment of the beach attacks by WWII re-enactors, an encampment of both Allied and Axis troops is held to share the daily life of the soldiers of both armies.

Through the encampments, battle reenactments, lectures, displays and tours, the public gains an understanding of the events that occurred prior to June 6, 1944, and the sacrifices made during and after the invasion. Sea side, home life, and camp life of the soldiers, sailors, and airmen who participated in the actual landings are realistically re-created with original equipment, uniforms, and vehicles.

The event is more than just camouflage and blank artillery shots. Those who attend are transported back 74 years and can interact with the reenactors. Peek into the tents where soldiers sleep and walk through the canteen where they eat. Spectators can step onto a WWII LCVP landing craft (a.k.a. Higgins Boat), see a tank battle and watch planes, like *Georgie's Gal*, fly overhead.

Soldiers will march in formation and WWII vehicles will be both on display and in use. Witness the firing of some of the largest and most feared weapons of the time that proved instrumental and deadly to troops on both sides. This is a history lesson that cannot be taught in the classroom. There is even a 1940's USO-style show and dance which features a live "Big Band" orchestra.

Special recognition is given to all U.S. veterans, particularly those who served in WWII. The event welcomes all our former swabbys, dog faces, leather-necks, wingnuts, cunnuckers, Rosie the Riveters, Waac's, Waves, Wasps and all others of the Greatest Generation to reunite!

The 2018 event takes place on August 17 and 18, rain or shine. Entry is free, but donations are appreciated. Visit [www.ddayohio.us](http://www.ddayohio.us) for more information. ✨



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# CARROLL COUNTY IS BLOOMING WITH ACTIVITIES



By Kimberly Lewis

With spring finally sprung, Carroll County is blooming with activities that will keep you coming back throughout the year.

The Village of Carrollton offers small-town charm and is filled with mom-and-pop shops around the town square to find unique gifts and items. Ashton's 5- and 10-Cent Store on Main Street has all those things you did not know you needed until you saw it here. The store heralds back to the original 5- and 10-cent stores and carries fabric, craft items, toys, greeting cards, artificial flowers, novelty candy, collectibles, candy molds and more. If you want to learn more about Carrollton's retail history, stop by Ashton House Museum, located a few blocks north on Third Street, Wednesday through Sunday.

At the top of the square is the McCook House Civil War Museum, operated by the Carroll County Historical Society. Open Friday through Sunday, the museum features paintings and artifacts about the "Fighting McCooks," as well as local history.

There are four antique stores that line the streets in downtown Carrollton and are mostly open on Fridays and Saturdays. In addition, Dotty's Craft Center offers primitive art, perfect for your home.

Carroll County is located a short distance from Canton and New Philadelphia and has a rich agricultural history, with agriculture being the second largest industry in the county, only

recently surpassed by the oil-and-gas industry. Farms of all shapes and sizes dot the landscape as you travel around the county.

If you enjoy seeing the farm implements in our fields and wish you could take some home, visit Bud's Farm Toys. Also found on Main Street, the store has both new and collectible farm-related toys for the young and old. Don't be surprised if you see Lucy, the owner's golden lab, sitting in the front window.

While downtown, stop by Betty Kaye Bakery for a brownie or Little Brown Dog Café for a muffin. There are also plenty of local restaurants for you to enjoy.

Besides shopping, Carroll County has many outdoor events planned during the summer. The Carroll County Park District is working with the Suburban Garden Club to host its first Junk in the Trunk Flea Market and Plant Sale 11 a.m. - 4 p.m. on Saturday, June 2, at Carroll Community Park, 1061 Salineville Road, Carrollton. The event features a plant sale, flea market and craft show at the park.

If you want to go for a ride or a drive, then you might want to participate in the Best Dam Motorcycle Poker Run, also on June 2. Because Carroll County is located in the foothills of Ohio's Appalachian Mountains, drivers and motorcyclists enjoy cruising the area's windy, curvy roads. Both motorcycles and cars are invited to participate in the poker run which will benefit

SAVE22, an organization that is bringing awareness of veteran suicides.

Drivers and riders will cruise around five area dams and levees. The Poker Run starts at the Atwood Lake Park Activity Center, 9500 Lakeview Road NE, Mineral City. Registration starts at 10 a.m. with first bike out at 11 a.m. and the last bike in by 3 p.m. with a meal to follow at the last stop, Lighthouse Bistro. Individual and couple tickets are available on Eventbrite. For more information, call the Carroll County Convention and Visitors Bureau at 877-727-0103.

Music brings people together and the ALIVE Christian Music Festival and Outreach brings some of the biggest names in Christian Music, including For King & Country, Need to Breathe, Switchfoot and Mercy Me, to Atwood Lake Park July 20-22. The three-day event has two stages and performances planned throughout the festival. For ticket information, check out [alive.org](http://alive.org).

The Carroll County Park District brings an eclectic mix of musical styles from country to southern rock to 80s hair bands to its summer concert series at its Bluebird Farm Park Amphitheater, 190 Alamo Road, Carrollton. Bring a chair or a blanket to enjoy a Saturday evening concert for a \$5 per vehicle admission charge. The tentative schedule is available at [www.ccparkdistrict.org/bluebirdfarmpark/amphitheater.html](http://www.ccparkdistrict.org/bluebirdfarmpark/amphitheater.html).

Know anyone who likes drones and radio-controlled planes? Flite Fest Ohio offers radio-controlled aviation enthusiasts an opportunity to fly, battle and race their drones or aircraft during this four-day event held July 12-15 at 8050 Lee Road, Malvern. This family-friendly event is great for beginners, as well as experienced pilots. See [flitefest.com/ohio](http://flitefest.com/ohio) for spectator and pilot tickets.

From local festivals to the county fair, Carroll County has something for everyone and events planned every weekend during the summer. For a list of the updated schedule, see [www.carrollcountyohio.com](http://www.carrollcountyohio.com). ✨



# LET'S GET

# FIRE D UP

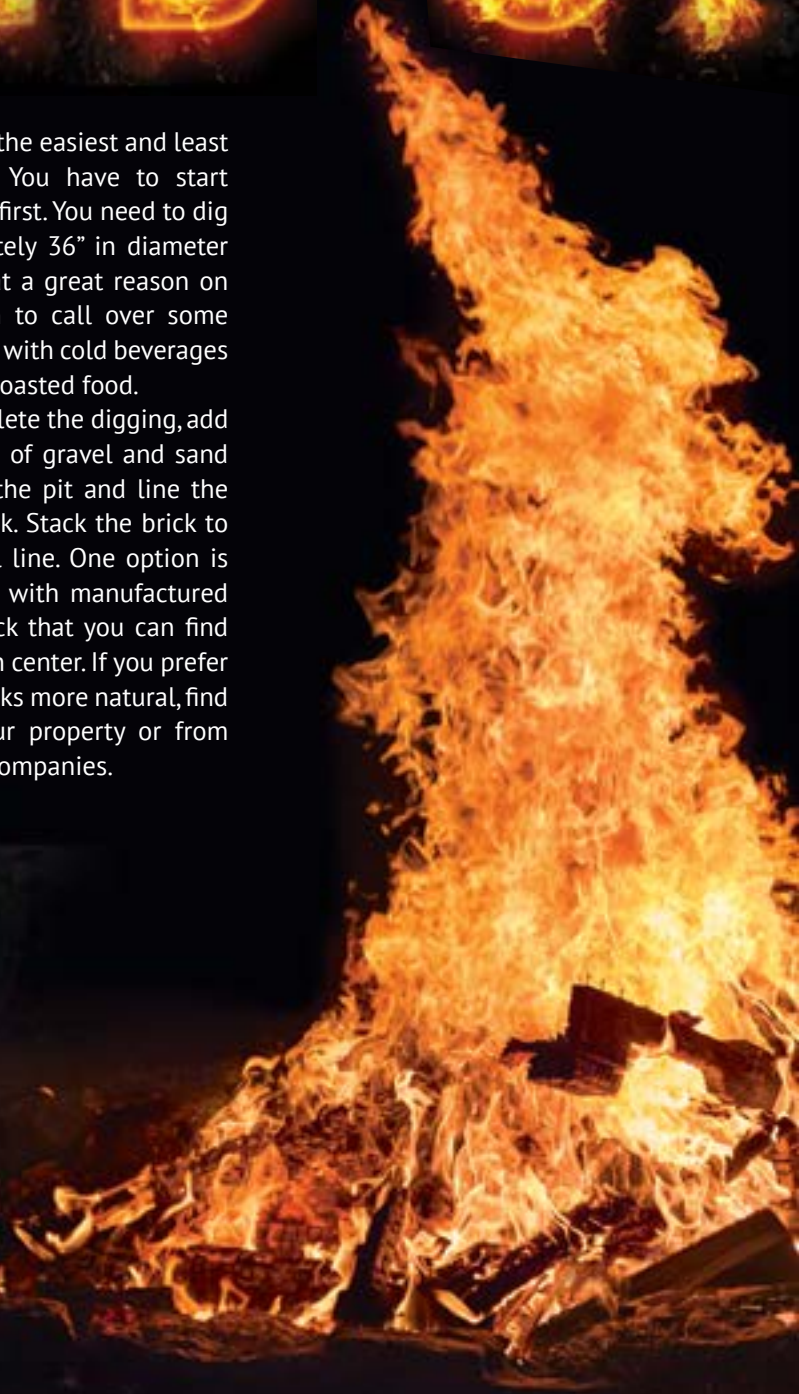
By: Kathy Ray

We all have been anxiously awaiting warm weather in our neck of the woods; dreaming of warm summer nights, the sounds of crickets, fireflies twinkling, and sitting beside a crackling fire in our backyard with family and friends. Once the warm weather dream becomes a reality, maybe you have just one other problem. No fire pit. Read on for a couple of options to create the perfect fire pit on your own, without breaking the bank.

First, choose a location that is not too close to vegetation or a structure. If possible, be close to a water source. Hopefully you will never have a fire that gets out of control, but a little planning can eliminate heartache later.

Let's start with the easiest and least expensive option. You have to start with the hard part first. You need to dig a hole, approximately 36" in diameter and 18" deep. What a great reason on a sunny afternoon to call over some friends. Bribe them with cold beverages and delicious fire-roasted food.

Once you complete the digging, add a couple of inches of gravel and sand to the bottom of the pit and line the sides with fire brick. Stack the brick to the top of the soil line. One option is to cap off the top with manufactured retaining wall block that you can find at your area garden center. If you prefer something that looks more natural, find stones around your property or from area landscaping companies.





If this look is a little too rustic for your taste, here is another idea that is easy on your wallet. Buy a piece of heavy gauge steel pipe approximately 24-36" in diameter and 36" long. Unfortunately, you still must dig a hole. The hole needs to be close to 24" deep. Place the piece of pipe in the hole, leaving one foot above the ground.

Surround the pipe above the ground with decorative wall block to the top of the pipe. When you are purchasing the wall block, ask for finish block. Finish block are what you will use to complete the top of the fire pit. And just like that, you're ready to sit back, throw some logs on the fire and enjoy the fruits of your labor.

But, hold on! You, your friends and family members have earned some sustenance for all your hard work. I've included a couple of easy recipes to cook over the fire pit that can include the children. Everyone loves a hot-dog roasted over an open fire. No need to bring buns with this recipe. And follow the hot dogs with a desert that takes the gooey marshmallow or S'mores to the next level.

As I mentioned at the beginning of the article, try to place your fire pit near a water source. If that isn't possible, keep a bucket of water close. Even if you don't need it to avert a catastrophe, pour it over the fire before you retire for the evening. Stay safe and enjoy! ✨

*Author Kathy Ray is Vice President of Pond Wiser, Inc.*



## CAMPING HOTDOGS

1. Place a wooden skewer in one end of a hotdog about 3/4 of the way through.
2. Open a tube of crescent rolls and wrap one long ways around each hot dog. Start with the flat end and finish with the tip of the triangle.
3. Lightly surround your crescent-wrapped hotdog in aluminum foil.
4. Dampen the wooden skewer and roast over the fire. Keep turning your stick just like you would a hotdog without the crescent roll wrapping.
5. They should be ready in 15 minutes, depending on how hot the fire.
6. Serve with your favorite condiments.



## CAMPFIRE CONES

1. Purchase waffle cones and choose whatever toppings you like, such as marshmallows, peanut butter cups, Rolos, chocolate or butterscotch chips, bananas, strawberries or raspberries. Be creative.
2. Fill a cone with the desired amounts of marshmallows and toppings. Cover the cone with foil. Place over the campfire for about 3 to 5 minutes.
3. Enjoy the warm and gooey melted deliciousness.





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# WALKABOUT DOVER

This Summer walking tour is a fun way to get your steps in!

By Diane Lautenschleger

The sky is bright blue, the clouds fluffy white, and there is just enough breeze to have you thinking about your next adventure. It's time to pack your walking shoes and head over to Dover, Ohio, for a self-guided, 2.5 mile walkabout tour with plenty of stops for learning, dining, shopping, and resting, too.

Your first stop of the day is at The Warther Museum and Gardens. Located just blocks from downtown Dover, the museum campus offers plenty of parking on their lower level; follow the winding stairs from the parking lot up to the main level where your ascent will greet you with Swiss-style flower gardens, bountiful with blossoms. The Warther Museum is filled with fascinating carvings of the evolution of the steam engine each made of thousands of intricately carved pieces by Mooney Warther. See their website [thewarther-museum.com](http://thewarther-museum.com) for more information.

Who doesn't like a great toy? Your next destination of the day will take you to Home Town Toys in downtown Dover. With sidewalks guiding you to this location, you will enjoy the short walk and sights along the way. HomeTown Toys is a unique store featuring specialty toys, and even some from your own childhood. Whether you are sharing the day with children or your inner child, HomeTown Toys is a fun stop sure to bring smiles to all who enter their shop. Find details at [hometown-toys.com](http://hometown-toys.com).



Are you hungry and ready for a lunch break? Walk down the sidewalk a few more blocks to Bread Head Bistro. With fresh bread, burgers, bowls, and brews, the Bread Head Bistro offerings are certain to please even the most discriminating palate. Open 8:00 am - 8:00 pm, their menu features classic bistro fare with a fresh twist. You can review the menu at [breadheadbistro.com](http://breadheadbistro.com).

Nothing is better after a great meal than time spent beside the water. The Dover Riverfront Park, located on the banks of the Tuscarawas River, is the next stop of the day. Featuring open space for playing, benches for reflection, and an artistically styled swing for reaching into the blue sky, this park is the perfect location to refresh and recharge. You will likely share the space with a few res-

ident geese or a local with a kayak or fishing rod. This tranquil park will get you ready for the last stop of your walkabout tour.

Featured in "Ripley's Believe It or Not," the Toland-Herzig Famous Endings Museum is not to be missed. Located inside the Toland-Herzig Funeral Home, this fascinating museum is filled with nearly 2,000 artifacts documenting the lives and funerals of some of our nation's most notable people. Owner John Herzig believes that each life carries a story to be shared; you will see items from Thomas Edison, Paul Newman, Rosa Parks, Princess Diana, and so many more. A tourist visiting this museum once said, "Famous Endings is truly a history lesson. The walls are filled with people from the past who have contributed in different ways to our country and even our world." Check their website [tolandherzig.com](http://tolandherzig.com).

Exiting Famous Endings, you will realize that you are just a few blocks from your car and that your day is complete. Your tour took you on an adventure and a 2.5 mile walk. What a healthy day for your mind and your body! ✨







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# EXERCISES FOR POOL SEASON PREP

## (THAT AREN'T CRUNCHES)

By Erin McDermott, BA, CPT

As summer approaches, the abdominals become a hot topic while many of us start preparing for our “beach bodies.” Our browsers fill with articles such as *How to Flatten Your Tummy in 5 Easy Moves!* or *21 Guaranteed Moves to Target your Abs!* and we inevitably end up frustrated when we don't see the promised results. Unfortunately, there is a common misconception about core training; we believe that exercises that isolate the rectus abdominis, like crunches, sit-ups, and leg lifts, will eventually give us that coveted tight, toned midsection. These exercises, when performed in excess and with poor form (as they typically are), can cause neck, back, and hip flexor pain, and they are certainly not the best way to build a strong core.

Before you jump into the 1,000 sit-up challenge to prepare for pool season, it is important to understand what your core muscles are and how they function so you can understand how to best work them.

### WHAT IS THE CORE?

In everyday life, the trunk (core) is necessary for performing a variety of movements such as twisting, bending side to side, bending forward and backward, and pulling in your stomach. In fact, the core is a complex structure of multiple muscles in the front and back of your trunk. The middle layer of your core creates a box around your torso. These muscles work to provide stability to your spine and form a strong foundation for your body. They include the transverse abdominis, multifidi, quadratus lumborum, the diaphragm, and the pelvic floor. All are important, but the transverse abdominis (TVA) is deserving of special attention.







Not only does the TVA help to stabilize your spine, but it also increases intra-abdominal pressure as it pulls your belly button to your spine (think about pulling your stomach in to button a tight pair of pants). This muscle functions like a natural corset. The stronger your TVA is, the more taut you will be able to hold your belly.

The superficial muscles of your core consist of the better-known muscles, such as the rectus abdominis and internal and external obliques; the former causes trunk flexion (the crunching motion) and the latter causes trunk rotation (twisting). They both help you bend side to side. Finally, the core also contains back muscles, the erector spinae group, and hip flexors, the iliopsoas. Although all these muscles provide important functions, our attention will be spent on the transverse and rectus abdominis.

### ARE FLEXION EXERCISES BAD?

Exercises which put your vertebrae into flexion are not inherently bad, and crunches and sit-ups do have their place. However, in some situations they can cause more harm than good. To put it in perspective, take a second to observe your posture as you read this article. Chances are, your spine is already in flexion (slumped forward) and your core is not engaged. The reality is our way of living is not conducive to good posture. Whether it is driving, sitting at a desk, reading, or looking at our phones, we are in a perpetual state of spinal flexion with a forward head tilt and rounded shoulders. This on its own can lead to back and neck problems. Combine that posture with core exer-

cises that reinforce it and it's a perfect disaster. In a similar way, lying flat on a mat and doing leg lifts can be a harmful exercise if not done correctly. Many times, people do not have the core strength to hold their back flat, leading to a strained low back and hip flexors. If you are unable to keep your low back flat during the whole movement, this is another exercise that should be replaced.

### RECOMMENDED EXERCISES FOR CORE STRENGTH

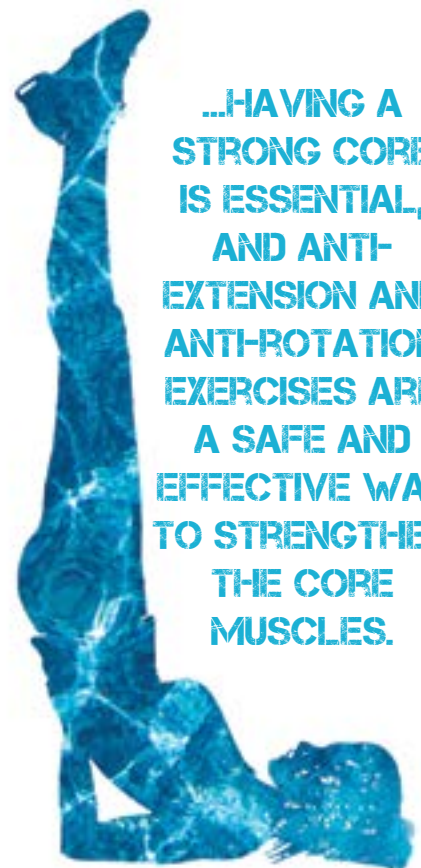
To determine which exercises are the best for working your core, we must go back to the core's different functions. Since the core helps keep your back from arching (spinal extension), exercises which involve anti-extension, such as planks, are great for safely building core strength. Planks work the whole core and can be performed with many variations; they also keep your body in good postural alignment and will work your shoulders and legs. Planks are a great exercise for beginners and advanced alike. If you are a beginner, start with your arms elevated on a box or step and hold a straight arm, push-up position.

The superficial muscles of the core, the rectus abdominis and obliques, perform trunk rotation. Therefore, anti-rotation exercises are a great way to torch these muscles while maintaining good posture. The Pallof Press is the king of anti-rotation exercises. It is a full body exercise, as it hits your back, shoulders, chest, core, and even works your lower body. This is certainly an exercise you won't want to skip out on.

Finally, if feeling a nice burn in the lower part of your rectus abdominis is dear to your heart, start with bent knee toe taps and work your way up to leg lifts. As you perform this exercise, exhale and press your belly button down to flatten your back before initiating any leg movement.

### THE TAKEAWAY

Whether your motivation is looking slimmer, lifting heavier weights, running faster, or picking up your kids or grandkids without pain, having a strong core is essential, and anti-extension and anti-rotation exercises are a safe and effective way to strengthen the core muscles. However, many people do not know exercises which effectively train the core, and it can be tempting to revert to an old-school style of training. As a result, crunches are out, and anti-extension and anti-rotation exercises are in. The best part is, these exercises train many more muscles than just the superficial abs and help correct the effects of poor posture. Who doesn't want to kill two birds with one exercise? ✨



**...HAVING A STRONG CORE IS ESSENTIAL, AND ANTI-EXTENSION AND ANTI-ROTATION EXERCISES ARE A SAFE AND EFFECTIVE WAY TO STRENGTHEN THE CORE MUSCLES.**



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# THOSE ANNOYING ALL

By Aaron I. Brescia, MD



Often when people complain of “allergies” they are referring to various symptoms that can affect the nose and sinuses that collectively are termed rhinitis. Rhinitis is the inflammation and irritation of the soft tissues that line the nasal airways. Rhinitis can result from numerous causes, including breathing in irritating fumes or dusts, viral illnesses like the common cold, or allergic reactions to environmental molecules such as tree pollens or pet dander. No matter the cause, the end result of rhinitis commonly involves symptoms such as sneezing, runny nose (rhinorrhea), post-nasal drip, and itchiness of the nose or eyes. When these symptoms arise from exposure to indoor or outdoor environmental

molecules (termed allergens), we label it as “allergic rhinitis.”

Allergic rhinitis has a major impact in the United States in terms of financial burden on the health care system, lost productivity at work, doctors’ visits, and costs of prescription and over-the-counter medicines. By some estimates, 5-20 billion dollars annually are spent on allergy management. The numbers increase dramatically if food allergy is included. Indeed, “anaphylactic reactions” or overwhelming allergic reactions which threaten life by causing dramatic swelling of the lips, tongue or other airway tissues are mostly the result of ingesting foods or medicines into the body. For this article, we will focus on those allergic problems that primarily result from inhalant, or nasal, allergies.

As opposed to other causes of rhinitis, allergic rhinitis results from exposure to molecules that should not otherwise cause humans problems. These molecules become a problem, though, if an individual has at some point in the past mounted an immune reaction against these molecules. This typically involves the generation of antibody molecules in the blood designed to recognize the offending environmental molecules and stimulate an attack against them. The end result of most allergic reactions is the release of histamine from a particular collection of white blood cells called mast cells. Histamine stimulates various reactions in the surrounding tissues, including the expansion of blood vessels leading to nasal or sinus congestion, leaking of tissue fluid and production of mucus





# ALLERGIES

resulting in a rhinorrhea or post-nasal drip, itchy irritation of tissues, and sneezing, itself designed to expel offending agents.

Some allergens are most prevalent only during certain times of year. For instance, common tree pollens from deciduous trees usually are most problematic in the spring, when trees are pollinating. Grass allergies are typically the worst during late spring to early fall. Weed allergies can be throughout the warmer seasons, but often are heightened in the autumn. We label these problems as seasonal allergies, and they are usually not a considerable problem after the first few frosts in the fall and throughout the cold winter months. Indoor inhalant allergies, such as those involving house dust, dog and cat dander, or molds, are termed perennial or year-round allergies as there is unfortunately no respite from these household contaminants.

For some patients with inhalant allergies, these common symptoms can simply be a nuisance, or they can dramatically impair quality of life. Persistent sneezing or rhinorrhea can be socially embarrassing. Nasal congestion can lessen one's taste sensation. Aural fullness, or ear pressure, causes discomfort or pain associated with a persistent feeling of clogged ears and muffled hearing. These symptoms result from nasal congestion that also involves the Eustachian tubes, which connect the back of the nose to the middle ear. Nasal congestion can also hinder sports performance and endurance. Persistent inflammation in the nose and sinuses from allergy also predispose patients to recurrent or chronic bacterial sinus infections as secretions become trapped in the sinuses.

A typical doctor's visit for these complaints should include a full history and a physical exam of the ears, nose and throat. Important questions to have answered are whether there are certain times of year that are worse than others, any changes in living or working environments, possible exposures to molds, as in basements or even wet leaves, pet exposures and smoking history, among others. Your doctor should take note of any middle ear fluid, inflammation or discoloration of the nasal tissues, or signs of post-nasal drip such as inflammation of the back of the throat. If a good history for inhalant allergies starts to emerge, your doctor will most likely try a course of allergy medicines and try to

gauge its effectiveness. If there is a sufficient reduction of symptoms, and there is a definite season when symptoms are present, the treatment strategy may be as simple as prescription or even over-the-counter medicines during the problematic time of year. If symptoms persist year-round, as in perennial allergies, a more thorough investigation may be warranted.

Allergy testing seeks to specify what inhalant molecules a patient is allergic to, and how severely they react to them. This allows your allergy doctor to tailor medical therapy for certain times of year, or it can indicate the need for more aggressive medical or other therapies. Allergy testing can involve drawing a blood sample for a laboratory test. More often it will involve a skin test wherein small concentrations of purified preparations of allergens are introduced into the patient's skin with small painless scratches and monitoring for hive-type reactions.

By and large, there are three main tools at your allergy doctor's disposal to combat your allergic reactions. Nasal sprays containing steroid or antihistamine medicines are the mainstay for first-line allergy management. Some of these medicines have recently become available over the counter, while some remain prescription. Side effects are rare but can include nasal bleeding and smell disturbances. Secondly, oral antihistamine medicines are widely available over the counter and include brand names such as Claritin, Allegra, or Zyrtec. These medicines are typically well-tolerated, but common adverse effects include drowsiness and dry mouth. Lastly, your doctor may believe allergy shots, or immunotherapy, is necessary to control the allergic response. Allergy shots are comprised of the careful injection of minute concentrations of purified allergens into the body in an attempt to stimulate a secondary antibody response designed to dilute out the effects of the initial allergic antibody response. Immunotherapy is widely effective at lessening the symptoms of allergy and lessening the need for oral antihistamine medicines. Furthermore it can often lead to long-lasting control of allergies well after the course of administration of the shots, which is typically 2-3 years at least.

In conclusion, allergic rhinitis is a common and potentially significant quality of life problem for adults and children. Many allergic patients will respond well to simple and affordable medicine regimens, perhaps even without a prescription or allergy testing. Some patients however are well-served to undergo specific allergy testing and carefully tailored allergy treatments. Medical allergists may be family practice or intensivist doctors, but Otolaryngologists, ears, nose, throat (ENT) doctors, are also often involved in allergy management as they are typically the experts in the medical and surgical management of the nose and sinuses. ✨



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## ATWOOD LAKE

- June 2** Best Dam Motorcycle Poker Run - Movie at the Lake
- June 8-10** Wildlife Weekend
- June 15-17** Father's Day Celebration - Explorers of Nature - Learn to Kayak - Movie at the Lake
- June 21** WTUZ Beach Party
- June 23** Whiffle Ball Tournament - Explorers of Nature
- June 29** Moonlight Kayak
- June 29-July 1** Atwood After Dark Weekend - Explorers of Nature
- July 6-8** Independence Day Weekend - Fireworks - Explorers of Nature - Movie at the Lake
- July 13-15** Christmas in July Weekend - Explorers of Nature
- July 20-22** Alive Music Festival
- July 21** Explorers of Nature - Night Hike
- July 26** Moonlight Kayak
- July 28** Lake & Land Festival - Explorers of Nature
- Aug 3-5** Splash Weekend - Explorers of Nature - Movie at the Lake
- Aug 11** Golf Cart Scavenger Hunt - Camper's Yard Sale



## PLEASANT HILL LAKE

- June 1-3** Arts in the Parks w/ Painting - Live Jazz Music - Learn to Kayak - Movie at the Lake
- June 9** iHeartRadio Summer Boating - Beach Party
- June 10** Ohio Boater Education Course
- June 16** Explorers of Nature
- June 21** Twilight Kayak
- June 22-24** Ohio History Weekend - Explorers of Nature
- June 29** Moonlight Kayak
- June 29 - July 1** Wild Animal Weekend w/Amazon Eric - Live Pop Music - Explorers of Nature
- July 2-8** Stars and Stripes Astronomy Week
- July 6-8** Independence Day Weekend - Live Country Rock Music - Explorers of Nature
- July 12-13** Campout on the Beach
- July 14** Mermaid & Pirate Kids Day - Live Elvis Tribute - Explorers of Nature
- July 15** Twilight Kayak
- July 20-22** Christmas in July - Fireworks - Explorers of Nature - Movie at the Lake
- July 27** Moonlight Kayak
- July 27-29** Wild West Fest w/ Petting Zoo & Pony Rides - Country Swing Band/Square Dancing
- July 30-Aug 2** Outdoor Skills Camp for Kids
- Aug 4** Taste of the Outdoors - Live Bluegrass Music - Explorers of Nature
- Aug 5** Learn to Kayak
- Aug 10** Movie at the Lake
- Aug 11** Dr. Insecta's Bug Lab - Magic Show
- Aug 12** Poker Paddle - Planetarium Star Viewing





## TAPPAN LAKE

- June 2** Best Dam Motorcycle Poker Run - National Trails Day
- June 8** Movie at the Lake
- June 9** Poker Paddle
- June 11-15** Basketball Camp
- June 15-17** Father's Day Fishing Weekend - Passport to Fishing - Electroshock Demo
- June 22-24** Golf Cart Poker Run - Ice Cream Social - Explorers of Nature - Movie at the Lake
- June 25-29** Swimming Lessons
- June 28** Moonlight Kayak
- June 29-July 1** Independence Day Weekend - Fireworks - Music: Hillbilly Way & DJ
- July 6-8** Bears & Bees Weekend - Teddy Bear Picnic - Explorers of Nature
- July 13-15** Wet & Wild Weekend - Explorers of Nature - Movie at the Lake
- July 20-22** Christmas in July Weekend & DJ - Hayrides - Explorers of Nature
- July 27-29** Car Show at the Beach & DJ - Moonlight Kayak - Movie at the Lake
- Aug 4** Light Up the Beach & DJ - Explorers of Nature
- Aug 10-12** Tropical Weekend w/Touch Tank & DJ - Learn to Kayak - Movie at the Lake

## CHARLES MILLS LAKE

- June 2** Silly Weekend with Mr. Puppet Comedy Show
- June 9** Incredible Bug Lab with Dr. Insecta - Movie at the Lake
- June 16** Father's Day Breakfast - Grill Masters Cook-off - Explorers of Nature
- June 19-21** Outdoor Nature Camp for Kidz
- June 23** Western Weekend - Pony Rides - Square Dancing - Explorers of Nature
- June 30** Fun in the Outdoors Family Day - Explorers of Nature
- July 6-8** Red White & Blue Fest - Fireworks - Music: Redneck Romeo's & DJ - Movie at the Lake
- July 11-12** Nature Art Camp for Kidz
- July 14** Christmas Weekend - Jim Pitney Silent Auction - Explorers of Nature
- July 21** Dog Days Weekend - Casino Night - Explorers of Nature - Learn to Kayak
- July 28** Down at the Zoo Animal Show - Explorers of Nature
- Aug 4** Murder Mystery Dinner - Explorers of Nature
- Aug 9-10** Campout on the Beach
- Aug 11** Water Days Weekend with Mermaid Swim - Movie at the Lake - Learn to Kayak



## SENECA LAKE

- June 2** Movie at the Lake
- June 2-10** Wildlife Week
- June 15-17** Father's Day Pancake Breakfast - Explorers of Nature - Movie at the Lake
- June 22-24** Photography Fun - Poker Paddle - Explorers of Nature
- June 27** Moonlight Kayak
- June 29-July 1** Independence Day Weekend - Fireworks - Live Music - Explorers of Nature
- July 6-8** Incredible Insects Weekend - Dr. Insecta's Magic Show - Movie at the Lake
- July 14** Explorers of Nature - Learn to Kayak
- July 15-20** Sun and Sports Week
- July 21** Car Show at the Beach w/DJ Spikeman - Explorers of Nature - Movie at the Lake
- July 27** Moonlight Kayak
- July 27-29** Christmas in July Weekend - Explorers of Nature
- Aug 3-5** Wonders of the Water w/Touch Tank - Explorers of Nature - Movie at the Lake
- Aug 10-12** Starry Sky Weekend







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Fri. 6/22	Players Club	7:00 PM
Thurs. 6/28	Parrots of the Caribbean	7:00 PM
Tues. 7/3	RadioActive Band	7:00 PM
Fri. 7/13	FORECAST	7:30 PM
<i>(Sax in the City Event on 1st St. SE starts at 5:30 PM)</i>		
Thurs. 7/26	The Belairs	7:00 PM
Fri. 8/3	LaFlavour	7:00 PM
Fri. 8/10	Open to Local Bands	7:00 PM
<i>(Say Good-Bye to Summer Event* starts at 5:30 PM)</i>		
Thurs 8/16	Jimmy & The Soul Blazers	7:00 PM
Sat. 9/15	Discovery Band	5:00 PM
<i>(5 F's of Fall Event* starts at 2:00 PM)</i>		
Sat. 10/13	Visinata	2:00 PM
<i>(Oktoberfest Event* starts at 1:00 PM)</i>		

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Mon 6/11	Canal Fulton "Music Makers"	7:30 PM
Mon. 6/18	Robert Hill Orchestra	7:30 PM
Mon. 6/25	Renditions	7:30 PM
Mon. 7/9	Meadowbrook Big Band	7:30 PM
Mon. 7/16	Canton Concert Band	7:30 PM
Mon. 7/23	Matt Schafer & Friends	7:30 PM
Mon. 7/30	TGIF	7:30 PM
Mon. 8/6	Savoy	7:00 PM
Mon. 8/13	Henry & David	7:00 PM
Mon. 8/20	Visinata	7:00 PM

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## INCLUDING YOU

By Ryan O'Dell



For new mountain bikers, the thought of racing may conjure up images of sponsored professionals, each one of them young, ripped and rail thin, chasing dreams of podium glory, but the reality of modern mountain bike racing in Ohio may be much different and more inclusive than you imagine with many healthful benefits that may be worthy of consideration.

Ask any mountain biker why they do it and you'll likely hear, "because it's fun." There's a reason everyone from preschoolers to former presidents and school-aged children to cycling legends have fallen in love with riding their bike off-road. In addition to being fun, mountain biking offers a plethora of physical, emotional and social benefits to those who ride.





## PHYSICAL BENEFITS

Though you may encounter a few bumps and bruises along the way, mountain biking helps more than it harms. According to [Peopleforbikes.org](http://Peopleforbikes.org), three hours of biking per week decreases your chance of heart disease and stroke by 50 percent. A study in the *European Journal of Epidemiology* found that women who bike more than 30 minutes each day have a reduced risk of breast cancer. Furthermore, teenagers who bike are 48 percent less likely to be overweight in adulthood.

The Centers for Disease Control and Prevention recommends that adults get at least two and a half hours of moderate-intensity physical activity every week. This type of exercise must be rigorous enough for a person to break a sweat and raise their heart rate. I think it's safe to say that mountain biking counts toward the CDC's weekly guidelines!

One last thing to note, mountain biking proves to be an ideal alternative for the growing number of older Americans who may be suffering from knee injuries after years of high-impact sports, such as running. The sport offers similar cardiovascular benefits to running, but without the impact on your joints. Former president George W. Bush took up mountain biking after a knee injury put an end to his running regimen.

## EMOTIONAL BENEFITS

In addition to the myriad physical benefits of mountain biking, the sport also plays an important role in participants' emotional well-being. According to a 2007 study by Dr. Andrew Lepp at Kent State University, outdoor activities decrease stress, raise self-esteem and provide people with a sense of challenge and adventure.

Exercise in general helps decrease anxiety and improve mood. The Mayo Clinic notes that exercise helps stave off depression by releasing endorphins (brain chemicals that trigger a euphoric high). Physical activity also decreases the immune system chemicals that make depression worse. And that, my fellow mountain bikers, is why you typically end a ride happier than you started. Mountain biking acts as a distraction helping riders temporarily take their mind off of any worries. This escape from reality breaks the cycle of negative thoughts that contribute to anxiety.

## SOCIAL BENEFITS

There are plenty of opportunities for interaction in this sport, whether you join your local cycling club, sign up for a mountain bike race or bump into other riders at the trailhead. Pleasant social interaction can improve your mood and provide you with the opportunity to make new friends--or at the very least, new riding buddies.

Whether you rode over your first log, mastered that technical descent or cleared a particularly gnarly rock garden, meeting mountain biking challenges that you have set for yourself can give your self-confidence a major boost. Improving your stamina and be-

coming more physically fit will help you feel good about your outer appearance, giving you the courage to go about your everyday life.

According to the Shimano Research Group, more than 50 million Americans have tried mountain biking [source: Shimano]. While this seems like a huge number, it's nothing compared to the huge benefits that this sport offers in terms of physical and emotional well-being.

Mountain biking isn't only an adventure: It can also help you stay fit. Depending on the speed of your rides and the terrain you're covering, mountain biking can burn between 10 and 16 calories a minute, or 600 to 1,000 calories per hour. At that rate, biking can help you lose extra pounds or maintain your current weight. Over time, biking can increase muscle strength, improve cardiovascular health and help you build endurance that will carry over to other parts of your life. Biking just two to three hours a week can improve your lung capacity by up to 20 percent, making hiking up the stairs in your home a breeze [source: Adams].

Beyond its physical benefits, this sport also offers a number of emotional benefits that contribute to an overall sense of happiness and well-being. According to Dr. Andrew Lepp at Kent State University, outdoor activities can prevent and reduce stress, increase self-esteem, and offer a sense of challenge and adventure. Mountain biking also provides social benefits, and can help riders build a strong community [source: Lepp]. Even those simply looking for outdoor adventures are sure to enjoy the many mountain biking benefits that come along for the ride.





## RACING BENEFITS

And speaking of adventure, mountain bike racing offers riders a more fun path toward improvement with added benefits that include comradery, well-marked courses, plus recognition and rewards that may include cash, prizes, or even trips to exotic locations.

Born in 1999, The Ohio Mountain Bike Championship Series (OMBC) was established to offer riders of all shapes, sizes, ages and skill levels, from rank amateur to professional, with opportunities to improve skills, overall health and well-being, while making new friends within the mountain bike community. Hosted by nonprofit mountain bike clubs across Ohio, OMBC donates thousands of dollars each year to the groups that support and maintain the trail systems we enjoy.

As mountain biking has been trending more towards becoming a family sporting event with an increasing number of women and kids joining “dad” on their bikes, a new generation of mountain bikers are showing up at racing events. To accommodate these new riders, OMBC offers three classes

based on distance from as little as five miles for first timers up to thirty miles for Pro/Expert level riders.

There are FREE races and skills clinics for kids aged three to ten years old and discounted pricing for Junior and High school racers, making races more affordable for families. Parents are welcome to ride with their kids at OMBC kids’ races.

For adults, there are 18 divisions to choose from that include Women, single-speed bikes, Clydesdale (over 200 pound riders), and ten year age groupings that include a 50+, 60+ and even a 70+ legends division. Whatever your age or skill level, OMBC has a division for YOU. Why not give it a try?

**Take advantage of this special offer for Compass Media Fitness Health and Recreation readers!** To help you take the first pedal stroke, OMBC invites YOU to join us at the next regular series event and **your entry is FREE!** This offer is for first-time OMBC riders only. Simply bring this article to the registration table. No advance entry required. You can learn more at [www.ombc.net](http://www.ombc.net). Be sure to like us on Facebook with a link from our home page for timely information and answers to any questions you may have.

Even if you don’t plan to race right away, we invite you to come out to see for yourself, pre-ride one of the race courses, or volunteer an hour of your time to help. Getting on your mountain bike and pedaling along a trail at one of Ohio’s beautiful state parks may just be your ticket to better health! ✨

*Ryan O’Dell is the Ohio Mountain Bike Challenge Series Director.*



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# Lots to do in **MOHICAN LOUDONVILLE**

By Elaine Kish

You finished your canoe trip down the river, complete with stops for the lunch and snacks you packed and breaks to sample some of the local food vendors along the water's edge. You secured your campsite or other lodging for the night and are planning more activities for the rest of your stay. While it will more than likely include another chance to navigate the river, there are many other activities and attractions in the Mohican-Loudonville area.

For a nice "dry" adventure, try the go-karts, aerial park and miniature golf at Mohican Adventures. Packages are available so you can try everything and repeat your favorites. Mohican State Park offers miles of hiking trails. Choose a trail with a covered bridge or one with scenic waterfalls. Rent a boat at nearby Pleasant Hill Marina or Charles Mill Marina. Pontoons, fishing boats and jet skis are available.

Save half a day to try something new and exciting. Tree Frog Canopy Tours has more than 4,000 feet of adventure. It's a trek through the treetops while suspended from a dual cable zip line for an outdoor experience you won't

forget. The 2½ to 3-hour long tour travels through the trees by means of zip lines, sky bridges and rappels connected to platforms suspended in the trees. This tour is suitable for first-time and experienced zip line enthusiasts. It is northern Ohio's only canopy tour and is expected to become one of the top U.S. canopy tours. Open May through October, reservations are required, although walk-ins are welcome if openings are available.

Shopping buffs will appreciate the Creative Outlet Indian store and rock shop. You can select silver jewelry created by native artists, moccasins, hats, essential oils, crystals and stones, as well as custom-made silver jewelry. Copper from the Navajo and the Black Hills of South Dakota boast healing properties for arthritis. Turquoise, considered sacred to the Southwestern Native Americans and believed to bring good luck, fertility and friendship, is available in unique jewelry pieces. An upper level art gallery includes a variety of authentic Indian crafts.

The Cleo Redd Fisher Museum has been preserving and promoting the

cultural heritage of the Mohican area for more than 45 years. Learn about inventors, entertainers and explorers who lived nearby and industries that were born in the area.

Wolf Creek Grist Mill Historic Park and Museum is dedicated to restoring and preserving historic buildings donated by previous owners and relocated to the Mill property from various locations around Ohio. After relocation, the buildings undergo complete restoration by volunteers. Wolf Creek Mill is an example of an





early 1800's grist mill, one of the few remaining in existence in Ohio. They host an International Wine Festival in June, with wine available for tasting, purchase and carryout.

For the athletes in your group, The Mohican Mountain Bike 100, a 100-mile bike race, starts in downtown Loudonville and ends at Mohican Adventures, passing through four counties on a loop. The Mohican Trail 100 offers runners a choice of 100 miles, 50 miles or the Mohican Marathon, traveling through the 5,000-acre Mohican-Memorial State Forest. Both of these events occur in June and if you choose not to participate, spectators are always welcome to encourage a strong finish. Also in June, the Thrills in the Hills motorcycle show takes place in downtown Loudonville.

July activities include an antique festival, car show and traditional fireworks for the 4th. Mohican Reservation Campground hosts the Great Mohican Pow-Wow with Native American foods, artisans, craftsmen and traders. Indian dance and drum competitions are a highlight of this event. August brings the downtown Loudonville sidewalk sales and an 18th Century Colonial Trade Fair at the Wolf Creek Grist Mill.

Make reservations now for the Mohican Bluegrass Festival held annually in September at Mohican Wilderness Campground. This 3-day family event combines good music with food and craft vendors.

There are several locations for horseback riding, as well as numerous golf courses in the area. Trails all around invite a hike or bike in the woods and you can choose the length and scenery.

With a short drive to nearby Lucas, Ohio, you'll see Malabar Farm State Park. The home of Pulitzer-prize-winning author and agriculturist, Louis Bromfield, you can tour the "Big House" and see where famous and not-so-famous guests stayed the night, including where Humphrey Bogart and Lauren Bacall spent a night during their honeymoon. Tours of the working farm

reveal landmarks and conservation highlights. You can enjoy a meal at the Malabar Farm Restaurant and purchase grass-fed, free-range meats before you leave.



Whether tent, camper or RV, you'll find the type of campsite you desire from primitive to full hookup. Campgrounds offer amenities including indoor showers, swimming pools, picnic areas, playgrounds, and general stores to replenish supplies. Most campgrounds take reservations to confirm you'll get whatever type of site you need or prefer in the busy summer months. Regardless of your camping preference, here are some tips to help:

Pack frozen food in the cooler. It keeps food cold so you may not have to buy as much ice.

If camping with children, pack playing cards, board games, and coloring books in case of rain.

Use your empty cooler to transport dirty laundry home, saving space in the vehicle.


If you prefer more of the comforts of home to camping, there are numerous cottages, cabins, motel rooms and bed & breakfasts nearby. The unique Landoll's Mohican Castle resembles a European castle with eleven suites available.

While there are several locations in the area to replenish your camping food supply, if you want a break from cooking, you can find burgers, pizza, wings, sandwiches, and homemade soups and pies at locations in town and near the water. Trails End Restaurant has pizza, wings, beer and a full bar. Their pizza buffet and salad bar are served in an actual canoe and an array of sports memorabilia decorates the walls. The River Room Lounge is situated on the Mohican River. With outdoor seating along the water's edge, they feature live music.

Before you leave the area, take another trip down the river. If you went by canoe the first time, try another form of transportation like a kayak or a tube to get really close to the water. It's a sure bet that the Mohican-Loudonville area has something for everyone, so take the short drive to visit and see for yourself. For a complete list of local events and updates, visit their website, DiscoverMohican.com. ✨







# Backroads of WAYNE COUNTY

## Picnic Basket Tour

The Wayne County Convention and Visitors Bureau, in the heart of Ohio's Amish Country, invites you to grab your picnic basket and cooler before setting out to enjoy the gorgeous summer weather on a Backroads of Wayne County, Picnic Basket Tour.

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

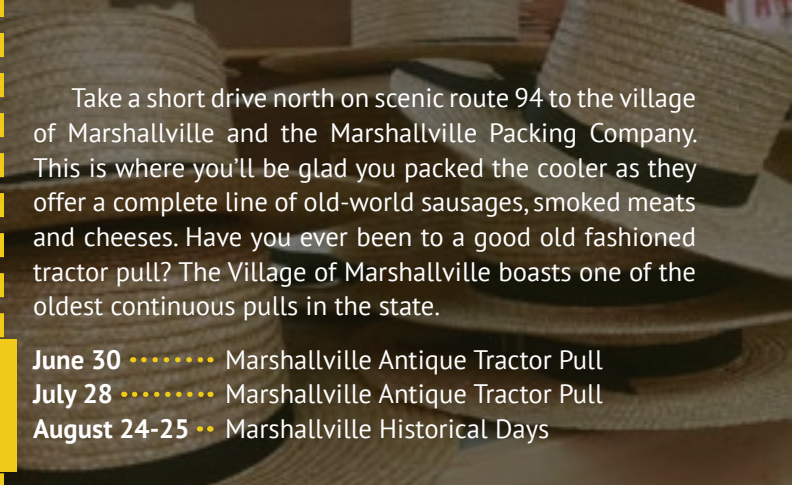
While in Downtown Wooster stop by **Local Roots Market and Café**, a year-round indoor local food co-op featuring baked goods, meats, eggs, produce, arts and crafts and seasonal ready-to-go salads and soups.

New to Downtown Wooster is the **JAFB Brewery**, who crafts freshly handmade beer. JAFB invites you to enjoy your picnic lunch in their tap room as they make just one thing...beer, and they do it right. Be sure to check out these summertime events held in Downtown Wooster.

- June 2 ..... Kids' Day on the Square
- June 7 ..... Ladies' Night Out
- June 15 ..... Concert/Cruise-in on the Square
- July 4 ..... Ohio Light Opera Community Pops Concert
- July 26 ..... Taste and Sounds of Downtown



Wayne County boasts four award-winning wineries, **Troutman Vineyards & Winery** and **Blue Barn Winery** in Wooster, **Silver Run Vineyard & Winery** and **Bent Ladder Cider & Wine**, both in Doylestown. These establishments offer tasting rooms with scenic views of the rural Wayne County countryside and wonderful outdoor concerts throughout the summer.



Take a short drive north on scenic route 94 to the village of Marshallville and the Marshallville Packing Company. This is where you'll be glad you packed the cooler as they offer a complete line of old-world sausages, smoked meats and cheeses. Have you ever been to a good old fashioned tractor pull? The Village of Marshallville boasts one of the oldest continuous pulls in the state.

- June 30 ..... Marshallville Antique Tractor Pull
- July 28 ..... Marshallville Antique Tractor Pull
- August 24-25 ..... Marshallville Historical Days

Looking to spend some time in an authentic Amish village where the Amish shop? Then Kidron, the home of **Lehman's Hardware**, is just the place for you. Wonderful bakeries, shopping, and a charming little country cheese shop. The Kidron community is busy organizing some wonderful summer events and you are invited!

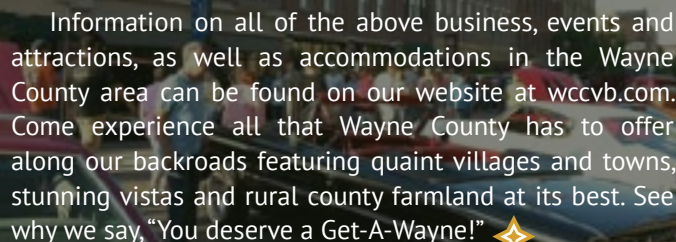
- June 23 ..... Lehman's Car Show
- July 7 ..... Made in Ohio Day
- June 14 ..... Lehman's Annual Summer Celebration
- July 10-11 ..... Shisler's Cheese 60th Anniversary Celebration
- July 11 ..... Sonnenberg Village Homecoming

A beautiful place to enjoy your culinary finds would be the **Secret Arboretum & Gardens** on The Ohio State University's Agricultural College campus in Wooster. Open daily from dawn to dusk offering scenic walking and biking paths and the opportunity to explore the diverse landscape theme gardens. Join them this summer for great family-friendly events.

- June 9 ..... Guided Bird Walk
- June 14 ..... Whiz Bang! Science Show
- June 15 ..... Guided Summer Walk

One last stop includes events happening this summer at the **Wayne County Fairgrounds**.

- June 1-2 ..... Music & Rib Fest
- June 21-23 ..... Eastern National John Deere Expo
- August 3-4 ..... Ohio Mennonite Relief Sale & Quilt Auction



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



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## Historic Zoar Village

National Historic Landmark

**April & May:** Saturday and Sunday

**June through September:** Wednesday through Sunday



## Canal Tavern of Zoar

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**Wednesday – Saturday:**

Lunch 11:30 a.m. to 2:30 p.m. (weekdays May – October)

Dinner 4:30 p.m. to close (year round)

**Sunday:** Brunch 10 a.m. to 2 p.m. ; Grill 11 a.m. to 7 p.m.

**Closed Monday & Tuesday**



## Fort Laurens

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**May:** Saturday and Sunday

**June through August:** Wednesday through Sunday



## Zoar Golf Club

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# Saving Species Together

By Leah Owens

**T**here are 230 zoos and aquariums that are currently accredited by the Association of Zoos and Aquariums (AZA), including the Akron Zoo. What does accreditation mean? We are held to extremely high standards for animal care and welfare, education, facilities and guest services. When you visit a zoo that has the seal of AZA accreditation, you're supporting an organization that provides not only the best quality of care for its animals, but also works in the field to protect our environment and species in the wild.

Every year more people visit those 230 zoos and aquariums than attend all major sporting events, specifically

around 183 million people. During that visit, we have the opportunity to educate our guests on what we are doing to save species, but also on what they can do themselves to protect animals in their own backyard and around the world.

The Akron Zoo believes that if we can help someone understand and care for an animal here at the zoo, it will translate into that person being more proactive in his or her everyday life. By getting up close to a lion or a jaguar, it creates empathy and a lasting connection for that guest. That connection leads to actions such as recycling, using a reusable water bottle, bringing reusable bags to the grocery store and more.

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million people.*



When the Akron Zoo talks about our actions to protect species in the wild, we're talking about providing financial support for field conservation programs that focus on different species and work to find solutions to help save these species from extinction. For example, Rebuilding the Pride is an organization in Africa that is helping solve the problem of

human-lion conflict, a conflict where lions are being killed to protect livestock. Rebuilding the Pride is not only educating people on how to avoid killing the endangered African lion, but helping them solve the problem by offering a solution – building bomas (enclosures) for the livestock to live protected from the threat of lions.



**How can you take action to help save species?** You don't have to fly to Sumatra to work with Rhino International to save the Sumatran rhino from extinction. You don't have to donate thousands of dollars to the Snow Leopard Trust to protect the wild snow leopard. Instead, say "yes" to the everyday tasks such as:



- Unplugging electronics when not in use
- Not idling the car when waiting
- Choosing to walk or bike instead of drive
- Saving your aluminum cans and dropping them off any day at the Akron Zoo. Those cans go towards our Cans for Corridors program that uses the money from the recycled cans to replant trees in the Brazilian rainforest, creating corridors for animals, like a jaguar or golden lion tamarin, to safely move from different areas of the rainforest.
- Signing up for an educational program at the Akron Zoo to learn more about what the zoo does for wildlife, and how you can apply it to your life. Programs vary from pre-school programs all the way to retirees. You can spend the night here at the zoo with your scout troop or church group at Snooze at the Zoo. You can sign your child up for ZooCamp programs during the summer. You can even have the zoo come to you with our ZooMobile. To learn about all the different programs available to you, check out akronzoo.org.

**Every action, big or small, can help make a difference.**

Even visiting the Akron Zoo, or any other AZA-accredited facility, benefits not only species at the zoo, but also in the wild – a portion of your admission ticket goes towards field conservation efforts to protect animals in the wild.

Bring your family and friends to the Akron Zoo and make memories, all while helping to save species. **Together, we can make a difference.** ✨



# Twilight Cleveland

## 5K & 10K Run

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Weekend & Holiday	\$21.00	\$25.00	\$30.00	\$42.00		\$17.00		\$28.00
<b>SENIOR RATES 60 +</b>								
Weekday	\$12.00	\$15.00	\$20.00	\$22.00	\$15.00			
Weekend & Holiday	\$20.00	\$20.00	\$25.00	\$35.00		\$17.00		\$28.00

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# BREWTASTIC!

## *The Craft Brewery Craze Sweeps Through Ohio*

By Mary Vlahos



Does it seem like a new craft brewery is opening every month? The craft brewery expansion is a trend that's sweeping across the US. Northeast Ohio has seen an explosion of craft breweries across the region of all sizes and flavors creating a Craft Brew Tourism industry. Some communities have developed brewery districts or regional brewery tours, while others have tried to capitalize on the Craft Brewery Craze with craft beer festivals. Every community seems to have an interest in the craft beer craze.

The Brewer's Association reported that the craft beer yearly retail dollar value to the US economy is \$26 billion with a market growth of 5%. The economic impact of the craft beer market for Ohio was \$2.7 billion providing 15,762 jobs. Bart Watson, chief economist of the Brewers Association, was quoted in the *2017 Craft Beer in Review* as saying, "Today, 83 percent of the population lives within 10 miles of a local brewery, meaning that the positive impact of breweries is being felt in communities all over the country." Kevin Mardorf, from [www.beerfests.com](http://www.beerfests.com), reported 92 beer festivals registered on their site in Ohio in 2017. With more than 6,300 breweries operating in the United





States, we can certainly see how this much economic impact is possible.

Would you like to create your own brewery tour and get rewarded for visiting your favorite craft breweries? Well now you can! The Ohio Craft Brewer's Association launched a new, free app, "Ohio On Tap." The app has already been downloaded more than 11,000 times. It features a state-wide list of over 140 breweries, comprehensive information on each brewery, maps that assist you in planning your own tour, an ability to locate breweries near your current location, social media integration, beer suggestions based on previous choices, event listings, and a label scanner. For each member brewery you visit you get a virtual stamp that will turn into virtual points, towards real prizes. Yes, you get rewarded for drinking beer! If you'd like to try an established brewery tour, try the Summit Brew Path, created in 2017 with over 2,600 craft beer enthusiasts completing the tour. This year's brew path features 18 craft breweries in the Akron-Canton area with a commemorative growler on completion. It's not recommended you finish the entire tour in one day, by the way.

With that big of a list it's difficult to know where to start your beer tasting. Why not start in your own backyard? Lockport Brewery, in Tuscarawas County, is the first brewery the county has seen in 65 years, and they're taking advantage of it. After only 3 months Lockport added additional fermenters to keep up with the growing demand for their beer. Founded by Andrew and Lauren Marburger, the brewery has become a community favorite. Lockport just celebrated their one-year anniversary in November of 2017, with Gateway Extra Pale Ale as their most popular craft brew. This is a great stop on a summer road trip. Enjoy a flight, a bite to eat, and their Saturday entertainment. Make plans for your summer road trip with your Lockport Brewery stop at [www.traveltusc.com](http://www.traveltusc.com).

Head slightly north and visit the Canton, Stark County folks. There are quite a few more craft breweries to choose from here, and some have very interesting histories. The Canton Brewing Company was founded in 1883 by Otto Giessen from Bavaria. It of course, like other breweries, struggled through prohibition by manufacturing non-alcoholic beverages. There are some rumors, however, that bootleg

beer was being manufactured by the Canton Brewing Company during prohibition. Officially dissolved in 1928, this brewery was brought back to life in 2014 by owner David Beule. There's even a nostalgic speakeasy entrance on Market Avenue to take you back in time to the prohibition era. Royal Docks Brewery, another Canton favorite, opened in 2015. Its owners were inspired by their 2 years in England and produce British-inspired beers in a pub-like atmosphere.

Maize Valley Winery and Craft Brewery, near Hartville, had roots in farming and wine production before making the leap to brewing craft beer. Maize Valley features a relaxing, farm atmosphere, beautiful views, and a 140-year-old restored barn. To get an overview of all the breweries in the Canton-Stark County area go to [www.HOFHOPS.com](http://www.HOFHOPS.com).

Keep heading north and you'll hit one of Akron's oldest breweries, Thirsty Dog. They just celebrated 20 years as a brand and 10 years bottling in the Akron area. Thirsty Dog recently added equipment to help expand their distribution. They currently produce 75 different beers all with unique names of the canine variety like Leg Humper







and Citra Dog. Check out their recently opened Tap House, with locally sourced foods to complete their new menu.

Joe Wathey and Erica Antoniotti, owners of Nauti Vine Winery in Portage Lakes, are another example of brewers that started off as wine makers. Mucky Duck Brewery started at the winery and soon moved to its current location across the street. Now the Mucky Duck Brew Pub produces a variety of handcrafted micro brews that compliment its tasty pub menu. If you have any doubts about the popularity of craft breweries, check out the coming soon section of the Summit Brew Path at [www.SummitBrewPath.com](http://www.SummitBrewPath.com). That's quite a list to look forward to.

One of the first breweries and brew pubs in Ohio is right in our backyard, Great Lakes Brewing Company in Cleveland. Great Lakes was founded in 1986 by Patrick and Daniel Conway. Not well versed in brewing themselves, the Conway brothers hired an experienced team of brewers to develop their craft beers. With a modest start of 1,000 barrels, the brewery currently produces over 100,000 barrels a year. Don't miss their Great Lakes Burning River Fest August 17 & 18, 2018.

Fat Head's Brewery, an Ohio favorite, was actually founded in Pittsburgh, Pennsylvania, in 1992. They expanded

into North Olmstead in April of 2009 and soon to follow in 2012 was a full-scale brewery in Middleburg Heights. With their ever-expanding popularity Fat Heads opened a new location in Canton, Ohio, in March of 2018. They are also slated to open their new, 13-million-dollar brewery and beer hall, near their current Middleburg Heights location, in the summer of this year.

Let's keep heading north to Geneva On The Lake Brewing or GOTL for short. For some breweries a food menu is an afterthought. Not so for GOTL. They feature a full-service restaurant with a made-from-scratch food menu. Delmonico steak and fresh Lake Erie Walleye are not something you find on most brewery menus. This micro-brew

owner, Tim Allen, started experimenting with brewing beer in his own kitchen before opening his own microbrewery and restaurant. GOTL features its own handcrafted brews, and several other craft bottled and draft beers. With a great patio overlooking Lake Erie, an ever-expanding list of craft beers, and an amazing food menu, this brewery is a must on your brew tour.

Summer is a great time to explore your own backyard and beyond. Develop your own brewery tour with the Ohio On Tap app or explore the already established brew tours. Get out and experience a beer festival, a brewery district, or just do a beer tasting at the brewery down the street. Craft Brew Tourism is a great way to explore a city. Jump on board! ✨







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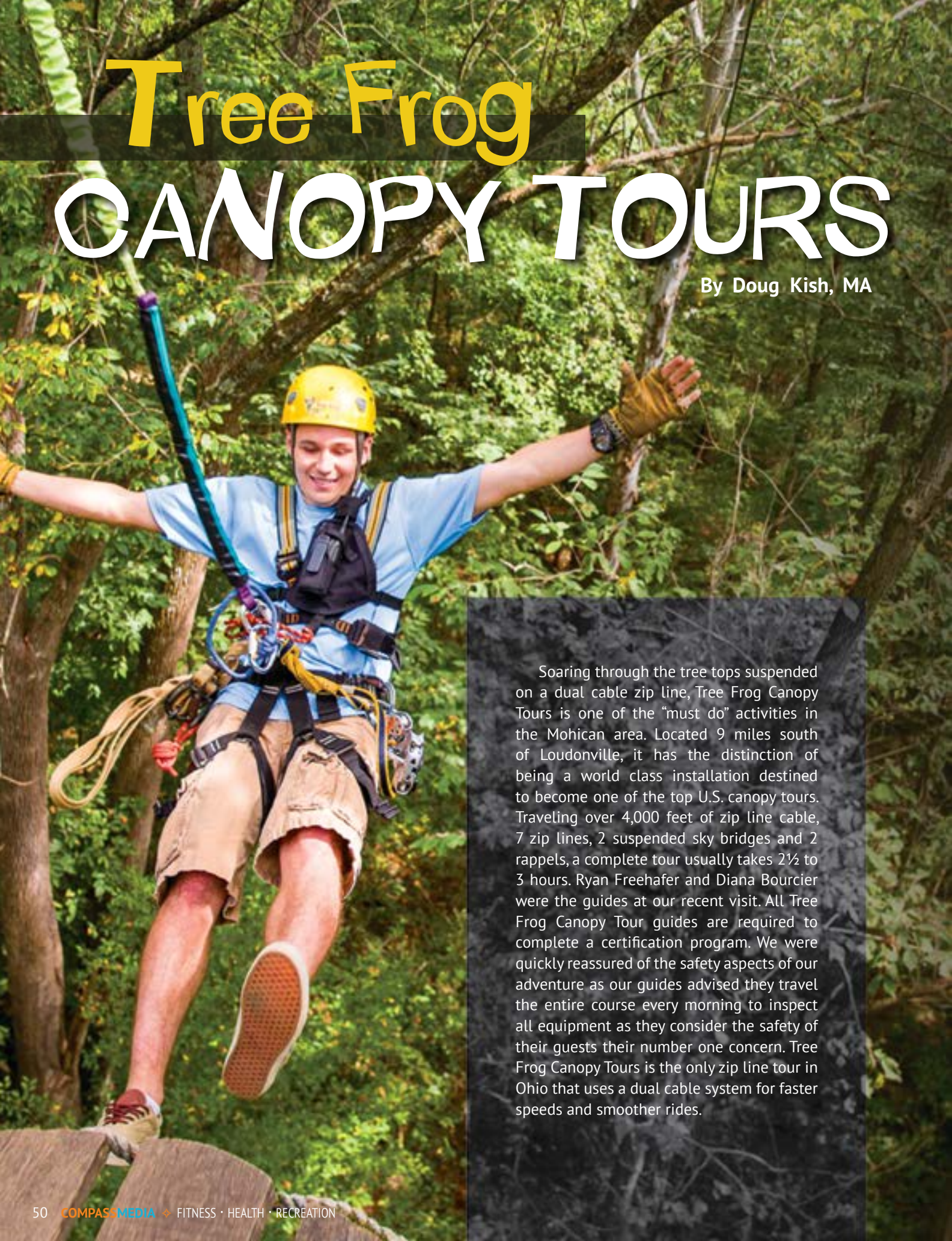
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# Tree Frog CANOPY TOURS

By Doug Kish, MA

A man wearing a yellow helmet, a light blue t-shirt, and tan shorts is ziplining through a dense forest canopy. He is smiling and has his arms outstretched. He is wearing a full safety harness and gloves. The background is filled with green trees and branches.

Soaring through the tree tops suspended on a dual cable zip line, Tree Frog Canopy Tours is one of the “must do” activities in the Mohican area. Located 9 miles south of Loudonville, it has the distinction of being a world class installation destined to become one of the top U.S. canopy tours. Traveling over 4,000 feet of zip line cable, 7 zip lines, 2 suspended sky bridges and 2 rappels, a complete tour usually takes 2½ to 3 hours. Ryan Freehafer and Diana Bourcier were the guides at our recent visit. All Tree Frog Canopy Tour guides are required to complete a certification program. We were quickly reassured of the safety aspects of our adventure as our guides advised they travel the entire course every morning to inspect all equipment as they consider the safety of their guests their number one concern. Tree Frog Canopy Tours is the only zip line tour in Ohio that uses a dual cable system for faster speeds and smoother rides.



Both Freehafer and Bourcier were personable, professional, and extremely knowledgeable of the zip line equipment and the history of the property. After gearing up with a harness, trolley system, gloves and a helmet, we boarded an ATV and traveled to the "flight school" area. At that point we were instructed how to take off, land, and slow yourself, and what to do if you stopped short of the platform and needed to pull yourself in to the platform. Tips such as maintaining a cannonball position to go faster and achieve maximum "ziposity" were appreciated. After each person tried and completed a short zip, we walked over the sky bridge to the first platform. There were eight people in our group, which is the limit, and there are always two guides on every tour.

Upon arrival at the platform, all guests were immediately tethered so no one was ever in danger of falling.

Lead guide Freehafer gave a little overview of each zip line and then went off to the receiving end on the next platform. Bourcier hooked each individual to the zip line where we took off and landed one by one. While there is only one person on the zip line at a time, guides are in constant communication with each other confirming when a person takes off from a platform and confirming when they land safely. On arrival at the next platform, each person is again tethered to the platform for safety. After assisting everyone, Bourcier zipped over to join the group. Zip lines range from 145 to 1,100 feet in length and the average height of the platforms is 45 feet.

As we proceeded from platform to platform, our guides told us many interesting stories about the different types of wildlife in the area. Bourcier said she frequently sees deer when she zips through the area and related a

recent incident when she was on the zip line and saw a newborn fawn sleeping below. Although the mother deer was not in sight, it was a sure bet she was not far away. Up in the air among the abundant gum and beech trees of the area, Freehafer pointed out the different types of trees. He indicated that Tree Frog Canopy Tours is located within Ohio's Mohican Wilderness and participants in the Mohican MTB 100 mountain bike race held in June actually travel on one of their many bike trails through the woods.







About halfway through the tour, we rappelled down to the ground for a break and an opportunity to get a drink. After a short hike, we reached the next zip line. This zip line had an unusual takeoff point, that being a large rock. After taking off, you could see the rock face and the woods far below. From that point on it was again platform to platform up in the trees. A few more zips and we crossed the second sky bridge, arriving at my favorite zip line of the tour which was the last one. Over 1,100 feet in length, riders can reach speeds in excess of 50 mph on this section. While we saw numerous birds, squirrels and rabbits on our tour, it was truly amazing how quiet and peaceful it is up among the trees. Our tour came to a close with a final rappel back down to the ground. Our group indicated they had a lot of fun and they would visit again. Nature lovers, adventurers and adrenaline junkies are encouraged to visit for a unique and educational

outdoor experience they will not soon forget. It's a different, breathtaking view of Mother Nature at her best.

Tree Frog Canopy Tours is open May through October and the minimum age for participants is 10 years. Guests age 10 through 15 must be accompanied by an adult; guests 16 and 17 need adult permission but can tour without an adult present. Groups of 16 or more guests qualify for special pricing. The only way to guarantee a tour date and time is to make a reservation in advance, although walk-ins are welcome if space is available. At the takeoff point from the rock and at the final rappel, photos are taken of each individual that are available for review and purchase after your tour is complete. There are also the souvenir t-shirts to commemorate your trip. Go-Pro cameras are available to rent so you can preserve your treetop experience and relive it over and over again. If you'd like to ride with us on our Tree Frog Canopy Tours experience,

check out the Compass Media video on our Facebook page. To find more information about Tree Frog Canopy Tours or make a reservation, see their website [www.TreeFrogCanopyTours.com](http://www.TreeFrogCanopyTours.com). ✨

**The only way to guarantee a tour date and time is to make a reservation in advance, although walk-ins are welcome if space is available.**



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# SHOP NORTH CANTON



## LUMEN NATION

By Tom Rafferty

Summer is here and it's the ideal time to move our home improvement projects outdoors. A great way to highlight your home and its landscaping at night is with light. There are multiple ways to do this.

You probably already have decorative lighting fixtures attached to your home. If these light fixtures are showing wear, if they are old or if they simply do not compliment the style of your home, consider updating them. This simple change can make a remarkable difference to the curb appeal of your home. The staff at your local lighting showroom can help you find the perfect size and style if you bring them a photo of your home. There you will find a large selection of outdoor lights that will resist corrosion and are much better quality than those at a box store.

Many outdoor fixtures today will accommodate LED bulbs and there are also many options available that utilize an integrated LED module for their light source. These options are likely to

be maintenance-free for 20-50 years.

In addition to the decorative options, landscape lighting will not only help to highlight your landscaping, but it also provides another aspect of home security because burglars are less likely to approach a well-lit home. Hard-wired LED systems that run off of a low-voltage transformer and are controlled by timers and/or photocells are much more reliable than anything that relies on solar power. Properly designed landscape lighting systems will highlight trees and plants while also

creating a wash of light on your home. This usually eliminates the need for path or walkway lighting and hides the source of light.

If you are interested in having someone design and quote pricing for landscape lighting at your home, your local lighting showroom will typically have an expert that will provide this service free of charge. Whether it's decorative, functional or both, outdoor lighting is sure to make a huge improvement to your home while improving its overall safety and security.







## PINE CONE GIFT SHOPPE

By Gary Chapman

Summertime is supposed to be a time of stepping outside your house and seeing the sun shine brightly on the fresh cut grass and newly planted flowers behind your little white picket fence. It is the time to have your windows wide open and the breeze of crisp, clean air move throughout the house. Your spring cleaning is done, and your home is looking beautiful. But you then notice you are in need of a little refreshing in some rooms. New drapery, area rugs, floral arrangements and several other little things are needed as they are all the first steps in making your house a home this summer.

Changes can be difficult to take at first, but when finished, you can take a step back and look at all the amazing work you have done to make everything look exactly as you want. While summer only lasts a short period of time, the changes you make will last a lifetime. Visiting Pine Cone Gift Shoppe allows you to shop all the areas needed to make these special changes with ease. You will find all your needs. Adding just a small arrangement of flowers to the center of a table or stand, painting the walls, putting a small figurine or a large chandelier will spruce up a room and even the whole house.

The season of summer is a time for reflecting on the good and spending time with family and friends. Why not start it off right with a visit to Pine Cone Gift Shoppe. Your feelings and sense of warmth will be the greatest, and your home will continue to be a home.



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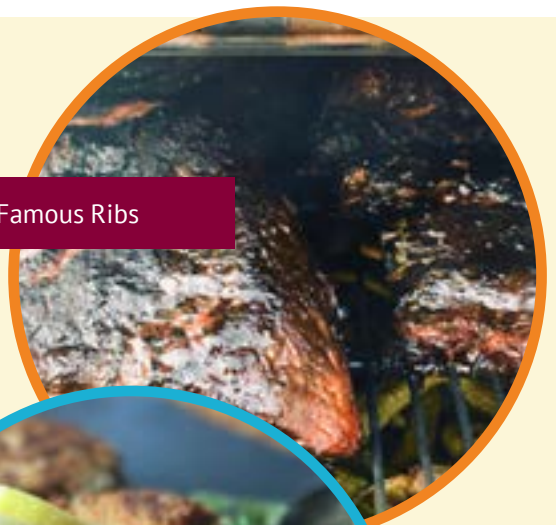
By Preston Milstead

Summer is here and our smoker is working over-time!!!! We have everything from veggies, salts, and brisket to, of course, our famous ribs. A passion for fresh product and love for skill and technique are evident in these summer offerings. We grow, harvest, and prepare as much as we can for our menu ourselves. You'll taste the difference when you join us on one of our patios for live music and fantastic food.

In addition to our new summer offerings, the smoked salmon and crab cakes remain high on the list of customer favorites. Handmade in our kitchen with a mixture of salmon, crab meat, and seasonings, if you haven't tried them yet, you're in for a welcome surprise.

Whether you choose one of the new seasonal additions or opt for a menu favorite, we look forward to serving you soon. ✦

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# WHY CONTESTS DON'T WORK

By Danielle Wirick, MS, CSCS, FMSC

I know you've seen the latest gym craze with all those contests that swear you'll have the body you want in just a few weeks... Skinny Jeans, Fat to Fab, Biggest Winner, Biggest Loser, or 21 days to anything you want. And while we're trolling Pinterest for a double chocolate peanut butter brownie recipe, we're also being bombarded by skinny photo-shopped women giving us their latest 30-day challenge. People will do crazy things for a short period of time thinking that it's going to work "this time" because everyone thinks "this time" the contest will give them the motivation they need, when in reality it rarely works.

Now here's the good news. You don't need those contests to give you motivation because you already have all the motivation you need. As humans, we are always motivated; it's just that we have to determine what we are motivated to do and if needed, reframe it so we are motivated towards good health rather

than away from it. A contest seems like a logical way to motivate you to get to the gym. Some competition and a nice prize if you win sounds like a great idea. But the science behind motivation has already demonstrated that these contests have a fatal flaw. They distract you from the real purpose you have for improving your health and erode some of our basic psychological needs.

Why does this happen? First, most contests set people against each other so there is one winner and a bunch of sore losers. The status, money, and even power that come from either winning or losing then lessens your ability to relate to others. Also, the pressure of a contest comes from being "the" best, not "your" best, therefore undermining your sense of competence in the activity. Lastly, and most importantly, the prize from the contest shifts people's attention to something they can't control -- the external reward. This causes an overjustification effect, which is "When an expected external incentive such as money or prizes decreases a person's intrinsic motivation to perform a task.

The overall effect of offering a reward for a previously unrewarded activity is a shift to extrinsic motivation and the undermining of pre-existing intrinsic motivation. Once rewards are no longer offered, interest in the activity is lost; prior intrinsic motivation does not return, and extrinsic rewards must be continuously offered as motivation to sustain the activity." (Carlson, R.Neil & Heth, C.Donald (2007). *Psychology - The Science of Behavior*. Pearson Education: New Jersey)

So if the contest doesn't really work, what will?? Bandura (1986) said, "What people think, believe and feel affects how they behave." So you must believe that you can either change and grow or learn how to change and grow. You also must understand that your actions influence your outcomes and that your efforts will lead directly to your success. You not only have to begin, you also have to continue to be able to see real results. Although a contest might get you to the gym, it's not going to keep you going to the gym.

A better way to get you to the gym and keep you there can be found in some very powerful questions when you answer them truthfully. Take a minute to read and answer these questions to find your own motivation.



If you were committed to a consistent exercise program during the next 3 months, 6 months, spring season or entire year, what do you think would happen? I'm not talking about the 5-day-a-week exercise habit topped off with a crash diet. I mean 2-3 days a week of good quality exercise along with even just a small improvement in your diet like giving up soda pop, potato chips or bon-bons. What would happen?

How would a realistic exercise habit impact your work, your health, your relationships, and your well-being? Realistic exercise isn't cool, sexy, or a great social media post, but it will improve so much of your life if you let it.

What do you think you need to sacrifice to accomplish this goal? How much time were you giving up for that 6-week contest? Many of my new clients come in saying they want to work out 4-5 days a week because they think

that's what we want to hear. The reality is that I work out 2-3 days a week with a moderate program and let it go from my mind the rest of the time.

Finally, what is keeping you from getting in a workout? It can't be that you're too busy if you already poured hours on end for weeks doing a contest. Remember, you are already motivated. Just work on redirecting your motivation to what is best for you.

**AFTER YOU ANSWER THESE QUESTIONS, YOU WILL NOTICE THAT IT'S NOT AS HARD OR EXHAUSTING AS YOU THINK. THE MOMENT IN TIME WHEN YOU REALIZE YOU CAN MAKE EXERCISE A PRIORITY IS ALSO A PERFECT TIME TO TRY ONE OF THESE PSYCHOLOGICAL TIPS TO HELP INITIATE AND MAINTAIN YOUR HEALTHY MOTIVATION:**

**1** **Precommitment.** We all know this one. Do something ahead of time to help you commit to the health goal you want to accomplish. Trouble getting to the gym? Pack your gym bag and put it in the car the day before. Trying to eat healthier? Pack your lunch for work the night before. This is one of the ways a fitness trainer can help you get on track. Your commitment to that appointment helps get you to the gym.

**2** **Chaining.** Habits are often cued in by other habits you have. We eat because it's noon, or we brush our teeth after we get up from bed. Link your workout to another habit you have to make it just a little easier. Go work out when you first get up or right when you leave work. If you think you'll just stop by home to start dinner before your workout, think again. Before you know it you're throwing in a load of laundry, helping the kids with homework, and cleaning up dishes. So much for that workout.

**3** **Reducing Pain Points.** This is something we strive for in training. If there is something that makes your workout uncomfortable or awkward, why would you want to do it? Not that you can say every exercise makes you uncomfortable and just not do it, but if we can make exercise more comfortable, why not? It can be as simple as kneeling on a mat instead of the hard ground for an exercise, leaving an extra set of workout clothes at the gym, having someone teach you how to use all the equipment, or having a series of different workouts so you know what to do once you walk into the gym.



These powerful questions along with a few of our tips really are the key to improving your health. It's how you will find the WHY in your already existing motivation and have the ability to maintain that motivation so it becomes a habit. Take a few moments now and determine where your motivation is aimed. You just may find that sitting on the couch and blowing off your workout is less motivating than you once thought and that heading to the gym doesn't have to be a time-sucking, self-esteem shattering, fight to the death match. ✨



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# get GROUNDED

By Hannah Alderfer, BA, CPT, FMSC

Think back to the days when you would play for hours at a time outdoors; running barefoot through the yard, lying in the grass watching clouds go by, wading in a stream, or maybe climbing trees. Little did you realize at the time that all of those things were keeping you healthy and strong, but not in the way you might think. As time has gone, by we've lost contact with the earth as a culture. We wear rubber or synthetic-soled shoes all day long, we spend little time outdoors and even less time with direct contact to the earth's surface. What if you could improve your health simply by touching the earth?

Being in contact with the earth and how that affects our health is a recently-studied theory called grounding or earthing. This subject has immense, encouraging possibilities for people with many of the health issues that have increased over the past half-century. Let me explain why.

Our human bodies are designed to be electrically charged. The heart is a great example of this as each heart beat begins when an electrical impulse from the sinoatrial node is produced causing the heart to pump. If you know anything about electricity, then you will remember that there can be both a positive and negative charge. You may have also heard of a term called free radicals. This is a substance in the body that is produced as a result of normal processes and metabolism, but can wreak havoc on the body when it goes unchecked, often resulting in chronic inflammation. Free radicals are short of electrons and unstable until given an electron.

When these free radicals are not in control, they can be balanced by increasing the amount of a substance called antioxidants in the body. Antioxidants provide the electrons that free radicals need to stabilize. We get antioxidants through the foods we eat, but also through contact with the earth's surface. The earth is also electrically charged, though with a slightly negative charge. It is in touching the earth that our bodies are able to interact with the earth's electromagnetic field and absorb some of the electrons to stabilize the positively-charged free radicals.

So how does all of this relate to better health? One researcher, Clint Ober, "found a similarity between the human body and the cable used to transmit cable television signals. When cables are grounded to the Earth, interference is virtually eliminated from the signal." From this point on he became a leading researcher in the study of grounding. Studies have shown that grounding improves sleep patterns, reduces pain, and decreases inflammation. Infrared imaging has shown this reduction of inflammation of subjects participating in the studies as well as measurements of blood chemistry and white blood cell counts.

When the electrons provided through contact with the earth neutralize the free radicals, it can help to reduce acute and chronic inflammation. Recent decades have shown a significant increase in the presence of chronic diseases that are linked to inflammation: immune disorders, sleep difficulties, wound healing, heart disease, and cancer. It is interesting to note that the timing of the increase in chronic diseases corresponds to the change in culture to indoor lifestyles and also shoes made from man-made substances. When we are no longer in contact with the earth and its electromagnetic field, then we lose out on the opportunity to take up some of its electrons.

If you are thinking that it's too late to take advantage of the benefits of grounding, it's not! Ober found that "going barefoot for as little as 30 or 40 minutes daily can significantly reduce pain and stress." You can also use products such as earthing mats and larger earthing sheets if you are unable to get outside or weather does not permit it.

Remember that to get the benefits of grounding outdoors, you must be in direct contact with the earth, whether it's sand, dirt, or water. It's free and, according to current research, you'll be healthier because of it. ✨





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8 1:00 @ALT	9 6:35 @BNG	10 6:35 @BNG	11 6:35 @BNG	12	13 6:35 TRE	14 2:05 TRE
15 2:05 TRE	16 6:35 ALT	17 6:35 ALT	18 6:35 ALT	19 6:35 ALT	20 7:05 @BOW	21 6:35 @BOW
22 1:35 @BOW	23 6:35 @REA	24 6:35 @REA	25 6:35 @REA	26	27 6:35 BOW	28 7:05 BOW
29 2:05 BOW	30 6:35 BNG					

### MAY

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

### JUNE

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

### JULY

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

### AUGUST

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 7:05 BOW	2 7:05 BOW	3 7:05 @ALT	4 6:00 @ALT
5 6:00 @ALT	6	7 7:05 REA	8 7:05 REA	9 7:05 REA	10 7:05 POR	11 7:05 POR
12 2:05 POR	13	14 6:35 @BNG	15 6:35 @BNG	16 6:35 @BNG	17 7:05 @HBC	18 6:00 @HBC
19 1:50 @HBC	20 7:05 @ERIE	21 7:05 @ERIE	22 7:05 ERIE	23 7:05 ERIE	24 7:05 HBC	25 7:05 HBC
26 2:05 HBC	27 7:05 BOW	28 7:05 BOW	29 7:05 BOW	30 7:05 BOW	31 7:05 @ERIE	

### SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 6:05 @ERIE
2 6:05 @ERIE	3 1:30 @ERIE	4	5	6	7	8

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