

2019 *Seasons*

"A Season For Everything"

SEPTEMBER 2019

Ohio Valley

OUTDOORS

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**KENTUCKY'S RED RIVER
GORGE & NATURAL
BRIDGE AREA**

17

**DEER HUNT,
DEAR HARVEST**

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**EMMETT RIDGE
FARM IN NEW
RICHMOND**

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**OHIO'S NEWEST
WILDLIFE AREA**

A Mecca 
 *of Hiking*

Supplement to the Clermont Sun, Ledger Independent,
News Democrat, People's Defender and Ripley Bee



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On the COVER

Cover photo by Rod Baker

Rod Baker is the Publisher of The Ledger Independent in Maysville, Kentucky. He and his wife Delores, a local Attorney, love the great outdoors, enjoy hiking, and nature. They use every opportunity to find a new adventure within the region as well as in other states. Their vacations often consist of some outdoor activities that have been well thought out by Delores. They are 27 year residents of Maysville, Kentucky.



This issue's cover features a Waterfall along Rock Bridge Trail, Red River Gorge, Stanton, Kentucky.

2019 *Seasons* Ohio Valley OUTDOORS

Seasons, a unique regional lifestyle magazine, is published six times a year and features content that reflects and compliments each season.

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Camping

IN THE

Land of Hope

It's this time of year that beckons me to the great outdoors. I want to drink in the majesty of color bursting from trees and hillsides all around me. I want to get as close to it all as I can. I want to pitch a tent and feel the warmth of the campfire against the chill of an autumn evening. I want to smell the coffee brewing and sizzling bacon as I watch the sun coming up. I want to hear the song of birds as they greet the day. I want to hear the quiet of the outdoors. I want to hear the natural sounds of life all around me. I am rejuvenated, inspired and refreshed by the outdoors.

So much of that imagery comes to mind when I read this verse...

"I'm glad from the inside out, ecstatic; I've pitched my tent in the land of hope... you've got my feet on the life-path, with your face shining sun-joy all around."
– Acts 2:25-28 (The Message)

That was the words of David when he was being pursued by his enemies. Yet he could say with all confidence, "I have pitched my tent in the land of hope!" Too often, it is so much easier to camp in a place of despair, of hopelessness, of self-pity.

So, I wondered... how do I set up camp in a place of hope? I considered how we physically set camp and pitch our tent.

Here are the five most common mistakes made when setting up tent...

- 1. Not looking up** – trees can be above and drop broken or rotten branches. There can also be hives and spider webs. Need to look up first.
- 2. Not staking your tent** – sudden gusts of wind can pop up the bottom of your tent. It can take it airborne even with a decent amount of weight in it. Stake it securely to assure it stays in one place.



- 3. Not giving yourself time** – Set up before nightfall. Always allow ample time to set up your campsite.
- 4. Not being aware of the sun** – Direct sunlight can add tens of degrees to your tent. Depending on the season, that can be a help or a hindrance. Morning is most important to determine where the sun is for rest of the day.
- 5. Not finding good ground** – Finding the right ground is paramount. Needs to be free of rocks, branches and roots. But that's not enough. When you are looking for a spot, you want to find high ground. One inch of rain in a low spot will fill up quickly.

Even as it is in the natural, so it is with our spiritual selves, often making similar mistakes that keep us from pitching our tent in the land of hope.

- 1. Not looking up** – Instead, we look back... mistakes we've made, past regrets, losses. Before you know it, we can become absorbed in thoughts of disappointment that leave us feeling angry, guilty and confused.
- 2. Not staking your tent** – Hope is an anchor, a stabilizing force in our lives, holding us firmly in place, keeping us grounded no matter what we face.
- 3. Not giving yourself time** – It takes time to set up camp properly to be assured of safety and comfort. If we want to live in the land of Hope, we must be

willing to put in the time. You want to be set up before nightfall – before you face the dark times of life. We all face the darkness at times in our life... times of feeling lost, alone or sad. We prepare ahead of time to face the darkness by spending time meditating, times of solitude, times of rest.

4. Not being aware of the sun... or the Son – Positioning ourselves before the Son makes all the difference in the place we effectively pitch our tent. Out of His presence, we encounter dark shadows, overcast skies, hopelessness. When we camp outdoors, we determine the best place to pitch our tent in relation to the sun in the morning. In life, beginning our day in relation to the Son is critical to our peace and stability. The warmth of being in the presence of the Son brings calm, peace, security and restores hope.

5. Not finding good ground – Just like finding good ground is paramount to pitching your tent when you are out camping, so it is with our lives. Our lives need to be free of the dangers of flooding... waters that can overtake us and even drown us.

May you enjoy this season of change, of beauty, of the offerings of nature around us. May you all be “happy campers” and pitch your tents in the land of hope!



Pamela Stricker is the Regional Sales Director for MCM/Champion Media in Ohio. Contact her at pstricker@cmpapers.com.

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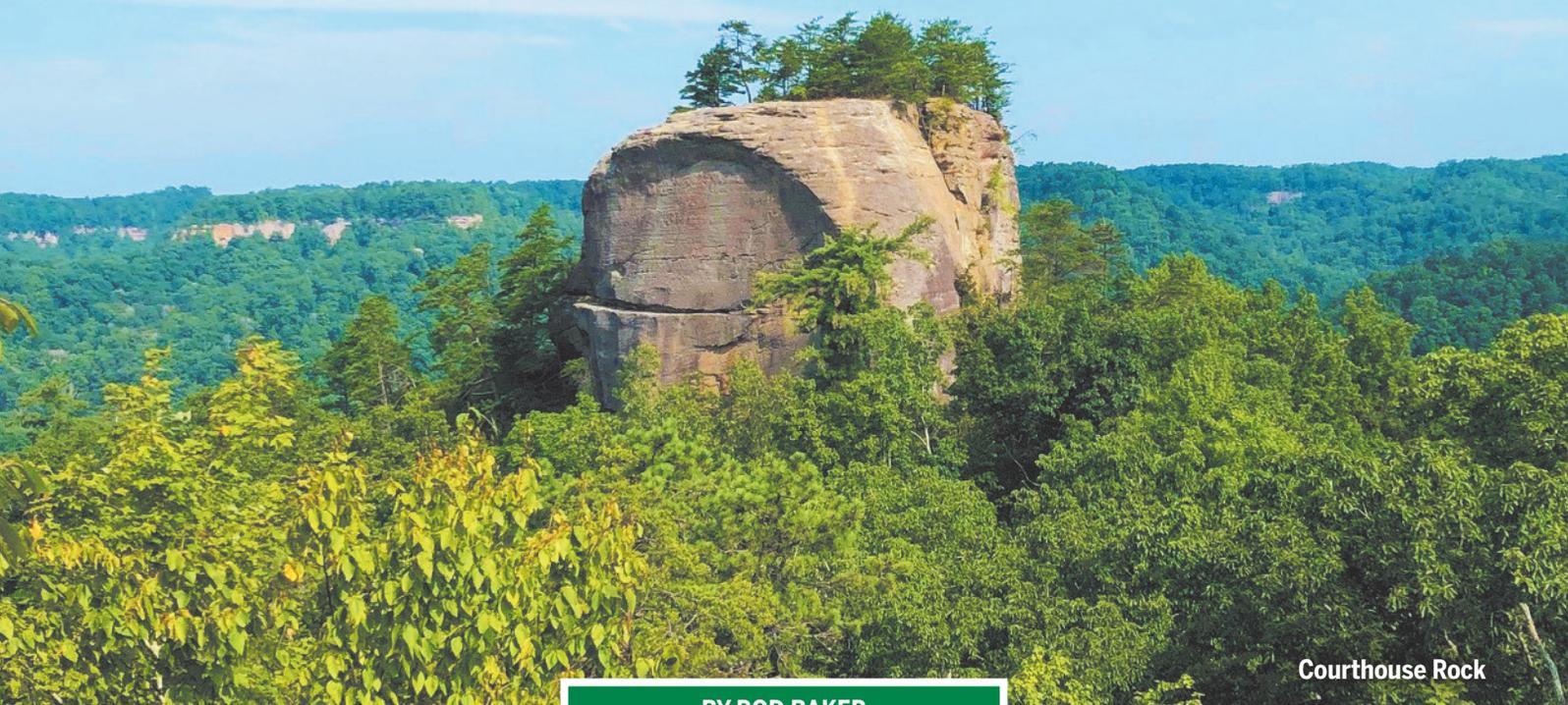
Seasons

Ohio Valley

OUTDOORS

A Mecca of Hiking

KENTUCKY'S RED RIVER GORGE & NATURAL BRIDGE AREA (Daniel Boone National Forest)



Courthouse Rock

BY ROD BAKER

My wife and I took the opportunity to make the hour and 45 minute trip Kentucky's Red River Gorge/Natural Bridge area this summer.

Our original plan was to get up early on a Saturday morning and make the drive, then at the last minute we decided that staying overnight for a couple nights would provide an opportunity to do more hiking, and we could enjoy the surroundings a little longer. A quick online search provided us

with a last minute deal in a quaint cottage in Pine Ridge. This would prove to be a good decision for us.

We checked in, got our keys, and drove out to the cottage. Nearby, we found a very eclectic place to have dinner called Sky Bridge Station (8 Pine Ridge Road, Kentucky 715 Pine Ridge, KY 41360). They have a very inviting front porch and once inside we were pleasantly surprised to find some live entertainment. They offered a variety of beverages,

craft beers, and a simple menu. We each had a quesadilla and quickly learned that we could have shared it. We had excellent service and would recommend this to anyone staying in the area.

Our hiking adventure started early on Saturday morning as we were out and on the road before 8 a.m. Our first stop was the Auxier Ridge Trail that took us to Courthouse Rock. The scenic views along this ridge are incredible and words won't do it much justice. Once



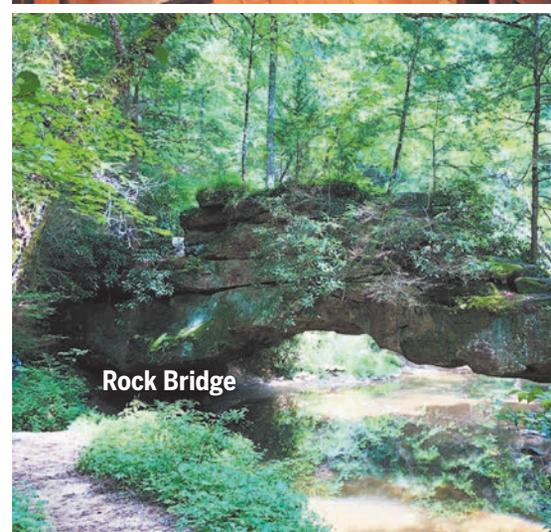
Double Arch



Rod and
Delores Baker



Sky Bridge Station



Rock Bridge

getting to Courthouse Rock, we took the Auxier Branch Trail over to Double Arch and this provided us with a canopy of shade to walk under as we made our way over and back, returning via the Courthouse Rock Trail. Overall, we hiked just about 12 miles this first day and ended up with a dinner at the Lodge at Natural Bridge State Resort Park (2135 Natural Bridge Road, Slade, KY 40376). I should note that the trail information says this is an 8.1-mile round trip, but we missed our switch back and ended up adding some additional distance to our day.

On Sunday, we were moving a little slower after our 12-mile trek on Saturday. It wasn't too bad as we had to check out. We dropped the keys off around 9 a.m. and began our day with a trip out to Gray's Arch (2.4 mile round trip), then on to Rock Bridge/Swift Camp

Creek Trail (1.4 mile loop trail), we added Angel Windows (0.6 mile), Whistling Arch (0.4 mile), Sky Bridge (0.9 mile), Devil's Canyon, and while making our way home via Sky Bridge Road (Kentucky 715) found the suspension bridge that crosses over Hawk Creek and is part of the Sheltoewe Trace. The day ended with dinner at Cattlemen's Steakhouse in Mount Sterling and an easy 50-minute drive home to Maysville.

This made for a nice little weekend getaway, but you could easily take the drive early one morning and be there in around two hours. This area is a gem within the Daniel Boone National Forest. Whether you're looking for a day trip or a long weekend, this area offers a wonderful opportunity to experience the outdoors of Kentucky.



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Treats for the Trail

If you'd ask me, autumn is one of the nicest times of the year to hike, camp spend a lazy day fishing, or a more adventurous one hunting. A mosaic of leaves crunching underfoot as we hike through the woods or on a hill trail gives us a serene appreciation of what Mother Nature has to offer.

Outdoor activities make for good appetites. Whether you gather 'round a campfire, or relax at river's edge, you'll need snacks to eat and something to drink. These recipes fill the bill!

Grain, Gluten & Dairy Free Granola Bars

No baking required!

INGREDIENTS

- 2 ½ cups assorted nuts and seeds
- 1 cup dried fruit
- 2 cups shredded coconut
- ¼ cup coconut oil
- ½ cup honey
- 1 teaspoon vanilla
- ½ teaspoon salt
- Cinnamon to taste



INSTRUCTIONS

Chop 1 cup of nuts and seeds. Place in bowl. Use your food processor to pulse the other 1 ½ cups of nuts and seeds into a finer chop. Add to the bowl, stir in fruit and coconut. Cook oil, honey, vanilla, salt, and cinnamon until mixtures starts to bubble, then pour over fruit mixture. Blend. Press down real hard into foil lined, sprayed pan. Cool completely, remove and cut into bars.



Oat Trail Mix

An energy-giving trail treat. Also good on yogurt.

INGREDIENTS

- 1/3 cup honey or maple syrup
- 1/3 cup packed brown sugar
- 1 tablespoon vanilla extract
- ½ teaspoon almond extract
- ¼ cup vegetable oil
- ¼ cup olive oil
- 5 cups old fashioned oats
- 2 cups sliced almonds
- Dried fruit: About 2 cups

INSTRUCTIONS

Spray cookie sheet. Preheat oven to 325°. Whisk syrup, sugar, extracts and whisk in oils. Stir in oats and nuts until coated. Pour onto cookie sheet in even layer and press mixture down until compact. Bake 35-40 minutes, rotating pan halfway through. Remove and cool to room temperature. Break into desired chunks. Stir in fruit. Store in airtight container.



Blackberry Lemonade

So refreshing - adding club soda makes it fizzy.

INGREDIENTS

- 2 tablespoons blackberry jam
- 1 cup blackberries
- 1 gallon lemonade
- Ice cubes
- Club soda

INSTRUCTIONS

Mix jam, blackberries and lemonade together. Right before serving, add ice cubes and club soda. **TIP:** Use your favorite berries. Fresh or frozen work equally well.

"Crack" Pretzels

The reason for the name? These snacks are truly addictive!

INGREDIENTS

- 1 bag pretzel sticks, 15 oz.
- ¼ to 1 teaspoon cayenne pepper
- 2 teaspoons lemon pepper
- 1 ½ teaspoons garlic powder
- 1 pkg. Ranch dry mix
- ¾ cup canola oil
- Gallon zip lock baggie

INSTRUCTIONS

Put pretzels in a gallon zip lock bag. Mix cayenne pepper, lemon pepper, garlic powder, Ranch & canola oil together. Pour over pretzels in zip lock baggie. It's best if you can leave over night but a couple hours will work, too. Now you can eat them as is, or for a more crisp pretzel, spread out on baking sheet and bake in preheated 200° oven about 25-30 minutes, stirring halfway through. Cool and store, covered, at room temperature.



Backpack Chocolate Chip Oatmeal Chippers

A favorite camp cookie. Enjoy over an open fire with a mug of hot chocolate.

INGREDIENTS

- 1 cup butter, softened
- 1 cup packed brown sugar
- ½ cup granulated sugar
- 2 large eggs
- 2 ¼ teaspoons vanilla extract
- ½ teaspoon baking soda
- ½ teaspoon salt
- 3 cups quick cooking oats
- 1 cup chopped nuts (opt)
- 1 cup chocolate chips

INSTRUCTIONS

Preheat the oven to 325°. Cream together butter, brown sugar, and granulated sugar until smooth. Beat in eggs one at a time, then stir in vanilla. Whisk together flour, baking soda, and salt; stir into creamed mixture until blended. Stir in oats, nuts, and chips. Drop by heaping spoonfuls onto ungreased baking sheets. Bake for 11-12 minutes. Cool on cookie sheet before removing.



Rita is an herbalist, educator, media personality, food journalist and author. Her website abouteating.com reaches people who share their tips, thoughts, recipes and memories. She lives on a little patch of heaven in Clermont County with her family.



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Deer Hunt, Dear Harvest



BY RICK CRAWFORD

Crawford Farms Hunting, West Union, OH

Deer hunting season has many different meanings to hunters. For some, it is time to fill the freezer. For others it is time to try to harvest that old, big buck that they have been after for a few years. However, for many it is a time to get together with good friends and share time with them, reliving hunts and other experiences of years gone by. If they get a chance to harvest a nice deer, that is icing on the cake.

In 2006 our farm was at a crossroads. Tobacco had been our main cash crop, however with changes in the way the crop was marketed, it appeared we would need to increase our production if we wanted to continue raising the crop. The decision was made to cease producing tobacco. Some quick research into possibly offering deer hunting on the farm took us in a completely different direction. For the last 13 years we have hosted hundreds of archery hunters from many different states during deer season.

Some of our hunters have had the opportunity to harvest good bucks, but all have been happy just to be able to spend time with their

hunting buddies. The stories told of their experiences on our farm and of other hunts have kept everyone entertained for hours at a time. I would like to share a few of those stories.

Roelkey is a hunter from Maryland. One year he had shot a buck and was sure he had made a good hit. The blood trail had something different to say, but Roelkey was confident. Two days after we had given up the search for his buck, he decided he was going to look again, assuming it was dead. I felt it was likely the buck he had hit did not die and I suggested he take his crossbow, just in case he came upon another buck. He did not want to carry it, so he went on a search empty handed. Upon returning, he looked rather bewildered as he told us about not finding the buck he had shot two days earlier, but coming face to face with a very large buck for two minutes (probably more like 30 seconds) and him without his crossbow.

Roelkey decided to place a stand near where he had run into the large buck and hunt there that evening. As it got closer to the end of hunt time, he decided to get on back to

camp to see how long it would take him to return the next morning. On his walk back, all at once he saw a different, very large buck, standing near a fence. This time he was armed and was able to get a shot off at the buck, through the fence which consisted of nine strands of old and new barbed wire. His arrow found its mark and Roelkey had harvested one of the largest bucks, 170+ inches, ever taken on our farm. I referred to his buck as the “Dumb Luck Buck”. The buck he had shot earlier survived and was harvested the following week by another hunter, with Roelkey’s broadhead found buried in its shoulder to prove it.

Another year, Jim, from Pennsylvania, who was hunting with us for the first time, had found a spot on the farm he liked a lot and he was seeing a good many deer, just not one he wanted to take. The following season, Jim returned and went into that same part of the farm. He was taking corn twice a day as he went to his hunting stand and the corn was always gone when he returned. One morning I received a call from Jim, who said he had just shot a buck and that he hoped it

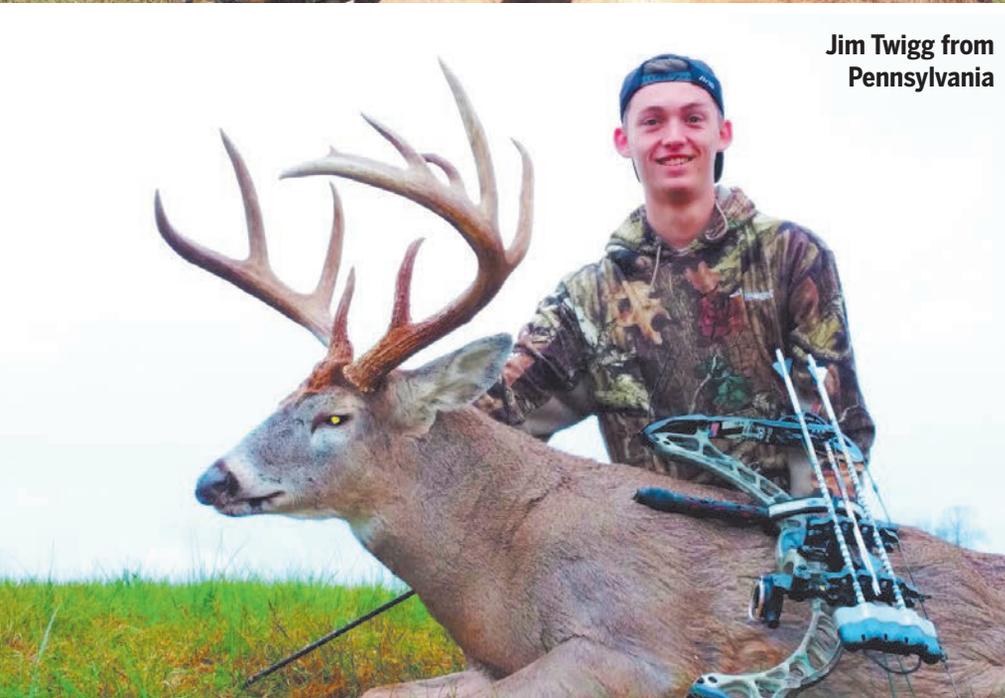


Ralph Mowris from Pennsylvania



Kyle Engle from Florida

Jim Twigg from Pennsylvania



was a good shot and that the buck was old enough to meet our criteria. He told of how the buck had come over the hill and went straight to the corn pile. Obviously the buck had been there before. By staying in the same spot each time he hunted and refreshing it with corn each time he went he actually created a good spot to hunt. His buck measured over 150 inches and died about 100 yards from Jim's stand.

Rodney, from Maryland, was a hunter who was with us for several seasons in the early years of our hunting operation. One day he was hunting in a very remote part of the property. He called me to tell me that he had hit a buck. The conversation went like this:

Rodney: I just hit a buck.

Me: Is he dead?

Rodney: No.

Me: Shoot him again.

Rodney: I am out of arrows.

Me: Can you find any of your arrows to use again?

Rodney: I think they are all underneath him.

Me: What do you want me to do?

Rodney: I will call back in a few minutes.

After about 20 minutes went by, the conversation continued:

Rodney: I think he is dead. This water sure is deep and cold. I think he drowned.

A few of us got into our UTV and went to pick up Rodney and his deer. When we got to Rodney, we saw the buck had gone into a small creek. Rodney related that one of his arrows he shot had hit the buck in his reproductive organs. Since the

deer rut was just a few weeks away, Rodney surmised that the buck knew, due to his injury, he was not going to be able to participate in breeding does, so the buck decided to commit suicide in the water.

Each year we have 2 or 3 outstanding older bucks on the property, but these older bucks are also pretty smart. As we say, "They don't get big and old by being dumb." One particular buck was on our radar for four years. We named him "One Eye" due to the fact that one of his eyes did not glow when our trail cameras would take photos of him at night, probably due to an injury to that eye. In the four years we watched One Eye, he had become a legend on our farm. Hunters would always ask where were the locations of the cameras that were seeing him were, but no hunter ever saw him during legal hunt hours.

In 2017 Kyle, from Florida, a member of the United States Air Force, was hunting with us. He was somewhat frustrated in that he was not seeing very many deer. On the last day of his hunt I asked him several times where he planned to hunt. His answer was always the same: I don't know. Finally as he got dressed for his last hunt of that year he simply picked one of our stands at random. Well before the end of legal hunt hours, Kyle called me and in a somewhat excited voice told me he had killed a buck. A bit later, after all hunters were in for the evening, the entire hunt group went with Kyle to get his buck. What Kyle had not realized is that he had harvested One Eye!

A few years back, Ralph, a hunter from Pennsylvania, had seen a buck that he thought might be a good one to harvest. The buck was easy to recognize as he had injured his right ear, causing it to fill with fluid

and made it "flop". We named him "Floppy". No hunter, including Ralph got a chance to shoot Floppy that year. The following year Floppy was definitely on our hit list. When Ralph arrived to hunt he immediately asked if Floppy was still around. Several hunters had seen Floppy earlier in the season, but no one had gotten a shot at him. Near the end of Ralph's hunt he had an encounter with Floppy. He wasted no time shouldering his crossbow to shoot, even though Floppy was running and nearly 60 yards away. He realized this was what we call a low percentage shot, but he connected with Floppy. A year after he had let Floppy walk, Ralph was able to take him home with him.

In our hunting camp, stories like these are shared every year, making the hunting experience much more than simply pursuing a trophy buck.

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The Hunt

BY SHERRY MITCHELL

When our son, Andrew, married into the Hopper/Gagne family, he happily inherited in-laws that like to hunt, and fish, like him. Of course, he couldn't be happier! One of the first times his hunting enthusiast in-laws gathered, the "young bucks" like him, got together with their "old buck" fathers for a father and son hunt. From Michigan, they brought to us a tradition that was one of the best times for all that participated, and in what became known years later to all, as "The Hunt."

What we learned, is each hunter, hunted all year for various game or fish. Into the freezer some of his catch went—vacuum packed for freshness—and frozen until the gathering would take place and brought along to share. If you didn't get any fresh meat, or fish, on your trip at least you had something to eat.

After a day of scouting or hunting, in the evening, the male cooks washed up and gathered to the kitchen and started preparing a royal meal of wild game. Hunting and fishing stories, of old and new, were shared and of day's events.

On the back deck, the gas grill was cranked up real high seeking a temperature of 500 degrees for Gary's Venison Backstrap. He has a secret rub he won't share because "it's a secret" of course. "Any rub will do," he smiles but shares the cooking directions for a melt-in-your-mouth backstrap.

Meanwhile, his father, Gary Gagne brought Perch he had caught earlier in the year and was heating up the oil in a turkey fryer on the same deck, for hand breaded deep-fried fillets—fried to a light golden brown just like the hushpuppies. It was simply an appetizer to the boil. Next came the delicious, tender, melt-in-your-mouth backstraps. Outstanding! Yum.

Then, Eric, my son's brother-in-law, U.S.M.C veteran at the time, now retired, stationed in Georgia then, brought along his catch for a "crawfish boil." Out the front door on the front sidewalk, he used a turkey fryer set up for his contribution. Boils are very popular in the south. A boil, we learned, not being from the South, is seafood—shrimp, crab, crawfish, lobster—or any seafood for that matter—boiled along with polish sausage, red potatoes and nubbins of corn on the cob.

Gary's Venison Backstrap

An energy-giving trail treat. Also good on yogurt.

INSTRUCTIONS

Apply your favorite rub or seasoning and always add cracked black pepper. Let the whole venison back strap get to room temp then brush with olive oil.

Heat the grill to about 500° and sear on each side for roughly 3-5 minutes on each flip.

Finally, put it on a plate that you can cover with aluminum foil and let it sit for minimum of 5 minutes.

The key is to NOT butterfly the back strap—leave it whole. Never cook it too well or it turns to rubber. The above cook time produces a rare backstrap. And I forgot the most important part. Make sure you trim off any fat silver skin and brown spots. If you trim all that off you will never know it's Venison.

For the record, backstrap refers to a length of loin on the back of a deer, elk, moose, etc. It's the ribeye in beef and loin in pork. Tenderloins are the two strips of very tender meat under the loin, behind the ribs. This is filet mignon in beef.

Photo by Gary Gagne II



In the pot everything eventually goes. Once the potatoes are soft, he strained the water from the pot, dumped his haul in a deep-dish foil pan and placed it in the middle of the oak dining table. Bowls of dipping sauces—butter and shrimp sauce—were placed for each one's dipping pleasure. No tableware. Eaten with the hands.

Seated at the table, Eric, took charge and instructed everyone on "Here's how to properly eat crawfish."

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“To eat the crawfish,” he demonstrated, “First, twist off the tail, and peel off the hard shell. Pull the vein from the back of the tail, dip and eat. “Now,” he says with a chuckle, suck the juice from the head of the crawfish. No Jeff!!! Hahaha don’t eat the head.” It sure made interesting conversation as to the joke!

The boil he suggests, “Is best served with butter, cocktail sauce and beer!”

All around our round oak dining room table tales of hunting and fishing—past and present—were shared by various ages both young and old while the most delicious and memorable meal was had by all. And the best thing of all, they even did up their dishes.

Sherry Mitchell shares her farmhouse memories and recipes from her farmhouse on Cherry Ridge Farms sprinkled with peace, love and joy. She blogs at sherryphillipmitchell.com. Her book, *My Farmhouse Journal: Memories and Recipes*, is available on Amazon.



Crawfish Boil

by Eric Hopper

I caught the crawfish from the swamps on Fort Benning, GA. I have an area in which my daughters and I lay out traps and pull them after 24 hours. After catching them, I let them sit in an air bubbler cooler to flush out their system for 2 days. I also purchased half of them from Publix which ships them up from Louisiana. I used dry ice to transport them up north. (To note, I pre-cooked the caught crawfish prior to transporting) You can add other seafood, shrimp, scallops, crabs, too. The seasoning used is Zatarain’s liquid, Zatarain’s crab boil powder, salt, pepper, and garlic powder.

INSTRUCTIONS

To cook, bring all of the seasonings to a boil in a 40-quart pot. Add the potatoes, corn, and sliced kielbasa sausage to the pot, cover and cook for approx. 10 min. Add the crawfish and cook for 3-5 min. Take the pot off of the fire and let sit for 5 min covered. Drain out the liquid. Place a table cloth on the table and pour out all of the contents in the center or in foil pans as shown. Sprinkle with 2 teaspoons of the crab boil powder.

To eat the crawfish, twist off the tail, and peel off the hard shell. Pull the vein from the back of the tail and eat. Then, suck the juice from the head of the crawfish (do not eat the head, Jeff!!! hahaha). Best served with butter, cocktail sauce and beer.



Crawfish Boil Feast!



Eric’s daughter inspects a crawfish from the cooler.



Eric’s mess of crawfish



The Hunt: L-R Jeff Mitchell, Eric Hopper, Andrew Mitchell, Dave Hopper, Gary Gagne II

Recipes from the Ohio Department of Natural Resources

Thanks to the Ohio Department of Natural Resources for submitting these wonderful recipes!

Buffalo Turkey Dip

INGREDIENTS

- 2 Cups cooked turkey breast, diced or shredded in very small pieces
- 8 Ounces ranch dressing
- 8 Ounces cream cheese
- 8 Ounces shredded cheddar
- 3 Celery stalks, chopped fine
- ¼ Cup onion, chopped fine
- 6 Ounces hot or buffalo sauce
- Loaf of crusty bread or crackers

INSTRUCTIONS

Soften the cream cheese then mix all ingredients well. Let stand in refrigerator for an hour or more (can be made the night before), then bring up to room temperature to serve. Cut thin slices of a crusty bread, long and not very big around. Serve the dip on bread rounds or crackers.

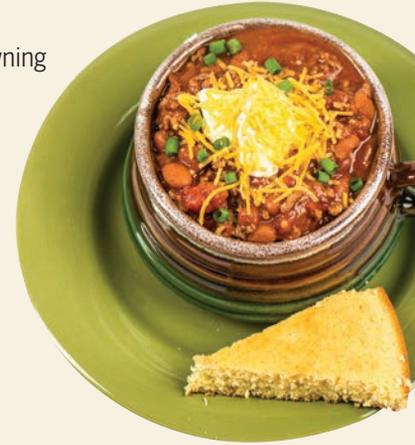
Creamy White Turkey Chili

INGREDIENTS

- 2 Tablespoons olive oil for browning
- Minced garlic
- ½ Cup onion
- 1 Can great northern beans
- 1 Can chicken broth
- Green chili peppers (mild)
- Cumin, oregano, paprika, cayenne seasonings
- 1 Cup sour cream
- ½ Cup whipping cream
- ½ Cup cheddar cheese

INSTRUCTIONS

Brown turkey pieces and onion in a pan with oil. Add garlic and cook thoroughly. Add beans, broth, green chili peppers, and seasonings to mixture and simmer, uncovered for 30 minutes. Stir in sour cream and whipping cream and heat through. Top with cheddar cheese as a garnish if desired.



Baja Fish Tacos

INGREDIENTS

- 10-15 Small fish fillets, (suggested fish: crappie, bluegill, yellow perch)
- 1 Can spray-on olive oil
- 1 Cup bread crumbs
- 1 Cup milk
- Garlic powder
- Salt
- ½ Package taco seasoning mix
- Package of small, soft, white corn tortillas

BAJA SAUCE

- ½ Cup mayonnaise
- ½ Cup plain yogurt
- ¼ Cup chopped fresh cilantro
- 2 Tablespoons lemon juice
- ½ Package taco seasoning mix
- 2 Tablespoons salsa

TOPPINGS

- Chopped tomato
- Shredded cabbage

INSTRUCTIONS

Preheat oven to 375°F. First, prepare the fish. In a medium-sized bowl, combine bread crumbs, garlic powder, ½ of the taco seasoning mix, and salt to taste. Dip individual fillets in milk, and transfer to bread crumb mixture until completely coated on all sides. Place on a cookie sheet, lined with aluminum foil. Repeat until all fillets have been breaded. Spray all sides of breaded fillets with a light coating of olive oil. Place in pre-heated oven for 10 to 15 minutes or until golden brown and slightly crispy. While fish is baking, mix together in a separate bowl, all ingredients for the Baja sauce. Place in refrigerator until fish is ready. When fish is done baking, heat the tortillas in the stove until warm, or microwave for 35 seconds. Assemble tacos by adding 2-3 fillets, shredded cabbage, and Baja sauce to each tortilla. Top with chopped tomato. Serve.



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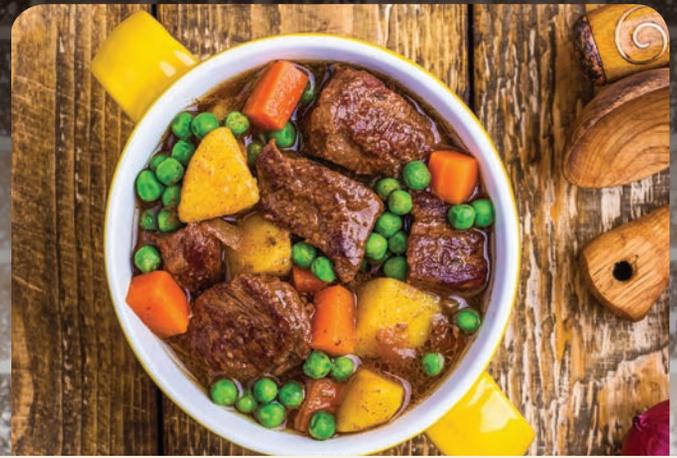
Flatbread Turkey Pizza

INGREDIENTS

- 2 Tablespoons olive oil
- ½ Cup leftover turkey
- ½ Cup parmesan cheese
- ½ Cup mozzarella cheese
- ¼ Cup of onions, chopped
- ¼ Cup green pepper, chopped
- ¼ Cup broccoli, chopped
- ¼ Cup chopped mushrooms
- 1 Flatbread pizza crust

INSTRUCTIONS

Preheat the oven to 350°F. Spread olive oil on the flatbread and bake for 5 minutes. Take out of the oven and turn the oven up to 400°F. Cover with turkey, mushrooms, onions, pepper, broccoli and cheeses. Bake for 10 to 15 minutes and the cheese is melted.



Meat and Potato Soup

INGREDIENTS

- 1 Pound ground venison
- 1 Pound italian sausage
- 2 Tablespoons minced garlic
- 1/3 Cup chopped onion, sautéed
- Chopped turkey
- Salt and pepper to taste
- Crushed red pepper
- 1 Cup water
- 1 Large can of chicken broth

- 1 Bag of chunked frozen potatoes
- 1 ½ Cups chopped green onion
- 1 Cup parsley
- Raw spinach

INSTRUCTIONS

Mix ingredients in a large pot and allow it to simmer for 20 min.

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Getting outdoors ...really is good for you

People who live in regions where winters are cold often note the feeling of rejuvenation they enjoy on the first warm day of late-winter or spring. The chance to get outside and soak up some sun while breathing some warm air is a feeling unlike any other for those who spend much of their winters bundled up in layers of clothing.

The value of spending time outdoors extends well beyond dusting off winter cabin fever, providing long-term benefits that might surprise even the most ardent outdoor enthusiast. A 2018 report from researchers at the University of East Anglia found that living close to nature and spending time outside has wide-ranging health benefits, including a reduced risk for type 2 diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure. Authors of the report studied data from across the globe, gathering evidence from more than 140 studies involving more than 290 million people.

Researchers cannot pinpoint exactly why people who spend ample time in greenspaces enjoy better health. However, the benefits appear to be so wide-ranging as to suggest that people who currently do not spend much time in greenspaces should make a concerted effort to do so. The following are a handful of ways busy individuals can start spending more time outdoors.

- Dine al fresco. On nights when the weather is fair, take dinner into the great outdoors. People who

live in private homes can dine on the patio or on the deck in the backyard, while apartment dwellers can make use of local parks for nighttime picnics or dine on balconies or rooftop recreational areas, which have become popular in crowded metropolitan areas. Rooftops and balconies may not pass the “Is it greenspace?” test, but dining in such areas can be more relaxing than an apartment dining nook.

- Get off the couch. Don’t hesitate to get outside when night falls. Spend time in the backyard or go for nightly walks around the neighborhood or in a nearby park. Say so long to television binging sessions, making healthier and more beneficial use of nightly free time by utilizing nearby greenspaces.
- Go hiking on weekends. Even city dwellers no doubt live within driving distance of local hiking areas. Hiking provides a host of cardiovascular benefits and can make for a great, full-body workout. Researchers associated with the UEA report suggested that the practice of forest bathing, which is popular in Japan and promotes spending time sitting down or lying in nature, exposes people to a diverse array of bacteria present in natural areas that may benefit the immune system and reduce inflammation.

People who think that accessing nature is helping them to stay healthy aren’t wrong. In fact, making time to include nature in your daily or weekly routine can have positive and wide-ranging effects on your overall health.



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Emmett Ridge Farm in New Richmond

The "Willy Wonka" of Farms

The Emmett Ridge farm, located at 1805 Lindale Nicholasville Road in New Richmond

BY BRETT MILAM
Editor for The Clermont Sun

COURTESY PHOTO

Emmett Ridge Farm wants to be a hyper-localized version of Willy Wonka and the Chocolate Factory meets the Garden of Eden.

Jeremy and Lauren Powell, owners of the former 132-acre golf course, located at 1805 Lindale Nicholasville Road in New Richmond — or Amelia, when you plug it into GPS —, want to create an edible smorgasbord of offerings.

Across the fields that once held tee boxes instead of cattle, the farm boasts seven ponds, pigs roaming in the mud, and plans for blueberry and strawberry patches, and even hops one day, as Lauren harks back to her Irish roots.

Jeremy, 40, jumped into the big-agriculture business when he was just 14-years-old. He was the first full-time employee at his aunt and uncle's farm, which at the time was a few hundred acres. Today, that farm boasts thousands of acres.

Even though he's etching out his own stake in the land, Jeremy said he's grateful for his experience with big-agriculture. Those farms, a "radical middle class" of farmers, and the little farms, are all needed, Jeremy said, because we all eat, and take that for granted.

"I was very fortunate to be there at that time because I listen, I pay attention; I learn from mistakes," he said.

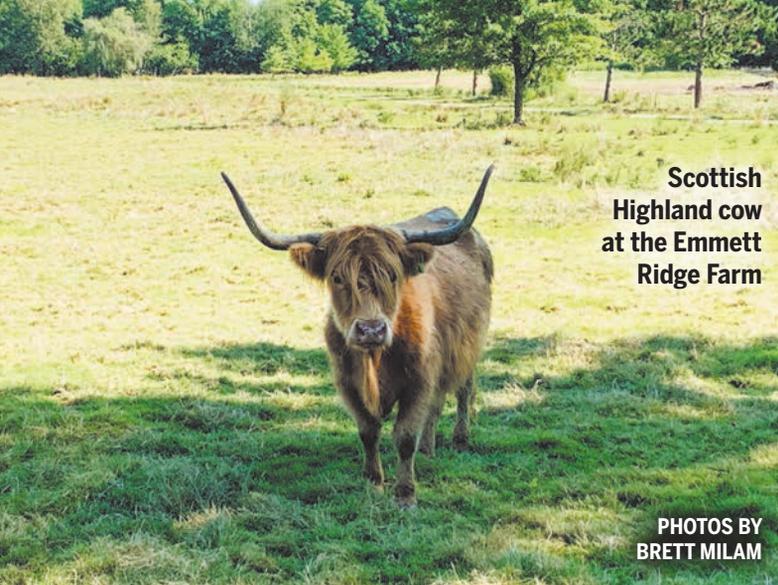
Farming became a calling because it's a primal thing, Jeremy said.

"It's just always been me. I've always been a dirty guy. I've always liked rough things. I've always liked scary things. I've always liked working the land," he said.

But it was a calling that turned quiet through new ventures and tribulations.

The road back to a calling

After high school in Batavia, Jeremy said he didn't have a plan; he wasn't a "booksmart" guy.



Scottish Highland cow at the Emmett Ridge Farm

PHOTOS BY
BRETT MILAM

But he soon found his place with the Marines. He was four years active until 2001, and then did another four years in the reserves.

“I came back, and always wanted to farm. It was just part of me,” he said.

But it wasn’t an easy path.

“When I got out, you just kind of let go of those dreams of, ‘How do you actually farm?’” he said. “It’s so hard to get established; it’s next to impossible.”

So he went into sales, selling gym memberships, title insurance and was a loan officer, wearing a suit every day.

“Hated it. Absolutely hated it because it was inauthentic because it was not who I was created to be,” he said.

After that, Jeremy started his own tree service from the \$750 in savings bonds he had accrued from his grandmother at Christmas every year. He used that to buy a chainsaw.

“I didn’t even know how to climb a tree; I didn’t know a pine tree from a maple tree, and I grew that into a fairly successful brand; we were doing very well with it,” he said.

Then his wife, Lauren, who was pregnant with their first son, Emmett, almost died from a blood clot. After birthing Emmett, she then fell off of a horse and broke her pelvis — all of which changed Jeremy’s path again.

“It was a long year,” he said. “During that time, we had a small farm, four acres, and I was starting to grow things and starting to think about sustaining, and thinking about what provision actually was. There’s so much more to provision than just money.”



One of the hogs on the farm

While these tribulations and career changes were going on, and Jeremy was beginning to find his footing in farming and his connection to food, his relationship with God was also growing stronger.

When God said, ‘Go.’

During a midnight feeding with Emmett, Jeremy described a calm, peaceful moment where the world felt



Jeremy and Lauren Powell with their three boys

COURTESY PHOTO

both heavy and weightless at the exact same time. In that moment, he felt God saying, “Go.”

“And I knew what “go” meant. I didn’t hesitate,” he said.

Jeremy said he “could have been normal” and continued with the tree business, but instead he turned to “maxing out” those four acres.

Then his attention turned to the 221-acres of farmland his in-laws owned in Georgetown in Brown County. Jeremy said the land was being pillaged by a neighbor, so he jumped in with cattle, pigs, a big tractor, fences, and started to “heal the land.”

“And I can definitely say today that I left it far better than I found it, and that’s a core principle of agriculture, is leaving things better than you found it,” he said.

That’s the sort of ethos behind Emmett Ridge Farm: industrious leaders, hard-working, and strong, as well as healing. Emmett Ridge Farm used to be a golf course. But now it’s teeming with new soil, new life, and new possibilities.

Working in concert with nature

“Agriculture should mimic nature, not destroy it,” Jeremy said.

Turning a golf course back into suitable farmland takes time, and often, just letting the grass sit to restore the soil integrity, Jeremy explained.

The plan is to generate different forages, starting with simple grasses, and then embellishing the land with clovers, legumes, warm-seasons, cold-seasons, chickories — just a “salad bar of things,” Jeremy said.

That’s the Wonka-Eden crossbreed plan:

“Where it’s like this edible environment ... pleasant,” he said. “That’s the overall plan and direction we’re going with.”

An edible environment is one thing, but it’s also an outlet for Jeremy to harness and hone his “superpower.”

While he was never traditionally booksmart, Jeremy said he’s been able to turn attention-deficit disorder into what was always a label that stuck to him as a kid from a “disability into an ability.”

“I have the ability that I can wear 10 different hats and control all of them, and it’s only for a minute, I’m going to be on to the next thing, but once you understand your superpower, you can control that. And this is a



Jeremy Powell holding dirt in his hands to show how much life is within the ground

PHOTO BY BRETT MILAM

great environment for someone that has that ability to be able to use it,” he said.

But it’s not just a one-man job. Jeremy likes to say he’s “completely unimpeded by his own ignorance” because he doesn’t know how to do everything. But fortunately, there’s been a number of people, including fellow veterans and members of his Crossroads congregation, who have showed up to help put the work in.

“When you start moving forward, people show up,” Jeremy said.

When God told Jeremy to “go,” he seemed to spread that sentiment to his congregation as well.

Jeremy and Lauren started going to Crossroads 15 years ago before it became the megachurch it’s known as today.

“Crossroads has been a major impact with us, and player. They use our catering services. They utilize our farm,” Jeremy said.

It’s a community of doers that go and get things done, he added.

“There’s never been any judgment; there’s only been people that show up, like, ‘Hey, how can I help?’” he said.

Members of the congregation helped with a lot of the landscaping as well.

Walking right in life, and giving purpose back to veterans

A 92-year-old man once told Jeremy, “If you walk right, He’ll speak for you.”

And that’s an adage that’s stuck with Jeremy, and it’s an



A long-shot view of one of the ponds on the property

PHOTO BY
BRETT MILAM

adage which has blossomed since trying to get Emmett Ridge Farm up and running.

“I got a bunch of buddies that just want to hang out and have purpose and direction. Cool, let’s rebuild a deck,” he said. “And we’re just moving forward.”

Three veterans have shown up to contribute and rehabilitate; two of the three have disabilities stemming from their time in the military.

Helping veterans regain their purpose after getting out of the military is another core principle for Jeremy. And nature can help them find that footing, and be restorative.

“So we’re hoping to give people a direction and leadership, whatever it is. If this just gets them moving, and they spin off and come up with a software company, good,” he said. “If we’re there together, and you’re slipping up, I have no choice but to tell you you’re slipping up, and we’re doing that here.”

Jeremy’s vision isn’t to create one big roaring fire — he’s not looking to be one of those big-ag farms — but to help create a thousand little fires. Where, someone who has thought about creating their own farm, sees what he’s doing, and dives in, like he did.

But it’s a lifestyle more than a job, and not everyone is a match for such a lifestyle.

“Not everybody can farm because of the amount of grit and ingenuity and perseverance that you’re going to have to have to go out there and water cattle at 15 below

zero,” he said.

First-generation farmer

The sustainable, local agriculture business he’s trying to get established — along with hosting events, weddings, and long-range ideas like student field trips, camping, mud runs and so on — is a contrast to the “beans, wheat and corn,” that everyone else seems to be doing, Jeremy said.

Big tractors and combines, and thousands of acres with rows of “beans, wheat and corn” isn’t what Jeremy envisions. Instead, he sees the 132 acres as a symbiotic ecosystem, where nature and farmer co-exist for the community.

Jeremy has pride in the fact that he’s a first-generation farmer. He’s the “maverick” taking on a lot of risk and working his tail off to try to make it work for his three boys.

“My kids and my grand-kids hopefully look back some day and say, ‘I’m really glad did that, I’m glad he took that risk because he gave me actual security in life,’” he said.

It’s a life built on five core principles: God, community, water, food and security.

“Those are five elements I can’t live without,” he said. “And a farm is all of those things. It’s foundational.”

That foundation is also built on the idea that the soil is first. Then the animal or plant is number two, and the customer is number three.

“If you make the soil number one, it’s the most essential element of the whole entire process. If the soil’s not right, you’re not right,” Jeremy said.

At one point, to demonstrate his ethos in a real way, Jeremy stopped the car, picked a random spot in the ground, and scooped up a handful of dirt.

He pointed to the teeming life within the dirt.

“If you look right here in this random spot, see all those little bugs, see them flying around, that’s life. Every life supports six more,” he said.

Sometimes go means stop

While the farm life is a constant get-up-and-go, and God told him to do so, and he said “complacency kills,” Jeremy still appreciates those moments to stop.

“We’re just gonna create environments that you can come out and bring your family or your friends and spend the day or the afternoon,” he said. “We want to be able to create those opportunities for you to be still, and to reflect, and have deeper thought.”

After all, Jeremy said, “we’re just stacked up dirt,” and creating those moments for symbiosis, where we return

to our roots as “dirt” gets people to reconnect, take their time and go slow.

Next up for the farm is a Farmer’s Mile on Oct. 19. It’s essentially modeled after a tough mudder, where Jeremy asks people to come out and walk a mile in his shoes.

“And bring everybody out, and we just have a big party, and explore the property in a controlled matter; get ‘em dirty, get ‘em muddy, challenge them,” Jeremy said.

Jeremy said they will roast a pig, have a few beers, and just enjoy each other’s company.

“It’s community, man. We need to come together on our own terms, local stuff. And there’s nothing better to rally around than food,” he said.

Ultimately, that’s what Emmett Ridge Farm is about: radical transparency, radical accountability and radical community.

“To know your farmer is to know your food,” Jeremy said.

For more information about the farm, including how to start a subscription, please go to <https://www.emmettridgefarm.com>.



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A Nature Walk With a Gun

BY RICK HOUSER

As a young boy, one of the first possessions I ever wanted was a gun. I mean, my dad had a double barrel shotgun and my brother had a .22 caliber rifle. And there, on their gun rack, was a place for one more gun to fit. So it only made sense to me that that space should be mine. I campaigned strongly to Dad to let me buy a gun. My brother, Ben, sided with me and talked to Dad about it in my favor.

So, in the fall of my twelfth year, Dad said I could have one. But he told me I was going to have to pay for it with my own money and I would have to let him teach me how to safely handle a gun. To this I said “DEAL!”

It was almost Christmas and in those days family would load up in the car and head to downtown Cincinnati and do our annual Christmas shopping. Mom spent a lot of time in department stores like Shillito’s, Pogue’s and McAlpin’s, plus other independent stores on Fountain Square.

It was great for Mom I guess, but for a boy wanting to buy his first gun over at Brendamour’s, it seemed like we would never get there.

Finally we got there, Dad and Ben at my side. The store had the most awesome display of guns I had ever seen! I was told to take my time selecting. I had already eliminated most from looking at the mail-order catalogs. I spotted what I wanted. It was a Remington over and under with a .22 caliber barrel on top and a 410-shotgun barrel on the bottom. It was kind of a combination of Ben’s

rifle and Dad’s shotgun. It was in my price range and Dad asked the salesman a few more questions and then looked at me and said, “You better follow the salesman to the counter and pay for your gun.” I couldn’t believe it!

I bought the gun and couldn’t wait to get back home to try it out. I never knew the drive from Fountain Square to Fruit Ridge could take so long! Even though it was almost dark when we arrived, Dad let me get an empty oil can and throw it up on the bank across the creek from our house. I took a shot with the rifle and then the shotgun. I hit that can but only barely. I got to shoot enough to allow me to sleep that night. In the morning, I gathered up some more empty SoHo oil cans (back then, they were all metal) and spread them over the hillside. I spent most of the morning shooting at those cans. Once I somehow got a bullet to hit inside the “O” and was sure I was becoming a marksman. In reality, I was just a lucky shot.

After shooting cans, it was time to go hunting. I set out looking for rabbits and quail. It wasn’t too long before I kicked up a rabbit. I learned that a moving target is much harder to hit than an oil can. I missed and later in the day I kicked up another one and missed. But I enjoyed just walking the pastures, the gullies and around the thickets. It was more like a nature walk than a hunt. But, hey, if anyone saw me with that shiny new gun they would be certain I was an experienced hunter. I never did see a quail that day or just about any



other day.

I went hunting a lot for a couple of years and I always came home with the same amount of kill. None. Nope, nobody at our house was going to get tired of eating rabbit. But, hey, that gun sure looked good!

The next fall during squirrel season I asked Ben if he wanted to go with me. Kind of to my surprise he said yes. So on a clear and comfortable October morning, Ben and I went off to hunt squirrels. We walked through our walnut grove and a hickory grove and didn't see one squirrel even though we could see pieces of hickory nut shells on the ground.

Ben said he had a spot that had always been a good one. We walked back a road named Cann Road. We walked at least another mile or so following the ruts that were left from the old road. The woods grew thicker and the trees larger. We finally walked up a bank into a grove of large hickory trees loaded with nuts. We could see that the squirrels had been

cutting on the nuts so we found a spot we could hide ourselves somewhat yet see up into those trees. It was nearing late morning and the day was warming up nicely for October. Still no squirrels. I think in the back of our minds, we knew we would not be going home with any squirrels. So we began to talk. Ben told me some good hunting stories and he told me about his high school friends. We just talked. It is just a given fact that talking and hunting do not go together. But that morning they did.

I never did become the great outdoorsman that I had thought I would be. I never did bring back game to dress out. That might have been on purpose. But I did get to walk all of the land around our farm and many others. I learned that there was so much to explore. That gun got me out there to discover the wonderful world around me. I am grateful for those walks. One thing I know for certain... if an oil can were to jump and run or try to attack me, it never would have had the chance.

Rick Houser grew up on a farm near Moscow in Clermont County and loves to share stories about his youth and other topics. If interested in more of his stories he has two books that are for sale: *There are Places to Remember* and *Memories ARE From the Heart*. He can be reached at houser734@yahoo.com or mail to P.O. Box 213 Bethel, Ohio 45106.



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Recipes from our Readers

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Cheesecake Cookies

INGREDIENTS

- 1/3 Cup butter
- 1/3 Cup brown sugar
- 1 Cup flour
- 1/2 Cup chopped walnuts
- 8 oz. cream cheese
- 1/4 Cup sugar
- 1 Egg
- 1 Tablespoon milk
- 1 Tablespoon lemon juice
- 1/2 Teaspoon vanilla

INSTRUCTIONS

Cream butter and brown sugar. Add flour and walnuts and mix for crumb mixture. Save one cup of this for topping. Press the rest into the bottom of an 8-inch buttered square pan. Bake at 350° degrees for 10-12 mins. or until lightly browned. Blend cheese and sugar until smooth. Add egg, milk, lemon juice, and vanilla. Mix well and spread evenly over the crust. Top with the one cup of crumbs. Bake another 20 - 25 mins. at 350° degrees. Cool and cut into squares. For best results, do not cut until cool.

Delores Baker from Maysville, Kentucky



Fruit Salad

INGREDIENTS

- 16 oz. Cool Whip
- 1 small box 3.4 oz. cooked kind vanilla pudding
- 3 or 4 sliced bananas
- 1 can chunk pineapple, drained
- Red grapes

INSTRUCTIONS

Sprinkle dry pudding into cool whip and mix well.
Add fruit & chill. Very good!

Marsha Wells from Flemingsburg, Kentucky

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Apple Dumplings

INGREDIENTS

- 2 whole Granny Smith Apples
- 2 cans (8 oz.) Crescent Rolls
- 2 sticks butter
- 1 ½ cup Sugar
- 1 teaspoon vanilla
- Cinnamon to taste
- 1 can (12 oz) Mt. Dew
- Vanilla ice cream (optional)

INSTRUCTIONS

Preheat oven 350°. Peel & core apples. Cut each apple into 8 slices each. Roll each apple slice in a crescent roll. Place in a 9 x 13 buttered pan.

Melt butter. Then add sugar and barely stir. Add vanilla, stir, and pour entire mixture over apples. Pour Mt. Dew around edges of the pan. Sprinkle with cinnamon and bake at 350° for 40 minutes.

Serve with ice cream and spoon some of the sweet sauce from the pan over the top. Serves 8 - 16 people.

Delores Baker from Maysville, Kentucky

Crock Pot Beef Stew

INGREDIENTS

- 2 Lbs. beef stew meat or sirloin chunks (1 in)
- ¼ Cup flour
- ½ Tsp pepper
- ¾ Tsp pepper
- 1 - 14 ½ oz. can chopped tomatoes
- 6 Carrots cut into 1 in chunks
- 6 Potatoes cut into big chunks
- 1 Coarsely chopped onion
- 2 or 3 sliced celery big chunks
- 1 Tsp paprika
- 1 Tsp worcestershire sauce
- 1 ½ Bay leaf (remove when done)
- 1 Small bag frozen peas (add when stew is done)

INSTRUCTIONS

Place beef cubes in large crock pot. Sprinkle flour, salt & pepper over and toss to coat beef. Add tomatoes, carrots, potatoes, onion, celery, paprika, Worcestershire sauce, carlic and bay leaf. Cook 7 or 8 hours on high or until tender. Don't stir until done. Add frozen peas.

Marsha Wells from Flemingsburg, Kentucky



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ALLEN FREEMAN



Allen Freeman is a Pierce Township trustee, who resides in the township.

What is your favorite season? Fall is my favorite. It's football season!

What morning ritual(s) do you have? I usually get up between 5 and 6 AM and try to work out or get in a short run. Unfortunately, lately, that has been harder to do. Then I grab a cup of coffee and get caught up on the news.

What is your idea of a great vacation? I am not picky. It doesn't matter where I am as long as I'm with my wife and kids. We have fun traveling no matter where we are whether it's the mountains or the beach. Pretty much anywhere we can hang out and be together is our idea of a great vacation.

What music do you listen to? I am all over the board when it comes to music. My playlist ranges from Aerosmith to AC/DC all the way to Jimmy Buffet, Zack Brown and big band. Whenever Train comes to town, my kids and I enjoy going to the concert and singing every word as loud as we can.

What's the last good book you read? *Rooster Bar* by John Grisham

What's one of your all-time favorite movies? There are quite a few that come to mind. Probably my all-time favorite though is *Stripes!* Bill Murray just has to be considered one of the all-time best actors! Well, maybe not, but he is funny.

Who is someone who has had a positive impact on your life? I really don't think there is one person that has had a singular impact on my life. It has been more like the line from Jimmy Buffet's *Son of a Son of a Sailor*, "I've read dozens of books about heroes and crooks and learned much from both of their styles."

BRADY SHULTZ



Brady Shultz
Director, Marketing &
Public Relations
Maysville Community &
Technical College

Favorite season? Fall. I enjoy the cooler temperatures, changing of the leaves and roasting marshmallows with my nieces and nephews on my fire pit.

Coffee or tea? Tea, preferably sweetened and ice cold... with a little lemon.

Favorite vacation spot? My family enjoys Hilton Head Island, nice beaches, great food, and lots of fun memories.

Last good book I read? *Developing the Leader Within You* by John Maxwell.

Person who had a positive impact on your life? My high school speech team coach, Brad Sorrell. He encouraged me to never forget that my biggest competition was always going to be myself and if I worked hard and did my best I could always achieve my goals.

ERIC LAMB



Eric Lamb - State Wildlife Officer
ODNR Division of Wildlife for Brown County, OH

Favorite season? Favorite season is fall I love crisp blue sky fall mornings and the arrival of Hunting Season. This is also my favorite time of the year to camp.

Coffee or tea? Cup of coffee with my wife before starting my day

Favorite vacation spot? My idea of a great vacation is heading west camping with no real plans. Glacier National Park is my favorite camping location more remote the better with no internet or phone service. I would rather wing the trip and decide as I go without reservations. Generally listen to talk radio rather than to music Rush Limbaugh is my favorite.

Last good book I read? Last book read was *Killing the S.S.* by Bill O'Reilly.

One of your favorite movies? *Courageous*

Person who had a positive impact on your life? My grandfather Willard Lamb who was as close to a perfect example as possible of how to live a good life. The answer to this question could be pretty lengthy with different individuals.

LIZ LAFFERTY



Liz Lafferty - Superintendent of
the Adams County, OH Board of
DD - West Union, OH

What is your favorite season? Summer for boating but Fall for decorating
Morning ritual(s)? Walking, hula hooping and drinking coffee

What is your idea of a great vacation? Anywhere I haven't been before - and usually near a body of water

Music you listen to? Country

Last good book you read? *Wild Ride* by Ann Hagedorn Auerbach

One of your favorite movies? *Secretariat*

A quote you like? "If your actions inspire others to dream more, do more and become more, you are a leader." John Q. Adams

Who is someone who has had a positive impact on your life? My Mother, Elaine Lafferty

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Safety suggestions for wilderness enthusiasts

The great outdoors is a wonder to behold, and each year millions of people experience the great outdoors, creating memories that last a lifetime. Safety is of paramount importance when spending time in the wilderness. The following tips, courtesy of the USFS, can help make these trips safer.

- Never go alone. Without a companion, outdoor enthusiasts may find themselves without any help in case of emergencies. The USFS recommends traveling in groups no smaller than four people. In addition, never travel to a remote area without being accompanied by someone who's familiar with that area.
- Share your itinerary with someone who won't be joining you. Include the make, year and license plate number of your vehicle, as well as the equipment you're bringing. List where you're planning to go, including trail names.
- Be in good physical condition. When planning a trip, design it with the weakest member of your group in mind. People with medical conditions should discuss their plans with their physicians.
- Stick to developed trails or dry, solid rock areas that provide adequate footing. Footing near cliffs can be difficult, and nearby trees and shrubs might not be reliable sources of support.
- Study the forecast and any predictions that might affect conditions on the day(s) of your trip. Weather can change quickly in the wilderness, so make sure to pack the appropriate attire for any potential weather.
- Learn basic first aid. Basic first aid can save lives.

For more tips on wilderness safety, visit the U.S. Forest Service at www.fs.fed.us.



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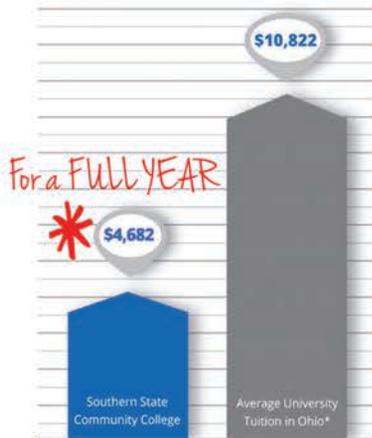
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Cupcake Baking with My Grands!

BY SHERRY MITCHELL

One of the grandest rituals we girls did this summer was baking cupcakes. I would pick up the granddaughters, Avah 10, and Savannah 4 for a baking day at my farmhouse. In the car, I would show them the cupcake picture we were going to make and recite the simple grocery list. Avah would write it down—or enter it on her tablet. We would then stop at the grocery store to buy our ingredients on the way home.

As our “cupcake baking summer” progressed, they did all the shopping. I tagged along behind the small shopping cart. Avah would share the list with her younger sister and allow her to find the items, too. At the checkout, they insisted we use the self-checkout. Each granddaughter was accustomed to using self-checkout with their mom. Me, not so much. They were delighted to show Mamaw how to use it properly. I was learning, too.

At my kitchen’s newly assembled baking station, with my new pistachio green KitchenAid mixer, each girl was to share the tasks of measuring, pouring or stirring for the mixer to blend. Reading is important. Measuring. Cracking eggs. Dumping oil. Setting the oven. Counting the liners. All these things are examples of learning. And they love learning.

For the older sister, who has been baking in the kitchen with Mamaw much longer, there was a lesson in patience. “Avah, you must remember when you were little like her one time, too. Little hands and minds are learning. Be patient.” (A lesson for us older grandmas, too.) It’s part of their development. So, an eggshell in the cake batter can be fished out. Spilled oil can be wiped up. No worries. Soon they’ll be a pro at it. Patience is a virtue!

While the cupcakes cooled, we mixed up our orange flavored icing that would represent the campfire. Pretzels for firewood and marshmallows for roasting. “What colors make orange?” “Yellow and red!” Start with yellow then add a little red.

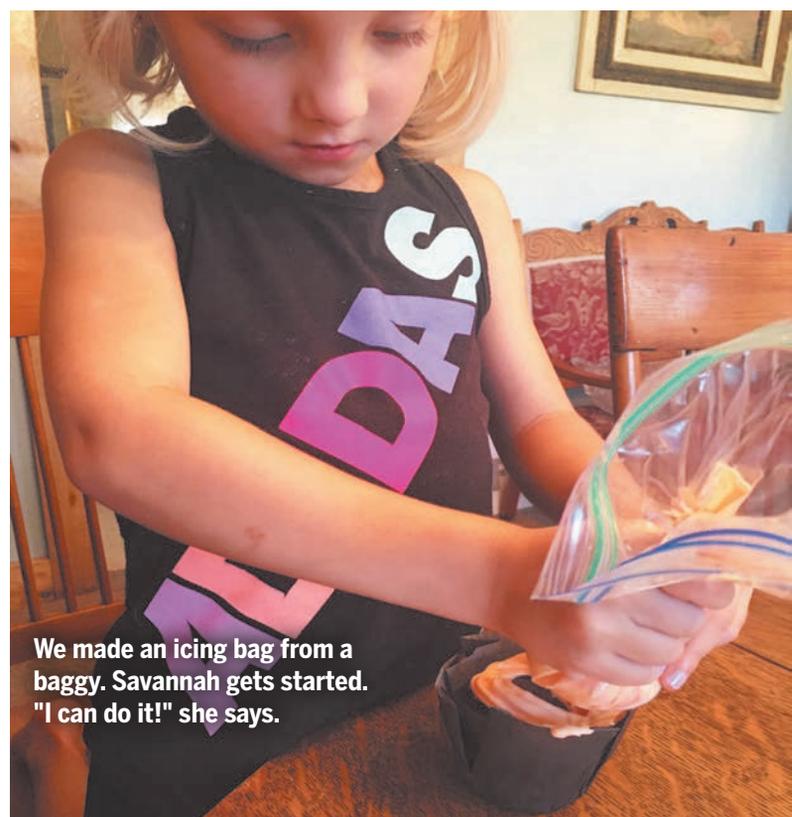
When it came time to decorate, we again followed the inspiration Pinterest picture from my phone, shared



My Grand Girls are ready to get started.



Avah demonstrates for little sister just how much to put in each liner.



We made an icing bag from a baggy. Savannah gets started. "I can do it!" she says.



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before shopping. They studied it, then went to work trying to match it or doing their own thing. This is the time to allow “creative energies” to flow. Remember, there’s a creative gene in each one of us and it’s time to unleash it.

Of course, all in all, the best time is eating our creation. Nothing tastes better than something you bake with your own hands. The summer isn’t over yet. Why not start your own tradition of Cupcake Baking with your grands.



This is 4-year old Savannah’s creation of a Campfire Cupcake!

Campfire Cupcakes

INGREDIENTS

- Dark Chocolate Cake Mix
- 2 Cans Vanilla Icing
- Pretzel Sticks
- Mini Marshmallows
- Cupcake Liners
- Yellow and Red Food Coloring
- Orange Flavoring (optional but delicious) We used 1 tsp. zest of an orange

INSTRUCTIONS

Follow directions on cake mix box. Use an icing bag to make the fire tall. The pretzels represent firewood. The marshmallows on toothpicks for roasting.

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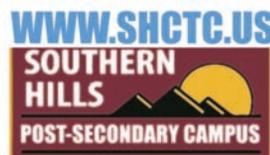


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September 29th17th annual Jack Roush Day

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October 5thThe Liver Pool Legends

October 5th42nd Annual Miller's Anniversary
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10:00 am to 5:00 pm.....11th Annual Wheat Ridge Olde Thyme Herb Fair
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October 12th - 13th

10 am.....Southern Ohio Mounted Desperados' Shoots

October 12thHike for Health @ Edge of Appalachia Preserve

October 19th

12:00 pm.....Jeep Adventure Tour

October 20th

1 pm.....Music at Serpent Mound with Steve Free

October 26thFall Driving & Earthworks Tour



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Ohio's Newest Wildlife Area

View of Eagle Creek

BY TOM CROSS

Eagle Creek Wildlife Area, Ohio's newest wildlife area is located in southeastern Brown County on North Pole Road. The Ohio Department of Natural Resources purchased the property from the Perin family in 2018, with a ribbon cutting held in January. It was the Perin's desire to see the farm open to the public for all to enjoy and to honor their late father's memory, Charles Perin Sr., who loved to hunt and fish and watch the wildlife that was abundant on the farm.

The Eagle Creek Wildlife Area (WLA) currently consists of 1,825 acres and with an additional 474 acres to be purchased bringing the wildlife area's total up to 2,299 contiguous acres.

According to the Division of Wildlife, "The steeply sloped woodland along with a few open fields provides superb wildlife habitat and will offer excellent hunting opportunities. A four-mile section of Eagle Creek bisects the area and will provide opportunities for wading, floating and shore-line

fishing. Historical access to the property has been limited, further increasing abundance and quality of the fish and wildlife resources."

This area of Brown County, known as the Bluegrass Region, is forever linked to the past by the many miles of old limestone fences built during the 1800's. Few other counties in Ohio have this vivid reminder of historic days gone by, testament that the area has remained a largely rural community where tobacco was once grown and sold in the long ago tobacco warehouses in Ripley.

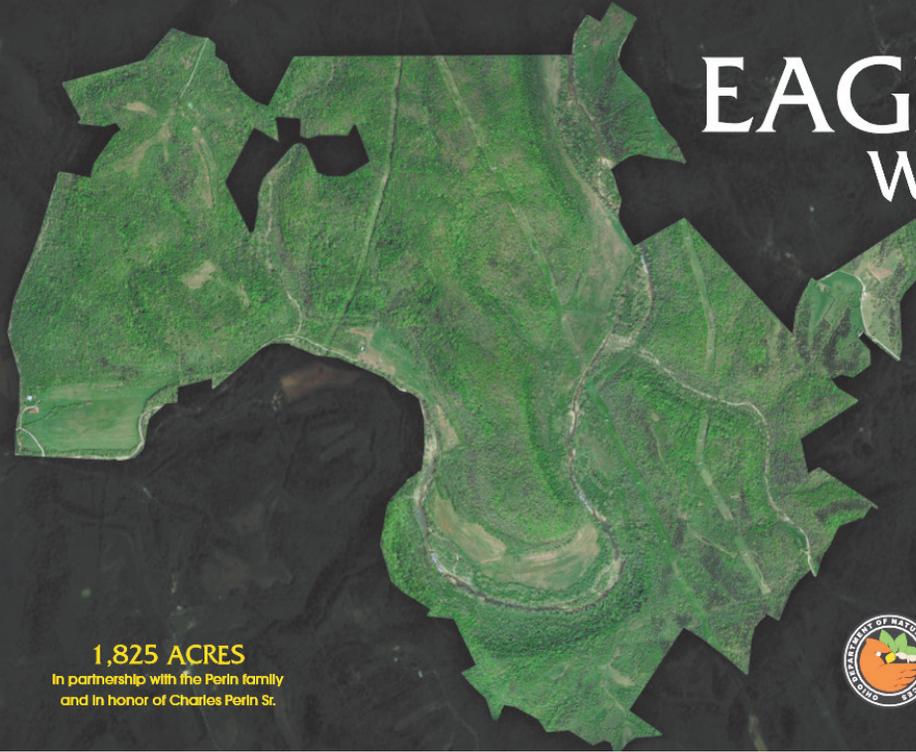
What sets this wildlife area apart is the four miles of Eagle Creek within the wildlife area.

Those familiar with Eagle Creek know it as a beautiful stream known for its covered bridges and idyllic meandering through rural farmland right out of a Currier & Ives painting. The fishing is good too and wading the gentle stream for smallmouth bass, sunfish, rock bass and channel catfish can be rewarding. Save for a few locals, the wildlife area's remote location

and rugged terrain will limit fishing pressure. Most fishing at the wildlife area will be concentrated at the covered bridge on North Pole Road and along Upper Eagle Creek Road before the stream turns north away from the road and into the heart of the wildlife area.

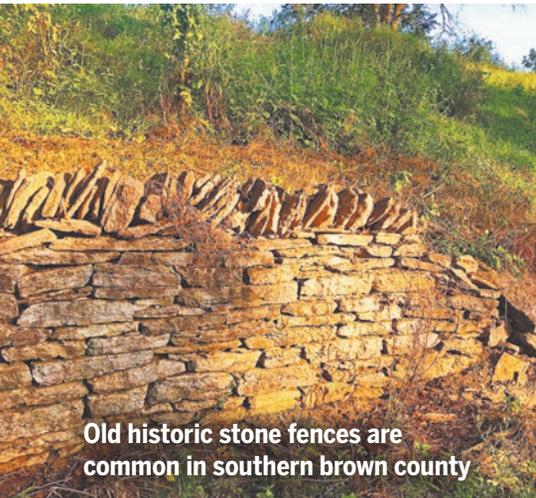
Hunting and fishing access to the wildlife area is limited to the North Pole Covered Bridge area and Upper Eagle Creek Road. Hunting access at Upper Eagle Creek Road would mean forging the stream which would be impossible during high water. With the pending additional purchase of the 474 acres, access to the northeast corner of the wildlife area would be gained via Hickory Ridge Road. Outside of those two points its walk-in hunting with long hikes to hunting areas and if a deer is bagged, the drag back to your vehicle will be strenuous and long. Except for the creek bottoms it is steep timbered river hills, rough hunting by any standard. Currently the bottoms are farmed for hay and in the future perhaps crops. With such limited access getting into

EAGLE CREEK WILDLIFE AREA



1,825 ACRES

In partnership with the Perin family
and in honor of Charles Perin Sr.



Old historic stone fences are common in southern brown county



If you're lucky enough to get drawn - Turkey hunting should be good at ECWLA

the interior of the wildlife area will take considerable effort and since no ATV's are permitted in wildlife areas plan your hunt accordingly. Signs marking the boundaries of the wildlife area are being put up but is expected to take a while because of the rough terrain.

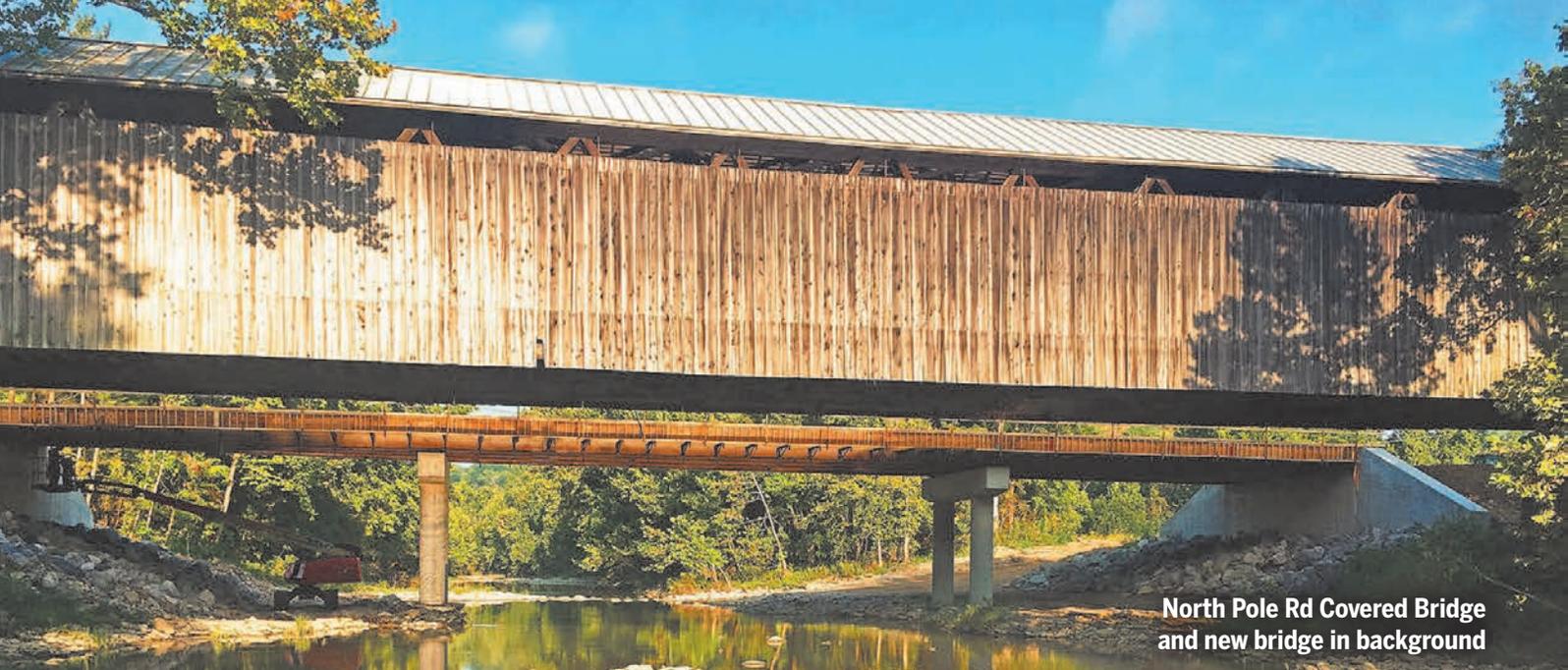
Eagle Creek WLA was originally scheduled to be open for hunting in September but construction on a new bridge over Eagle Creek, replacing the covered bridge, has closed the road to the wildlife area. According to Wildlife District Five, mid-October or early November is the targets dates to open the area to hunting.

If approved by the Ohio Wildlife Council hunting and trapping at Eagle Creek WLA will be by special permit only. A new rule proposed by the Division of Wildlife reads ... "In order to maintain this exceptional wildlife property, it is proposed to allow access for hunting and trapping to this area by special permit only from September 1st through May 31st. No access permit will be required for activities other than hunting or trapping." The

Wildlife Council will vote on the proposed rules after considering public input at their meeting on Wednesday, Oct. 9.

While still in the early stages of development, Wildlife District Five Supervisor Rick Rogers said plans for a special drawing to hunt and trap at the wildlife area will be finalized after the Wildlife Council vote. One plan under consideration was for five permits to be drawn covering a two-week period, then another five permits drawn for the following two weeks with special consideration given to youth hunters and mentor hunts. Drawings will be held at the Indian Creek Wildlife Area near Fayetteville. For updated information check wildohio.com for instructions on how to apply for a permit. Press releases about the drawings will also be sent to local newspapers. Contact Wildlife District Five office in Xenia at (937) 372-9261 for more information.

"The Division of Wildlife wants to take it slow and limit the hunting pressure to maintain the high quality of hunting that is present at the wildlife area", said Assistant



North Pole Rd Covered Bridge and new bridge in background

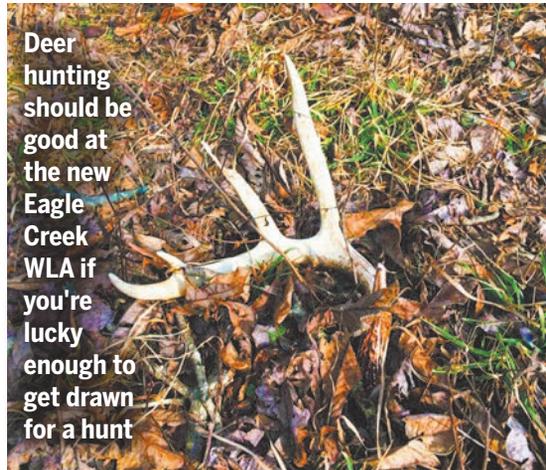
Wildlife Chief Todd Haines. “We also plan to take aerial surveys this winter when there is snow cover to get a better idea of the deer and turkey numbers. Access to the stream will be improved and Brown County Wildlife Officer Eric Lamb is working with the county and state to get additional parking and better access to the wildlife area.”

Local wildlife areas in southwest Ohio are Tranquility in Adams County, Indian Creek in Brown County, Fallsville in Highland County, and East Fork in Clermont County. Eagle Creek is Ohio’s 152nd wildlife area fulfilling the Division’s mission for wildlife conservation and habitat management. The high-quality habitat at Eagle Creek WLA has many species of wildlife including two listed federally endangered species, the Indiana bat and the long-eared bat. Bald Eagles are regularly observed in the area.

The purchase price of the Perin properties (Eagle Creek WLA) was \$4.1 million and funded through the Land and Water Conservation Fund, Wildlife Diversity Fund, and the Ohio Department of Transportation through ODOT mitigation fund for endangered and threatened species.

Nearly all wildlife conservation in Ohio is funded by those who hunt, fish and trap. The Division of Wildlife receives more than 97 percent of its funding through the sale of licenses, permits, federal reimbursements and donations.

In January a dedication of Ohio’s newest state wildlife area was held at Eagle Creek WLA. In attendance was State Senator Joe Uecker, Director of the Ohio Department of Natural Resources Jim Zehringer, then Division of Wildlife Chief Mike Miller, Kendra Wecker and Todd Haines, and members of the Perin family. Each spoke of how about how the new wildlife area would open



Deer hunting should be good at the new Eagle Creek WLA if you're lucky enough to get drawn for a hunt



Channel Catfish from Eagle Creek



Smallmouth bass from Eagle Creek

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opportunities for sportsmen and wildlife watchers across Ohio. The Perin's spoke about preserving their father's legacy and of future generations enjoying to Perin farm.

Best directions to get to the wildlife area is off US Route 68 south of Georgetown, or north of Ripley, taking North Pole Road east for approximately three miles to the North Pole Covered Bridge.

Eagle Creek Wildlife Area at a Glance



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GAME

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FISH

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INFO

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Freelance outdoor writer & photographer, 40-year outdoor columnist for *The People's Defender* newspaper, *Ohio Outdoor News* & *North American Whitetail*, book author "Fishing Ohio." Producer of the *Adams County Visitor & Community Guide*, Executive Director of the Adams County Travel & Visitors Bureau.



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