

EXPLORE

NORTHEAST OHIO

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WELCOME!

DEAR READER,

As someone Ohio born and raised, I have heard every joke about how Ohio is only home to cornfields and cows. Even though I did grow up with cows behind my suburban neighborhood, I have always defended the fact that Ohio is full of great experiences.

Explore was pitched as a testament to all Northeast Ohio has to offer. Over the course of one year, our incredible Student Media team has worked on creating a guide to explore your surroundings while here at Kent State University.

Kevin Dilley entrusted me with Explore magazine my first few weeks on the Student Media team. I am incredibly grateful for the opportunity to step completely out of my comfort zone and create something with such a talented group of students.

I am so proud to call Explore my first magazine. The effort our team went through to bring Explore to life is remarkable. I hope by the end of this magazine you too will see all the wonderful things our state has to offer.

HAPPY EXPLORING,
Madeleine Majikas, Editor-in-Chief

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ON THE COVER: Skydivers Courtesy of AerOhio Skydiving

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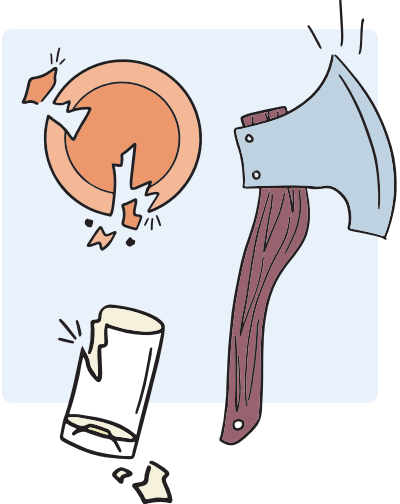
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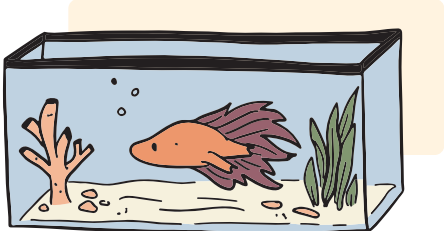
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Artist working in a hot shop
Image is in the public domain

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EXPLORER BUCKET LIST

Cut out this bucket list and start exploring NE Ohio's thrills, parks, eats, and experiences!

☒ READ A COOL NEW MAGAZINE

☐ SKYDIVE AT CANTON AIR SPORTS

☐ GET A TATTOO INSPIRED BY YOUR OWN ADVENTURE

☐ TRY AXE THROWING

☐ VISIT CUYAHOGA VALLEY NATIONAL PARK (CVNP)

☐ HIKE ALONG THE PORTAGE HIKE & BIKE TRAIL

☐ MIX UP YOUR OWN RAY'S PLACE LONG ISLAND

☐ TRY SOMETHING NEW AT A LOCAL RESTAURANT

☐ MAKE YOUR OWN TRAIL MIX

☐ VISIT A MUSEUM IN CLEVELAND

☐ TRY A NEW ART FORM

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A Kent State Student Media Partner

FEEL ALIVE: SKYDIVE! hear from a student skydiver, book your jump at Canton Air Sports – **GET A TATTOO WITH ME**

EXPLORE NE OHIO

THRILLS

5 tips for getting a tattoo, local tattoo parlors – **LET IT ALL OUT** rage rooms, axe throwing, escape rooms, paintball

FEEL ALIVE: SKYDIVE!

SPONSORED BY CANTON AIR SPORTS

If your friends jumped out of a plane, would you jump too?

If you answered yes, you'll be pleased to know that sky diving opportunities are closer than you might think.

Skydiving is a bucket list item for most thrill-seekers. Many say that free fall is indescribable, with the overwhelming sensations of adrenaline, excitement, and mild fear taking over. Lucky for the thrill seekers of Ohio, there are multiple sky diving facilities, such as Canton Air Sports, located within an hour's drive of Kent State University.

If you are looking to make the jump, the first thing you will do is create a reservation. Novice divers complete tandem dives, where you are strapped to another, more experienced diver, throughout free fall. In order to be able to do a tandem jump you must be over 18 years old and under 250 pounds. More experienced or licensed divers may complete solo dives, but

be sure to check with the dive company's rules ahead of time.

On the day of the dive, wear comfortable clothes and be ready to learn. All divers must complete a brief training session before completing their dive in order to complete a safe dive. These sessions include lessons on how a parachute works, how to exit the aircraft, how to maintain your body position in free fall, and any other additional training your instructor feels is necessary based on your experience level.

While the length of your dive varies by the company, almost all provide photos and videos for you to remember your experience for years to come.

After you complete all the training, it's time to jump. Enjoy a short flight in the air and prepare for free fall. And don't worry, you'll be able to brag about your death-defying experience for life.

FIVE QUESTIONS WITH A STUDENT SKYDIVER

Jenna Gilbreath, Kent State University's Student Body President, is one of the thrill seekers who have dedicated their time to the art of skydiving. The senior communications major grew up in Hilliard, Ohio, and has been skydiving since she was 18 years old. The creators of Explore Magazine sat down with Gilbreath to learn what possesses someone to jump out of an airplane.



What made you interested in skydiving?

Skydiving is one of those things that is on almost everyone's bucket list. I knew that I would one day do it. My mom made that come true the day I turned 18. Little did she know she would introduce me to a sport that completely changed my life. After my first jump and before we left the drop zone, I had already booked my second jump. Soon after that I started working towards getting my license.

Describe your first skydiving experience in three words.

Surreal, exhilarating, life-changing

Do you have any tips on green/red flags to look for when finding a skydiving company?

I prefer to jump at drop zones (skydiving companies) that are USPA drop zones. USPA is the United States Parachute Association, so if a drop zone is a USPA drop zone this means they comply with the safety requirements outlined by USPA.

Beyond this, I just look for the general vibe of the drop zone and how organized they seem. There are some drop zones I have been to that are USPA drop zones, but are not as organized as others.



Jenna and her tandem skydiving instructor during her first jump.
Courtesy of AerOhio Skydiving

For most people skydiving is a once in a lifetime experience, what made you want to start regularly diving?

It's my life, so I decided to start living it. Skydiving is something that really makes me feel alive and really makes me feel in the moment. The feeling of being in the moment can be really hard to find. I decided to hold onto that and how empowering it makes me feel.

I also love the community and the people I have met. Skydiving is so much more than jumping out of a plane. It has completely changed my life. I invite you to see what it means.

What would you say to anyone who is ready to take the jump and skydive for the first time?

I am so excited for you and please reach out (jgilbrea@kent.edu) if you have any questions!



This Cessna 182 plane takes a pilot, two tandem instructors, and two tandem passengers to altitude at Canton Air Sports. A larger plane that takes five to six tandems to a higher altitude is available from May through September for the same price. Courtesy of Canton Air Sports



Tandem skydivers Courtesy of Canton Air Sports

EXPERIENCE THE THRILL OF FLYING WITH CANTON AIR SPORTS!

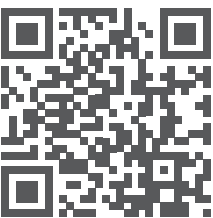


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skydive@canton-airsports.com





Hi, Madeleine the editor here! This photo was taken on the Ring of Kerry which was one of my favorite days of the whole trip. It was full of scenic views and amazing locals, shoutout to Whiskey the dog, all of which heavily influenced my decision to get a tattoo for the trip.
Courtesy of Madeleine Majikas

Slinkii from Black Amethyst Tattoo in Akron created my beautiful piece. It features Irish wildflowers as well as my birth flower.

Courtesy of Madeleine Majikas



GET A TATTOO WITH ME

Among the rolling, green hills of Ireland lay the Burren. This rocky landscape is an illogical feat of nature where rocky pavement filled with rock formations, fossils, and caves lay next to flowers native to the Arctic, Alpine, and Mediterranean.

I had the honor of visiting Ireland as part of a study abroad program in May of 2022. I was fascinated by the rich history that lived in the people and landscape of the country. It was then I decided to dedicate a spot on my body to Ireland and the lessons I learned during my time abroad.

I have been getting small tattoos since my 18th birthday. Many of which have personal significance to my identity or periods of my life. However, of my four tattoos I have never had one that is completely designed by an artist based on my idea. I knew I loved the concept of Burren's flora: native species from across the world growing side by side, a true act of determination. After returning to the states, I started the process of bringing my idea to life.

The tattoo process is different for everyone. Many studios or online articles offer a variety of tips

and tricks, but choosing which works best for you may be overwhelming. After five rounds of tattoos, here are the five tips I live by when getting a tattoo.

RESEARCH YOUR ARTIST: Social media is a great way to discover artists that align with your creative vision. It also shows client reviews to give you a more personal look into what working with the artist would be like.

HAVE A CLEAR VISION: After you find an artist you like; it is up to you to convey your idea to them. Having a clear vision of the design and your budget beforehand makes the process easier for everyone. I am always willing to pay more for quality work that would hold well over time, which is often \$100-200 a piece. If you aren't willing to pay large amounts of money, many shops have flash sales where simple designs can be done at a lower price.

EAT THE DAY OF: Getting a permanent change to your body is an adrenaline inducing experience.

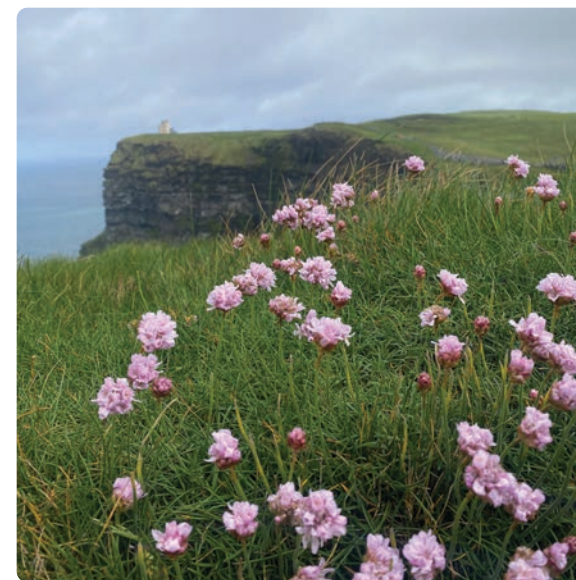
This combined with the long amount of time you may be laying in one position makes it easy for a person to feel unwell, or even pass out, during the tattooing process. To avoid this, make sure you eat a filling meal beforehand and stay hydrated.

Many artists will schedule breaks into longer appointments, but I have always found it best to bring a water bottle and small snack with me to every appointment to be safe.

ADVOCATE FOR YOURSELF: At the end of the day, it is your body the artist is working on. Never be afraid to speak up about design, placement, pain management or overall treatment throughout the process. If an artist does not respect your wishes, you may always politely stop the process. Never get a design you are not 100 percent comfortable with. A good studio and artist will have no issues alleviating concerns and work through any issues before tattooing a design.

MAKE A DAY OF IT: Getting a tattoo is fun! Grab a friend and make an event out of it. Normally, a friend and I will visit a fun restaurant before the appointment to get prepared for the appointment and after we will either explore the area or talk about the experience on the way home.

Do be respectful of the studio's space and only bring one extra person to your appointment. Friends can help calm nerves if it's your first tattoo and you need some moral support, and it's a great way to commemorate the experience.



The Cliffs of Moher is one of those sights that takes your breath away. I stood silently in awe at the famed cliffs for almost our entire visit. Courtesy of Madeleine Majikas



The famous Whiskey accompanied local vendors who sold souvenirs at the pull offs. I purchased handcrafted bracelets and earrings all while looking at this incredible view. Courtesy of Madeleine Majikas

READY TO GET INKED?

CHECK OUT THESE LOCAL TATTOO PARLORS:

KENT

War Horse Ink

107 E Summit St, Kent
(330) 541-0063

South Water Studios

850 S Water St, Kent
(330) 346-0656

AKRON

Black Amethyst Tattoo Company

3045 Manchester Rd
Akron | (330) 312-8567

Assassin Tattoo Studio

1900 W Market St Suite F, Akron | (330) 983-4135

Black Tooth Tattoo

786 W Market St, Akron
(330) 400-4045

Conspiracy Tattoo

830 N Mantua St, Kent
(330) 474-7677

STOW

Broken Arrow Tattoo Co.

3018 Graham Rd, Stow
(330) 805-4675

TALLMADGE

Killjoy Tattoo

24 West Ave, Tallmadge
(330) 217-1854

CUYAHOGA FALLS

The Lions Den Tattoo Studio

2115 Front St, Cuyahoga Falls
(330) 805-4030

Empire Ink

335 E Cuyahoga Falls Ave,
Akron | (330) 928-9833

RAVENNA

War Horse Ink

269 W Main St, Ravenna
(330) 541-0063

Black Sheep Tattoo Studios

113 E Main St, Ravenna
(330) 325-1550

STREETSBORO

Zebra Tattoo

8934 OH-14, Streetsboro
(330) 626-9772

War Horse Ink

1593 OH-303, Streetsboro
(330) 541-0063

LET IT ALL OUT!

Finals got you down? Had an argument with a friend? Just generally in need of a break? Lucky for you there are many Northeast Ohio businesses dedicated to helping relieve stress in a fun, safe way.

Check out these local businesses next time you need to let it all out.

RAGE ROOMS

Rage rooms, also known as venting rooms, anger rooms, or smash rooms, are created for you to destroy to your heart's content. Indulge in your destructive desires in a safe and monitored environment.

The rooms are filled with breakable objects such as TVs, glasses, guitars, and plates along with items to break them with like hammers or bats. Safety goggles, suits, hard hats, and other protective wear are given to all attendees to make sure the only thing that breaks is the smashable objects.

Check out this nearby rage room:
- [OutRage Room](#) in Kent
[outragerageroom.com](#)

AXE THROWING

With a history dating back to ancient battles and Celtic competitions, axe throwing has been providing fun for centuries. Target competitions have made their way into mainstream bars and facilities, allowing the sport to surpass the circles of ancient warriors.

Axe throwing facilities provide participants with blunt axes and a target to aim for. Workers will begin your session with instructions on how to safely handle and throw an axe to ensure safety.

This adrenaline pumping activity is perfect for a company bonding night, bachelorette party, or a day dedicated to learning a new skill.

Try axe throwing here:
- [All American Axe Throwing](#)
in Akron and Canton
[allamericanaxethrowing.com](#)

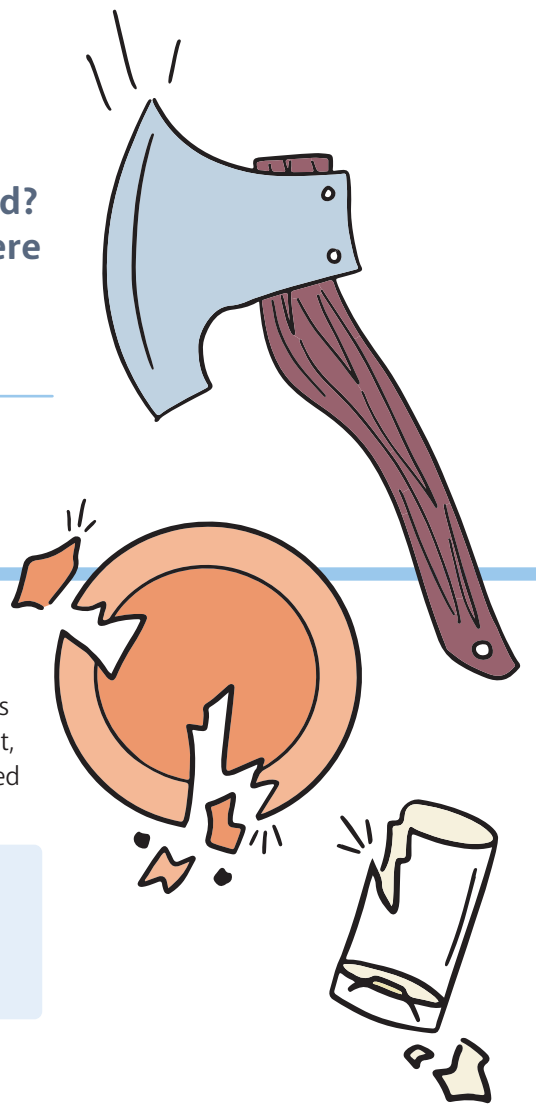
ESCAPE ROOMS

Test your problem-solving abilities with these curated puzzle rooms. These rooms are often themed and include clues that will help you escape before time is up.

Rooms vary in difficulty level and give you the opportunity to work with a group of your friends or combine with other groups to meet new people.

During a tough week, escape rooms can help improve your mood. Completing a challenge can increase dopamine levels, improving your mood and making you feel great, according to [aimescape.com](#).

See if you can escape at these locations:
- [Cracked Escape](#) in Kent
[mainstreetkent.org/cracked-escape](#)
- [The Great Escape Room](#) in Akron
[thegreatescaperoom.com/akron](#)



PAINTBALL

Engage in an adrenaline filled, vibrantly colored game of paintball. Played with a gun filled with compressed air and colored gelatin capsules, paintball is a game of fast paced fun.

Paintball is played in a controlled environment monitored by staff. Due to the compression and impact of the capsules, there is a minor sting involved in getting shot.

This team activity is a great stress reliever to get outside and let off steam.

Play a game of paintball here:
- [TPA Paintball](#) in Alliance
[tpapaintball.com](#)
- [Intense Paintball](#) in Canton
[intensepaintball.net](#)

FOUR SEASONS IN CUYAHOGA VALLEY NATIONAL PARK wildflowers, kayaking, Cuyahoga Valley Scenic Railroad,

Brandwine Falls – THE PORTAGE HIKE & BIKE TRAIL hiking communities, Portage park and trail activities

EXPLORE NE OHIO

PARKS

FOUR SEASONS IN CUYAHOGA VALLEY NATIONAL PARK (CVNP)

SPONSORED BY **CONSERVANCY FOR CUYAHOGA VALLEY NATIONAL PARK**

Visiting a national park does not require an expensive plane ticket or cross-country road trip. That is, if you are a resident of Northeast Ohio. With only nine national parks east of the Mississippi River, Ohio residents are some of the lucky few who can enjoy the wonders of these conserved pieces of land year-round.

Check out the best Cuyahoga Valley National Park (CVNP) sights for each season below.

SUMMER

School's out and so is the sun! Summer is the perfect time to spend your days out in nature. The park offers various events and activities to get visitors of all ages engaged in the landscape.

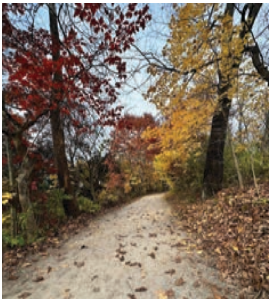
Adults of all fitness levels can enjoy the park's offerings. For water enthusiasts, the park allows kayaking at the participant's discretion. If you own a horse, you can go out for a ride on permitted horse trails. Those who want to enjoy a relaxing day, can explore a variety of hiking trails and picnic areas.

For kids under 12, check out their Junior Ranger and Junior Ranger, Jr programs. These informational programs allow kids to learn more about the parks and earn special Junior Ranger badges.

The park is also home to Blossom Music Center, a popular outdoor amphitheater for all ages. With a variety of ticket prices and artists, the venue is perfect for any music lover's summer nights.

FALL

A slight chill in the air signals the beginning of fall. Enjoy the beauty of the changing leaves from the comfort of the Cuyahoga Valley Scenic Railroad train cars. The historic railroad began in 1880 as Cuyahoga Valley Line with service from Cleveland to Canton. The train runs short distances with the primary stations in Independence and Akron, just a 20- to 45-minute drive from campus, respectively. The trees along the tracks are at their most vibrant in the middle of October, making the perfect backdrop for a fall outing with a loved one.



Towpath Trail



Brandywine Falls

WINTER

While the winter chill makes many want to stay indoors with a cozy blanket and hot drink, there are still beautiful sights to see around the park. When the weather is at its coldest, take a trip to Brandywine Falls. The cold weather keeps crowds at bay creating a private viewing experience. Bundle up in a warm coat, wear shoes with good traction, and take a trip to the towering 60-foot waterfall. In winter the falls can freeze, providing a magical winter sight for any traveler to see.



A winter hike in CVNP

SPRING

As the harsh Ohio winters retreat, spring brings new life to the park. The newfound sun warms up the frozen ground, allowing an array of wildflowers to bloom along the trail.

These flowers are most active from April to May. Look for Virginia Bluebells, a blue trumpet shaped flower, along the Furnace Run Trail in Boston Township, or Bloodroot, a vibrant flower with white petals and bright yellow center, along the Towpath Trail by the Ohio & Erie Canal. For a fun scavenger hunt, see if you can spot the marsh marigold along the Towpath Trail and Haskell Run Trail, located in Peninsula. These bright yellow flowers can grow up to 2-feet tall. Grab a friend to make a game of it, and whoever finds the tallest flower wins!

CVNP HIGHLIGHTS

1. Boston Mill Visitor Center

Begin your adventure here! Pick up maps, shop for souvenirs, and plan your unique visit with help from staff and volunteers.

2. Canal Exploration Center

Center is closed in winter from November through May.

3. Tinkers Creek Gorge Overlook

National Natural Landmark | Part of the Cleveland Metroparks

4. Brandywine Falls

5. Blue Hen Falls

6. Ledges Trail and Overlook

7. Kendall Lake

8. Everett Covered Bridge

9. Blossom Music Center

10. Beaver Marsh

11. Ohio & Erie Towpath Trail



View a detailed map of the park and trail maps here.



nps.gov/cuva/
planyourvisit/
maps.htm



Photos courtesy of Conservancy for Cuyahoga Valley National Park



Bikers enjoying the Portage Hike & Bike Trail.
Courtesy of the Portage Parks District

PORTAGE HIKE & BIKE TRAIL

Created as a partnership between Portage Park District, Portage County, Wheeling & Lake Erie Railroad, city of Kent, Kent State University, Franklin and Ravenna Townships, and the city of Ravenna, the Portage Hike and Bike trail features an amazing experience for anyone looking for a day of adventure.

This seven-mile trail is completely paved and has direct and indirect connections to other regional trails like Summit Metro Parks Bike and Hike Trail.

The trail follows a historical transportation route that was used by Native Americans. Portions of the trail also run alongside an active Akron-Barberton Cluster Railway railroad.

Bike through quiet woods, serene meadows, or follow the Cuyahoga River and P&O canal for a peaceful soundscape. Stop as you pass through downtown Kent or Ravenna to enjoy a bite to eat or a spot of shopping.

Made possible by a variety of donors, grants, and the help of the Ohio Department of Transportation as well as the Akron Metropolitan Area Transportation Study, the trail is a well-cared for opportunity for hikers, bikers, and those just looking for a day out in the sun.

The park plans to eventually join the 33-mile Bike and Hike trail through Cuyahoga, Portage, and

Summit to provide more opportunities to create easy transportation between communities.

The Portage Hike and Bike trail is just one of the many trails Portage has to offer. The Portage Parks District aims to make getting outside easy, accessible and fun. Join their Wild Hikes Challenge and earn medallions based on the hikes you complete for an exciting motivation to get out and get moving. You can even sign up for your pet and earn rewards for their participation!

You can also find a hiking community with events such as sunrise hikes, Christmas bird watching, seed collection clinics and more. The park provides fun for all ages, with information on all their events displayed on their webpage, featured below.



www.portage-county-oh.gov/portage-county-park-district/things-do



Yellow Rosinweed Flowers

Photo courtesy of the Portage Parks District

PORTAGE PARK & TRAIL ACTIVITIES

	RESTROOMS	HIKE	BIKE	FISH	SLED	XC SKI	PICNIC	BENCHES
Berlin Lake Trail		✓	✓	✓		✓		✓
Dix Park	✓	✓				✓	✓	✓
Headwaters Trail	✓	✓	✓			✓		
Morgan Park	✓	✓				✓	✓	✓
The Portage Hike and Bike Trail		✓	✓			✓		✓
Red Fox Boat Access				✓			✓	
Seneca Ponds Park		✓		✓		✓	✓	✓
Shaw Woods Park	✓	✓				✓		✓
Towner's Woods Park	✓	✓			✓	✓	✓	✓
Trail Lake Park	✓	✓	✓	✓		✓	✓	✓



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EXPLORE NE OHIO

EATS

SEVEN MUST-TRY EATERIES

FOR ADVENTUROUS APPETITES

Whether you're looking for a challenge to conquer or a new beer to try, Kent's food scene is sure to make your mouth water. With options ranging from eight-burger sandwiches, four-pound offerings of spaghetti, a variety of beers for every occasion, and festive food challenges, you'll never have to eat the same thing twice.

Check out our list of must try restaurants for the most adventurous appetites.



BELLERIA 135 E. ERIE STREET, KENT

Belleria is a staple of Italian food in downtown Kent. They offer the classics such as fried ravioli, eggplant parmesan, and specialty pizzas.

If you're a pasta lover, standard serving sizes never seem to be enough. What if you could indulge in a half gallon of pasta to eat to your heart's desire?

On Wednesdays, they offer a special perfect for pasta fiends. For just \$17, patrons can enjoy a half-gallon bucket of spaghetti complete with meatballs, breadsticks, and a salad. If this 4-pound bucket of marinara goodness doesn't satisfy your pasta craving, what else can?

LAZIZA 195 E. ERIE STREET, KENT

Entering this restaurant in downtown Kent is sure to bring the Mediterranean warmth to gray Ohio days.

This cozy restaurant just celebrated a decade of business, giving them plenty of time to perfect their specialty dishes.

Enjoy Mediterranean classics like falafel, made from chickpeas, fava beans, onion, garlic, parsley, and cilantro, or try a beef shawarma wrap made

of fillet strips with onion, tomato, pickle, parsley, and tahini sauce wrapped in a pita. Laziza also offers a variety of twists on modern dishes such as crab leek pasta made of fresh pasta with sautéed celery, tomatoes and onions served with a crab leek sauce and their signature mussels.

Don't know what to order first? Check out Laziza's daily and weekly specials for expert recommendations.

RAY'S PLACE 135 FRANKLIN AVENUE, KENT

Owned by Kent State University alum, Charlie Thomas, Ray's Place is the perfect place for an evening out or lunch with friends.

This sports bar offers all of your favorite items, including the famous MOFO burger: a double cheeseburger complete with bacon, sautéed mushrooms, and the works. Feeling spicy? Try the atomic burger complete with hot pepper cheese and jalapeno peppers. For those not in-

terested in a beer flight, try a flight of appetizers. With items like goat cheese & marinara, shiitake pot stickers, and poutine fries, you'll want to try a little bit of everything.

The full-service bar is complete with 64 taps for draft beer along with a wide variety of mixed drinks and canned beers. With an ever-expanding drink menu, it's no wonder Ray's has been honored with a plethora of "Best Beer" awards over the years.

THE BATTLEGROUND 425 CHERRY STREET, KENT

There is no better cure for a brutal final than authentic Mexican cuisine. Owner Rosi Peruyero-Noden was born in Papantla, Mexico and brings her culture into the Battleground's food and values.

Enjoy classics such as chicken, fish, shrimp, or vegan tacos served on homemade tortillas. Or try main courses like chile sopresa: fire-roasted poblano pepper, butternut squash, vegan cheese and epazote served with avocado and black beans.

For adventurous drinkers, explore their Social Justice Beers created by the organization Drink Your Values. Try a Living Wage wheat beer, Election Day IPA, or People Over Profits pilsner. Non-beer drinkers have plenty of variety to choose from as well. Battleground offers in-house Mezcal, a traditional Mexican alcoholic beverage made from agave. Served similar to tequila, Mezcal can be ordered as a flight or on its own. For those not interested in alcohol, they offer a variety of Jarritos bottled soda or Mexican bottled Coca-Cola.

MIKE'S PLACE 1700 S. WATER STREET, KENT

If you happen to be driving through Kent and see an X-wing starfighter, you've reached Mike's Place.

Founded in 1987, Mike's Place has become one of the most iconic restaurants in Kent. With an expansive menu and unforgettable decor, Mike's Place provides a unique dining experience every time you visit.

Its menu ranges from belly-busting breakfast plates to shrimp tacos to apple pie grilled

cheese and everything in between. Looking for a challenge? Try out the Stu-anator challenge! Priced at \$29.99 it's not for the faint of stomach. Those who conquer the 22-inch bun, eight burgers, and a plethora of toppings get the sandwich for free and earn a spot on the restaurant walls.



CHECK OUT THESE
ADVENTUROUS EATS
BEYOND KENT!

TWISTED CITRUS 1649 N. MAIN STREET, NORTH CANTON

It's Christmas Eve, the whole family is gathered around watching the 2003 hit movie *Elf* and all you can think about is how good that spaghetti looks.

We've all been there, wishing we could experience movie food in real life. The good news is now you can. Twisted Citrus operates with the tagline, "breakfast with a twist". Along with typical breakfast offerings and brunch cocktails, Twisted Citrus has made a name out of their seasonal experiences.

SLYMAN'S RESTAURANT 3106 ST. CLAIR AVENUE, CLEVELAND

Have you ever had a friend recommend a restaurant and when you pull up it is in the most random location? Many patrons of Slyman's Restaurant feel this way when they visit for the first time.

This nondescript building may be easy to overlook, but with lines out the door daily you know the plain brick building is hiding something fantastic. This deli was founded in 1964 and has been serving the same famous recipes ever since. This

Enjoy Christmas in July with a menu curated from seasonal movie favorites. Dare to challenge the appetite of an elf? Order Buddy's Breakfast Spaghetti. Made of spaghetti, strawberry compote, chocolate sauce, M&Ms, mini marshmallows, sprinkles, and fudge Pop-Tart crumble, this breakfast is for festive champions only. Anyone who completes the dish receives a \$10 gift card, doubled if you eat like a true elf and use your hands.

mom-and-pop shop offers an array of deli foods but is known for their corned beef sandwiches. Weighing in at a whopping 12-14 ounces of meat per sandwich, Slyman's doesn't skimp out. The sandwiches come on rye bread and can be ordered with Swiss cheese and sauerkraut. These massive sandwiches have created a massive following, gaining fans from Rachael Ray to George W. Bush. You, too, can join the fan club on your next visit to Cleveland.

SPONSORED BY RAY'S PLACE



VOTED BEST IN TOWN

Everyone has their preferred drink of choice. Some love a fruity cocktail, others love a beer, and some don't drink at all. Whether you go out for a drink or want to spice up your Friday night dinner, finding the right drink can make your night complete.

Kent is known for its active downtown area and its beloved bars. Ray's Place on Franklin Avenue has been named the Best Drink and Best Bar through The Kent Stater's Best of Kent for the past six years due to its expansive menus and crowd favorite concoctions. If you're craving one of Kent's signature drinks, try your hand at replicating the award-winning Long Island Iced Tea from Ray's using the recipe below!



Try this!
DRINK RECIPES TO SPICE UP YOUR EVENING



RAY'S
FAMOUS LONG ISLAND

- You'll Need:
- 2 count vodka
 - 2 count gin
 - 2 count rum
 - 2 count triple sec
 - 2 count sour
 - Cola
 - Lemon wedge (for garnish)
- Pour vodka, gin, rum, triple sec, and sour over ice. Fill with cola and garnish with a lemon wedge. Enjoy!

If you are sober curious, sober for an evening, or just don't like alcohol, ordering a drink at a bar or restaurant can be daunting. However, many mocktail recipes are created with the same ingredients. For all our sober friends, check out two of our favorite mocktail recipes to try next time you have an evening at home or a night on the town.



MULE MOCKTAIL

- You'll Need:
- 1 cup ginger beer
 - 1/4 cup fresh lime juice*
 - 1/3 cup sparkling water
 - 2 sprigs of mint
 - 2 lime wedges (for garnish)
- Add ice to two large copper mugs. Pour ginger beer, lime juice, and sparkling water over ice. Stir and garnish with lime wedge and mint.
- *If you are looking for a different flavor, try adding seasonal favorites like cranberry or pineapple juice.



LONG ISLAND MOCKTAIL

- You'll Need:
- 4 English breakfast tea bags
 - 1/4 cup apple cider vinegar
 - 2 1/2 cups ginger beer
 - 1/4 cup lemon juice
 - 1/4 cup orange juice
 - Cola
 - Mint sprig (for garnish)
- Prepare the tea bags as per their instructions. Once tea has cooled, add vinegar, ginger beer, and juices. Stir. Pour into tall glasses over ice and top with cola and mint sprigs.

FUEL YOUR NEXT ADVENTURE

THREE RULES FOR A SUCCESSFUL JOURNEY

No matter what adventure you choose to take, it is important to take care of your body by fueling it with the correct foods to make your adventure a breeze. Next time you set out to skydive, explore a new park, or partake in axe throwing, keep these three rules for success in mind.



RULE #1 →

FUEL AHEAD OF TIME

Before heading out on your latest adventure, it is important to fuel your body accordingly. All exercise requires energy from the food you eat. Before you start, try to fuel with carbohydrates to provide energy.

Carbs like brown rice, sweet potatoes, whole grains, fruits, or vegetables are great sources of energy. For an average workout, try to incorporate 3-5 grams of carbs for every kilogram of body weight, according to mayoclinic.org. For higher intensity or longer workouts try 6-10 grams per kilogram of body weight.



RULE #2 →

PACK SNACKS

During workouts it is important to listen to your body and make sure it has all the nutrients it needs. Nobody wants to get struck by hunger halfway through a five-mile hike, so snacks are essential.

Pack protein-rich snacks like jerky, roasted chickpeas, or nut butters. Add in healthy fats with chocolate or coconut shavings. For fiber, try fresh or freeze-dried fruits, carrot sticks or other raw cut veggies, or popcorn. Mix your favorites together for a custom trail mix that will have you ready to go wherever your adventure leads you.

Try this! EXPLORER TRAIL MIX

1. CHOSE A:	PROTEIN	FAT	FIBER
	Beef jerky Roasted chickpeas Almonds Peanuts	Coconut shavings Dark chocolate chips Pecans Macadamia nuts	Dried apricots Raisins Popcorn Pumpkin seeds

2. MIX AND ENJOY!
Tip: Pack your mix in reusable containers to reduce your plastic waste.



RULE #3 →

RECOVER & REFUEL

After your adventure you need to refuel your body with all of the nutrients it used to keep you moving throughout the day.

Start rehydrating with water, which is essential during every step of an adventure, to go with your post-adventure snacks. Try apples and almond butter, bananas on whole grain bread, salmon and rice, a fruit and vegetable rich smoothie, or any other combination of nutritious foods to reward your body for its hard work.

NUTRITIONAL INFORMATION SOURCED FROM

Cleveland Outpost “Fueling Your Adventures with Balanced Nutrition” <https://urlis.net/cleoutpost>
Mayo Clinic “Nutritional Rules that will Fuel Your Workout” <https://urlis.net/mayoclinic>
Whole Health Nutrition “7 Tips for Fueling Your Outdoor Adventure” <https://urlis.net/wholehealth>

WHICH BREW IS FOR YOU?

SPONSORED BY THE HUMAN BEAN

START

Do you sit at the front or back of class?

front back

What color best describes you?

orange blue

You're 10 minutes late for class. What do you do?

walk wait for the bus

What is your favorite Kent State landmark?

library painted rock

Quick! There are cookies at an event. Which do you grab?

chocolate chip oatmeal

You have two weeks to do a paper. When do you start?

ASAP eh, next week

Do you study in the morning or at night?

night morning

Your classes are canceled. How do you spend your day?

in bed, scrolling on my phone catching up on work

What do you do at a party?

find a quiet corner dance

Where do you go in Kent on the weekend?

coffee shops bars

YOU GOT: CHAI TEA

You're known for your warm and magnetic personality. You're laid back; you go with the flow and don't allow things that are out of your control to stress you out. A perfect day out for you is a leisurely hike through nature. You're a kind person but if someone pushes you, they'll see that secret spice.



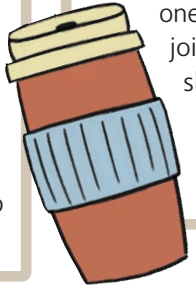
YOU GOT: MOCHA

You are admirable and ambitious. Known for your fun-loving spirit with a dash of sophistication. Your version of adventure is trying your hand at a new skill or exploring a niche topic museum. Your warmth makes you approachable and admirable. You'll never be found with a blank to-do list or without a planner in hand.



YOU GOT: RED EYE

You self-identify as "the life of the party". Your passionate and outgoing, providing a memorable impression on your professors and peers. You are a thrill seeker, and the one your friends would call to join them on death defying sky diving or high energy axe throwing. This drink is the fuel you need to achieve your goals.



Try your brew at The Human Bean today!
1713 E Main St, Kent, OH 44240 | thehumanbean.com | (330) 968-3004

EXPLORE NE OHIO EXPERIENCES

CAPTIVATING CLEVELAND

MUSEUMS

FOUR UNIQUE MUSEUMS THAT CALL CLEVELAND HOME

BUCKLAND MUSEUM 2155 BROADVIEW ROAD

Muggles beware: This museum is for those with magical souls. Based in the Old Brooklyn neighborhood on Cleveland's west side, this small but mighty museum is packed with magical treasures.

As the first and only U.S. museum dedicated to witchcraft and related cultures, the Buckland Museum of Witch-

craft & Magick is sure to be a one-of-a-kind experience for travelers. Founded in 1966 by Raymond Buckland, the museum has served to display the artifacts he acquired from around the world while working for British Airways. The museum has relocated from New York, New Hampshire, New Orleans, and now resides in Ohio.

The museum highlights more than 200 artifacts and takes an average of 45 minutes to view. Guests can learn about the history of the museum, the artifacts, and even take-home trinkets of their own from the museum gift shop. Admission is \$8 for adults and reservations are required.

A CHRISTMAS STORY HOUSE & MUSEUM 3159 W. 11TH STREET

It is not every day that you get to say you visited the filming location of a famous film.

Lucky for Cleveland Christmas enthusiasts, the house featured in the beloved movie "A Christmas Story" is in Ohio.

The house is located on W 11th St

in Cleveland and is a fully operational museum that even allows visitors to rent the house for overnight stays. The house holds original props, costumes, and memorabilia from the film. Guests can also view hundreds of behind-the-scenes photos. Featured props include toys from Hig-

bee's, Randy's snowsuit, the chalkboard from Miss Shield's classroom, and of course the family car. General admission is \$18, and tickets can be purchased online or in person.

INTERNATIONAL WOMEN'S AIR & SPACE MUSEUM 1501 N. MARGINAL ROAD

Take a flight through history at this museum dedicated to the fascinating stories of women in air and space.

Located at the Burke Lakefront Airport, this museum will teach you about daring women who took to the skies.

Hear about the flights of Amelia Earhart, Bessie Coleman or Katharine Wright. Enjoy traveling exhibits such as "100 Ohio Women in Air & Space" or "Rocket Girls - Female Astronauts in the Space Shuttle Program."

Admission is free but guests can participate in guided tours for just \$8. Learn about the women of the International Space Station, Air Force and other courageous female aviators.

ROCK & ROLL HALL OF FAME 3159 W. 11TH STREET

The museum is for those with a rock-and-roll soul. Located on Rock and Roll Boulevard, this pyramid-shaped museum is filled with years of Rock and Roll artifacts and history.

Admission is \$35 for adults but mul-

tiple membership options are available for free access to the museum. View memorabilia from inductees like Elvis, the Rolling Stones, and even modern artists like Beyoncé, Taylor Swift, and Billie Eilish who have yet to be inducted.

Guests can also create music of their own in the new jam studio called the Garage. After a long day of indulging in music history, fans can visit the gift shop and buy memorabilia of their favorite artists.

GIVE IT A WHIRL!

GLASSBLOWING OPPORTUNITIES ON CAMPUS OFFER CHANCES TO TRY A NEW ART FORM

The best stories start with happy accidents. That's what senior studio art major Nora Gast would say about her journey as a glassblowing student at Kent State.

Nora grew up on the eastern shore of Maryland and came to Kent in 2019 to study Public Health. However, it was an intro to glass class in her second semester that showed her true passion.

"I took it as a filler class to just kind of see what it was," Nora said. "I just ended up totally falling in love with it."

Since then, Nora has spent hundreds of hours in the glass studio creating everything from practical pieces to sell at local farmers' markets to multimedia

art pieces that reflect personal experiences with themes of family and relationships.

These long nights aren't spent alone, though, as the department has fostered a community within the studio walls.

"It's such a community-based craft, nobody works in hot shop by themselves," Nora said. "Everybody works with at least one other person if not a team of people. It's very close knit."

During her time at Kent, this community has provided guidance in every part of life, from searching for post-graduation positions to valuable lessons about learning how to let go and move on.

As she works through her last semesters on campus, Nora urges any student looking to try something new to take the leap.

"If something interests you even a little bit, just go for it and try it," Nora said. "Four years ago, I had no idea glassblowing was even a thing on campus. Had I not taken that one class and tried something new, I would've never ended up where I am right now."

**"IF SOMETHING
INTERESTS YOU
EVEN A LITTLE
BIT, JUST GO FOR
IT AND TRY IT."**

**— NORA GAST,
Studio Art major**



Courtesy of Nora Gast



Artist working in a hot shop.
Image is in the public domain

Interested in glass?

The following classes at the Kent State School of Art are open to all majors and have no prerequisites!

ARTS 25600 INTRODUCTION TO GLASS WORKING

Introduction to studio glass through technique and brief history. Both basic glass blowing and glass casting techniques and problems are covered.

ARTS 35602 FLAMEWORKED GLASS

(Repeatable for credit) An investigation of techniques, tools, equipment and materials involved in glass lamp-working processes. The course covers basic melting, shaping and blowing with a glass flame-working torch. Students will learn to create larger sculptural objects from modular components through glass "networking" and will explore more technical flame-working processes to become familiarized with glass as a sculptural material.

You can also
check out the
KSU Glass Club,
open to all Kent
State students!



www.kent.edu/
csi/ksu-glass-club

WHICH PET IS RIGHT FOR YOU?

TAKE THIS QUIZ TO FIND OUT!

Cuddly companions are the best way to start and end a day of adventure.

While a pet can make a loving addition to your home, they are also a big commitment. Before setting out to get a new member of the family, see which animal would fit best into your life with this quiz.

START: Do you live on or off campus?

Off campus

On campus

Do you have roommates who are allergic to pets?

No

Yes

How many hours at a time are you out of the house?

1 to 6 hours

7+ hours

How much income are you willing to use each month on a pet?

\$150+

\$50 to \$150

How comfortable are you training a pet?

Comfortable: I am patient and willing to learn.

Uncomfortable: I would rather dedicate time to other things.

Do you have a window with sunlight?

No

Yes

How much space can you dedicate to an animal?

Very little: I would prefer to keep it to one area.

A decent amount: I can spread out a bed, carrier, and food.

How close do you want to be to your pet?

Not too close: I like having them around, but need my own space.

Super close: I want to be able to hold and pet them.

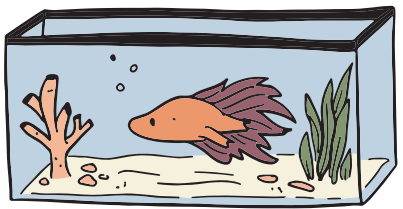
POTTED PLANT You got a Plant Pal!

You want to be able to care for a living creature without the extra responsibility of worrying about vet bills or food costs. Plants are a great alternative to a pet and can bring color to a blank space. There are many different varieties

of plants to choose from based space or care needs. You can find your new plant pal at local nurseries, hardware stores, or even see if you can find some for free on sites like Facebook marketplace.



FISH You got an Aquatic Acquaintance!



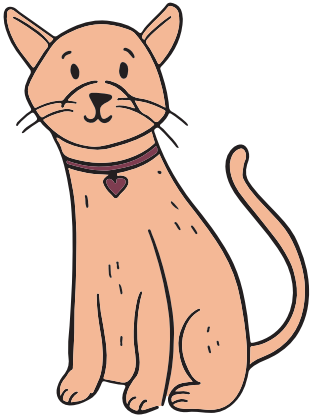
Fish are intelligent beings that can be just as rewarding as a cat or dog. However, they can take up much less space and have less upkeep expenses. These aquatic creatures are great for animal lovers with less time to dedicate to their pet or first-time pet owners. While fish

generally require less space, they do require specific habitats based on their breed, so do some research before putting them in any tank you find. However, their aquariums can become a cute piece of décor for your room and a wonderful home for your fishy friend.

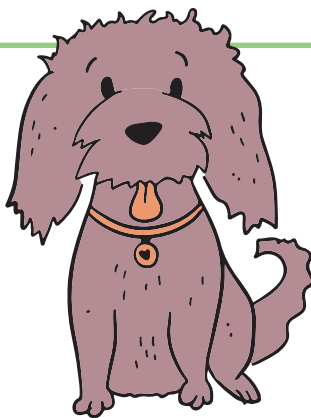
CAT You got a Feline Friend!

Cats are loving house pets that are great for a variety of spaces and lifestyles. They can cuddle up or be independent, making them great pets for busy students. Cat dander is a common allergen but is often easily handled with over-the-counter medication. They need less exercise than dogs but still require enough

space for their food, litter, and play areas to be spread out. Contrary to popular belief, science has proven that cats love their humans just as much, if not more than, their canine counterparts. Their quirky personalities make them a great pet for any student who wants the best of both worlds.



DOG You got a Canine Companion!



Dogs have long been human companions for a reason! Dogs are known to be incredibly loving and loyal to their owner. However, they need regular exercise and lots of room to play. Dogs can be more expensive than other animals due to their vet, food, and care expenses. Their fur is less common for causing

allergies than cats and many breeds have different levels of shedding based on your needs. Training a dog is easy with the right amount of time and effort, making them great service animals (or a cool party trick). While dogs require lots of care and attention, they will give you an equal amount of love in return.

RAY'S PLACE

Downtown Kent, Ohio

— SINCE 1937 —



IF YOU HAVEN'T BEEN
TO RAY'S YOU HAVEN'T
BEEN TO KENT!



@RAYSPPLACEKENT