



Happy fall, ya'll

Just like that, summer is winding down and the days are slowly getting shorter. Soon, we will be enjoying cooler temperatures, crunchy leaves beneath our feet, bonfires, apple picking, and pumpkins.

As much as I dread saying goodbye to summer, fall is a welcome and wonderful time of year. I love to enjoy the fall colors, especially in this beautiful region we are so fortunate to call home.

I am pleased to share that we have a jam-packed fall edition of Real Well for you! I want to share that moving forward REAL



Jen Thomas

WELL will be released quarterly to provide you with a fresh new BIGGER edition to welcome each season! Be on the lookout for our Winter edition coming out early December.

For fall, be sure to check out the great line-up of activities under

What's Happening at the UPMC Western Maryland Wellness Center. Also, I hope you enjoy all of our photo entries this month! Please keep them coming and share yourselves and your families doing fun fall stuff so we can feature you next time!

I hope you enjoy this quarterly edition of Real Well and until next time, live life to the fullest each and every day!

In happiness and health,

Jen

Meet the team

Getting to know health coach Pam Jan

Years with UPMC Western Maryland:

5 years

Relevant experience/accomplishments:

Health coach and mind-body medicine certifications, certified facilitator for getting ahead classes, lifestyle coach for diabetes prevention and chronic pain self-management, MPA.

What did you want to be when you grew up?

I wanted to be a manager. "Of what", you say? I did not know. I did, in fact, become a manager and had a career in procurement.

Favorite activities outside of work:

When I'm not working I like to be outside hiking, riding, digging in the dirt or just "being" on a porch.

Favorite food:

I'm a pretty healthy eater and my favorite meals include varieties of fish, roasted veggies and dark chocolate dessert. I really get excited when it's cooked by someone else!

Fun fact about me:

I love adventures... my favorite so far was a trip to Peru where my daughter and I hiked the Salcantay Trail (one of two holiest peaks in the Inca religion), visited Machu Picchu and finished the trip with a hike up Huayna Picchu (the steep mountain behind Machu Picchu).



Pam Jan

Laughter: the best medicine



How do you stop a bull from charging?

Cancel its credit cards!

Why did the golfer bring two pairs of pants?

In case he got a hole in one!

Why are pirates called pirates?

Cause they arrrrrr!

What's happening at the wellness center?

Events and activities to help keep you healthy this fall

Westernport Farmers' Market! Discover the flavor of locally grown food at St. Peter Church located at 127 Church Street, Westernport, MD. September 27 and October 11 from 4 - 6 p.m.

Happy Feet Youth Hiking - UPMC Western Maryland Wellness Center and Rocky Gap State Park, Healthy Parks Healthy People are teaming up to bring a fun youth hiking series to Allegany County for parents and youth. Upcoming fall hikes are September 21 and October 7 and 21. Visit the Friends of Rocky Gap Facebook page or contact Brittany Friend at 240-964-8421.

Healthy Parks Healthy People HIIT classes - This free, 45-minute fresh-air class will benefit both your body and mind. All fitness levels are encouraged, as each move can be adjusted to individual needs. Meet near the Mountain View pavilion at Rocky Gap State Park in the Day Use Area. Workouts will be led by UPMC Western Maryland Health Coach and ACE certified personal trainer, Carey Moffatt. Upcoming dates: September 21 and October 5 and 12. All classes are from 5:30-6:15 p.m. For more information, visit the Friends of Rocky Gap Facebook page.

Diabetes Prevention Program - Classes are forming now for DPP, a lifestyle change program to prevent or delay Type 2 diabetes. Call 240-964-8424 for more info.

Health Coaching - Stuck in a rut? A certified health coach can help you make important lifestyle changes to improve your physical and emotional wellbeing. Call 240-964-8424.

October 14th is Children's Environmental Health Day, and we will be celebrating with lots of great activities at Rocky Gap State Park from 4-6 p.m. Events include hands on activities like art, fitness fun, environmental learning, and more! Visit the Friends of Rocky Gap Facebook page or call 240-964-8424 for more information.



SAVE THE DATE! The 54th Institute on Medicine and Religion: Guest speaker Kevin Hines is an award-winning global speaker, bestselling author, documentary filmmaker, and suicide prevention and mental health advocate who reaches audiences with his story of unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder at 19 years of age, he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only 34 people to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. The fall would break his body, but not his spirit. The event will be held October 22, 2021, from 9 a.m. - 4 p.m. at Allegany College of Maryland. The \$79 registration fee includes a continental breakfast and lunch. For more info visit <http://www.wmhs.com/institute>.

Activities and events are always being added! For an up-to-date listing contact the Wellness Center at 240-964-8424 or visit Get Healthy Allegany on Facebook!



Brittany's reminder to keep on chugging



It's that time of year again! School starts, fall sports begin, and we are all running around like crazy to get everyone where they need to be. We remember that our kids need to eat, but sometimes we forget one of the most important things – they need to drink! Did you know that up to 65% of our bodies are made up of water?! Hydration is so important to keep our bodies functioning properly!

Especially in extreme temperatures and when participating in physical activity, we need to make sure that our children remain hydrated. This means kids need to hydrate before, during, and after exercise and sports – not just when they feel thirsty.

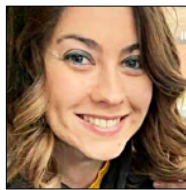
According to the American Academy of Pediatrics, kids should be pausing during exercise at least every 15-20 minutes to hydrate. As they sweat, they need to replenish this fluid that is lost in their bodies.

Kids can become dehydrated easily, especially in extreme temperatures. Signs to watch for to show you that a child is dehydrated or becoming dehydrated include feeling thirsty, dry lips and mouth, headache, dizziness, muscle cramps, not going

to the bathroom for awhile, and dark-colored urine.

It's also important to choose water over sports drinks, unless needing to replenish electrolytes. While sports drinks can help to replenish electrolytes lost, they are usually high in sugar and shouldn't be the first drink of choice. Choose water most of the time. If in a hot or humid environment and exercising for over 60-90 minutes or engaging in an intense workout, a sports drink may be appropriate.

How do we know if we are hydrated? How can you make it fun? Yep – you guessed it – talk about pee! Make your kids giggle every time you bring it up! What drink are you making in the toilet? Does your pee look like water or lemonade? You are properly hydrated! Keep making that lemonade, kids! If you are making apple juice or tea, grab a water bottle and chug-a-lug!



Brittany Friend

Tips to stay hydrated:

- Bring along a bottle! Make sure no matter where they go or what they are doing, a water bottle goes along with them! A great tip is to buy an insulated bottle that keeps drinks cold! Take it with you and refill it when it gets low! Encourage your entire family to bring their bottles and sip away. Children learn by example and it's important for parents and siblings to stay hydrated as well!

- Having a hard time remembering to hydrate? There's an app for that! Phone and watch apps are available to help you set reminders to stop and take a sip! One example is "iHydrate." Search available apps in your smart devices' app store.

To see other benefits of water, such as digestion health and immunity support, download Hydration posters at:

<https://fit.sanfordhealth.org/resources/hydration-posters>

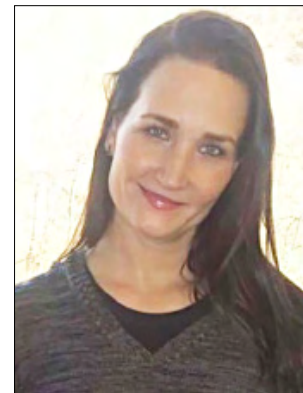
Contact Brittany for more info: milbournefriendb@upmc.edu

Self-care with Carey

Nothing can prepare us for the storms of life. To help protect your well-being, the UPMC Western Maryland Wellness Center created a tool to help you take care of yourself during difficult times.

We often put our needs aside to aid others. A well-known quote I use is "self-care is giving the world the best of you, instead of what's left of you."

Using the Six Dimensions of Wellness, we created self-care ideas to let you know you are not alone and your wellness matters. For more information contact Carey Moffatt at moffattcl@upmc.edu.



Carey Moffatt

UPMC WESTERN MARYLAND YOUR WELLNESS MATTERS

| | |
|--|--------------|
| <ul style="list-style-type: none"> • Use positive self-talk. • It is okay to seek laughter and joy in crisis. • Reward yourself. What are you looking forward to? | EMOTIONAL |
| <ul style="list-style-type: none"> • Keep growing and learning. • Be curious. Try something new. | INTELLECTUAL |
| <ul style="list-style-type: none"> • Drink water. Eat whole foods. • Rest your mind and eat mindfully. • Get your heart pumping 10 min./day. | PHYSICAL |
| <ul style="list-style-type: none"> • Set healthy boundaries. • Contact a supportive loved one. | SOCIAL |
| <ul style="list-style-type: none"> • Inhale confidence. Exhale doubt. • Practice forgiveness of self and others. • What are you grateful for? | SPIRITUAL |

For more information, call UPMC Western Maryland Wellness Center at 240-964-8424.

MENTAL HEALTH HELP LINES AND APPS FOR STRESS MANAGEMENT

- Virtual Hope Box: Stress management
- PTSD Coach: Management tools
- Calm: Reduce anxiety and stress management
- FitOn: Fitness your way
- Find What Feels Good: Yoga your way

National Suicide Prevention Hotline: 1-800-273-8255
UPMC Western Maryland Outpatient Behavioral Health: 240-964-8585
Maryland Crisis Connect: 211
Crisis Text Line: Text Connect to 741741

Healing, strength, mobility Chair yoga with Christina every Monday

Are you ready to welcome healthy movement, healing, strength, and joint mobility, regardless of your age and fitness level? So many people today believe that experiencing aging or injury means to physically decline, so they just give up. Having experienced these things in my own life, I understand how it feels to be less mobile than one would like. My personal yoga practice has offered me the opportunity to increase my own flexibility, range of motion, strength, and sense of balance. And now, I am happy to be able to offer the same opportunity to you.

Reclaim your mobility and fitness with a regular practice of gentle but powerfully effective yoga movements that are introduced in this chair yoga class where you can help strengthen, tone, and stretch your body in complementary ways that support overall stamina, cleansing, balance, and flexibility.

This Chair Yoga practice, combined with focused breathing techniques, is a mellow, and restorative movement practice, designed to renew, restore, and refresh. Join us every Monday at 2:30 p.m. and please check in 5 minutes prior to the start of class.

Participate in person at the C. William Gilchrist Museum of the Arts, 104 Washington Street in Cumberland, located between the Allegany County Court House and The Board of Education. On site classes are limited to 10 participants, so you must register. See email address below. You can also join via a Zoom Session, starting at 2:25 PM EST every Monday.

Link address: <https://us02web.zoom.us/j/85956505255>

Meeting ID: 859 5650 5255, **Passcode:** 845267

Everyone is welcome and there is no charge for attending. Chair Yoga is led by Christina Collins-Smith Nicolas, UPMC Health Coach, E-RYT 200, RYT 500, LMT, YACEP. Sign-up by emailing CollinsSmithcd@upmc.edu. You may also leave a message or text at 410-967-9112.

*** NOTE that it is your responsibility to consult with your doctor before beginning any exercise program.**



Never Forgotten Suicide Prevention & Memorial Walk

We walk in memory.
We walk for hope.
We walk to honor or support a loved one.
We walk for change.
We walk for awareness.
We walk because we care.

**Sunday, September 26, 2021
1:00 p.m. - 3:00 p.m.
Rocky Gap State Park**

Schedule of Events:
1:00 p.m.: Opening ceremony
Speaker(s)
1:30 - 2:15 p.m.: Optional Walk
2:15 p.m.: Closing ceremony

Sponsored by:
Behavioral Health System's Office, Consumer Advisory Board,
UPMC Western Maryland, Rocky Gap State Park

Pre-registration is preferred.
Please contact UPMC Western Maryland Wellness Center at 240-964-8424.

Mindfulness Moments with Pam

Eat dessert first?!

Most of us have heard the saying, "Life is short, eat dessert first." One study gives us another reason. A study in the Journal of Experimental Psychology: Applied found that where food is placed in the sequence matters because people are influenced by the first item they see and make their subsequent food choices around it.

Furthermore, when indulgent choices were placed at the head of cafeteria lines, people ate less calories overall.

While using such placement as a nudge for people to eat less calories may work, it's important to be mindful of the nutritional value of food choices, too. Considering satiety, blood sugar and other factors that go into weight management and healthy eating are important to living a healthy life.

So, include a little mindfulness and eat your dessert first, in the middle or at the end!



Pam Jan



Healthy Aging

Despite what many may think, falling is not a normal part of aging. Falls threaten the safety and independence for older Americans and can create a heavy economic and personal burden.

According to the U.S. Centers for Disease Control and Prevention, one-fourth of Americans aged 65+ falls each year.

Falls have also resulted in more than 3 million injuries treated in emergency departments annually, including over 850,000 hospitalizations and more than 29,000 deaths.

There are steps you can take to reduce your risk. Answer the 12 questions at the website below to learn more about falls and prevention tips.

<https://www.ncoa.org/article/falls-free-checkup>

Spiritual Wellness

Pastor Bruce on dealing with change

The fall season is coming soon. The Leaves will be changing. The days will get shorter, and darkness will come sooner. We all know what the changing of the seasons can do to our emotions.

We all experience changes in our lives. They may be physical, emotional, mental, or spiritual changes. God reminds us in the changing of seasons that change is inevitable. We are creatures of habit and most of us avoid change. We gripe about the weather, politics, our children's school policies and our aging bodies.

Life can be hard and issues we face can be difficult. We need somewhere to rest and someone to turn to when changes affect us, and questions arise in our hearts.

Often, we rely on feelings and fear instead of faith when we are overwhelmed. Do you have faith? What is your faith in? Is it an idea, an experience, a quiet get away place or a special friend?

We need to know there is one thing that never changes; one thing that stays the same: our unchanging God.

The Bible says, God does not change - "For I the Lord do not change..." (Malachi 3:6). He is a friend

we can trust at all times, and He sticks closer than a brother (Proverbs 18:24).

He is unwavering in His love for us and is our rock not only during changes in our lives but every day (Psalm 18:2). Our God is our fortress and help in trouble (Psalm 46).

Because God never changes, His Word remains the same. His Word speaks to us about peace, comfort, and salvation, and we can rest on His promises.

So, in uncertain, changing times cling to the God who made you. Have faith He will sustain you, comfort you and guide you. Put away your uncertain feelings and fear and hold on to your faith in the God who will never leave you and never forsake you even when you're in the valley of changes in your life (Hebrews 13:5-6).

God wants us to rest in promises - "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." (Deuteronomy 31:8). In Dealing with change...Trust in the God who loves you and cares for you.

You are loved,
Pastor Bruce



Bruce and Judy McBride

Pastor Bruce McBride, Director of Pastoral Care at UPMC Western Maryland, can be reached by phone 240-964-8292 or via email at mcbrideba@upmc.edu.



Exercise safely with Mike Advice for Pre and Type 2 Diabetics

As a trainer I get many questions about how to exercise with diabetes and if it is safe. It is true that there are very significant barriers to exercise for all diabetics that should be taken into consideration to be safe and effective while being active.

It is also true that exercise can be one of the most effective ways to help manage blood sugar for a diabetic or even prevent type 2 diabetes for a pre-diabetic. In this article I will focus on pre-diabetes and type 2 diabetes since they are very different than type 1.

How exercise helps manage diabetes:

- Lowers blood glucose levels
- Increases sensitivity to insulin, countering insulin resistance Benefits of Exercise: <https://www.health.harvard.edu/staying-healthy/the-importance-of-exercise-when-you-have-diabetes>
- Exercise lowered HbA1c values by 0.7 percentage point in people of different ethnic groups with diabetes who were taking different medications and following a variety of diets—and this improvement occurred even though they didn't lose any weight.
- All forms of exercise— aerobic, resistance, or doing both (combined training)—were equally good at lowering HbA1c values in people with diabetes.
- Resistance training and aerobic exercise both helped to lower insulin resistance in previously sedentary



Mike Browning

older adults with abdominal obesity at risk for diabetes. Combining the two types of exercise proved more beneficial than doing either one alone.

- People with diabetes who walked at least two hours a week were less likely to die of heart disease than their sedentary counterparts, and those who exercised three to four hours a week cut their risk even more.
- Women with diabetes who spent at least four hours a week doing moderate exercise (including walking) or vigorous exercise had a 40% lower risk of developing heart disease than those who didn't exercise. These benefits persisted even after researchers adjusted for confounding factors, including BMI, smoking, and other heart disease risk factors.

How to be safe:

- Talk to your Dr. before starting an exercise program
- Measure blood sugar before exercise: Exercise blood sugar safe zone

= 100-250

- Glucose tabs are great to have during exercise if experiencing a blood sugar low.
- Exercise with a workout partner
- If exercising alone be sure to have a phone, medical ID/bracelet, let someone know where you will be.
- Stay hydrated

How to begin:

As mentioned above cardio/aerobic exercise and resistance exercise are equally beneficial for diabetes management so it comes down to what you like and or what is convenient for you. Walking or increasing your daily steps is a great place to begin aerobic activity.

Since modern devices like phones or watches track all forms of movement, simply doing more on your feet will add steps. Think of things like daily cleaning, grocery shopping, laps around the house, or taking the stairs. If you are a beginner to resistance training and that seems more interesting to you try exercising with resistance bands or with body weight.

There are great resources online to help you begin resistance band training and bands are a cheap alternative and more convenient for home use if you're not ready for the gym. Whatever exercise you choose stay safe and be consistent for continued management of diabetes.

If you have questions or want help developing a program send me an email @ browningmr@upmc.edu.



Family meal favorites!

Studies have repeatedly shown the positive, lifelong benefits of family meals. Increased intake of fruits and vegetables, higher self-esteem, greater sense of wellbeing, and positive social behaviors are just a few of the benefits. This month aim to have one more meal together, at home, per week. This may sound simple, but the practical aspect of making this happen is not always easy. Enjoy some newfound family mealtime with these quick, easy recipes that may become go-to family favorite dishes for years to come!

According to the 2020 Dietary Guidelines Advisory Committee, burgers and sandwiches are the number one source of protein, calcium, potassium, and fiber in the American diet. Try this burger recipe at your next family meal! Be sure to choose whole grain bread and top with vibrant vegetables (such as spinach, tomato, carrots, and red peppers) or fruit (such as pineapple and mango) to build nutritious and delicious sandwiches.

Zesty Barbeque Cheeseburgers

Ingredients

- 1 pound Ground Beef (93% lean or leaner)
- 1/4 cup finely chopped red onion
- 4 tablespoons barbecue sauce, divided
- 4 slices white cheddar, pepper Jack, smoked Gouda or provolone cheese
- 4 whole wheat hamburger buns or pretzel rolls, split, toasted
- Lettuce leaves, tomato slices and red onion slices

Directions

1. Combine Ground Beef, chopped onion and 2 tablespoons barbecue sauce in medium bowl, mixing lightly but thoroughly. Shape into four 1/2-inch thick patties.
2. Place patties on grill over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. About 1 minute before burgers are done, brush with remaining 2 tablespoons barbecue sauce and top with cheese.
3. Line bottom half of each bun with lettuce, sliced red onion and tomato, as desired; top with burger. Close sandwiches and Enjoy!

<https://www.beefitswhatsfordinner.com/recipes/recipe/5071/zesty-barbecue-cheeseburgersto-use-them-to-top-salads-for-lunch>



Growing up in an Italian household, pasta was a staple as a family meal. It is a great foundation for a healthy, balanced meal because it can be paired with lean protein, fruits, and vegetables. Does your family eat enough fruits and vegetables? These recipes disguise vegetables in pasta dishes that your whole family will love. As September is family meals month, this is a great time for your family to focus on eating more fruits and vegetables.

Pasta with meat and vegetable sauce

Ingredients

- 1/2 lb. ground turkey
- 1 carrots, minced
- 1/2 onion, minced
- 1 stalk celery, minced
- 2 T olive oil
- garlic clove
- 1 (15 oz.) can tomato paste
- 1 (15 oz.) can crushed tomatoes
- 4 leaves basil, chiffonade
- Salt and Pepper to taste

Directions

1. Mince the garlic clove, onion, carrots, and celery. Slice the basil into thin strips.
2. Heat the oil and the saucepan over medium heat. Add the ground turkey and sauté until it is all browned.
3. Add the vegetables, including the onion and garlic and cook until the onions are translucent, or clear, about 3-4 minutes. Stir frequently to make sure the onions don't burn to the pan.
4. Add the tomatoes and half of the basil leaves and cook until the sauce starts to simmer. Add the salt and black pepper. Turn the heat to low, and reduce the sauce for another 20 minutes. Reducing makes the sauce thicker by cooking out the extra water.
5. Turn off the heat and add the remaining basil. Enjoy!

<https://www.commonbytes.org/#!/recipes/45>

Popcorn is a healthy snack because it is a whole grain and has fiber! Try this fun twist on popcorn next time you sit down to watch a movie as a family or have a game night.



Lemon-Parm Popcorn

Ingredients

- 2 T parmesan cheese, reduced fat grated
- 1/2 t pepper
- 5 C plain air-popped popcorn
- 1/2 lemon, juiced
- 1 T olive oil

Directions:

1. Whisk oil, pepper, and squeezed lemon juice in a small bowl.
2. Drizzle over popcorn and toss to coat.
3. Sprinkle with parmesan and serve immediately.



Butternut Squash Mac & Cheese

Ingredients

- 2 cups butternut squash, peeled and cubed
- 10 ounces whole wheat pasta, dry
- 2 tablespoons low-sodium vegetable broth
- 1 1/2 tablespoons butter
- 1 1/2 tablespoons flour 1 tablespoon garlic powder
- 3/4 cup skim milk
- 2 1/2 cups shredded cheddar cheese

Directions

1. Bring a large pot of water to boil and add butternut squash. Cook until squash is softened and drain. Alternatively, microwave squash until softened (about 4-5 minutes).
2. Prepare pasta according to box. Drain and set aside.
3. Place squash and vegetable broth in food processor or blender. Pulse until mixture is smooth. Add water by 1/4 teaspoon if mixture is too firm.
4. Heat butter over medium-low heat until melted in a small saucepan. Whisk in flour and cook 1-2 minutes.
5. Whisk in garlic powder, milk and squash. Continue to whisk for another 1-2 minutes until the mixture thickens.
6. Once thickened, add cheese and whisk until melted (about 5 minutes). Stir mixture into pasta.

<https://fruitsandveggies.org/recipes/butternut-squash-mac-and-cheese/>



Interested in working with a dietitian like Rachel Sproat? Call 240-964-8416 to schedule an appointment.



WHERE IS JEN?

Submit your guess along with a photo of yourself at your favorite place. We pick new winners each month!

Send your guess to thomasj39@upmc.edu

Looking for something fun to do this month?

YMCA Dragons on the Lake – Sept. 25, 2021.

The Dragons On The Lake Festival is the premier sporting event of the year! Teams of 20 paddlers, will consist of a drummer, and a steerer race in authentic 46-foot-long, Hong Kong-style dragon boats. Decorative dragon boats, equipment, and race management are provided by Dynamic Dragon Boat Racing. It's a team sport that encompasses the elements of power, speed, synchronization, and endurance.

GAP Relay Presented by UPMC Health Plan – Oct. 15-16, 2021.

The GAP Relay presented by UPMC Health Plan is an unforgettable adventure relay race. Your team will start in Pittsburgh, PA, on October 15, and start running the 150-mile Great Allegheny Passage to Cumberland, MD, where you'll finish your adventure on October 16 and celebrate with a finishers' party like no other.

These events are brought to you by our friends at Allegany County Tourism. Visit mdmountainside.com for more information.

Family fun: back to school

Check out this back to school toolkit - including self-care tips, quick and healthy meals for on-the-go families, family bonding ideas, all weather activities and more!
https://api.healthiergeneration.org/resource/693?utm_source=delivra&utm_medium=email&utm_campaign=HG%20Family%20Newsletter%20-%20208-27-2021&utm_id=3128415

Just breathe! In this quick and fun mindfulness meditation for kids, The Mindful Pirate will teach you how to focus your mind with your magic spyglass and be the very best captain of your own ship!

<https://www.youtube.com/watch?v=N4sKY8smCho>

Your favorite place to be

Thanks to everyone for the great participation in our "Where's Jen" game! In August, we had several winners guess that Jen was in our local sunflower hot spot! To change things up a bit, we decided to share several great entries. Thanks for playing along! Keep those guesses coming!



Clockwise from top left:

Marissa Gibbner: My favorite place is KilmarnockSmiths falls in Ontario, Canada! **Stacey Cook:** My favorite place to be right now, is Avon, North Carolina, with my husband and family. It's on Hatteras Island and part of the Outer Banks. To me, it's heaven on earth! I love the beach, I love sun, sitting, and relaxing to the sound of the waves crashing! Happy Summer!

Debbie Hormuth: We visited the wild flowers on our first wedding anniversary, August 8. Rocky Gap is someplace we enjoy visiting for hikes and fishing and tranquility. **Amanda Morris:** Sunflowers are my favorite! I like too many nature spots to pick just one - I'm truly happy as long as I'm outdoors and with my family! We spend a lot of time at our camp on the South Branch. We also enjoy going biking, hiking, and kayaking. This is us at the sunflower field on route 160 just above the twin churches outside Meyersdale. **Jamie Andres:** My cute little companion is my grandson. One of our favorite locations to visit is Swallow Falls State Park in Garrett County, no matter the season! **Vicki Smith:** My husband and I love spending time at Smoke Hole - the birthplace of my grandmother! We go there as much as we can. We enjoy swimming, kayaking, fishing, hunting, and sitting by the campfire! Our camp there has been in my family for over 80 years.