

indiana

NATURAL

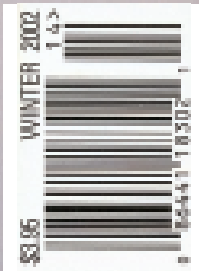
winter 2002

Hoosier's New

Anyone can snowshoe,
even right here in

INSIDE

Indiana's Rails to Trails •
Winter getaways for romantics • This season's hottest



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winter
con-

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There's plenty to do this winter in Indiana

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snowshoeing



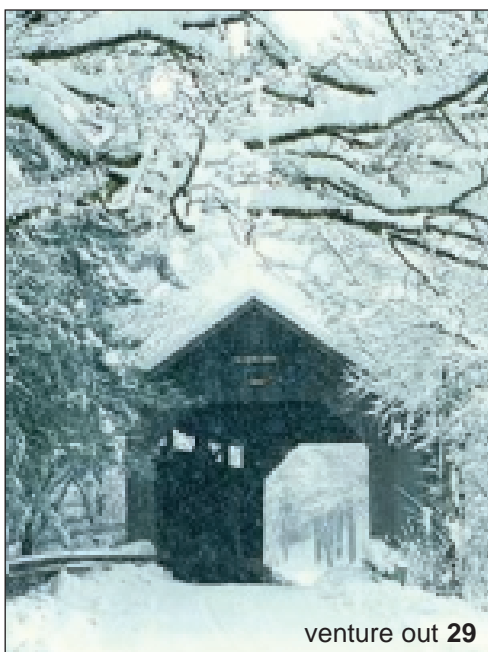
rails to trails



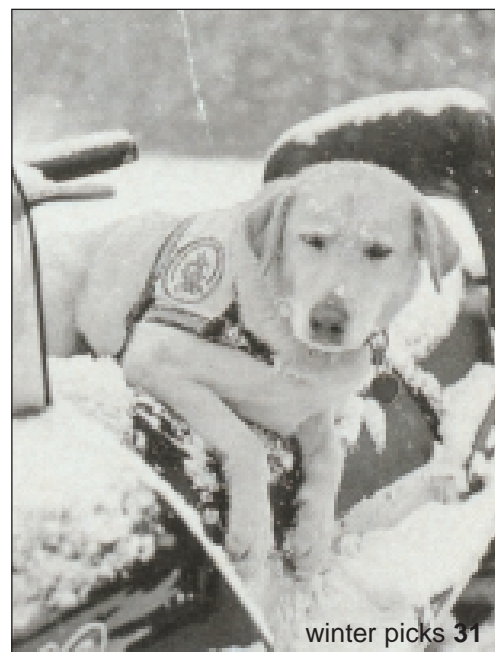
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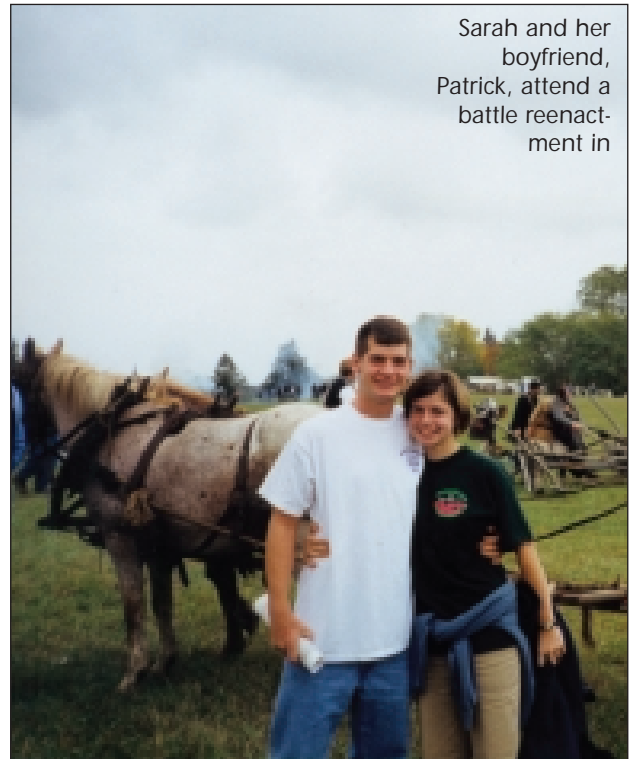
SARAH GREINER

I have had so much fun working on the first issue of Indiana Natural. We hope you enjoy reading this magazine as much as we enjoyed putting it all together.

Indiana Natural was created for young professionals who like activities involving the outdoors. Whether it's skiing, hiking, swimming or just walking on the Monon Trail, our wish is that each issue of Indiana Natural offers something for everyone.

Feel free to give us your input. We are excited and interested in your ideas. We want this to be

Sarah



Sarah and her boyfriend, Patrick, attend a battle reenactment in



Leigha, preparing for last summer's hiking

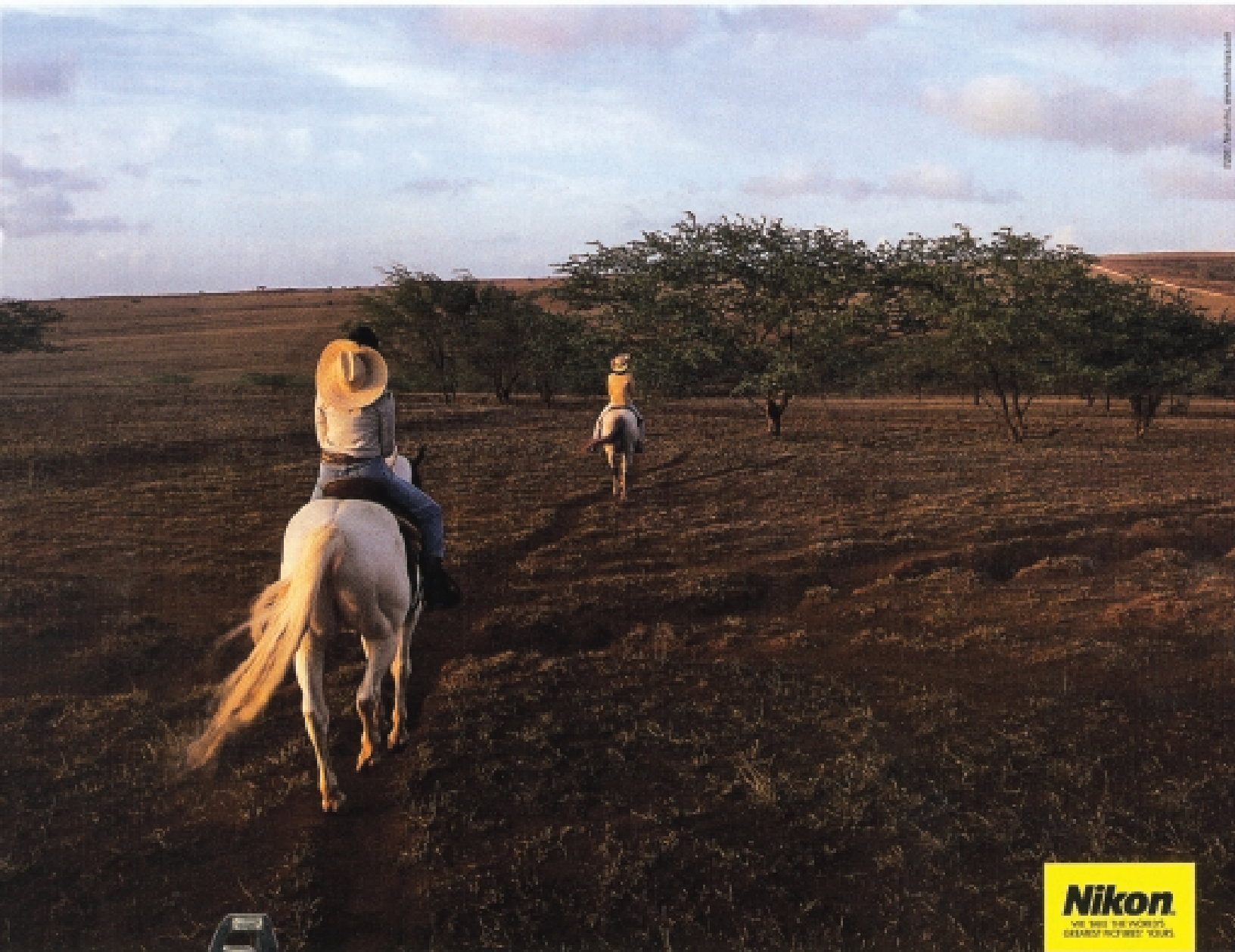
LEIGHA TRACEY

Moving back to Indiana after eight years of living in Oregon has been quite the culture shock! I am sure you can imagine. After the first hint of cold weather, I thought to myself, "What in the heck do people do with the snow here, except curse it or shovel it?" Thus, our feature on snowshoeing was born. Those first awkward steps became an exhilarating day.

Through working on Indiana Natural, I have been given the opportunity to look "outside" of the tall buildings and strip malls to rediscover the beauty of the landscape of Indiana. It is my sincere hope that Indiana Natural will inspire you to grab a friend, partner, or pet and enjoy

Leigha

IT MAY BE TIME TO MOVE THE PHOTO ALBUM
TO THE COFFEE TABLE.



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WE SEE THE WORLD
DIFFERENTLY. YOURS.

Hats off to Indiana Natural for great coverage of the Sandfest and to Dunes State Park for a job well done.

Sandra and B.J. Dunn, Michigan City

The 7th Falls Fossil Festival

Thanks for turning us on to the Falls Fossil Festival. We live right outside of Clarksville and never knew that we had these activities at our doorstep. It was informative and fun attending the geology programs. This is a great activity for singles, families, couples, and elders. I even found some great fossils to take home.

You can bet that we'll be watching to see what the Riverfront Foundation plans next!

*Sue and Mark Lions
Clarksville, Indiana*

I had to write a letter concerning "world-renowned" crinoid expert Dr. William Ausich. The lecture on crinoid ecology was, at best, long-winded and full of ecology-specific terminology. This was a community program, so why did I feel as though I was having a nightmare about waking up in a Harvard lecture hall? Yikes! Next year, I hope the Riverfront Foundation finds a keynote speaker that can speak to the people.

Stan Bilford

Clarksville, Indiana Sandfest

This year's Sandfest was perfect. The weather was great and the sand sculpture artists were impressive. After a few bad years in the late 90s, Dunes State Park has learned a few things and really knows how to throw a festival. Included in the festivities this year they had several cultural historical activities planned. Hats off to Indiana Natural for great coverage of the event and to Dunes State Park for a job well done.

*Sandra and B.J. Dunn
Michigan City, Indiana*

Judy Burton

Thank you for the excellent article about Judy Burton. She was an Indiana treasure who should be recognized for her contributions to the Manitou Wetlands Conservation Area. More people should take the time to visit the preserve and to support the survival of our natural marshland wildlife. Burton's death in 1999 was a loss that we will feel for decades to come. I am hopeful that with thoughtful articles like the one in the last issue of Indiana

Natural, more people will join the fight to save our wetlands. Thank you for bringing to the attention of Indiana residents.

*Sheila Burrows
Ft. Wayne, Indiana*

The article on Judy Burton in the last issue of Indiana Natural was well written, but the fact that the land for the Judy Burton Nature Preserve was purchased with funds from the Indiana Heritage Trust, the Division of Fish and Wildlife non-game check-off, donations to the Natural Resources Foundation, and funding from the Nature Conservancy was missing from the article. As most of us in Indiana know, the Division of Fish and Wildlife has been redirecting funds and putting excessive fines on outdoor enthusiasts for the past three years. How about exposing the corruption instead of glorifying their measly contributions?

*Jack Gingham
Albany, Indiana*

*At Indiana Natural, we enjoy hearing from our readers. Please send your comments and suggestions to
Mailbag
Indiana Natural
2000 West University Avenue*



SAVE YOUR SKIN

Tips to help your skin survive the winter

by bob cummings

Independent skin expert Sue Steward recommends the following tips to protect your skin from a man-made environment, helping to keep it healthy and hydrated:

1 Place a bowl of water or damp towel on a radiator, this will put water back into the atmosphere.

2 Avoid using central heating when you can. Snuggle up at night with a hot water bottle instead!

3 Apply a moisturizer while your skin is still moist from bathing or showering. This will help provide maximum hydration, by trapping moisture into the surface layers of your skin.

4 Drink plenty of water. The

body needs water to keep going and if it doesn't have enough will take it from your skin's water reservoir. Six to eight glasses of water a day is the recommended amount.

5 Help skin hold onto moisture by using a mild cleanser in the shower or bath.

6 If you do have control over the temperature of the central heating, keep it on the low side, and definitely turn it off at night. Cool air is not as drying. Pile on a sweater or a hot water bottle if you're feeling cold.

7 If your skin is dry or sensitive, you should choose a gentle body moisturizer that is unperfumed and color free. >>

Winter sunburn

Winter is synonymous with snowy, gray days, but it also has its share of crystal-clear skies that call people outside for a breath of fresh, sun-filled air and break from the heaters. It's on those refreshing winter days that people at parks, gardens, sidewalks and ski slopes also have to remember to protect themselves from something that may seem out-of-season: skin cancer.

"Most people think about protecting their skin from the sun in the summer. What people don't realize is that in the wintertime, when we don't lay out in the sun, the sun's UVA rays are stronger than they are in the summertime," explained Krista Kiley, global educator for Aveda Skin and Body Care.

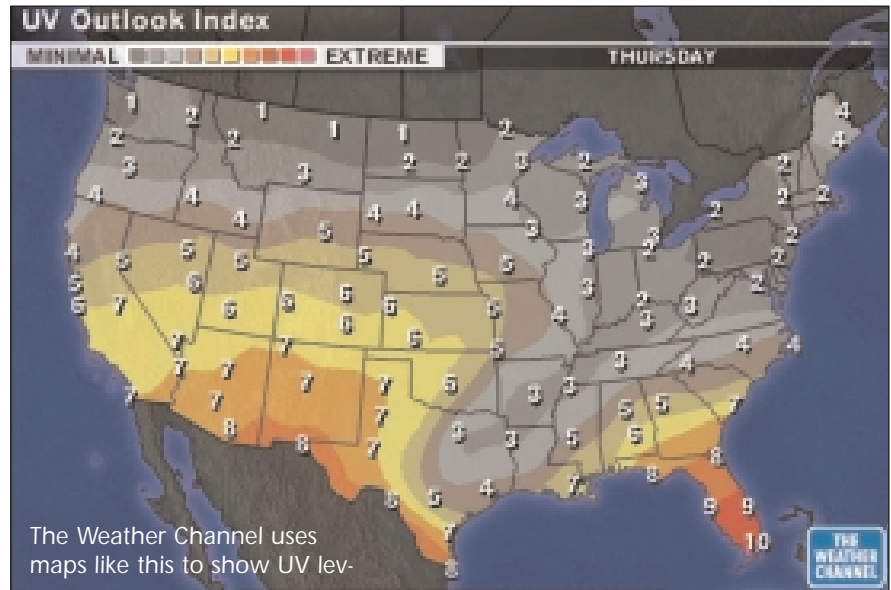
The UV rays that do make it to the surface are enough to cause trouble,

especially since UVB radiation is not as prevalent in the winter.

"You don't get the burn [during winter], so you don't get the warning. You just get the damage to the cells," explains Kiley.

There's another reason that sunburns aren't such a problem during winter, according to Dr. Stan Taylor, associate professor of dermatology and director of the Skin Surgery and Oncology Clinic at The University of Texas Southwestern Medical Center at

"You don't get the burn so you don't get the warning."



Dallas.

"Most people cover up to go snow skiing or to walk a dog in the winter," he said.

Doctors and skin care experts agree, any skin that doesn't get covered by clothing should get a good coating of sunscreen, even in the winter.

A person may spend less time outside for a short, wintertime walk than he or she may on a warm, sunny beach during summer. Still,

that short period of sun exposure could spell trouble. Just how much trouble depends on the person.

"If I have an SPF of 10, what that means is that I have to first figure out how many minutes I can stay in the sun without getting burned without any sunscreen. It's completely dependent upon the individual," explained Kiley.

The SPF strength determines the length of sun exposure an individual can

endure before a burn sets in. A sunscreen with SPF 10 will allow a person to stay in the sun 10 times longer than without any sun protection.

While most experts recommend wearing sunscreens, moisturizers and other skin products with SPF 15, they urge people not to be deceived by bigger numbers.

"We know people are wearing sunscreens more, but feel falsely protected. SPF 45 doesn't give you 45 times the protection. Once you get past 15, then the amount of protection is diminished," explained Kiley.

The Weather Channel is taking its message into communities across the U.S., sharing information through local schools, civic groups and community boards.

The UV Outlook Index (above) is a handy tool to help you plan ways to protect yourself when working or playing outdoors this winter.


Bob Cummings has been a dermatologist in Nashville for six years. Write to Bob at bobcumings@yahoo.com.

“The toughest thing about climbing
is the cold. I guess I’m just a wimp.”

BETH RODDEN

Beth Rodden, U.S. National Climbing Team, Junior National Champion. Climbs the world's big walls but gets cold really easy. Go figure. As a member of The North Face athlete team, Beth helps design and test the most technically advanced products in the world. Like the Cat's Meow, one of a series of bags built with revolutionary new Polarguard[®] Delta Insulation, exclusive to The North Face. No other synthetic insulation is as thermally efficient, lightweight or durable. Next time, sleep warm, climb well. Athlete-tested equipment, footwear and apparel for men, women and children. From The North Face. Never stop exploring.



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WINTER GETAWAYS



romance
at its

In the dead of winter, nothing is quite as welcome as a romantic

by ken skirvy

In the dead of winter when the days are short and the skies are gloomy, nothing is quite as welcome as a warm hearth, a cozy comforter and a romantic getaway for two. Whether it's snuggling up in front of a crackling fire, soaking in a steamy perfumed bath, or sampling a sumptuous late night dinner over wine and candlelight, Indiana offers countless opportunities to beat the winter blahs.

Some rustic, some romantic

An upscale cabin in the woods west of Columbus, the Country Chalet is not a true bed and breakfast, since you don't share the lodgings, meals or ambiance with anyone else.

Instead, you rent three acres of hilly wooded seclusion along with a renovated bungalow that's part art

gallery, part nature center. The chalet features a rock waterfall and fireplace in the living room. The bedroom contains a handmade king-size bed and another waterfall streaming into a Jacuzzi. Hand-carved woodwork and stained-glass windows predominate throughout the bungalow.

In Lafayette, the Loeb House Inn is located in the city's Centennial Historic District. Built in 1882 in Grand Italian style, the Loeb House will immerse you in old style grandeur. Intricate details such as plaster ceiling medallions and crown moldings have been lovingly restored. The finely detailed fireplaces, chandeliers and parquet floors, as well as a stunning grand staircase, allow the house to maintain its period splendor.

In northern Indiana, The Inn >>



The Oliver Inn
in South Bend.



at Aberdeen is set amidst the rolling hills and meandering streams of Porter County, near Lake Michigan. Built more than 100 years ago on what once was a dairy farm, the farmhouse has been restored and enlarged into an elegant bed and breakfast.

Romance at its best

The Country Victorian Bed & Breakfast in Middlebury is located in the heart of historic Amish country. The Country Victorian is just minutes from Shipshewana, the heart of the Amish culture in northern Indiana. Winter activities include horse-drawn sleigh or

carriage rides and visiting nearby country stores stocked with hand-made Amish goods.

The Oliver Inn in South Bend is a magnificent 1886 Victorian mansion set on a one-acre estate with a Carriage House and circa 1920 Victorian play-house. This 25-room estate is a local historic landmark where guests experience the glow of Waterford crystal sconces, beautifully restored maple flooring, and a


The historic Oliver Inn, South Bend, delivers romance

hand-crafted spiraling staircase which is highlighted by a "guardian angel."

In eastern Indiana, the historic Lantz House Inn in Centerville is located in the heart of Indiana's "Antique Alley," which stretches east along U.S. 40 from Indianapolis to the Ohio state line. The Inn features impeccable hospitality amidst simple elegance, an award-winning garden, art and books.

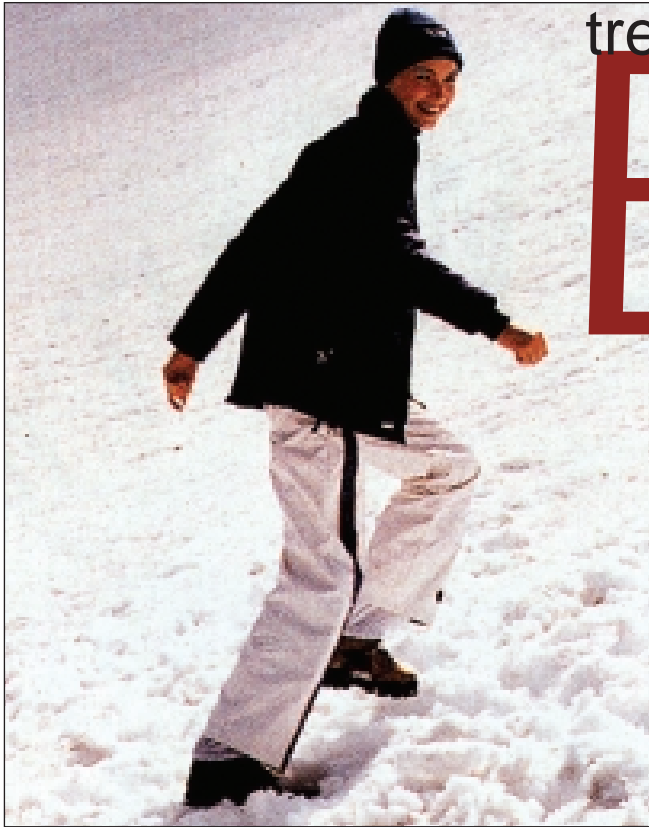
Ken Skirvy is a travel agent and freelance columnist. He lives in Bloomington, Indiana, with his wife and two children. Contact Ken at kskirvy@aol.com. Photographs by Amy Epp.

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treat your feet BEST BOOTS

by beth pinch



Salomon Kiana, \$220
Precise-fitting, comfortable, warm and stable boots with great traction



K2 Venus, \$220
Lightweight, comfortably padded with snug cable-lacing system

Catching the snowboarding spirit? The new wave in treating your feet for winter is a snowboarding boot inspired by hikers. These scaled down versions of riding boots are narrower in the heel and roomier around the leg to accommodate for longer calf muscles. All of these features mean a smooth winter trek for you and your feet.

Another consideration for snowshoeing or winter hiking is insulation. You can get by without insulated boots (with warm socks) if the weather is moderate. For severe weather, get boots with thinsulate.

This year, lighter materials for both boot types mean less fatigue on the trail. In addition, 2002 styles offer breathable waterproofing systems to keep moisture out. >>

MORE GREAT WINTER FINDS ...



North Face Flight, \$150, is a synthetic bag weighing only 2 pounds. It has a 15 degree rating with 60 inches of shoulder room and 40 inches



Marmot Aiguille, \$520, measures 44 inches at the foot and has 64 inches of



Sierra Designs, \$220, weighs only three pounds, 11 ounces, and measures 63 inches at the shoulder and 43

If the current downward spiral in weight and compressibility continues, we won't need sleeping-bag compartments in our packs anymore; we'll just drop mini stuffsacks into the main well with the rest of the gear.

Two things are fueling this technological diet. First, the availability of ultra-high-quality goose down has increased. Second, fabric scientists have refined insulations like Polarguard HV, which is 25 percent lighter than the original, and, in the case of Polarguard 3D, made from a finer, more com-

pressible polyester filament.

Down is still tops for packability and longevity, of course, but synthetic bags are a lot less expensive and they work better in damp conditions.

All of the bags listed have been tested and chosen because they incorporated the latest materials and designs. We have included some temperature ratings and available shoulder and foot room in inches.

Whatever you do, don't delay. Any one of the bags on these pages is better than that ripe mouse-nest roll you've been hauling.

Beth Pinch is a contributing writer for Indiana Outdoor. Write to Beth at bethjones@yahoo.com.

Walking is science

Every time you take one step, your foot takes three.



To most of us, walking is as simple as putting one foot in front of the other. But it's actually a dynamic, complex process—one that's been turned into an art form by the scientists who created Receptor™ by ECCO. This breakthrough shoe replicates the precise, three-step walking motion of the human foot. So your foot and shoe act as one to disperse shock and cushion every step. It's no wonder Receptor is the intelligent choice in footwear.



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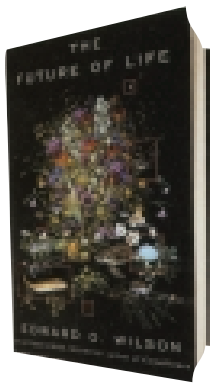
FIRESIDE READS

cozy stories for cold nights

The Future of Life

By Edward O. Wilson
(Knopf, \$22)

The unrepentant father of sociobiology and Harvard's ant man – "old enough," he says, "to have had tea with Darwin's last surviving grand-daughter" – has been riding among us, the biosphere's Paul Revere, crying out that disaster is coming. In his first book to focus exclusively on a blueprint for global conservation,



E.O. Wilson defines in less than 200 pages the incalculable value and fragility of "the totality of life ... so thin it cannot be seen edge-wise from a space shuttle, yet so internally complex that most species composing it remain undiscovered." He introduces us to Emi, a Sumatran rhino at the Cincinnati Zoo, one of only a few hundred left of her kind, to remind us that our species is "the planetary killer," consuming our way down the food chain." First to go among animal species are the big, the slow, and the tasty," he writes, and, of course, anything with tusks or horns. But solutions like

stopping old-growth logging, saving ecological hot spots, raising Third World living standards through ecotourism and bio-prospecting are within our grasp.

Servants of the Map

By Andrea Barrett
(W.W. Norton, \$25)

Such passion, such longing, such hot-blooded lust – if Andrea Barrett were writing about sex she'd rival Jackie Collins. But Barrett's new story collection is about 19th century science, which inspires emotions in her characters usually reserved for more animate objects of desire. In the title story, a toiler on England's Grand Trigonometrical Survey of India, the project that mapped the Himalayas in the 1860s, leaves his wife for the tarty pleasures of botany. Barrett's previous fiction – Ship Fever and The Voyage of the Narwhal – established her brilliance at capturing the interaction of human and landscape, and it is on fine display here.

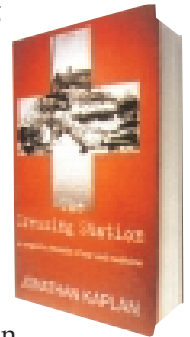


The Dressing Station: A Surgeons' Chronicle of War and Medicine

By Jonathan Kaplan
(Grove Press, \$25)

"Surgeons," writes the South African field doctor, "are permitted to be sometimes wrong but never in doubt." If so, Kaplan is an

extraordinary exception, for in this memoir of his peripatetic career as a war-zone trauma surgeon, he admits to being "part butcher, part priest" and wonders despairingly if "there were more effective ways to stop people dying than by being a surgeon." That kind of insight, and a gift for grisly description, elevates Kaplan's narrative beyond adventure and medical soap opera – this is the real thing. Working in Kurdistan after the Gulf War, when Kurds were being slaughtered by Iraqi Republican Guards, he performs "a lot of little amputations: the removal of frostbitten toes from the feet of children who had come over the mountains of Iraq." Later, operating on Kurdish fighters inside Iraq, he must dispose of amputated flesh by throwing it over a barbed-wire fence, to be devoured by dogs. "I was just a doctor," Kaplan writes, "with uncertain clinical detachment, the vice of restlessness and some tarnished shreds of idealism," but his book illuminates the consequences of war and the ambiguities of relief work at a time when these issues couldn't matter more.



Kelly Long is a contributing writer for Indiana Outdoor. She has lived in Anderson, Indiana for the past 10 years.



by leigha tracey

hoosier's new

p until recently my travels on snow have been isolated to my trusty snowboard. In my now humbled opinion, snowshoes were only useful when hiking backcountry hills, in order to snowboard down. So, my snowshoes have sat in a corner waiting for the moment when they would be needed.

It wasn't until a trip to Whistler, B.C. that my snowshoes became more than a means to an end. After an evil day of battling my failing equipment in the high

country, I decided to take a day off from boarding. What to do? Cross-country ski? Sled? Drink spiked hot cocoa by the fire? All the while I kept glancing at my snowshoes. Then, I thought...why not? If nothing else it would make my trip to the lodge more adventurous.

So I strapped them on and hit the trail. Now, it's true, you don't have to be an expert at anything to snowshoe. You need to be a passable walker, but the learning curve is roughly 50 feet after you strap them on your boots near snow.

Oddly, it only took me about ten minutes to >>

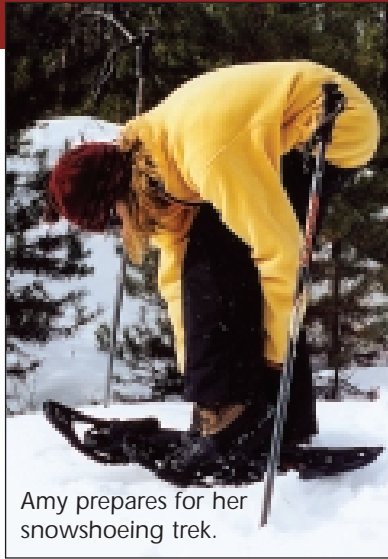
“A snowshoe trail on a sunny day after a light fall of snow is a lovelier thing than I can describe. I often look back at it streaming from our heels, flowing astern. A darker serpentine ribbon, scallop edged, filled with tumbled blue shadow markings. And every print is a beautiful thing. It is like sculpture and like painting, endless impressions of an Indian craftsman's masterpiece.”

*Elliott Merrick,
TRUE NORTH, 1933*

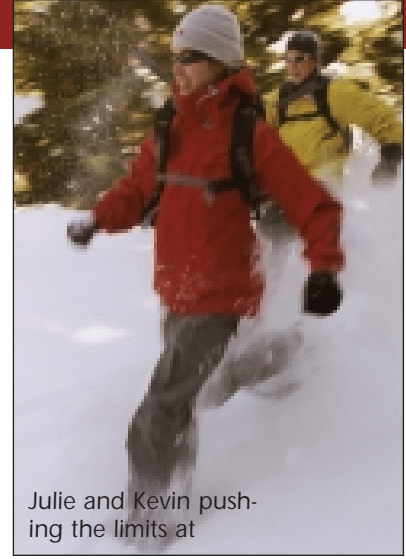




Amy Epp enjoys the scenery at Bluebird



Amy prepares for her snowshoeing trek.



Julie and Kevin pushing the limits at

realize I was having a blast! The advantages of snowshoes were immediately apparent. Snowshoes go anywhere there is snow. You don't need a groomed trail, a chair lift or a pricey lift ticket. In fact, that's the secret to the fun. You can walk a country road or climb straight up or down the side of a mountain.

In addition, groups can travel together regardless of skill and stamina. This is an activity that anyone can participate in. I am always trying to get my family and couch-potato pals out into the snow. Their protests about lack of skiing experience and the financial commitment of winter sports is now a mute point.

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Snowshoeing is a great family activity as well. My Brothers and my nephews jump and run around like crazy people, while my parents enjoy a slow, but steady walk in the woods. No matter the pace, we always stay within hearing distance of each other, enjoy the same sights and even take snack breaks as a group.

Perfect conditions

Snowshoes work in all winter conditions. When there isn't enough snow to ski, when it's too wet and heavy, when there are big drifts with bare spots

between them, or when the powder has melted to slush, snowshoeing is still fun.

Having moved back to Indiana this past winter, I am no longer concerned with these limitations. As the winter sports conditions in Indiana seem to always be bad! Because of the flexibility of snowshoes, I have made them my new winter friend.

Thoughts

To my way of thinking, snowshoeing has only one real disadvantage. It is easy to lose your orientation without a trail or in inclement weather. Places that look familiar can change quickly and drastically as the weather shifts. Off the beaten path you are very vulnerable, especially in winter. Therefore, simple precautions are a must.

Being directionally challenged, I strongly advise knowing where you are going and carrying a detailed map. As with any outdoor adventure, let someone know where you are going and when you plan to return.

Carry some form of electronic communication and a compass. Also carry emergency provisions: first aid, food, extra clothing, matches, a signal and a compact blanket. Regardless of what you carry, you still need to stay alert to weather conditions and be aware of your physical limitations.

Part of enjoying the wilderness is respecting it. Snowshoeing accentuates this view because it provides minimal impact to the wilderness. Your steps will melt in the Spring without having crushed any vegetation or harming animal habitats. Snowshoeing is truly an amazing and invigorating way to experience the outdoors in winter. >>



Kevin knows how to make the most of a sunny winter day in Indiana. Snowshoeing is fun and burns up to

CLARK TRAIL

Location: Henryville, Indiana

Distance: 14 miles

Approximate snowshoeing time: 9.5 hours

Rating: Moderate

Notes on the trail: Backpack area and nature preserve; camping (self-registration 70 class C sites); dumping station; ice fishing; hiking trails; seven shelterhouses

Directions: Clark State Forest is located on US Highway 31, 10 miles south of Scottsburg or one mile north of Henryville just off of I-65.

Contact information:

Clark State Forest

P.O. Box 119

Henryville, IN 47126

Phone: 812-246-5421



LY-CO-KI-WE TRAIL

Location: Chesterton, Indiana

Distance: 2-6 miles

Approximate snowshoeing time: Variable

Rating: Moderate

Notes on the trail: Flat to gently rolling hills. Trails are very wooded. Ly-Co-Ki-We also boasts a nature center, year-round restrooms, trailside parking, ice fishing, and ski or snowshoe in geodesic domes for overnight treks.

Directions: Trail located at U.S. 20, three miles east of Chesterton.

Contact Information:

Ly-Co-Ki-We Trail Guides

P.O. Box 2768

Chesterton, IN 46302



Snowshoeing is fun, energizing and a great way to stay in shape or just get outdoors in winter. No matter what your age or ability, if you can put one foot in front of the other, you can snowshoe. It's that easy. After two minutes of practice, you'll be cruising around like you were born with snowshoes on your feet. Not only will you be having fun, you'll be burning calories, up to 1,000 per hour! If you're a hiker, snowshoes give you access to your favorite trails and hiking terrain all winter long.

Remember these important safety tips while you snowshoe:

- Check your equipment
- Wear layers
- Always tell someone your plans
- Stay on marked trails
- Drink plenty of water
- Be courteous

Indiana has beautiful trails for beginners and experts to experience. We have listed and rated three trails for you to try: The Clark Trail in Henryville, Ly-Co-Ki-We Trail, and Indiana Dunes State Park. So, get out there and enjoy the snow.

INDIANA DUNES STATE PARK

Location: Porter, Indiana

Distance: 1-3 miles

Approximate snowshoeing time: 1-3 hours

Rating: Easy

Notes on the trail: These trails are short and well-marked. The park should have maps at the office and most trails seem to start off to the right.

Directions: Take I-94 east from Chicago or west from Detroit to exit 26B (49 North). Take 49 north to the park (it runs into it).

Contact information:

Indiana Dunes State Park

1600 North 25

East Chesterton, IN 46304

Phone: 219-926-1952





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If only the signs knew where you wanted to go. Luckily, the GPS V does. This compact portable car navigation system pin-points your location with WAAS-enabled accuracy and offers turn-by-turn directions right to your destination. Enter an address. Choose a restaurant. Find the nearest hospital — the GPS V automatically takes you there. So visit our Web site for the GARMIN dealer near you. The GPS V. Give your

driving a sense of direction.

↙	Turn left on Elliot Street	6.81 08:47
↑	Keep right on US 287/940	7.21 08:54
↘	Turn right on N 18th Avenue	7.31 09:00
↑	Arrive at Stadium	7.41 10:07



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at my first girlfriend’s house.”

WILLIE BENEGAS



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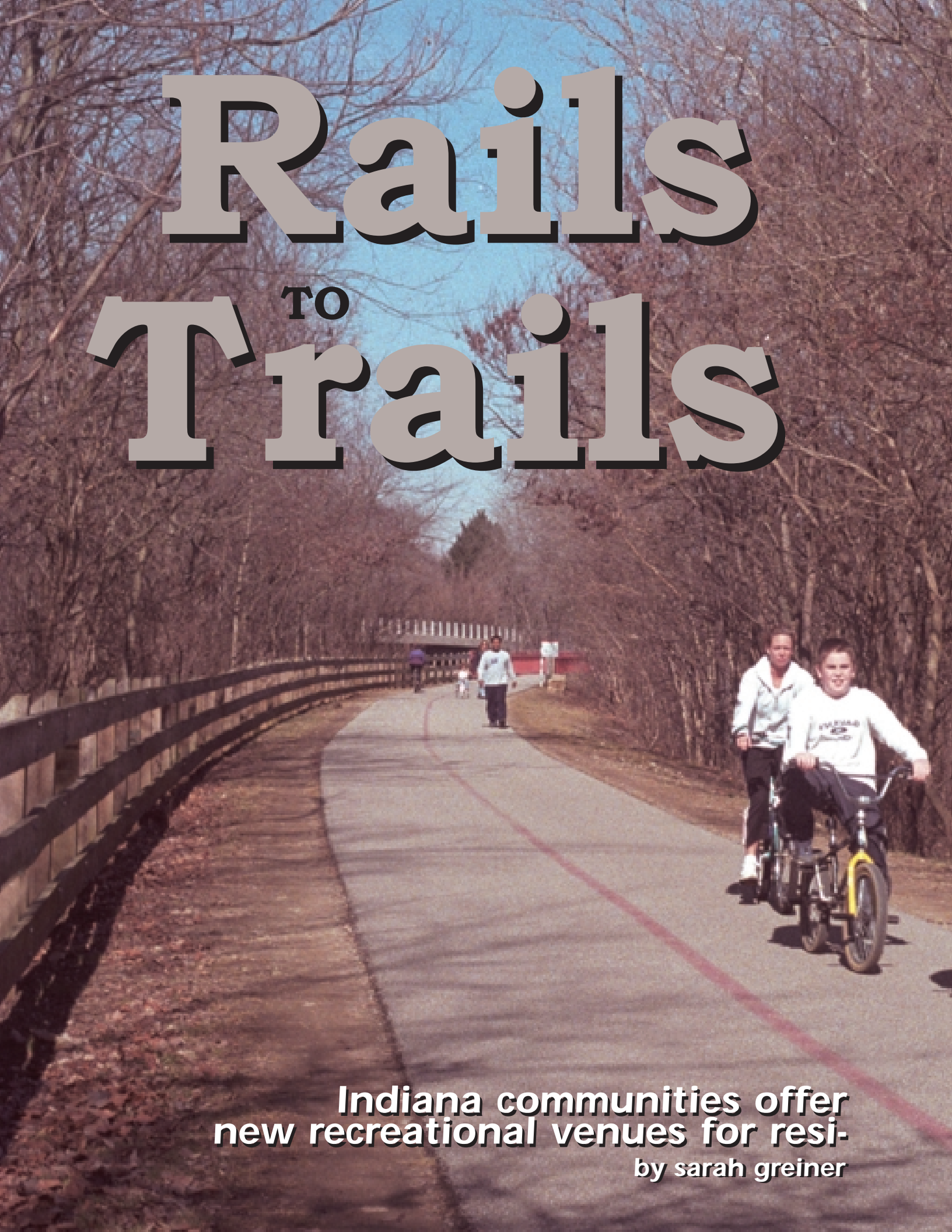
On the left, company chairman and dour princess of product quality, Gert Boyle. Yes, that sure is one nice looking shoe. For a dealer nearest you call 1-800-MA BOYLE.



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Rails TO Trails

A paved trail winds through a wooded area with bare trees. In the foreground, two people are riding bicycles towards the camera. Further down the trail, several people are walking. A wooden fence runs along the left side of the path. The sky is clear and blue.

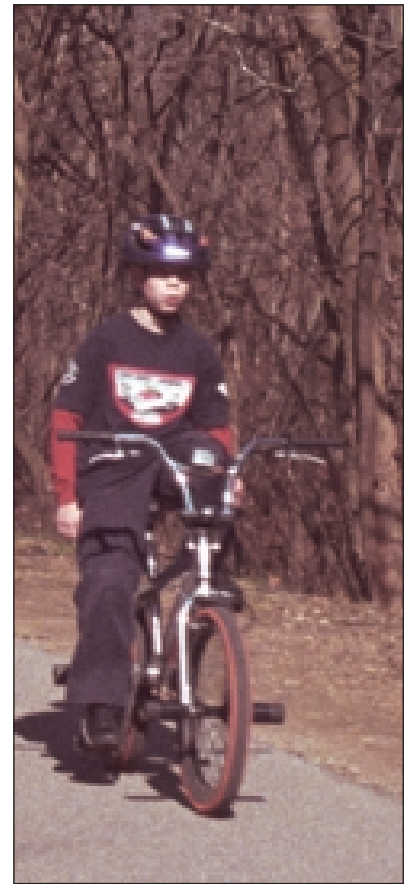
**Indiana communities offer
new recreational venues for resi-**
by sarah greiner

A

A group of teenagers hopped on their bikes and headed to the Monon Trail in Indianapolis on an unseasonably warm day in November. On their bikes, the boys zipped past trees, creeks and wildlife, past joggers and dog walkers.

Trails like the Monon have been around for longer than you would think. The Rails to Trails movement began in 1965. Twenty years later, the national Rails to Trails Conservancy was founded.

According to Walt Baker, a volunteer for



Muncie's Cardinal Greenway project, Indiana was slow to jump on the bandwagon.

Today, however, there are more than 20 trails crisscrossing the state, ranging from one to 160 miles in length. Community residents and visitors can use the trails for a variety of activities, including horseback riding, running or walking, biking, snowshoeing and cross country skiing.

Muncie is just one Indiana city that has incorporated Rails to Trails into its community. Cardinal Greenway, formerly a >>

Facing page: Walkers and bikers enjoy the Monon Trail in Indianapolis. The two Monon Trails cover

section of CSX railway, is a 12-foot wide surface with a shoulder on each side. In some areas, the Greenway also includes a parallel horseriding trail.

"[The trails] definitely improve the quality of life," Baker said. "It is a chance for fun, to get out and to safely get exercise."

The safety aspect of the trails is one of its most important features.

Baker says high school athletics groups, like track and cross country, can use the trails as an alternative to running on city streets. In Muncie, rangers are present along the trails to help with any safety issues.

Baker went on to say the trails could be an economic boost to smaller towns in Indiana, like Losantville. Many of these communities could someday open small restaurants or ice cream shops along the trail where people can stop and rest.

The trails can also be very educational.

"One of the side effects has been the wildlife and plant life have grown up along the trails," Baker said.

"From an ecology and wildlife standpoint, it has been a godsend."

Eventually, at least on Cardinal Greenway, interpretive signs will be posted to help schoolchildren in learning about plant and animal life along the trail.

Baker sees a bright future for the Hoosier Rails to Trails project and he hope community residents will look for ways to use the trails, which are best suited for individual and small group usage.

"[The trails] are an alternative for getting to work in some major metropolitan areas," Baker said. Pittsburgh is one city that uses its trails for this reason.

Others possible purposes for the trails are included in the Rails to Trails Conservancy vision statement, which emphasizes a "vast network of trails across the nation connecting city centers to rural landscapes and

countless communities to each other ... linking neighborhoods to workplaces and congested areas to open spaces ... serving both transportation needs and the demand for close-to-home recreation."

The Indiana University Eppley Institute recently studied six Indiana Rails to Trails projects.

According to the Indiana Trails Study Web site, the project was developed "to address the growing need for more information on trail use and the general attitudes of trail users and trails neighbors."

Researchers found that 70 to 90 percent of trails users reported they were exercising more solely because of the trail, and approximately 75 percent view their city more favorable due to the trail and view the trail as a safe place to exercise.

Many of the people questioned said the trail had a positive effect on property.

The Eppley Institute listed these reasons as the most common advantages of trail usage.

- Auto-free, level grades for commuting to work, shopping, schools and libraries.

- Pleasant routes for exercise activities.

- Safe exercising, especially for children and the handicapped.

- Preservation of natural wildlife habitats.

- Educational resources for schools, scout groups and other community organizations

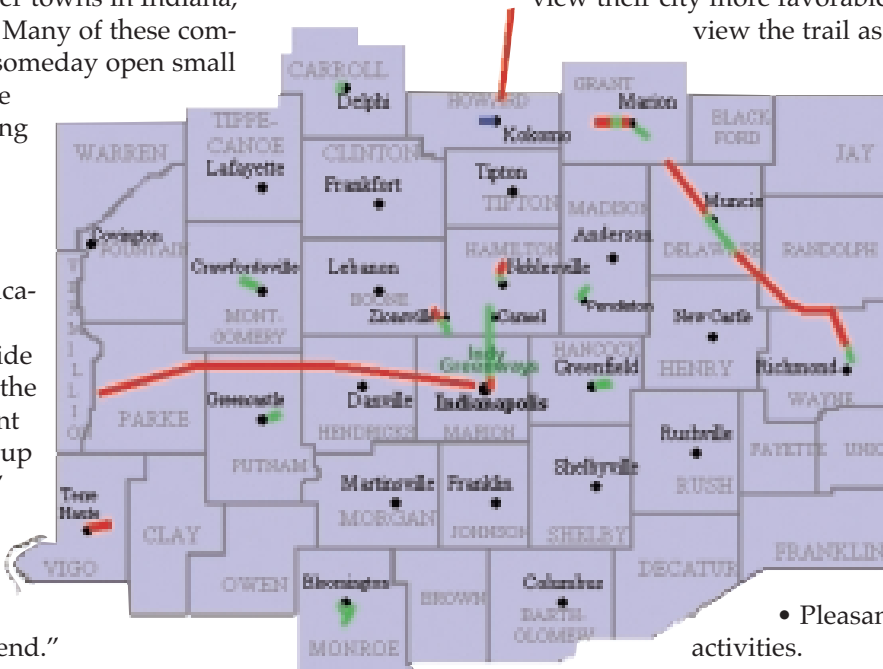
- Inexpensive to maintain, especially when compared to the cost of building roads.

- Property values near the trails increased and local economies are boosted by trail users.

- History is preserved and local culture is enhanced.

The most common problems associated with the trails are unleashed pets roaming around and illegal parking.

Patrick Swan, a Muncie resident, says he enjoys >>



Cardinal Greenway is named after the *Cardinal*, the last passenger train to regularly use the CSX

using the trails.

“They are really accessible,” Swan said. “You can do so many activities using Cardinal Greenway, like biking or running.”

Cardinal Greenway currently stretches from Marion, across the city of Muncie, crossing its major thoroughfare – McGalliard Road, to Richmond, and plans are in the works to add even more area to the trail. Trail users could travel almost 72 miles through cities and the country, except for a 12-mile portion known as “The Gap,” a section of land purchased by landowners to stop Cardinal Greenway from intrud-

ing on their property.

But Swan, like many other residents, has never used the trails in the winter.

For this reason, Baker would like to see the city promote the cross country skiing aspect of Cardinal Greenway. He thinks the best way to do this would be to sponsor some kind of event featuring cross country skiing, which has never been a popular sport in East Central Indiana.

To find out more about Indiana’s Rails to Trails projects, visit the Hoosier Rails to Trails Web site at <http://www.indianatrails.org>. >>



This enthusiastic rollerblader is a frequent visitor to the Monon



This arch in Muncie welcomes trail users to Cardinal



The Sugar Creek Trail in Crawfordsville is surrounded by

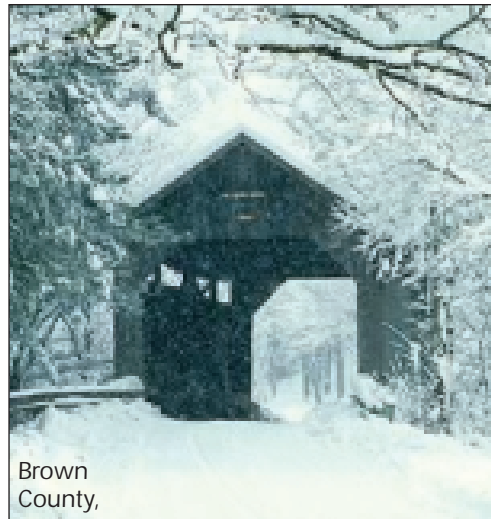


Michael Smith rollerblades while walking his two dogs on the Monon Trail in

There are more than 20 Rails to Trails projects crisscrossing the state of Indiana ranging from one to

TRAIL GUIDE

NAME	LOCATION	ACTIVITIES	DISTANCE
Auburn to Waterloo Bike Trail	Auburn to Waterloo	Walking, biking, cross country skiing, in-line skating	4 miles
Cardinal	Marion to Richmond	Walking, biking, cross country skiing, in-line skating, horseback riding	72 miles
Clark State Forest Trails	Clark State Forest	Walking, horseback riding, mountain biking	166 miles
Clear Creek Rail Trail	Bloomington to Victor	Walking, horseback riding, cross country skiing, mountain biking	2.5 miles
Cross-Town Trail	Griffith to Highland	Walking, mountain biking, cross country skiing, in-line	3.1 miles
East Bank Trail	South Bend to Roseland	Walking, biking, in-line skating	0.5 miles
Erie Lackawana Trail Linear Park	Hammond to Little Calumet River	Walking, biking, in-line skating	4.7 miles
IWC Canal Greenway	Broad Ripple to Indianapolis	Walking, biking	4 miles
Monon Greenway in Carmel	146th Street to 96th Street, Carmel	Walking, biking, cross country skiing, in-line skating	5.2 miles
Monon Trail in Marion County	Fall Creek in NE Marion County to 96th Street in	Walking, biking, cross country skiing, in-line skating	7.5 miles
Pigeon Creek Greenway	Heidelbach Canoe Launch	Walking, biking, in-line skating, nature trails	42 miles
Prairie-Duneland Trail	Portage to Chesterton	Walking, biking, cross country skiing, in-line skating	9 miles
Sugar Creek Trail	Sugar Creek Rail Bridge to Crawfordsville High School	Walking, biking, cross country skiing, in-line skating	5 miles
Wabash and Erie Canal Trail - Delphi Trail System	Deer Creek to West Delphi	Walking, biking, cross country skiing, horseback riding	3 miles
Wabash and Erie Canal Trail - Evansville	Evansville	Walking, biking, cross country skiing, horseback riding	1 mile
Zionsville Rail Trail and Nancy Burton Memorial Park	Eagle Creek to Mulberry Street	Walking, biking, cross country skiing, mountain biking,	2 miles



natural WONDERS

When it comes to winter fun, Indiana's State Parks have a lot to offer. From ice fishing to cross country skiing, these parks have activities for everyone in your family.

Pokagon State Park

Pokagon State Park is a clear first choice for winter fun in Indiana state parks. Located near Angola in the northeastern part of the state, it borders on Lake James and Snow Lake, which offer abundant recreational opportunities.

Park features include a quarter-mile toboggan track, which operates weekends from Thanksgiving through February. Other winter activities include camping, ice fishing, and cross-country skiing. The Potawatomi Inn offers both cabins and hotel-style rooms.

Indiana's state parks offer exciting winter activities for your family

by sharon jones



Brown County State Park

Brown County State Park, located just outside Nashville, is the largest state park in Indiana, and includes nearly 20 miles of roads, with numerous scenic vistas. Large campgrounds, hiking trails, and extensive horse riding facilities make the park popular on a year-round basis.

The park includes Weed Patch Hill, one of the highest points in the state, at 1,058 feet in elevation.

The rustic Abe Martin Lodge, located in the park, offers rooms and 20 housekeeping cabins year round. For reservations or more information, call 812-988-4418.

Fort Harrison State Park

Landscape and history >> blend in a unique setting in northeast Indianapolis at Fort

Harrison State Park. The 1700-acre park features walking and jogging trails that are perfect for cross-country skiing in the winter. The park also includes winter fishing access to Fall Creek.

The former Citizen's Military Training Camp, Civilian Conservation Corps camp, and World War II prisoner of war camp is preserved at the park headquarters location.

Visitors may enjoy a stop at the park's interpretive center to view exhibits and ask questions of park naturalists. Contact the park for restricted winter hours.

Turkey Run State Park

You'll marvel at the natural geologic wonders of Turkey Run State Park as you hike or snowshoe along its famous trails. Nestled along State Road 47 southwest of Crawfordsville, you'll want to



Turkey Run,
Crawfordsville

explore the deep, sandstone ravines and walk along the stands of aged forests, and enjoy the scenic views along Sugar Creek.

Visit the Colonel Richard Lieber Cabin which commemorates the contributions of the father of Indiana's state park system.

Camping is available or you may choose to stay in Turkey Run Inn. For availability information, contact the park at 877-500-6151.

Sharon Jones is an outdoor enthusiast and a park ranger at Pokagon State Park in Angola. Write to Sharon at sjones@aol.com. Photographs by Sharon Jones.

Reflections of your inner style await.

Julie O'Brien
Design Group

OUR PICKS

winter fun

Burton at the Miami



by luke brickel

You don't have to put away fun when you pack up the holiday decorations. Even in the dead of winter, Indiana offers a wealth of ways to combat cabin fever, make good on your New Year's resolutions, and preserve the sense of excitement that comes from having lots to do.

To release the pent-up energy that comes with being cooped up indoors, bundle up and head outside for some winter sports. Whether it's skiing, snowmobiling,

tobogganing or ice skating, Indiana offers activities that everyone in the family will enjoy.

The Miami Snowmobile Trails in northeastern Elkhart County feature 64 miles of trails that meander through rolling woodlands set against the backdrop of tidy Amish farmsteads.

Another way to enjoy the wildlife and scenic beauty of Indiana's winter landscape is to grab a pair of skis and glide along Elkhart County's cross-country ski trails. Bonneyville Mill County Park near Bristol is one ideal spot where skiers find peaceful but somewhat challenging terrain.

If the thrill of speed is your goal, Pokagon State Park near Angola

offers the state's only refrigerated toboggan slide.

For beginners who want to learn the basics of skiing, Paoli Peaks Ski and Snowboard Resort in southern Indiana is just the place. Chosen by USA Today as one of the nation's top 10 resorts for learning to ski, Paoli Peaks takes advantage of its short winter season by offering ski lessons 19 hours a day on weekends from mid-December through mid-March.

Tucked away in picturesque Brown County, Ski World in Nashville offers 10 slopes and 17 trails that range in difficulty to suit both beginners and experts. And for those who don't like to ski, Ski World also features eight tubing runs and "The Boarder," a trail built and groomed especially for snowboarders.

Another winter activity that gets the heart pumping is ice-skating. One of the finest facilities in the world for training in ice sports, the Indiana World Ice Skating Academy in downtown Indianapolis offers public skating at its twin ice rinks at Pan American Plaza. The facility, which is open year-round, has the standard NHL-size rink as well as a larger Olympic-size rink.

Luke Brickel is a contract professor at Southern Indiana University. In his spare time, he enjoys snowmobiling with his dog Burton. Write to Luke and Burton at lbrickel@siu.edu.



Great Mound Mounds State Park, Anderson

Mounds State Park, located off of I-69, east of Anderson, features 10 unique “earthworks” built by a group of prehistoric Indians known as the Adena-Hopewell people. The largest earthwork, the “Great Mound,” is believed to have been constructed around 160 B.C. Archaeological surveys seem to indicate it was used as a gathering place for religious ceremonies.

Visitors to the park can learn about the history at the nature center, located in the Bronnenberg House, which is one of the oldest buildings in Madison County. The building is open to park visitors from April through October.

Mounds State Park is located at 4306 Mounds Road, Anderson, IN 46017. For more information, call 765-642-6627.

Photograph by Leigha Tracey

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ALWAYS BUCKLE UP.



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For 11 years, the Pathfinder has been getting the Warren Miller crew to some pretty wild spots. This year's no different. Watch them and their 240-hp Nissan Pathfinder take on the outer reaches of Switzerland, Kenya and Iran in the new film, *Cold Fusion: The Power of Snow*. Or attempt it yourself in a Pathfinder of your own. After all, you could. Want more information? Visit warrenmiller.com.

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