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# AN OHIOPYLE MEMOIR

WRITE YOUR OWN OHIOPYLE  
JOURNAL/KEEPSAKE!

MARCI LYNN MCGUINNESS

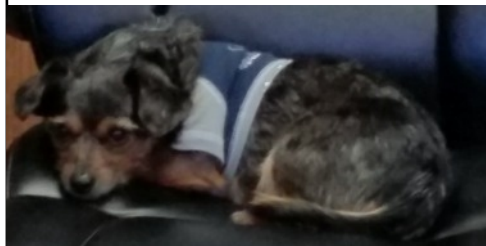
An Ohiopyle Memoir, See Page 9.

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**Tina Dennis** is one of many mountain area women in business. Her notary, tax, title and financial services are appreciated by those of us who live and work "on the hill".

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# Publisher's Message

Welcome to the Spring/Summer issue of Ohio Pyle life magazine, 2018. This fun paper is published for the locals and travelers who are blessed to soak up the goodness of the Youghiogheny River area and outdoor lifestyle.

I am Marci Lynn McGuinness, Publisher, Author of 39 books and a student of the Master ScreenwritingU class. Today as I publish this magazine twice per year, I am becoming a screenwriter under the tutelage of the experts. Turning the legends from my books into movies is my goal.

In the next issue of the magazine, I will let you know how it is going as I will be pitching my feature, *They Call Me Speed King*, and my sitcom, *Don't Date the Locals*, after Memorial Day.



A big thank you to my daughters and all advertisers for their support in this endeavor!

Marci Lynn McGuinness

**Ohiopyle** means “White frothy water and beautiful falls”. It was named by Shawnee Indians who hunted and fished here.

**Youghiogheny** means “River that runs in a roundabout course” due to the Ferncliff Peninsula. (Shawnee named.). Paddlers refer to the white water route around the peninsula as the “Loop”. There is no shuttle needed to run the Loop!

## Enjoy the magic of Ohiopyle and the Youghiogheny River!

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# From Sonny's Gas to Fuel Coffee Works

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Don McElroy (above in play wig) sold Sonny Johnson, below, Johnson's Service Station in 1963. Sonny retired in 1999.



See more on the history of Sonny Johnson's Service Station in McGuinness' upcoming *Laurel Highland Legends*, Vol. II.



In December 2017, Holly and Sean Johnson opened Fuel Coffee Works in the beautifully remodeled Farmington landmark. They feature Specialty Coffee, Cold Brew, Espresso, and More!

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MAY 5TH 2018

1:00 PM - 4:00 PM

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Information

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[www.ridgerunnerdistillery.com](http://www.ridgerunnerdistillery.com)



# Ohiopyle Vacation Rentals & Wedding/ Event Venues



"Originally founded in 2010, Ohiopyle Vacation Rentals is the premiere vacation rental home company in the Laurel Highlands area. With over 35 different luxury homes, we offer it all- from pools to hot tubs, from mountain mansions to tree-houses, from high-end pricing to conservative pricing. Family owned and operated, the Zeigler family opened their doors to their beautiful vacation rental homes when they saw a need in the area for luxurious accommodations for a reasonable price for families and couples, alike.

Along with their many vacation rental homes, they also offer some of the best wedding venues on the East Coast, including the nationally regarded Fernstone Retreat, which has won awards like Best of The Knot for years. For more

information on booking a vacation rental home during your stay in the area or information on planning your dream wedding at one of our mountain venues, visit us online at

[www.ohiopylevacationrentals.com](http://www.ohiopylevacationrentals.com)

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**Are You OK  
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Water Quality?**

The Environmental Protection Agency has approved Pennsylvania Department of Environmental Protection's "2016 Integrated Water Quality Monitoring Report."

This report is a snapshot of the waterbodies within the Commonwealth of Pennsylvania and evaluates if streams, rivers, and lakes are achieving federal water quality standards to protect and provide clean water for aquatic life, water supplies, fish consumption, and recreational uses.

According to this report, **19,900 miles of the Commonwealth's waterways are impaired** - not meeting federal water quality standards and require the development of a Total Maximum Daily Load (TMDL). A TMDL is a restoration plan for impaired streams that identifies the maximum amount of a particular pollution that a stream can tolerate and still be within its water quality standards.

**JOIN the Mountain Watershed Association.**

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# Write YOUR Ohiopyle Memoir

with McGuinness' New Book!

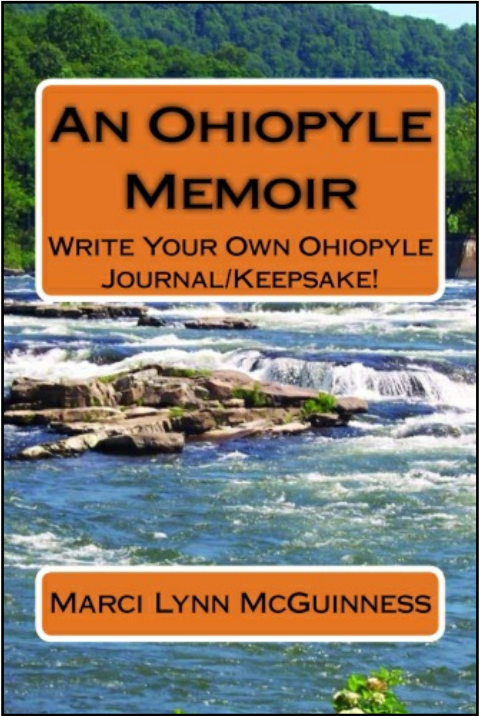
Author Marci Lynn McGuinness brings you over 40 pages of Ohiopyle area photographs with blank pages for you to write your own memories, your journal. This is McGuinness' 39<sup>th</sup> book.

When I am long gone, my hope is that someone will gather up all the memoirs people have written and preserve the history they offer," McGuinness explains.

Millions visit our area from every corner of the world. *An Ohiopyle Memoir* gives our visitors and locals a keepsake to pass down to their families.

Find this wonderful gift book on Amazon, [www.ohiopyle.info](http://www.ohiopyle.info) or these local shops: Backyard Gardens, Ohiopyle, Braddocks Inn, Farmington, CW Klay Winery, Chalk Hill, Pechin, Dunbar.

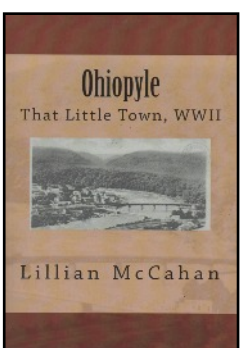
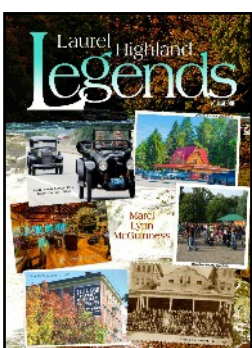
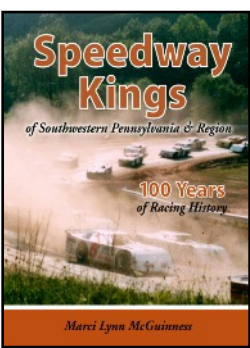
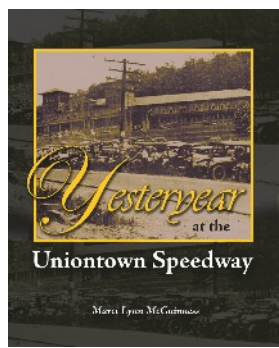
McGuinness is presently writing *Laurel Highland Legends*, Volume II. Contact her if you have legends or photographs to include: [marci@ohiopyle.info](mailto:marci@ohiopyle.info).



Grab McGuinness' books online!

Amazon & [www.ohiopyle.info](http://www.ohiopyle.info)

## McGuinness' Books/Scripts



Marci Lynn McGuinness is presently earning her ScreenwritingU Master Certificate. She has spent the last 6 months rewriting her screenplay, *They Call Me Speed King*, and will begin pitching producers after Memorial Day.

She will also be pitching her sitcom pilot, *Don't Date the Locals*, as she spends several months writing, *The Takeover of Ohiopyle*, a psychological thriller, and an hour drama pilot, *The Van Lady*.

McGuinness' screenplays are inspired by the legends from her books.

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**May 13: Mother's Day**

**May 17: Bike Night Kick Off: Midget Wrestling, Fret Buzz Band and More!**

**May 24: Bike Night with Live Music: Shelly McCombie Band**

**May 31: Bike Night with Live Music: Finally Free**

**May 7: Bike Night with Live Music: Detour**

**June 14: Bike Night with Live Music: Perry & Sean Kamp**

**June 21: Bike Night with Live Music: Rory Kelly Bank**

**June 28: Bike Night with Live Music: Renegade Ridge**

**July 1: 4<sup>th</sup> of July Party – DJ & Live Music. Fireworks!**

**July 5: Bike Night with Live Music: Told Ya So**

**July 12: Bike Night with Live Music: Shelly McCombie Band**

**July 19: Bike Night with Live Music: Static Break**

**July 26: Bike Night with Live Music: Quick Exit**

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# Lord Palumbo's Kentuck Knob

**Celebrates 21 Years Open to the Public**

Lord Peter Palumbo chats with author Marci Lynn McGuinness about Kentuck Knob, the Frank Lloyd Wright home he fell in love with in 1985.

"Life, on occasion, becomes a matter of serendipity. When circumstances conspire to propel one in a certain direction, it is best to go with the flow, or so I have found, even if the precise destination is at the time unknown. My purchase of Kentuck Knob falls in this category." *Lord Palumbo*

(From Forward of "Frank Lloyd Wright's House on Kentuck" by Donald Hoffman, 2000.)



**When Lord Palumbo first arrived** at Hagan's Kentuck Knob, the Frank Lloyd Wright house above Ohiopyle, there was no one there. "The house was waiting for me," he told McGuinness. "Fate was playing its hand. You should always go along with it in total agreement."

**It was 1985.** A long time art collector and owner of architecturally outstanding homes, he strongly felt, "The property should be loved, cherished and maintained as far into the future as anyone can see." Six weeks later, he purchased the home and lived there several months each year for a decade.

**Wright never visited** the site of Kentuck Knob before designing. The 86 year old had Bernadine and I. N Hagan visit him in 1954, interviewed them and said, "I'll shake a design out of my sleeve." In 1956, they moved into the one story Usonian home with a breathtaking view.

**In 1997, Peter and Hayat Palumbo opened** the masterpiece to the public. Today over 30,000 tour the home each year. Tour guides frequently hear visitors comment, "We love this house. We feel we could bring our pj's and settle right in."

*"Pennsylvania is a most magical state,"* he shared.

"It is a great privilege and pleasure for the Palumbo family to own Kentuck Knob. It is very special, a work that is representative of the Usonian category by one of the world's most renowned architects."

The family dog, Lily, spent the afternoon with us, often greeting visitors. Kentuck Knob has a euphoric feel to it, a soft openness.

I thank the Palumbo's for caring for this southwestern Pennsylvania treasure.

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## Penn Summit Celebrates 10 Years

Put YOUR assets in the hands of Penn Summit

**Charlotte Pinardi-Molek** has been in the insurance business for 22 years.

**Ten years ago** she left an all male office in Uniontown and started Penn Summit Insurance Agency, an all female business.

**Today** Penn Summit is on top of the insurance game in four states. With trucking, construction and gas & oil clients, they are out in the field in boots and hard hats. They cover auto, bike, motorcycle, home, business, flood and more.

"Helping clients understand their insurance and saving them money is a driving motivation," founder, CEO and principal agent, Charlotte Molek.

**"Flood insurance"** is not included in a homeowner's or business owner's policy. It is a separate policy. People need to be aware. Floods are devastating."

If you live in the PA/MD/WV/OH region, you have seen Penn Summit's billboards over the years. "Cover Your Assets", "This Looks Like a Job for Superwoman", "Penn Summit Insurance Angels". They do all their marketing in house, brainstorming and having a great time creating shocking promos.

**"My team is unbeatable,"** Charlotte says of her 12 agent office. "They each have their specialty and everyone here started in customer service. They know the business. I could leave for a month and everything would be fine."



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April 22:

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Top four contenders: Jonathan  
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Mason is presently 14th in the LOLMDS  
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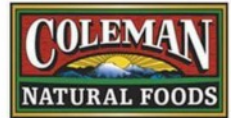
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- 1—pound Applewood Smoked Slab Bacon
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- 4—6 oz White Marble Farms Pork Chops



### ULTIMATE GRILL PACKAGE \$118\*

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Business Cards Continued Next Page



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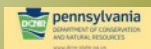


**Constance Ranson**

**Native Plant Sale**

**Ohiopyle Falls Area**

**May 26, 2018. 9am - 2pm**



**SAVE THE DATE**

**SPIRITS OF THE RIVER...OHIOPYLE  
 WINE, MUSIC & ART FESTIVAL**

**Saturday May 19th, 2018**

**Noon - 7pm**

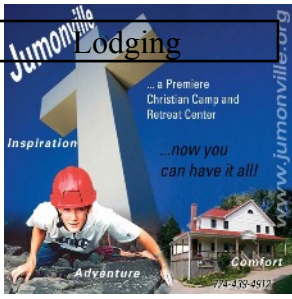
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# Inhale Exhale Run Series

featuring Brynn Cunningham, runner, coach & RYT-200

At LPS Strength & Meditation, 30 E. Main St., Uniontown, PA:

**Yoga for Runners Workshop**

8:30-10:30 a.m., Saturday, March 10 / \$25

**Yoga Run Yoga**

8:30-10 a.m., Saturday, April 7/ \$25

**YOMA (Yoga & Massage) for Runners w/ Brynn & Leah Staley, LMT**

6-7:15 p.m., Thursday, May 10/ \$45

**Yoga Trail Running Excursion at Savage River Lodge & LPS**

Saturday, June 23/ \$175 before May 31; \$185 June 1 and after

At Mountain Yoga Shala, 2944 National Pike, Chalk Hill, PA:

**Yoga for Runners Workshop**

10:30 a.m.-12:30 p.m., Saturday, May 14/\$25

**Yoga Run/Walk Yoga**

4:15-5:15 p.m., Monday, May 7, 14 & 21/\$12/regular class passes

Details here:

[www.inhaleexhalerun.com](http://www.inhaleexhalerun.com)

Questions:

[brynnstella7@gmail.com](mailto:brynnstella7@gmail.com)



## Five Things I Learned by Running with my 4 Year Old Son

### ***1. The run/walk method and interval training stand the test of time.***

Avie walks when he feels like walking, sprints, slows to a jog and still finishes in an impressive time for a tiny tot. The point is, runners need to do what the body feels is right. If the legs need a walk break, walk (psst... walk breaks do not strip you of the title 'runner'.)

### ***2. Taking yoga breaks is acceptable.***

"Mom, I need to do a pose," Avie often tells me on our runs. "Down dog!" or "Plank!" he announces, then busts his selected move. Does something feel tight, or do you feel like strengthening mid-run with push-ups? Then do it!

### ***3. Sipping water frequently prevents dehydration and fatigue.***

Avie learned this the hard way. When he first began running, he refused water. Then his energy would plummet, tears flew and the run was no longer fun. He was, after all, only three years old. As time passed, he began asking for his water bottle often and taking tiny sips. Ahhh, the wisdom of a seasoned runner... Now he knows that sipping keeps the belly feeling good and the energy levels steady.

### ***4. Running downhill with wild abandon is the way to go.***

Does anyone else fear running at top speed downhill? I do, or I did, especially on technical single track trail, my (and Avie's) terrain of choice. Avie rejoices when we approach a descent and, heart pulling him forward, smile wide, he runs as fast as he can, giggling the whole way. So I follow suit. And I never, *never* tell him to slow down. Instead, I cheer and join in the fun. Now, on my solo runs, I channel Avie's approach and let my heart lead me down, down, down!

### ***5. New shoes motivate you to get out the door.***

Buying special running shoes for my toddler son might seem crazy, but, as all runners know, new shoes can motivate like nothing else. The same is true for Avie. I make a big deal out of giving him his new running shoes, and he cherishes them. Plus, saying something such as, "Let's put on your new shoes and go for a run," really gets him moving.

**Happy Running, Brynn Cunningham**





Tara Morris, RYT 200



**Tara's regular spring weekly schedule at LPS:**

Tuesdays:

3:30- 4:30 Vinyasa Flow

4:45- 5:45 Slow Flow Restore

Thursdays:

3:30- 4:30 Vinyasa Flow

4:45- 5:45 Yoga Barre Fusion

**Full Moon Flow & Yin:**

Friday, April 27th, 6:15- 7:30pm

Tuesday, May 29, 4:45- 6:00

Thursday, June 21, 6:15-7:30

Thursday, June 28, 6:15- 7:30

Thursday, July 26, 6:15- 7:30

**Bends & Brews:**

Fridays, 6:00- 7:00

May 4, June 8, July 20

**Yoga Foundations 5 Week Series:**

Mondays, 6:45- 7:45, April 9, 16

and 30. May 7 & 14

Led by Leah Staley, LMT/ RYT-200

Thursdays, 6:15- 7:15

May 17, 24, 31, June 7 & 14

Led by Tara Morris, RYT-200 and  
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- community dinner under the stars
- sunrise meditation and silent hike
- deluxe Lower Youghiogheny River rafting trip down seven miles of Class III whitewater in Ohiopyle State Park. Each raft will be guided by professional river guides, featuring Laura Scoville, RYT-200, as the river trip leader. Riverside lunch provided by the outfitter. (Below Laura Scoville w Tara Morris)



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Ohiopyle Life Magazine Spring/Summer 2018