IN THIS ISSUE NATURE JOURNALING / TRAVEL THE OREGON TRAIL / GREENS DO GOOD / STAR STRUCK

tattle

MAGAZINE

PARKWAY PARADISE
NATURE ON TRACK
PITCH PERFECT
EPIC HIKES
PARK LEGENDS

ADVENTURE

IN EVERY PARK

THE NATIONAL PARK ISSUE

Phantom Ship Island, Crater Lake, Oregon

VOLUME 4 ISSUE 14

+ JONATHAN BERGMAN
ON STARRING IN THE SERIES 'ME' & OVERCOMING BULLYING

When the sky breaks open, we are reminded that beauty thrives in the heart of chaos.

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Bryce Canyon National Park, Utah

Small acts of kindness can have a big impact in making people feel welcome. When we reach out and connect with others, we can build a stronger community where everyone – regardless of their background – feels like they belong.

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ARTWORK BY STEVIE SHAO + AMPLIFIER.ORG

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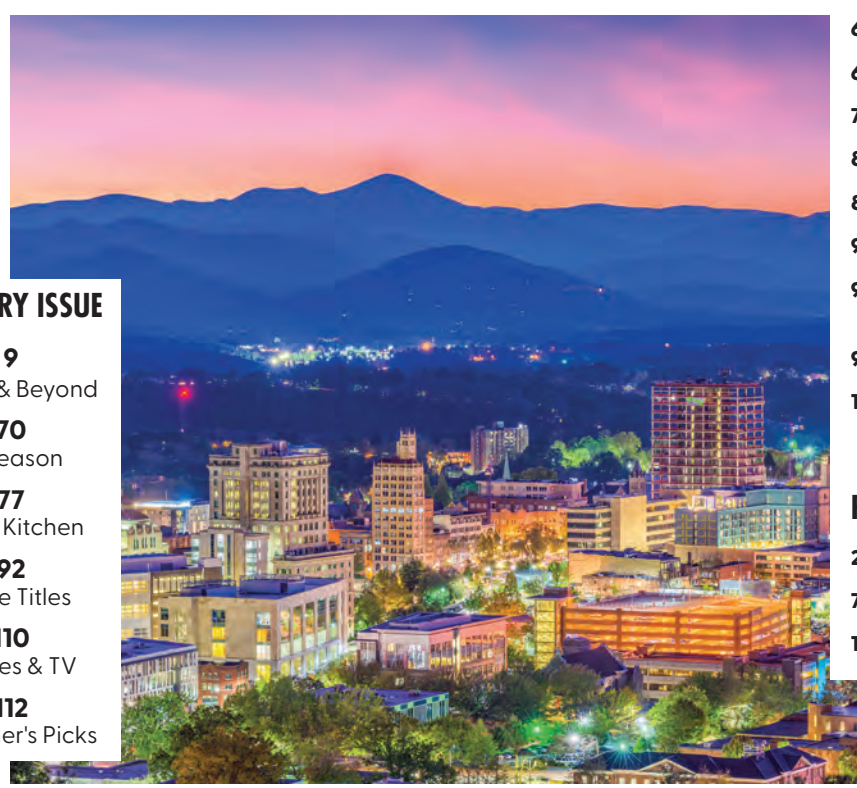

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COPE NOTES®

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a note for you

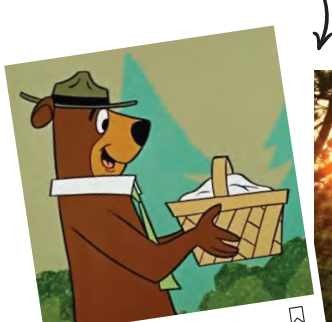
WELCOME TO OUR NATIONAL PARK ISSUE!
There's something about standing at the edge of a canyon or beneath the canopy of ancient trees that makes you feel both small and wildly alive. This issue is a celebration of that feeling—of the places where nature and awe collide. We've crisscrossed the country, exploring parks that most people only dream of visiting, uncovering little-known wonders, and diving into the stories behind how these places came to be.

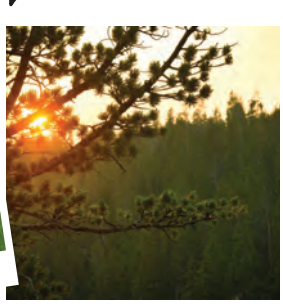
But it's never just about the breathtaking views. National parks teach us more than how to appreciate beauty—they teach us how to be present, to find stillness in the rush of life, and to embrace the unexpected. In the quiet of the wilderness, we find the courage to keep exploring, even when the path ahead seems uncertain. This issue invites you to take that leap, whether it's through hiking new trails, journaling your way through nature, or simply getting lost under a sky full of stars.

Just like the wild places we've explored, our own journeys are full of twists, turns, and uncharted paths. And that's okay. There's strength in carving out your own way, in embracing what makes you different. Nature shows us that every trail, even the unbeaten ones, leads somewhere worth going. So wherever your journey takes you, know that it's yours to navigate—and it's okay if it looks different from anyone else's.

Jennifer Dufek

inspiration for this issue





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JUST BECAUSE MY
PATH IS DIFFERENT
DOESN'T MEAN I'M LOST

SMOKED OLD FASHIONED

Elevate your cocktail game with this smoky twist on the classic Old Fashioned.

INGREDIENTS

2 oz bourbon or rye whiskey
1 sugar cube (or 1 t simple syrup)
2-3 dashes of bitters
1 dried orange slice
large ice cube or sphere
wood chips for smoking (oak, cherry, or hickory work well)
orange peel (optional for garnish)
maraschino cherry (optional)

DIRECTIONS

1 Place your large ice cube or sphere into an Old Fashioned glass.

2 Using a smoker or smoking gun, light your wood chips and capture the smoke in the glass. Let it sit for a few seconds to infuse the smoke into the glass, then cover the top to hold the smoke inside.

3 In a separate mixing glass, muddle the sugar cube with the bitters and a few drops of water. If using simple syrup, simply stir it with the bitters. Add the whiskey and stir gently to combine.

4 Strain the mixture over the ice in your smoked glass. The smoky aroma will rise as you pour.

5 Add the dried orange slice on top of the ice for a decorative touch, and, if desired, garnish with an orange peel or a maraschino cherry.

Yogi Bear's name is a playful nod to famous MLB player Yogi Berra.

THE BEAR YOU DIDN'T KNOW YOU KNEW

Sure, Yogi Bear is smarter than the average bear, but here are a few things even you might not know.

FIRST APPEARED IN 1958
Yogi made his debut as a sidekick on The Huckleberry Hound Show.

JELLYSTONE PARK ORIGIN
It's a nod to Yellowstone, but with more pic-a-nic baskets.

GOT HIS OWN SHOW
In 1961, Yogi became the first breakout TV cartoon star with his own series.

VOICE ACTOR TRIVIA
Daws Butler, who voiced Yogi, also gave life to *The Jetsons'* Elroy and *Cap'n Crunch.*

PANTRY MUST-GO INSPO

Do you have items in your cupboard with looming expiration dates? Check out our featured pantry item and how we get creative with it!

IN THIS ISSUE: CANNED CORN

SPICED CARAMELIZED CORN

INGREDIENTS

1 can of whole kernel corn, drained
1½ T unsalted butter
⅛ t sea salt
¼ t smoked paprika
¼ t cumin
¼ t garlic powder
¼ t cayenne (optional for heat)
½ t sugar

DIRECTIONS

1 Heat a nonstick skillet over medium-high heat.

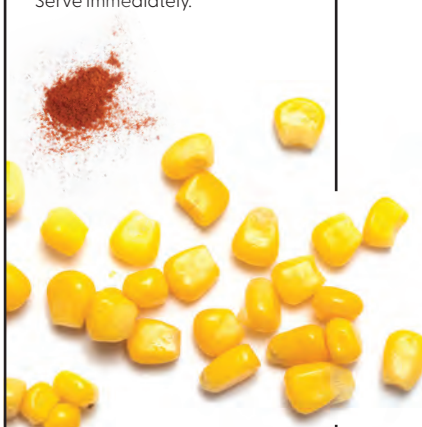
2 Pat the drained corn dry using a clean paper towel.

3 Add the dried corn to the hot skillet, spreading it evenly. Let it cook undisturbed for 4 minutes to caramelize.

4 Stir the corn and let it cook for another 3 minutes without stirring.

5 Add butter, salt, smoked paprika, cumin, garlic powder, cayenne, and sugar. Stir to combine.

6 Cook for an additional 2 minutes, stirring occasionally. Serve immediately.



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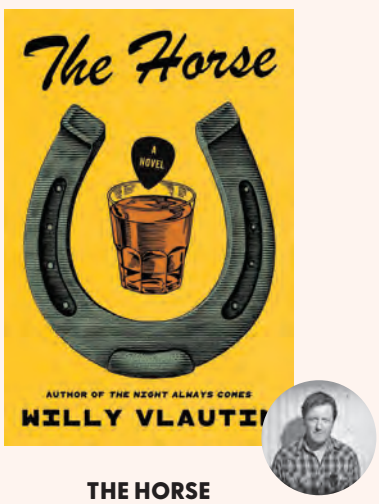
BEST NEW BOOKS

A sister captivated by a mysterious bear, a lonely man haunted by a blind horse, and a ghostwriter unraveling eerie mysteries in a small Florida town—these are just a few gripping reads you didn't know you needed.

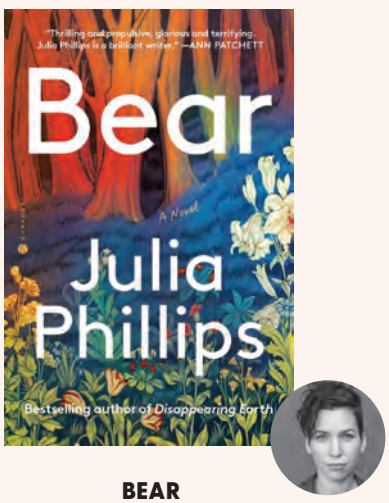
STATE OF PARADISE
by Laura van den Berg

A ghostwriter for a famous thriller author tracks eerie changes in a small Florida town: sinkholes swallowing the earth, a world-bending virtual reality device, and missing children while contending with family secrets, and her sister's mysterious disappearance. As reality blurs, she uncovers unsettling connections between a tech company, her employer, and another dimension, leading to a gripping exploration of selfhood and storytelling.



THE HORSE
by Willy Vlautin

Al Ward, a solitary, aging ex-musician living in the Nevada desert, battles loneliness, anxiety, and fading memories. Teetering on the brink of madness, his life takes a surreal turn when a blind, nameless horse mysteriously appears, forcing him to confront his past and uncertain reality.



BEAR
by Julia Phillips

Sam and Elena, struggling to survive on a remote island off the coast of Washington State where they were born and raised, dream of escape. When a mysterious bear appears, Sam is terrified, but Elena is enchanted, threatening their plans. Bear explores sisterhood, survival, and the wild, blurring the line between human and animal instincts.

EXPLORE THE GREAT OUTDOORS

Love national parks? These four podcasts bring the adventure, history, and beauty of America's most iconic landscapes straight to you. From epic hikes to untold stories, get ready to explore the wild—no hiking boots required!

VOICES OF GREATER YELLOWSTONE

60 minutes per episode with over 25 episodes to enjoy

Discover the wild heart of North America. From roaring rivers to iconic wildlife, uncover the challenges and champions working to protect the Greater Yellowstone Ecosystem.

AMERICA'S NATIONAL PARKS PODCAST

15 minutes per episode with over 290 episodes to enjoy

Get the inside scoop on the stories shaping our National Parks. Dive into the drama, history, and natural wonders behind the 421 units managed by the National Park Service.

HEADWATERS

50 minutes per episode with over 40 episodes to enjoy

Explore Glacier National Park like never before. This podcast uncovers hidden stories where nature meets culture, taking you to Glacier's most iconic spots with a fresh, fascinating twist.

EXPLORING THE NATIONAL PARKS

45 minutes per episode with over 90 episodes to enjoy

Ready to explore? Join Ash and John as they dish out fun facts, trip tips, and hilarious moments while taking you on an epic tour of America's National Parks.

TURNING NATURE INTO NATIONAL PARKS

Ever find yourself lying awake at night, pondering the mysteries of life—like how exactly a national park becomes a national park? It's actually a bit more complicated (and formal) than you'd imagine.

WHAT EXACTLY IS A NATIONAL PARK?

If you've ever wandered through the untamed beauty of Yellowstone or marveled at the cliffs of Yosemite, you might have wondered—how do places like this even come to be? Well, there's a fascinating backstory. Creating a national park isn't as simple as putting up a sign and calling it a day. It takes careful consideration, debates, and the collaboration of experts to ensure these lands remain protected and accessible for generations to come.

THE CREATION OF NATIONAL PARKS

The road to national park status often begins when someone realizes that a landscape is just too remarkable to be left unprotected. Whether it's a place of jaw-dropping beauty, historical significance, or ecological importance, the journey kicks off with a proposal, often championed by local communities, conservation groups, or even Congress. From there, the site is rigorously assessed and evaluated on several fronts. Here's what goes into the decision-making process.

WHAT MAKES A NATIONAL PARK?

So, how do you know if a place is national park-worthy? The National Park Service (NPS) and Congress ask a series of critical questions before a park is even considered for official designation.

1

Does it have national significance?

It's not enough for a spot to be Instagram-worthy—national parks need to be truly important. Is this location a unique ecosystem, a place of cultural or historical value, or a landscape that showcases rare natural beauty? If the answer is a resounding yes, the land could be considered significant enough to warrant protection at the national level.

2

Is it a suitable addition to the system?

The NPS isn't just looking for pretty places. They're aiming to create a balanced network of parks that represent different ecosystems, landscapes, and historical eras. They ask themselves whether the proposed site brings something new to the table, filling a gap in the current system of protected lands. Is it a missing puzzle piece?

3

Is it a feasible addition to the ecosystem?

It's not just about beauty—it's also about sustainability. If protecting the land requires constant intervention or unrealistic financial investment, it may not be feasible to turn it into a national park. The park needs to be able to thrive with minimal human interference while still offering access to visitors.

4

Is this something that will be best managed by the National Park Service, or would another organization be a better fit to manage and protect the land?

Some landscapes might be better suited for oversight by other organizations, like state or local agencies. If a park's needs can be more effectively managed by someone else, the NPS will step back. They aren't territorial—just practical. The goal is to find the best fit for long-term protection and enjoyment.

> Within National Parks is room – glorious room – room in which to find ourselves, in which to think and hope, to dream and plan, to rest and resolve.
>
> – Enos Mills, 'Father of Rocky Mountain National Park'

Grand Canyon

THE MANY TYPES OF NATIONAL "PARKS"

Once a place gets its national recognition, it doesn't always end up being called a "national park." There are a dozen different designations, each with its own distinct purpose. Here's a quick breakdown of the most common ones:

NATIONAL PARK

The big leagues! These are expansive areas that showcase natural beauty, unique ecosystems, or major historical significance.

NATIONAL MONUMENT

These are often smaller areas preserved for their historical, cultural, or scientific importance—think ancient ruins or volcanic craters.

NATIONAL PRESERVE

Similar to parks but with more flexible rules. Here, activities like hunting and fishing are sometimes permitted.

NATIONAL HISTORIC SITE

These locations mark important places in history—like the homes of famous figures or key landmarks in major historical events.

NATIONAL HISTORICAL PARK

Larger than historic sites, these parks cover multiple landmarks or regions with historical importance.

NATIONAL MEMORIAL

These are specific places that commemorate people or events, often related to wars or significant tragedies.

NATIONAL BATTLEFIELD

Civil War buff? These parks preserve historic battlefields where key conflicts took place.

NATIONAL CEMETERY

These hallowed grounds are the final resting place for military veterans and other significant figures.

NATIONAL RECREATION AREA

Perfect for thrill-seekers, these areas emphasize outdoor fun—boating, hiking, and camping are often popular here.

NATIONAL SEASHORE & NATIONAL LAKESHORE

Love the beach? These spots preserve coastal or lakeside areas, keeping those shorelines pristine.

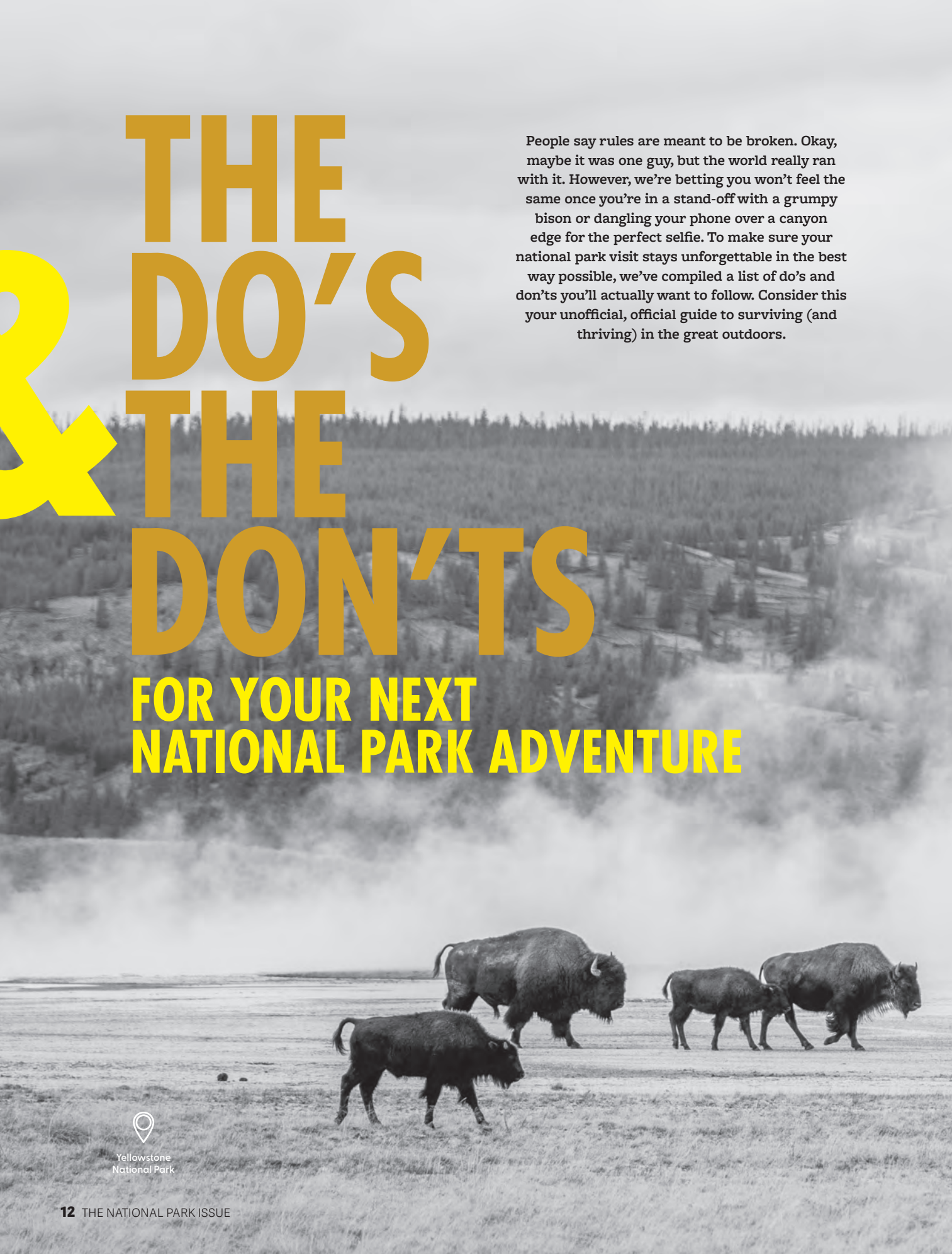
NATIONAL PARKWAY

Scenic drives that are as much about the journey as the destination. Think winding roads with incredible views.

THE DO'S & THE DON'TS

FOR YOUR NEXT NATIONAL PARK ADVENTURE

People say rules are meant to be broken. Okay, maybe it was one guy, but the world really ran with it. However, we're betting you won't feel the same once you're in a stand-off with a grumpy bison or dangling your phone over a canyon edge for the perfect selfie. To make sure your national park visit stays unforgettable in the best way possible, we've compiled a list of do's and don'ts you'll actually want to follow. Consider this your unofficial, official guide to surviving (and thriving) in the great outdoors.



Yellowstone National Park

DON'T RUSH IT!

You didn't come all this way to speed through the scenery. Slow down, breathe in that fresh air, and take it all in. The mountains aren't going anywhere—promise.

DO STAY FLEXIBLE.

Yes, even *Old Faithful* has a mind of its own, sometimes erupting early, sometimes making you wait. So, be ready to go with the flow. Your schedule should bend with the park, not the other way around.

DON'T SKIMP ON GEAR.

This isn't your neighborhood walk—those flip-flops won't cut it. Be prepared with proper footwear and supplies, or your adventure might turn into a slip-and-slide situation.

DO PLAN AHEAD.

Nothing worse than driving for hours only to find out the park is full or closed. A little prep will save you a world of disappointment.

DON'T IGNORE THE UNDERDOGS.

Big names like Yellowstone and Yosemite are incredible, but those lesser-known parks? Hidden gems. Think Capitol Reef or Pinnacles—they just might steal your heart.

DO READ THE SIGNS.

They didn't spend time and money putting up signs just for fun. They're there to keep you informed—and safe. Trust them.

DON'T LEAVE A TRACE.

It's simple: what you bring in, you take out. No one wants to stumble upon your sandwich wrapper on their morning hike.

DO ASK FOR ADVICE.

Rangers know these parks like the back of their hands. Ask them for the best viewpoints, secret spots, or where to see wildlife without getting too up-close-and-personal.

DON'T TOUCH THE WILDLIFE.

Yes, bison look like fluffy, oversized cows, but getting close to them isn't cute—it's dangerous. Keep your distance and your flight miles intact.

DON'T COMMIT A CRIME IN THE ZONE OF DEATH.

Yes, it's real—and no, it's not a loophole you want to mess with. This lawless sliver of Yellowstone could technically let you get away with a crime, but trust us, orange isn't your color, even in the backcountry.

DO RESPECT THE WILDLIFE'S HOME.

Sure, Yogi Bear made it seem like they just want your picnic basket, but feeding wildlife is a huge no-no. You'll end up with more than a friendly cartoon—think bears that can't stop coming around, and it won't be for the laughs. Remember, you're visiting their space. Stay on designated trails and avoid disrupting habitats. The bears appreciate your cooperation.

DO HAVE A BLAST.

Enjoy every moment but remember: this is nature's party, not yours. Keep things fun but don't go overboard. Let the wildlife be wild—after all, they do it best.

There you have it—your go-to guide for a national park experience that's fun, safe, and Insta-worthy, without any regrets.

ENTER THE "ZONE OF DEATH" AT YELLOWSTONE

Imagine a place where the law is a bit of a mystery, and not in a fun, "who-stole-the-cookie" kind of way. Welcome to the infamous "Zone of Death" in Yellowstone National Park. This 50-square-mile area in Idaho is part of the greater Yellowstone ecosystem and is a legal anomaly that might leave you wide-eyed.

Here's the tea: Because of a peculiar loophole in the Constitution, this slice of wilderness technically falls outside the jurisdiction of any court. This means if someone committed a crime here, like, say, a murder (yikes!), they might not be properly prosecuted. It's like a legal black hole that's both thrilling and chilling.

The whole drama stems from the Sixth Amendment, which requires that a jury be drawn from the state and district where the crime occurred. But, with this zone straddling Idaho and Wyoming, there's a catch—finding a jury of local peers becomes legally tricky.

Now, before you start planning a "crime spree," chill! Legal scholars and officials are well aware of this glitch, and there's an ongoing effort to address it. Plus, crimes in national parks are incredibly rare. Still, it's an intriguing quirk of our legal system that adds a dash of mystery to Yellowstone's wild beauty.

So, if you're venturing into Yellowstone, soak in the stunning landscapes and maybe snap a selfie in the "Zone of Death." Just remember, it's a place where nature rules and the law gets a little lost.

ZONE OF DEATH

IDAHO

WYOMING

The Stories Behind the Names of U.S. National Parks

Ever wandered through a national park and wondered where that quirky or ominous name came from? National parks are more than just scenic views; they're filled with tales of explorers, Native American history, and natural wonders. From sweltering deserts to grassy wetlands, these parks got their names through some pretty wild stories.

DEATH VALLEY NATIONAL PARK, NEVADA/CALIFORNIA

Don't let the name scare you off, but Death Valley definitely earned its reputation. In 1849, a group of pioneers got lost in this extreme desert landscape. Although only one of them actually died, the unforgiving terrain left them calling it Death Valley after they were rescued. They bid the place a not-so-fond farewell with, "Goodbye, Death Valley"—and the name stuck. It's ironic, though, since today, this valley brims with life and jaw-dropping landscapes.

SAGUARO NATIONAL PARK ARIZONA

What's spikier than a desert cactus? Nothing, really, especially when we're talking about the iconic saguaro cactus that calls Arizona home. Saguaro National Park, nestled in the Sonoran Desert, got its name thanks to the two million towering saguaro cacti that dominate the landscape. It's almost impossible to imagine this park without picturing these cacti reaching up toward the sky, like nature's way of giving you a high-five.

MESA VERDE NATIONAL PARK, COLORADO

"Green table" is not a name you'd expect for a park filled with ancient ruins and archaeological treasures, but that's exactly what Spanish explorers saw when they stumbled across the steep cliffs and flat-topped mesas here. With foliage and forests covering the tops of the rock formations, the name Mesa Verde—Spanish for "green table"—just made sense. The park is home to intricate cliff dwellings left by the Ancestral Puebloans, making it both a literal and historical table of treasures.

EVERGLADES NATIONAL PARK FLORIDA

If you've ever meandered through the Everglades, you know it's teeming with life. But all those alligators and marshes? Yeah, they had a say in the name. When early explorers set eyes on the vast stretch of tall grasses and sawgrass marshes, the landscape seemed never-ending—hence, "Everglades," borrowing from an old English word for an open, grassy place. But before it was known as the Everglades, it was "Pa-hay-Okee" to the Native Americans, which means "grassy waters." This park's name, like its marshes, has layers.

GRAND TETON NATIONAL PARK WYOMING

Grand Teton National Park centers around the Teton mountain range, a towering landscape of snow-dusted peaks in Wyoming. The park's name traces back to French explorers who, missing the comforts of home, whimsically named the peaks "les trois tétons," or "the three breasts." A more grounded explanation, however, attributes the name to the Teton Sioux people who lived in the area. Either way, the name has stuck, and the mountains remain just as awe-inspiring.

In every name, there's a story. In every park, a history. And now, when you're trekking through these lands, you'll have a little more to think about than just the view.

Saguaro National Park, Arizona

By The Numbers: Parks Edition

Parks don't just offer epic views and natural wonders—they're also filled with some pretty amazing numbers that tell their own stories.

99%

OF DRY TORTUGAS NATIONAL PARK IS UNDERWATER

1.8 BILLION YEARS OLD

THE GRAND CANYON'S OLDEST ROCKS ARE 1.8 BILLION YEARS OLD, BUT THE CANYON ITSELF IS YOUNGER, CARVED THROUGH A PROCESS CALLED DOWNCUTTING. EVEN THE YOUNGEST ROCK LAYER, THE KAIBAB FORMATION, IS 270 MILLION YEARS OLD.

200+ WATERFALLS

THE NUMBER YOU'LL FIND IN GLACIER NATIONAL PARK, SO LACE UP THOSE HIKING BOOTS AND GET EXPLORING.

1916

NATIONAL PARK SERVICE WAS FOUNDED

80 YEARS OLD

SMOKEY BEAR JUST CELEBRATED HIS 80TH BIRTHDAY. SINCE 1944, HE'S BEEN REMINDING US THAT "ONLY YOU CAN PREVENT FOREST FIRES." AND AFTER EIGHT DECADES, SMOKEY'S MESSAGE IS AS FIERCE AS EVER—NO SLACKING OFF ON FIRE SAFETY, FOLKS!

63 NATIONAL PARKS IN THE UNITED STATES

1,949 FEET DEEP

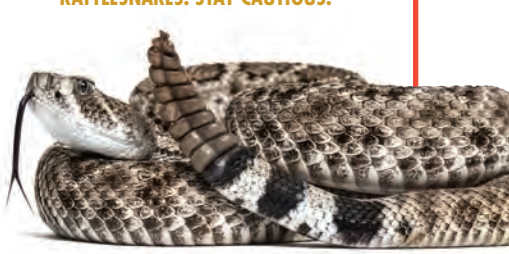
CRATER LAKE, OREGON, HOLDS THE TITLE AS THE DEEPEST LAKE IN THE U.S., FORMED BY THE COLLAPSE OF A VOLCANIC CALDERA.

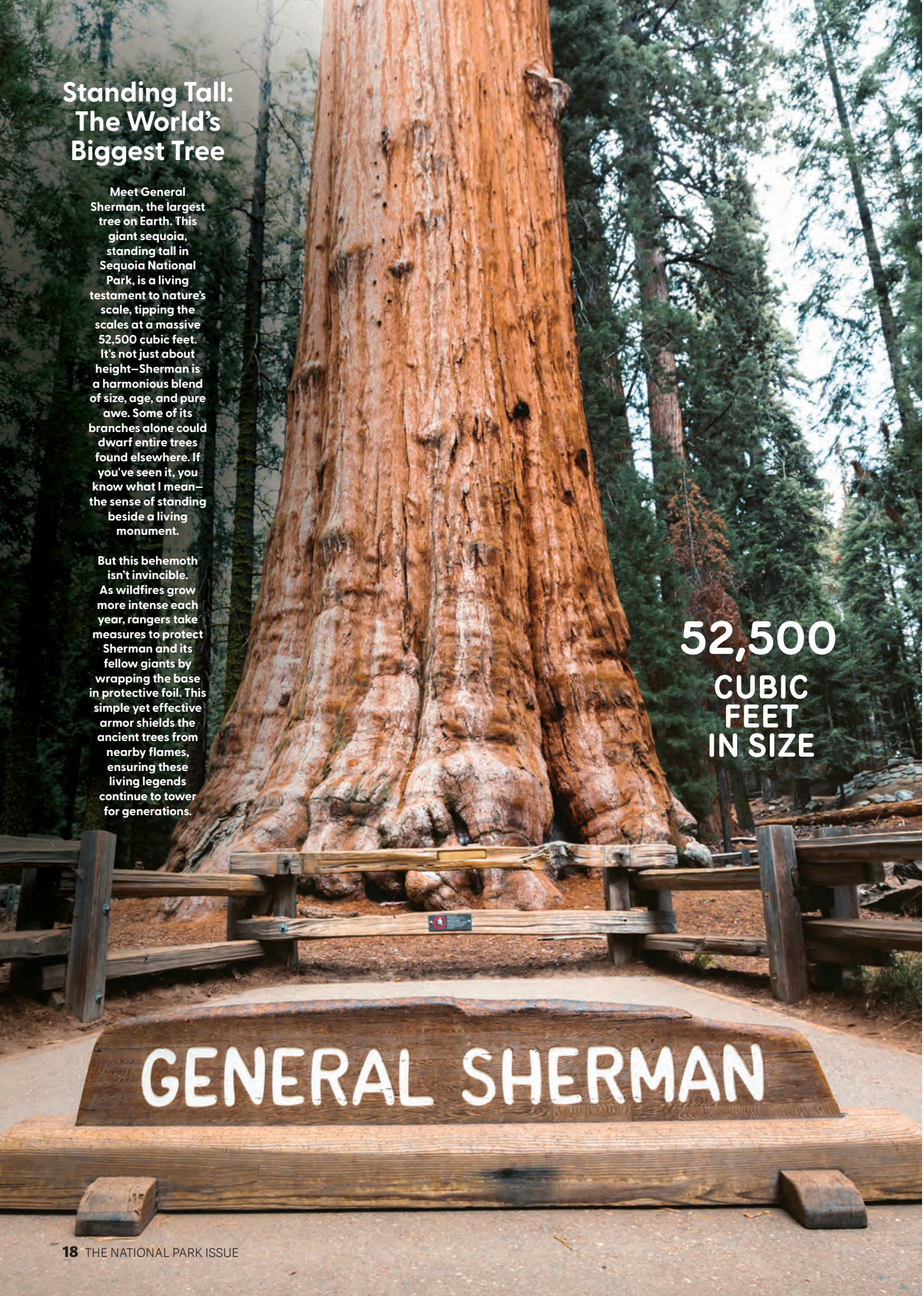
150 YEARS OLD

YELLOWSTONE NATIONAL PARK, THE FIRST NATIONAL PARK IN THE WORLD, WAS ESTABLISHED IN 1872. IT SET THE TONE FOR PRESERVING NATURE ON A GLOBAL SCALE.

31 SPECIES

BIG BEND NATIONAL PARK IS HOME TO 31 DIFFERENT KINDS OF SNAKES, INCLUDING FOUR SPECIES OF RATTLESNAKES. STAY CAUTIOUS!





Standing Tall: The World's Biggest Tree

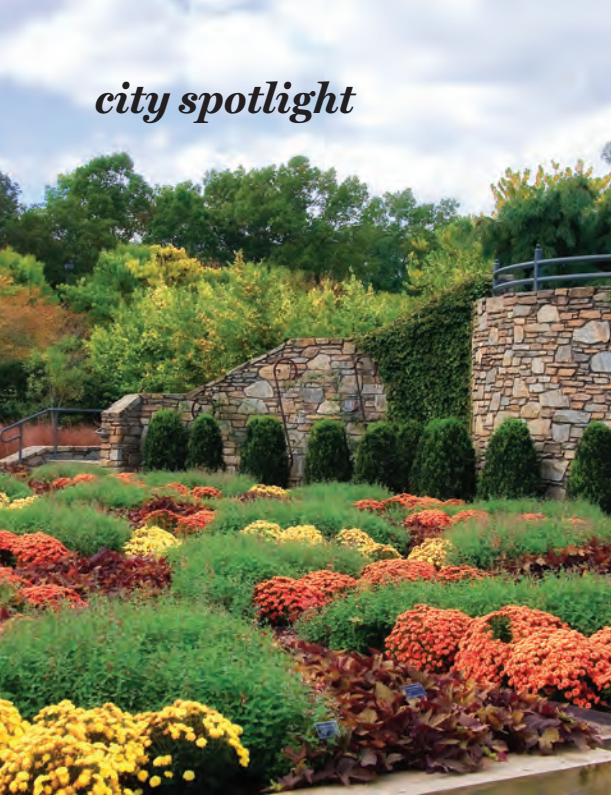
Meet General Sherman, the largest tree on Earth. This giant sequoia, standing tall in Sequoia National Park, is a living testament to nature's scale, tipping the scales at a massive 52,500 cubic feet. It's not just about height—Sherman is a harmonious blend of size, age, and pure awe. Some of its branches alone could dwarf entire trees found elsewhere. If you've seen it, you know what I mean—the sense of standing beside a living monument.

But this behemoth isn't invincible. As wildfires grow more intense each year, rangers take measures to protect Sherman and its fellow giants by wrapping the base in protective foil. This simple yet effective armor shields the ancient trees from nearby flames, ensuring these living legends continue to tower for generations.

52,500
CUBIC FEET IN SIZE

CITY SPOTLIGHT

ASHEVILLE, NORTH CAROLINA

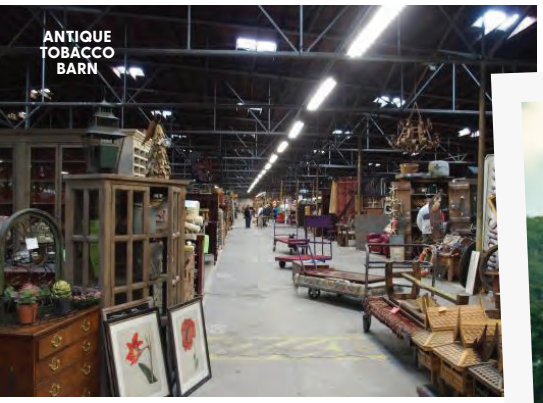


A WEEKEND IN Asheville, NC

Nestled in the Blue Ridge Mountains, Asheville is a vibrant blend of Southern charm, eclectic arts, and breathtaking landscapes. Whether you're a foodie, nature lover, or culture buff, this city has something for everyone.

THE NORTH CAROLINA ARBORETUM

This sprawling 434-acre oasis is a plant lover's paradise. Wander through beautifully curated gardens, hike forested trails, or simply enjoy a moment of tranquility among the flowers.



ASHEVILLE PINBALL MUSEUM

Step into a world of nostalgia at the Asheville Pinball Museum, where you can play over 80 vintage pinball and arcade machines. This quirky museum lets you relive childhood memories and introduces new generations to classic gaming. The best part? Once you pay admission, you can play as much as you want, making it a fun and unique stop for visitors of all ages.

FOLK ART CENTER

The Folk Art Center is a celebration of Appalachian culture and creativity, showcasing an impressive collection of traditional and contemporary crafts. Located on the Blue Ridge Parkway, this vibrant space features handmade pottery, quilts, wood carvings, and more from local artisans. The center also offers live craft demonstrations, allowing you to see artists at work. It's a must-visit for anyone looking to connect with the region's rich artistic heritage.

RIVER ARTS DISTRICT

The River Arts District is a creative haven in Asheville, where former industrial warehouses have been transformed into bustling artist studios and galleries. Explore the work of over 200 artists creating everything from glass and ceramics to paintings and textiles. You can meet the artists, watch them work, and even purchase one-of-a-kind pieces directly from their studios. It's a perfect spot to find a unique souvenir or simply immerse yourself in Asheville's vibrant arts scene.

THE BLUE RIDGE PARKWAY

Take a scenic drive on the Blue Ridge Parkway, where panoramic mountain views and vibrant foliage create a picturesque backdrop. Perfect for leaf-peeping in the fall!

VISIT THE BILTMORE ESTATE

The Biltmore Estate is a slice of European opulence nestled in the Blue Ridge Mountains. Explore the 250-room mansion with its luxurious furnishings, sprawling gardens, and historical charm. And for those with a taste for the supernatural, the estate offers ghost tours, where the eerie tales of the Vanderbilt family and otherworldly encounters are shared. It's an unforgettable experience mixing grandeur with ghostly whispers.

GRAB A BREW OR TWO

HIGHLAND BREWING COMPANY

Opening its doors in 1994 as the first legal brewery in Asheville post-Prohibition, Highland Brewing Company is a must-visit. Enjoy a pint of their flagship Gaelic Ale while lounging on their rooftop beer garden with stunning mountain views.

BARLEY'S TAPROOM & PIZZERIA

For a slice of heaven and some serious craft beer, head to Barley's. Their wood-fired pizzas are the perfect companion to the rotating selection of 40+ taps of local brews.

HI-WIRE BREWING

Known for its laid-back vibe and circus-themed décor, Hi-Wire Brewing is a local favorite. Their taproom offers a diverse lineup, from easy-drinking lagers to bold, experimental brews—perfect for any craft beer lover.

WICKED WEED BREWING

Wicked Weed Brewing is at the forefront of Asheville's vibrant beer culture. Their downtown brewpub offers an ever-evolving selection of experimental ales, from sour beers to bold IPAs. The outdoor patio is perfect for people-watching while sipping on a pint of their signature Freak of Nature double IPA. Whether you're a beer aficionado or just love a good drink, Wicked Weed's creative brews will leave an impression.

PISGAH NATIONAL FOREST

Just a short drive from Asheville, Pisgah National Forest is a sprawling outdoor playground offering hiking, biking, waterfalls, and stunning mountain vistas. Home to some of the area's best trails, like the iconic Looking Glass Rock, Pisgah is a hiker's paradise. If you're up for a challenge, tackle the climbs, but if you prefer something low-key, the forest offers plenty of scenic picnic spots and swimming holes. It's the perfect place to reconnect with nature.

Looking Glass Rock, Brevard, North Carolina

Pisgah National Forest is home to the first school of forestry in the United States, established by George Vanderbilt in 1898. The Cradle of Forestry, now a historic site within the forest, offers visitors a chance to explore restored buildings and learn about the beginnings of forestry conservation in America.

Reach out to a friend about their mental health.

Find more ways to help at **SeizeTheAwkward.org**

SEIZE THE AWKWARD ad COUNCIL American Foundation for Suicide Prevention JED

the joy of nature journaling

If you've ever strolled through a park, felt the sun warm your skin, or marveled at a flower in bloom, you've already brushed against the beauty of nature journaling. It's a practice that's equal parts mindfulness, creativity, and self-expression—and trust us, it's about to be your new go-to hobby. So grab a journal (we know you've got a cute one somewhere) and let's dive into what nature journaling is, how to get started, and why it's so much more than just doodling a tree.

WHAT IS NATURE JOURNALING?

Nature journaling is exactly what it sounds like—a journal that documents your experiences and observations in nature. It's where art meets science meets soul therapy. Think of it as a diary for the great outdoors, where you can record what you see, hear, smell, and feel. Some people use drawings, others rely on words, and plenty of people do both. It's like meditation, but with pen and paper, and trust us, once you get started, you won't want to stop.

HOW TO GET STARTED

Here's the good news: there's no wrong way to nature journal. The whole point is to connect with the world around you in a way that feels personal and fulfilling. But if you're itching for a guide, here are a few steps to kick things off.

STEP 1 — CHOOSE YOUR TOOLS

You don't need fancy gear to start. A simple notebook and a pencil or pen will do, but feel free to glam it up with watercolors, colored pencils, or whatever art supplies you love. Pro tip: Choose a journal with thick pages if you plan to use paints or markers.

STEP 2 — FIND YOUR SPOT

Whether it's a local park, your backyard, or even a balcony with a view of a tree, you just need a peaceful place to sit and observe. The goal is to be still and present. Let nature do the talking.

STEP 3 — OBSERVE AND RECORD

Start with what catches your attention. Is it the rustling of leaves? A squirrel darting across the lawn? Sketch it, describe it, or both. Don't overthink—this isn't about perfection. It's about capturing a moment. Try journaling about how you feel too—maybe the air smells crisp, or the sunlight feels gentle on your skin.

STEP 4 — STAY CONSISTENT

Like any practice, the key to nature journaling is consistency. Aim for a few sessions each week, or turn it into a daily ritual if you're feeling ambitious. You'll find that each time you journal, your connection to nature deepens, and so does your creativity.

A FEW FAMOUS NATURE JOURNALERS

Nature journaling has some serious cred. Here are a few famous folks who couldn't resist documenting the beauty of the great outdoors.

CHARLES DARWIN

Before he revolutionized science, Darwin was an avid nature journaler, recording the plants and animals he observed on his journeys.

BEATRIX POTTER

Yes, the creator of Peter Rabbit! Potter was not only a children's author but also a keen naturalist who filled journals with intricate drawings of fungi and wildlife.

WHY YOU'LL LOVE IT

IT'S A STRESS RELIEVER

In a world where we're glued to screens, nature journaling is the perfect digital detox. Studies have shown that time spent in nature reduces stress, and the act of journaling takes that chill vibe up a notch. It's the ultimate self-care practice—quiet, reflective, and deeply calming.

IT MAKES YOU MORE OBSERVANT

Have you ever noticed how many shades of green are in a single tree? Or how clouds can look like delicate brushstrokes? Nature journaling will make you more mindful and observant. You'll start noticing the world around you in a way you've never done before.

IT BOOSTS YOUR CREATIVITY

Even if you don't consider yourself an artist, nature journaling will inspire creativity. You might start sketching that bird on your windowsill or writing poetry about the wind in the trees. It's a creative outlet without any pressure to produce a "masterpiece."

START YOUR JOURNALING JOURNEY HERE

Water-Soluble Color Pencil Set
Prismacolor, **$50**

The Laws Guide to Nature Drawing and Journaling
John Muir Laws, **$35**

Watercolor Sketchbook Journal
Handbook Journal Co., **$18**

HENRY DAVID THOREAU
The famous philosopher and author of Walden was also a dedicated nature journaler, documenting the changing seasons and local flora.

FRIDA KAHLO
Known for her vibrant paintings, Kahlo also kept a nature journal, where she blended sketches of flora with personal reflections.

JOHN MUIR
The father of national parks, Muir's journals were filled with sketches and poetic descriptions of the natural beauty he encountered on his hikes.

of all the paths you take in life, make sure a few of them are dirt
john muir

HEALTH & HIKING

There's something about stepping off the pavement and into the wild that just feels right. Maybe it's the crunch of the dirt under your boots or the way the trees seem to give you a nod as you pass. Hiking isn't just a way to get some fresh air—it's a full-on reset button for your mind and body, like hitting pause on life and letting nature do its thing. It's not about conquering the mountain; it's about letting the trail do a little conquering of you.

BENEFIT #1: IT'S A STRESS-BUSTER

Forget guided meditations or complicated yoga poses. Studies show that spending time outdoors can reduce cortisol levels (the stress hormone) and trigger a boost in endorphins, your natural mood elevators. One long, uninterrupted inhale of that fresh forest air, and suddenly, life's problems don't seem quite so... problematic.

BENEFIT #2: IT'S A FULL-BODY WORKOUT WITHOUT THE GYM

If treadmills and squat racks feel like torture, hiking might be the fitness fix you've been searching for. A simple trail walk engages your legs, core, and glutes, while also giving your cardiovascular system a solid challenge. Bonus points if you carry a backpack. Not to mention, uneven terrain helps improve balance and coordination. Who knew Mother Nature was such a personal trainer?

BENEFIT #3: VITAMIN D, DELIVERED RIGHT TO YOUR SKIN

With so much time spent indoors (hello, Zoom calls), most of us are sorely lacking in vitamin D. Hiking under the sun (with SPF, of course) gives your body that much-needed D boost, which is key for bone health, immune support, and—drumroll—mood stabilization.

THE FACTS

WALKING CAN LOWER YOUR BLOOD PRESSURE

Just 30 minutes of walking a day can lower your blood pressure and reduce your risk of heart disease, and hiking makes it a bit more adventurous.

TRAILS GET YOU OFF THE GRID (IN THE BEST WAY)

Spending time in nature is also linked to improved creativity and cognitive function. A little mental reset, courtesy of the great outdoors.

Lace up those boots and find your trail—whether it's a winding path through the woods or a rugged climb up a mountain. Every step brings a little more clarity, strength, and connection to the world around you.

Playlist #1: Trail Tunes

Good To Be
Mark Ambor

Wintergreen
The East Pointers

You're Gonna Go Far
Noah Kahan

My Promised Land
Josiah Queen

Stargazing
Myles Smith

Ends of the Earth
Lord Huron

Young Blood
Noah Kahan

Mind Over Matter
Young the Giant

Like Real People Do
Hozier

Another State
Tigers in the Sky

Only the Wild Ones
DISPATCH

Make This Leap
The Hunts

Dancing in the Dawn
Jake Scott

Just A Little While
The 502s

California
i said yes

You can find the entire **Trail Tunes** playlist on Tattle's Spotify profile

CADILLAC MOUNTAIN

ACADIA NATIONAL PARK MAINE

BEST TIME TO HIKE
Fall

DIFFICULTY
Moderate

You'll be the first in the U.S. to catch the sunrise from the summit of Cadillac Mountain during fall. It's a 2.1-mile hike to the top, where the Atlantic Ocean stretches endlessly below you.

Acadia National Park, Maine

CANYON OVERLOOK TRAIL

ZION NATIONAL PARK UTAH

BEST TIME TO HIKE
Winter

DIFFICULTY
Easy

Zion's famous hikes like Angel's Landing can be tricky in winter, but the Canyon Overlook Trail remains relatively easy. It's a short 1-mile trail with sweeping views of the snow-dusted canyon. Fewer people and cooler temps make it a peaceful experience.

BRIGHT ANGEL TRAIL

GRAND CANYON NATIONAL PARK ARIZONA

BEST TIME TO HIKE
Spring or Fall

DIFFICULTY
Strenuous

One of the most iconic trails in the Grand Canyon, this descent takes you deep into the canyon, and it's not for the faint of heart. Remember, the real challenge is climbing back up in that desert heat.

OLD RAG MOUNTAIN

SHENANDOAH NATIONAL PARK VIRGINIA

BEST TIME TO HIKE
Spring

DIFFICULTY
Strenuous

This 9-mile loop has some serious rock scrambles and a summit view that's all wild Appalachia. Wear sturdy shoes and prepare for a bit of bouldering—it's half the fun.

TAKE A HIKE

Lace up your boots and explore eight unforgettable trails that showcase the best of America's wild beauty.

THINGS TO REMEMBER WHEN HIKING

Before you hit the trail, remember these essentials.

Water is number one—bring at least one liter for every two hours of hiking. **Layering** is key, as temperatures can swing dramatically, especially at high elevations. Always carry a map or download a trail app, since service can be spotty in remote areas. Don't forget the **sun protection**—yes, even in the forest, you can still get burned. And finally, respect the trail: pack out everything you pack in, stay on marked paths, and give wildlife plenty of space. For new hikers, take it slow, enjoy the views, and know your limits!

Bear Lake, Rocky Mountain National Park, Colorado

BEAR LAKE TO DREAM LAKE TRAIL

ROCKY MOUNTAIN NATIONAL PARK COLORADO

BEST TIME TO HIKE
Winter

DIFFICULTY
Easy

This is a short 2-mile hike, but it's one of the most magical winter hikes in the Rockies. Frozen alpine lakes surrounded by snow-covered peaks create a breathtaking landscape. Snowshoes or traction devices are often necessary.

HIDDEN LAKE TRAIL

GLACIER NATIONAL PARK MONTANA

BEST TIME TO HIKE
July to September

DIFFICULTY
Moderate

This 5.4-mile trail offers a front-row seat to alpine meadows, mountain goats, and a crystal-clear lake. The wildflower show in the summer is pure magic.

AND INTO THE FOREST I GO, TO LOSE MY MIND AND FIND MY SOUL. - JOHN MUIR

HOH RIVER TRAIL

OLYMPIC NATIONAL PARK WASHINGTON

BEST TIME TO HIKE
Summer

DIFFICULTY
Easy to Moderate

This trail takes you through the heart of the Hoh Rainforest, one of the largest temperate rainforests in the U.S. It's an easy hike, but you'll feel like you've stepped into another world.

BUMPASS HELL

LASSEN VOLCANIC NATIONAL PARK CALIFORNIA

BEST TIME TO HIKE
Late Summer

DIFFICULTY
Easy to Moderate

The name might sound intense, but this 3-mile round-trip hike is a family favorite. Bumpass Hell is a geothermal wonderland full of bubbling mud pots, steaming fumaroles, and colorful hot springs. It's like walking through a science experiment, and kids will be fascinated by the otherworldly landscape. The trail is mostly easy, with a few moderate sections that add a bit of adventure!

Hoh Rain Forest, Olympic National Park, Washington

Accessible National Park Tours You Need to Check Out

Exploring national parks should be for everyone, and these top spots prove that inclusivity is the name of the game. Whether you're in a wheelchair or just prefer accessible routes, these stunning destinations have you covered.

Everglades National Park, Florida

EVERGLADES NATIONAL PARK
FLORIDA

Get ready for an adventure through the wetlands! Everglades National Park is accessible by tram, allowing visitors to roll through the park's iconic landscapes and spot wildlife, like alligators and exotic birds, with ease. It's the ultimate swamp tour with accessibility in mind.

MUIR WOODS NATIONAL MONUMENT
CALIFORNIA

Imagine gliding beneath towering redwoods on a paved, accessible boardwalk trail that takes you right into the heart of this serene forest. Muir Woods offers wheelchair-friendly routes that bring you face to face with some of the tallest trees in the world.

Muir Woods National Monument, California

BISCAYNE NATIONAL PARK
FLORIDA

If you're looking for an accessible water experience, Biscayne has you covered. The Dante Fascell Visitor Center offers wheelchair-friendly views of the park's famous mangroves and turquoise waters. Plus, accessible boat tours are available for a closer look at its underwater wonders.

BIG CYPRESS NATIONAL PRESERVE
FLORIDA

For a more rugged experience that's still totally accessible, Big Cypress delivers. Wheelchair-friendly boardwalks take you into the heart of the swamp, where you can enjoy the unique beauty of Florida's cypress forests while keeping an eye out for the wildlife that calls it home.

YELLOWSTONE NATIONAL PARK
WYOMING/ MONTANA/IDAHO

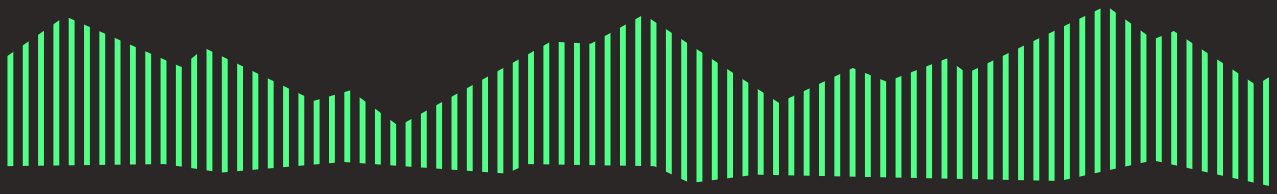
Yellowstone is well-prepared for accessibility, with several paved trails and boardwalks that lead to iconic sites like Old Faithful. There are also wheelchair-accessible tours and shuttles for a more comprehensive experience of the geothermal wonders.

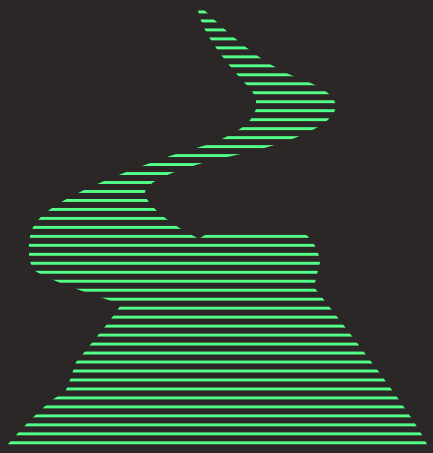
GRAND CANYON NATIONAL PARK
ARIZONA

The South Rim is particularly accessible, with multiple paved paths offering breathtaking views. Shuttle buses are also wheelchair-accessible, making it easy to explore more of this natural wonder.

YOSEMITE NATIONAL PARK
CALIFORNIA

Yosemite Valley offers paved trails for up-close views of majestic landmarks like Yosemite Falls. There's also an accessible shuttle service throughout the park to take you to key points. ▪





DON'T FOLLOW THE PATH.
BLAZE THE TRAIL.

JORDAN BELFORT

DATE: JANUARY 12 1879
WEATHER: HOT
HEALTH: GOOD
FOOD: 46 POUNDS
NEXT LANDMARK: 4 MILES
MILES TRAVELED: 1979 MILES

PRESS SPACE BAR TO CONTINUE

Tracing the Oregon Trail: History You Can Still Travel

You might remember the Oregon Trail as that pixelated 90s computer game that taught us how to ford rivers, avoid dysentery, and stock up on way too many bullets. But the Oregon Trail wasn't just a game; it's a real part of American history, and surprisingly, it still exists today—sort of.

Spanning over 2,000 miles, the original Oregon Trail stretched from Missouri to the valleys of Oregon, and remnants of it can still be traced across the Western U.S. today. While it doesn't run through any national parks in its entirety, it does pass near or through some protected areas like Scotts Bluff National Monument in Nebraska and the beautiful rangelands of Wyoming.

Can it be traveled? Absolutely. Though much of the original trail is now paved over or lost to time, modern adventurers can follow its path by car, foot, or even bike. In fact, portions are still hikeable, especially through Idaho and Oregon, where you can walk in the ruts carved by wagons over 150 years ago.

So, while you might not be stocking your covered wagon with salt pork anytime soon, the Oregon Trail is very much alive—offering a journey through history, nature, and a slice of wild American spirit. ▪

Scotts Bluff National Monument, Nebraska

ALL GOOD THINGS ARE WILD & FREE

HENRY DAVID THOREAU

INTO THE WILD

Nature's greatest reality show happens every day in the national parks, with an endless cast of furry, feathered, and sometimes slimy characters. From mountain peaks to desert floors, the U.S. parks are home to some truly amazing creatures. Whether you're captivated by the power of predators or the quiet grace of grazers, these wild residents will leave you in awe—or at the very least, deeply appreciative of binoculars.

PRONGHORN

WHERE TO SPOT 'EM: Yellowstone, Grand Teton, Montana, Wyoming, and Texas

These speed demons are North America's answer to cheetahs, clocking in at a blistering 60 mph. They're the only animals with branched horns that shed annually, like they're trying to one-up the local deer population. Despite their name, they're not actually antelopes

Grand Teton National Park, Wyoming

Black bears are the more common cousins, found in many eastern and western parks. Grizzlies, the bad boys of the bear world, hang out in Alaska, Wyoming, Montana, and Idaho.

Katmai National Park, Alaska

BROWN BEARS

WHERE TO SPOT 'EM:
Alaska, Yellowstone, Glacier, and Grand Teton National Parks

These burly behemoths are the kings of the forest, capable of standing on their hind legs like they're auditioning for a circus act. With a nose that puts bloodhounds to shame and the ability to use tools (watch out for bear-operated can openers), these guys are the ultimate survivalists. They hibernate through winter, probably dreaming of salmon buffets, and can tip the scales at a whopping 1,500 pounds. Talk about a heavy sleeper.

MOUNTAIN GOATS

WHERE TO SPOT 'EM: Glacier, Mount Rainier, northern Rocky Mountains, parts of Colorado, Idaho, and Washington

These gravity-defying daredevils are the parkour artists of the animal kingdom. Scaling vertical cliffs like they're taking a stroll in the park, they make rock climbers look like amateurs. Fun fact: They're not actually goats, but more closely related to antelopes.

AMERICAN PIKA

WHERE TO SPOT 'EM: Rocky Mountains, Sierra Nevada, Crater Lake, Bodie Mountains, Lassen Volcanic National Park

These adorable little furballs are like rabbits that got shrunk in the wash. Living in rocky habitats at high altitudes, they're the tough guys of the mountain, braving harsh conditions without hibernating. Their signature "EEP" call sounds like they're constantly surprised by their own existence. Climate change isn't their friend, so let's keep an eye on these alpine cuties.

YELLOW-BELLIED MARMOT

WHERE TO SPOT 'EM: Western United States, including Montana, Idaho, California, and alpine regions

Meet the original "whistle pigs." These chubby ground squirrels are the gossips of the mountain, communicating with high-pitched sounds that could rival a teakettle. They're social butterflies, living in colonies and sporting a fetching yellow belly that puts Tweety Bird to shame. When winter hits, they peace out for up to eight months of beauty sleep.

American Pika

Yellow-Bellied Marmot

GILA MONSTER

WHERE TO SPOT 'EM: Southwestern United States, including Saguaro National Park

Meet the lazy lizard with a venomous bite. These scaly slowpokes can go months without food, spending most of their time underground like a reptilian hermit. When they do emerge, they feast on small mammals, birds, and eggs. They're one of the only venomous lizards in the world, so maybe don't try to shake hands.

PUFFIN

WHERE TO SPOT 'EM: Maine ocean islands, specifically Eastern Egg Rock, Seal Island, and Matinicus Rock

These "clowns of the sea" look like they're perpetually dressed for a fancy dinner party. They're aquatic acrobats, using their wings like flippers to "fly" underwater. Their party trick? Carrying up to 12 fish in their beak at once. It's like watching a feathered version of a hot dog eating contest.

ALLIGATORS

WHERE TO SPOT 'EM: Southeastern United States, including southern Texas, Louisiana, Florida, and parts of North and South Carolina

These living fossils are the grumpy old men of the swamp, capable of living up to 50 years. They don't hibernate but enter a "food coma" in cold weather. Weighing over 1,000 pounds, they communicate through hisses and growls that sound suspiciously like your stomach after Taco Tuesday.

HARBOR SEAL

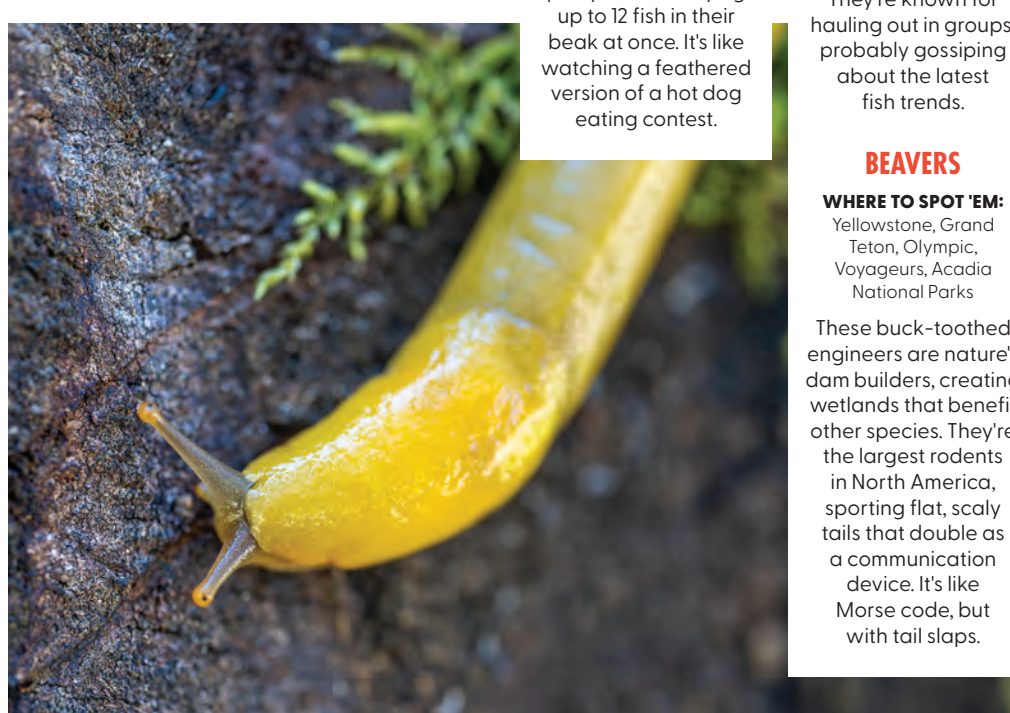
WHERE TO SPOT 'EM: Pacific Coast from Alaska to Mexico, including Glacier Bay and Channel Islands National Parks

These blubbery acrobats are the underwater ninjas of the coast. With hearing that puts your favorite headphones to shame, they can hold their breath for up to 25 minutes and dive deeper than your existential crisis. They're known for hauling out in groups, probably gossiping about the latest fish trends.

BANANA SLUG

WHERE TO SPOT 'EM: Moist coastal regions from Southeast Alaska to central California, including Olympic and Redwood National Parks

These slimy superstars are the Usain Bolts of the slug world – if Usain ran at a snail's pace and left a trail of mucus. Growing up to 10 inches long, they're basically the stretch limos of the forest floor. Hermaphroditic and covered in slime that serves more purposes than a Swiss Army knife, these decomposers are the unsung heroes of the ecosystem.



BEAVERS

WHERE TO SPOT 'EM: Yellowstone, Grand Teton, Olympic, Voyageurs, Acadia National Parks

These buck-toothed engineers are nature's dam builders, creating wetlands that benefit other species. They're the largest rodents in North America, sporting flat, scaly tails that double as a communication device. It's like Morse code, but with tail slaps.

BISON

WHERE TO SPOT 'EM: Yellowstone, Grand Teton, Theodore Roosevelt National Parks; Wyoming, Montana, South Dakota, North Dakota

These shaggy behemoths are living lawn mowers, capable of sprinting at 40 mph and jumping 6 feet high. Weighing up to 2,000 pounds, they're basically furry tanks on hooves. Named the national mammal in 2016, they're as American as apple pie – if apple pie could charge at you with surprising agility.

Hayden Valley, Yellowstone National Park

RED FOX

WHERE TO SPOT 'EM: Throughout the continental United States, including Yellowstone and Great Basin National Parks

These crafty canines are the ultimate globe-trotters, found just about everywhere humans are – probably trying to sell us timeshares. With a repertoire of over 28 vocalizations, they're the polyglots of the animal kingdom. Their hunting skills are top-notch, able to hear a mouse sneeze from a football field away. Talk about eavesdropping.

MOOSE

WHERE TO SPOT 'EM: Grand Teton, Yellowstone, and regions of Maine, Colorado, Idaho, Alaska

Picture a deer that hit the gym hard and grew a ridiculous rack. That's a moose for you. These gangly giants are the largest members of the deer family, sporting antlers that could double as satellite dishes. Only the males get to rock this headgear, which they shed annually in a bizarre fashion show. Bonus fact: They're aquatic acrobats, diving underwater for salad.

ELK

WHERE TO SPOT 'EM: National Elk Refuge (Wyoming), Olympic National Park (Washington), Great Smoky Mountains, and various western states

If moose are the bodybuilders of the deer world, elk are the track stars. These swift cervids can sprint at 40 mph, probably late for their fall bugling concert. Speaking of which, their mating calls sound like a mix between a lovesick teenager and a rusty trumpet. The males grow antlers faster than your hair after a bad haircut – up to an inch a day.

JAVELINA

WHERE TO SPOT 'EM: Arizona, New Mexico, Texas; Big Bend and Grand Canyon National Parks

Don't let the pig-like appearance fool you; these odorous critters are more closely related to hippos. Living in social herds, they're the speed demons of the desert, clocking in at 20 mph. Their favorite snack? Prickly pear cactus. Yep, they munch on nature's pincushions like they're cotton candy. Talk about a spiky diet.

MOUNTAIN LION

WHERE TO SPOT 'EM:
Western states, including Zion, Yellowstone, Yosemite, and Glacier National Parks

Also known as cougars, pumas, or panthers (identity crisis, anyone?), these solitary cats are the parkour champions of the feline world, capable of 40-foot leaps. With no natural predators aside from humans, they're the apex predators of the mountain – just don't tell the grizzlies.

BOBCAT

WHERE TO SPOT 'EM:
Throughout the continental United States, including Yellowstone and Great Smoky Mountains National Parks

Nocturnal ninjas of the wild, bobcats can sprint up to 30 mph and leap 12 feet to catch prey. They're the ultimate loners, establishing territories as large as 30 square miles. Basically, they're the introverts of the cat world, using scent marking as their "do not disturb" sign.

DESERT BIGHORN SHEEP

WHERE TO SPOT 'EM:
Mojave, Sonoran, Great Basin, Chihuahuan Deserts, Grand Canyon, Joshua Tree National Park

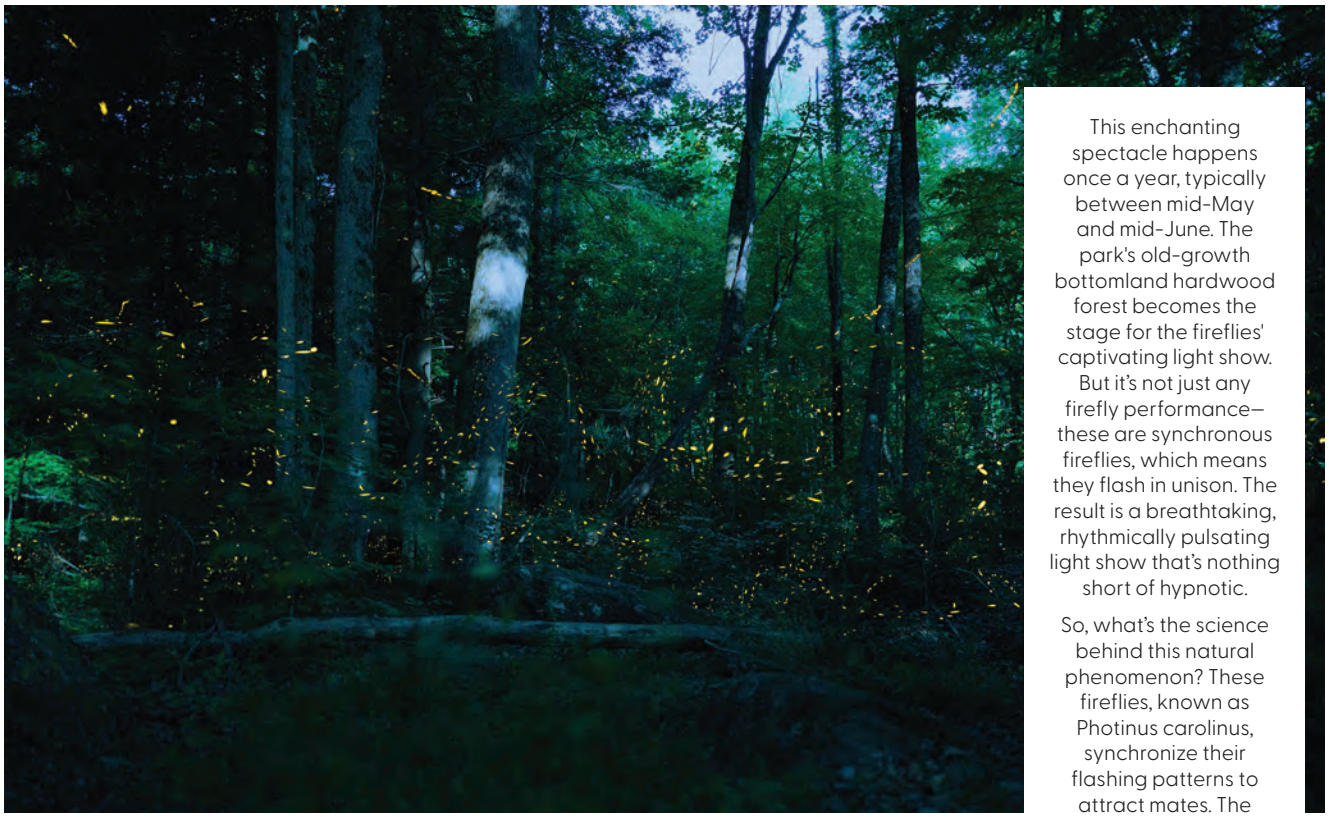
These desert dwellers are the ultimate survivalists, going days without water like it's no big deal. The males sport massive horns that can weigh up to 30 pounds – talk about a headache. They're excellent climbers, probably showing off to the mountain goats across the way.

CALIFORNIA CONDOR

WHERE TO SPOT 'EM: California, Arizona, Utah (including Grand Canyon and Pinnacles National Park)

Imagine a bird with a wingspan wider than your college dorm room. That's the California Condor for you. These aerial giants can soar for hours without flapping, probably judging all the earth-bound creatures below. They're the ultimate recyclers, feeding exclusively on carrion. With a lifespan of over 60 years, they're basically the tortoises of the sky.

And there you have it—a whirlwind tour of the wild and wacky residents of America's national parks. Next time you're out there, keep your eyes peeled and your wits about you. You never know when you might stumble upon a banana slug inching along like it owns the place or a bison practicing its high jump.



Congaree National Park's Magical Firefly Show You Can't Miss

Pack your bags, nature lovers! If there's one event that deserves a top spot on your bucket list, it's the mesmerizing firefly display at Congaree National Park, South Carolina. Imagine this: a warm spring evening, the symphony of the forest, and suddenly, like fairy lights in a Disney movie, thousands of fireflies start their synchronous dance. It's pure magic!

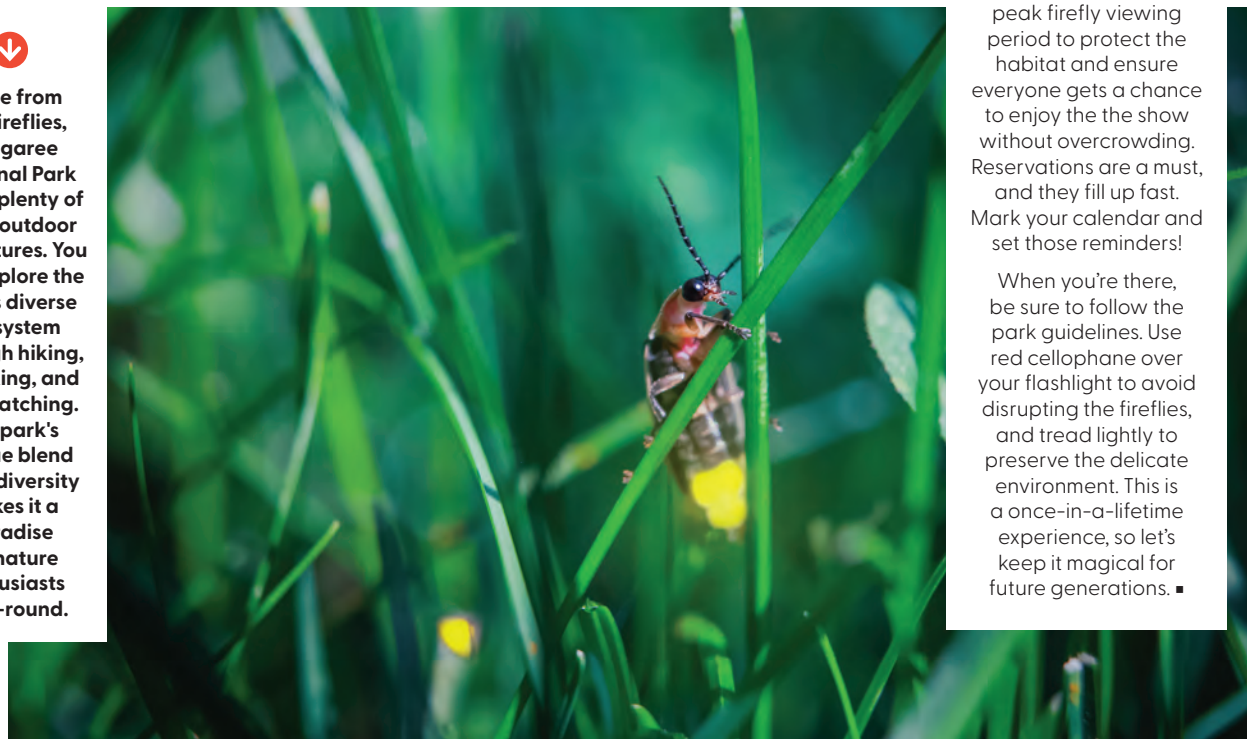
This enchanting spectacle happens once a year, typically between mid-May and mid-June. The park's old-growth bottomland hardwood forest becomes the stage for the fireflies' captivating light show. But it's not just any firefly performance—these are synchronous fireflies, which means they flash in unison. The result is a breathtaking, rhythmically pulsating light show that's nothing short of hypnotic.

So, what's the science behind this natural phenomenon? These fireflies, known as Photinus carolinus, synchronize their flashing patterns to attract mates. The males light up to impress the females, creating a dazzling display of bioluminescence. It's like nature's very own rave party, minus the DJ and neon paint.

Getting a front-row seat to this incredible show does require some planning. The park limits the number of visitors during the peak firefly viewing period to protect the habitat and ensure everyone gets a chance to enjoy the the show without overcrowding. Reservations are a must, and they fill up fast. Mark your calendar and set those reminders!

When you're there, be sure to follow the park guidelines. Use red cellophane over your flashlight to avoid disrupting the fireflies, and tread lightly to preserve the delicate environment. This is a once-in-a-lifetime experience, so let's keep it magical for future generations. ▪

Aside from the fireflies, Congaree National Park offers plenty of other outdoor adventures. You can explore the park's diverse ecosystem through hiking, kayaking, and birdwatching. The park's unique blend of biodiversity makes it a paradise for nature enthusiasts year-round.



creepy crawlers

Love them or hate them, spiders are an essential part of the wild, even in some of the most breathtaking places in America. National parks are home to countless creatures, including these misunderstood arachnids that silently contribute to the ecosystem. Whether they're weaving intricate webs or hunting down insects, spiders thrive in the same beautiful landscapes that draw millions of visitors each year. Here are a few surprising species to keep an eye out for:

TARANTULA

Big, hairy, and way less terrifying than they look, tarantulas are desert dwellers that you might spot in Joshua Tree or Big Bend. Fun fact: these nocturnal creatures spend most of their lives hiding underground and can live up to 30 years!

BLACK WIDOW

With its shiny black body and red hourglass marking, the black widow is one spider you'll want to admire from a distance. Found in places like Zion and Grand Canyon, their venom is potent, but bites are rare and rarely fatal.

HOBO SPIDER

Speedy and elusive, the hobo spider roams the Pacific Northwest, including parks like Olympic National Park. They don't spin webs to catch prey but actively hunt for their meals instead. While their bite can be irritating, they're not as dangerous as urban legends suggest.

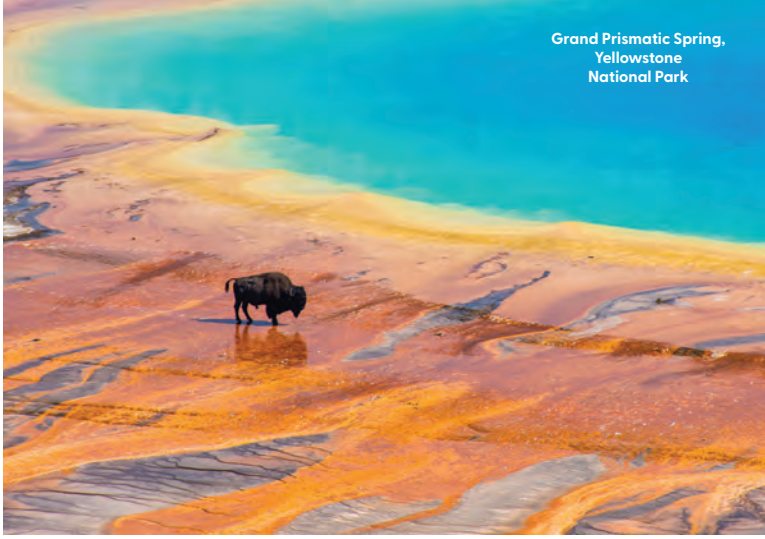
WOLF SPIDER

These agile hunters don't mess with webs—they chase down prey like the predators they are. You might spot them in places like Great Smoky Mountains or Yosemite.

Just remember, spiders are more afraid of you than you are of them, and they're doing the ecosystem a solid by keeping pests in check!

WHEN WE TUG ON A SINGLE THING IN NATURE WE FIND IT ATTACHED TO EVERYTHING ELSE. - JOHN MUIR

Cinder Cone, Lassen Volcanic National Park



Grand Prismatic Spring, Yellowstone National Park

hotspots uncovered

BY **PHYLLIS LANDERS**

There's something raw and untamed about a landscape shaped by fire and steam, and a few places across the U.S. feel like they're alive because of it. Volcanic craters, bubbling hot springs, and geysers that shoot water into the sky all have a story to tell, and it's not one you're going to find anywhere else.

LASSEN VOLCANIC NATIONAL PARK

CALIFORNIA

Often overshadowed by its more famous volcanic siblings, Lassen Volcanic National Park is a hidden gem. It's one of the few places on Earth where you can see all four types of volcanoes—shield, plug dome, cinder cone, and stratovolcano. Add to that the park's geothermal features like fumaroles, boiling springs, and steaming vents, and you've got yourself a geothermal wonderland minus the crowds.

YELLOWSTONE NATIONAL PARK

WYOMING, MONTANA & IDAHO

Yellowstone is the king of geothermal, boasting more geysers than anywhere else on Earth. Old Faithful might get the spotlight, but there are over 10,000 hydrothermal features scattered throughout the park, including colorful hot springs like the Grand Prismatic and mud pots that gurgle with a mind of their own. Underneath it all? A supervolcano waiting to blow (though, don't worry—scientists say you've got time).

HAWAI'I VOLCANOES NATIONAL PARK

HAWAII

Nothing says power like lava flowing into the ocean, and that's exactly what you'll find on the Big Island. Hawai'i Volcanoes is home to Kīlauea, one of the most active volcanoes on the planet. You can hike through fields of black lava rock, feel the heat, and maybe even catch a glimpse of lava doing its thing.

BONUS: It's one of the few places where the land is still growing.

Kilauea, Hawai'i Volcanoes National Park

Crater Lake National Park, Oregon

CRATER LAKE NATIONAL PARK
OREGON

Crater Lake National Park is best known for its jaw-dropping, deep blue water and dramatic volcanic landscape. But there's more to this iconic Oregon destination than just being easy on the eyes. Here are five facts you might not know about Crater Lake that make it even cooler.

AMERICA'S DEEPEST LAKE

Sure, you know Crater Lake is deep, but it's really deep. At 1,943 feet, it holds the title of the deepest lake in the United States. So, if you're thinking of dropping a line, better have some serious length on that reel.

NO RIVERS IN, NO RIVERS OUT

Crater Lake is a closed system, meaning no rivers or streams flow into or out of it. All that beautiful water comes from snow and rain, which means the lake is among the cleanest and clearest in the world.

HOME OF THE OLD MAN

Meet the Old Man of the Lake—a floating tree that's been bobbing around for over 100 years. This mysterious log moves across the water, riding the currents like it's got a mind of its own.

THE PHANTOM SHIP

Crater Lake has its own ghost ship. The Phantom Ship, a rock formation resembling a small, eerie vessel, can be spotted on the water and even lights up at sunrise or sunset.

IT'S ACTUALLY A VOLCANO

Crater Lake formed from the collapse of Mount Mazama, a volcano that erupted around 7,700 years ago. So, next time you're gazing at that glassy water, just remember—you're inside an ancient volcanic crater. ▪

BE FEARLESS IN THE PURSUIT OF WHAT SETS YOUR SOUL ON FIRE

The Fiery Spectacle of Yosemite's Glacier Point Firefall

Yosemite has always had a way of making you feel small in the best possible way, but the original Firefall was something else entirely. It was the stuff of legends.

Back in the day, every night from 1872 to 1968, visitors to Glacier Point were treated to a blaze of glory—literally. A bonfire of burning embers would be pushed off the cliff's edge, tumbling down like a fiery waterfall. The visual? Magic. The fire, glowing against the night sky, appeared to spill over the granite walls like molten lava. The custom drew crowds, with people gathering to watch this nightly inferno.

Though the original Firefall is no longer a fiery fixture, the awe it inspired lingers. Today's natural "Firefall," happening at Horsetail Fall, gives us a taste of that glow, as sunlight in February makes the waterfall look like it's ablaze.

For decades, nature and human ingenuity collided at Yosemite, reminding us that even in fire, beauty rises. ■

Horsetail Fall, Yosemite National Park

Smokey Bear is within us all.

For wildfire prevention tips, visit
SmokeyBear.com

ad COUNCIL

PITCH PERFECT

Get ready to pack your bags because we're taking you on a glamorously wild ride through some of America's most awe-inspiring national park campgrounds. Whether you're chasing starlit skies, jaw-dropping rock formations, or the serenity of the ocean's edge, these campsites are your ticket to the ultimate outdoor adventure.

Shenandoah National Park, Virginia

DESERT VIBES

DEVIL'S GARDEN CAMPGROUND

ARCHES NATIONAL PARK, UTAH

Arches National Park is basically a red-rock fantasyland, and Devil's Garden Campground puts you right in the middle of the action. At 5,200 feet above sea level, this site is a stargazing hotspot with a backdrop of cavernous arches and hoodoos. The diverse rock formations will leave you wondering if you've stepped onto another planet. Spoiler alert: you haven't, but it's close.

SUNSET CAMPGROUND

BRYCE CANYON NATIONAL PARK, UTAH

Bryce Canyon is not your average canyon—think of it more as a natural amphitheater set against a stunning high-altitude plateau. Sunset Campground gives you front-row seats to the show, with Sunset Point just a short stroll away. The striking red, orange, and yellow hues of the Claron Formation will have your Instagram followers green with envy. And if you're feeling extra adventurous, Zion National Park is just a 90-minute drive away.

NORTH RIM CAMPGROUND

GRAND CANYON NATIONAL PARK, ARIZONA

Let's be real—camping at the Grand Canyon is the stuff of bucket lists. The North Rim Campground, perched at 8,200 feet above sea level, offers epic views that will make every other campsite feel a little...meh. Ponderosa pines surround this secluded spot, and if you're lucky, you might just share your space with a curious mule deer or a shy coyote. For the best vantage points, aim for pitches 23, 24, or 29. Thank us later.

CEDAR PASS CAMPGROUND

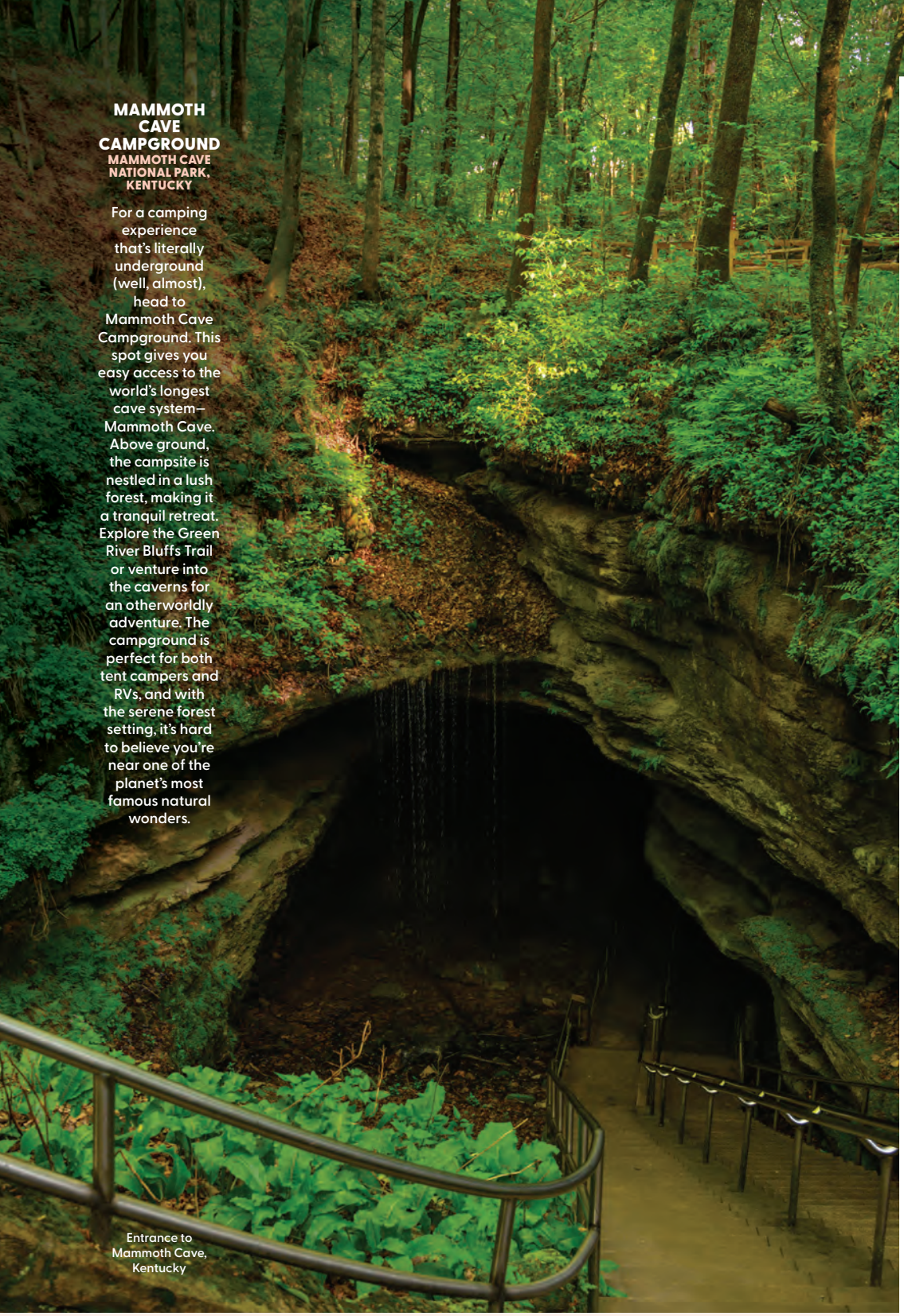
BADLANDS NATIONAL PARK, SOUTH DAKOTA

If you're all about dramatic landscapes, Cedar Pass Campground is your dream destination. Nestled in the eerie, otherworldly terrain of Badlands National Park, this site is a haven for stargazers and geology buffs alike. Towering sandstone ridges and a night sky free of artificial light make it a celestial paradise. Keep an eye out for ancient fossils or the local wildlife—yes, that includes American bison and pronghorn sheep. It's like camping in a prehistoric wonderland.

JUMBO ROCKS CAMPGROUND

JOSHUA TREE NATIONAL PARK, CALIFORNIA

Jumbo Rocks Campground is as cool as its name suggests. Nestled among the surreal rock formations of Joshua Tree National Park, this site is perfect for families and rock climbers alike. Kids will love scrambling over the enormous boulders, while you can kick back and soak in the desert vibes. With easy access to the park's top trails and a milder winter climate, it's an ideal escape from the summer heat.



Entrance to Mammoth Cave, Kentucky

MAMMOTH CAVE CAMPGROUND

MAMMOTH CAVE NATIONAL PARK, KENTUCKY

For a camping experience that's literally underground (well, almost), head to Mammoth Cave Campground. This spot gives you easy access to the world's longest cave system—Mammoth Cave. Above ground, the campsite is nestled in a lush forest, making it a tranquil retreat. Explore the Green River Bluffs Trail or venture into the caverns for an otherworldly adventure. The campground is perfect for both tent campers and RVs, and with the serene forest setting, it's hard to believe you're near one of the planet's most famous natural wonders.

RAINY LAKE CAMPGROUND

VOYAGEURS NATIONAL PARK, MINNESOTA

Voyageurs National Park is a water lover's paradise, and Rainy Lake Campground offers the perfect base for exploring it all. Set along the pristine waters of Rainy Lake, this site is ideal for those looking to kayak, fish, or simply enjoy the tranquility of Minnesota's stunning north woods. Campsites are boat-in only, adding to the adventure. Spend your days paddling through serene waters and your nights under a blanket of stars, far from the hustle and bustle of everyday life.

BIG MEADOWS CAMPGROUND

SHENANDOAH NATIONAL PARK, VIRGINIA

Shenandoah National Park's Big Meadows Campground is a must for anyone who loves sweeping mountain vistas and serene meadows. Located right on Skyline Drive, this campground is a paradise for hikers, with access to some of the park's most iconic trails, like the Appalachian Trail and Dark Hollow Falls. The area is rich with wildlife, so don't be surprised if you spot a deer or black bear wandering by. The nearby Byrd Visitor Center is a great spot to learn about the park's history and grab a map before setting off on your adventures.

THE CAVE YOU FEAR TO ENTER HOLDS THE TREASURE YOU SEEK.

JOSEPH CAMPBELL

Dry Tortugas National Park, Florida

GARDEN KEY CAMPGROUND

DRY TORTUGAS NATIONAL PARK, FLORIDA

Want to camp on a remote island surrounded by the sparkling blue sea? Garden Key Campground in Dry Tortugas National Park is the place to be. Located near the historic Fort Jefferson, this spot is a snorkeler's paradise. Dive into crystal-clear waters teeming with marine life and get up close to the fort's moat wall. Just a heads-up: it's a bit primitive, so bring your essentials and prepare for some rustic charm.

MORAINE PARK CAMPGROUND

ROCKY MOUNTAIN NATIONAL PARK, COLORADO

For views that will leave you breathless—literally—head to Moraine Park Campground in Rocky Mountain National Park. Set against a backdrop of peaks that tower up to 14,000 feet, this site offers the perfect blend of rugged beauty and wildlife encounters. Wildflower meadows, towering pines, and the occasional elk sighting make this spot a nature lover's dream. Don't forget to visit the nearby Beaver Meadows Visitor Center for a touch of architectural flair.

ROAM BEYOND CAMPSITE

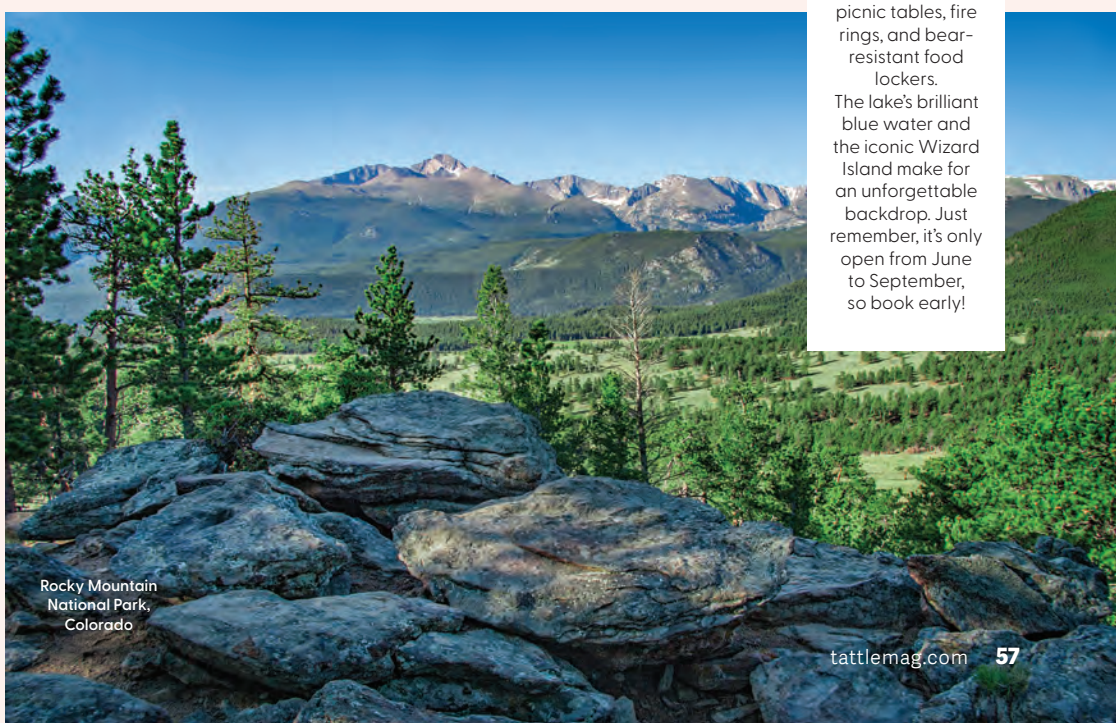
OLYMPIC NATIONAL PARK, WASHINGTON

If you love the idea of camping but hate the idea of roughing it, ROAM Beyond Campsite is your answer. These chic, wooden caravans nestled in a cedar-scented forest offer private bathrooms, stoves, and cozy fire pits. Located in the heart of Olympic National Park, it's a dream for hikers and nature lovers. Explore the lush Hoh Rainforest or take a stroll to Ruby Beach for some world-class bird watching. Sustainable glamping at its finest.

MAZAMA CAMPGROUND

CRATER LAKE NATIONAL PARK, OREGON

Situated in an ancient forest at 6,000 feet above sea level, Mazama Campground is your gateway to Crater Lake—the deepest lake in the U.S. This site has everything you need for a perfect camping trip, including picnic tables, fire rings, and bear-resistant food lockers. The lake's brilliant blue water and the iconic Wizard Island make for an unforgettable backdrop. Just remember, it's only open from June to September, so book early!



Rocky Mountain National Park, Colorado

Forest or Desert? The Great Family Camping Debate

When it comes to camping, the adventure changes drastically based on where you decide to pitch your tent. For families looking to dive into the great outdoors, the choice between camping in the woods or out in the desert isn't just about picking a scenic spot. It's about how you pack, prepare, and keep everyone happy. Let's break down the differences between the whispering trees and wide-open sands, and how to plan your next family camping trip like a pro.

Crater Lake National Park, Oregon

THE DESERT: NATURE'S SANDBOX

Desert camping is a whole different kind of wild. The sprawling landscape feels like another planet, with its dramatic cliffs, vast open skies, and the chance to see the Milky Way in all its glory. There's something magical about watching the sunset paint the sand orange and gold while sitting around a campfire.

The desert, however, demands respect. The days are hot, and the nights can get surprisingly chilly. When packing, be prepared for both extremes—sun protection during the day (think wide-brimmed hats and lots of sunscreen) and cozy layers for after the sun goes down. Water is your lifeline, so bring plenty of it, and don't forget to monitor the kids' hydration. While there are fewer bugs, the ones you'll find (scorpions, we're looking at you) can pack a punch, so always check your shoes before sliding them on.

THE FOREST: A GREEN PLAYGROUND

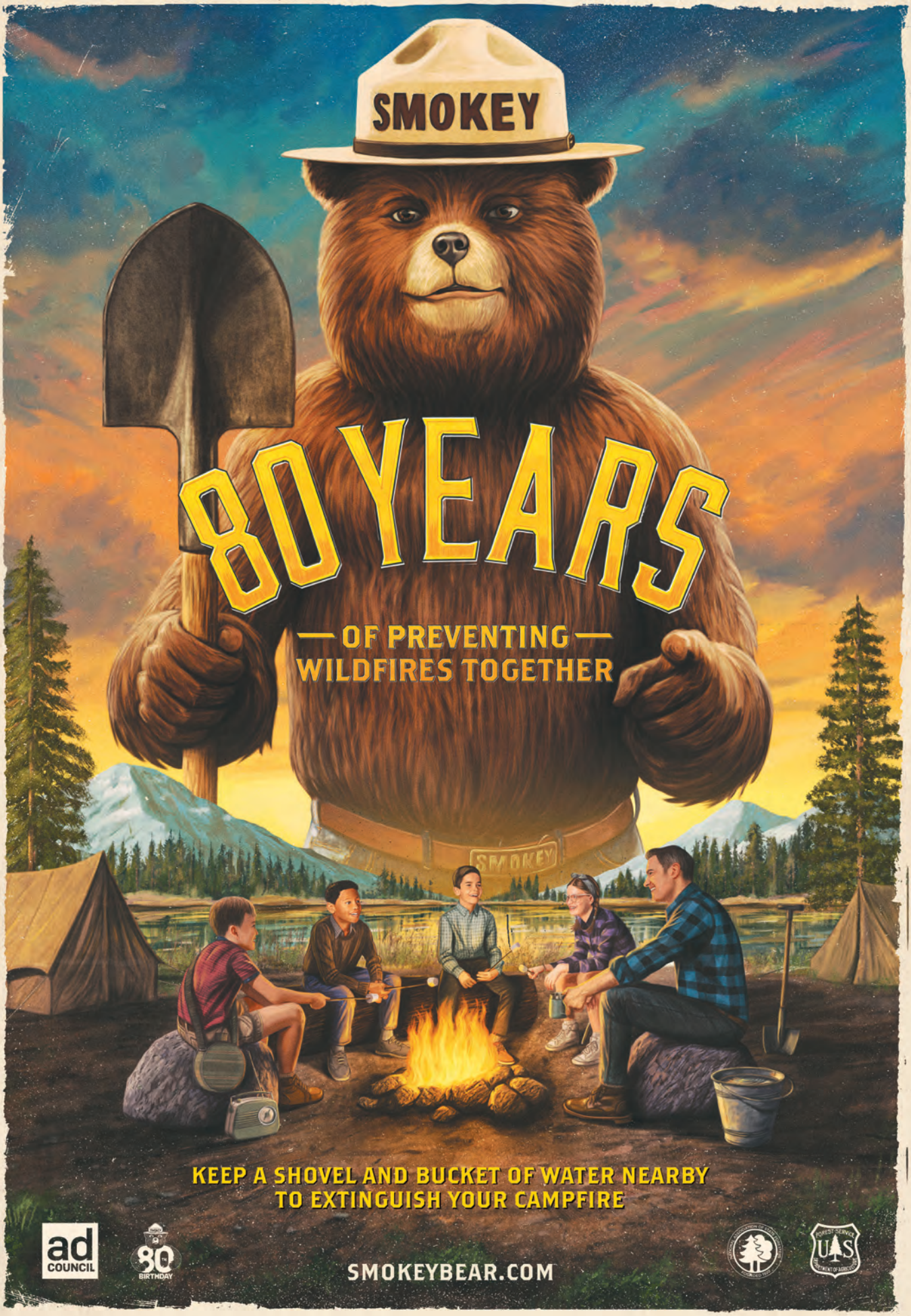
Camping in the woods is like nature's hug—cool, calming, and full of life. You'll be surrounded by trees that stretch for the sky, their leaves providing plenty of shade, perfect for young campers needing a break from the sun. Expect damp mornings with dew-covered tents, the scent of pine, and the soft sound of leaves crunching beneath your boots.

But forest camping does come with its own set of challenges. Rain is always a possibility, so you'll need waterproof gear—lots of it. Insects? Yes, plenty of them. So, pack that bug spray, citronella candles, and maybe even a mosquito net or two. Safety-wise, you'll want to be extra mindful of wildlife. Bears and raccoons are always on the lookout for snacks, so keeping food sealed and out of reach is essential.

WHICH IS RIGHT FOR YOUR FAMILY?

Both terrains offer a unique, memory-filled experience, but your family's style will likely dictate the best fit. Forest camping is generally more forgiving, especially for younger children who might need shade and cooler temps. Desert camping is a bit more rugged and suited for older kids or families looking to challenge themselves in a completely new environment. Either way, adventure is out there, waiting for your family to explore.

Bryce Canyon National Park, Utah


SMOKEY
80 YEARS
OF PREVENTING
WILDFIRES TOGETHER
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KEEP A SHOVEL AND BUCKET OF WATER NEARBY
TO EXTINGUISH YOUR CAMPFIRE
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Legends Lurking in the National Parks

National parks are full of wonders, but beyond the sweeping views and towering trees, they hold stories—legends that make even the bravest campers pull their sleeping bags a little tighter. From eerie spirits to creatures lurking in the shadows, these parks house more than just nature's beauty. Buckle up for a wild ride through six legendary tales that might just make you rethink that next park adventure.

SHENANDOAH NATIONAL PARK

THE LIGHTNING MAN

They say lightning never strikes twice, but don't tell that to Roy Sullivan. Known as "The Lightning Man," Roy was struck by lightning not once, not twice, but seven times during his 36 years as a park ranger in Shenandoah National Park. The odds? A mind-boggling 1 in 100 octillion. The real shocker is that he survived every single strike. He's even got a Guinness World Record to prove it. While Roy's story is more of an electrifying fact than a spooky tale, it's still a legend that sends sparks flying through the park's history.

HALEAKALĀ NATIONAL PARK

THE GREEN LADY

Legends in Hawaii have a way of sticking with you, and the Green Lady of Haleakalā is no exception. Covered in moss, leaves, and seaweed, she roams the park searching for her lost children. Desperate after an eternity of searching, she's not too picky about who she takes—legend says she'll snatch any child that crosses her path. So if you're hiking with kids, you might want to hold their hands a little tighter. It's probably just a myth... probably.

MAMMOTH CAVE NATIONAL PARK

HAUNTED CAVES

Mammoth Cave lives up to its name—it's the longest known cave system on Earth, with over 400 miles of tunnels and caverns. But those dark, winding paths aren't just famous for their size; they're also teeming with ghostly whispers. In the 1800s, Dr. John Croghan thought Mammoth Cave would make the perfect tuberculosis sanatorium (because nothing says healing like a damp, dark cave). Unsurprisingly, it wasn't a success, and some say the spirits of those unfortunate souls still roam the caverns. Feeling brave? Take a tour, but maybe stick close to the group—ghosts love stragglers.

JOSHUA TREE NATIONAL PARK

YUCCA MAN

Bigfoot's out, and Yucca Man is in. This desert-dwelling beast haunts the edges of Joshua Tree National Park, standing taller than the cacti with a smell worse than a wet dog in a heatwave. With tangled hair and burning red eyes, Yucca Man isn't exactly the welcoming committee you want while setting up camp. But locals will tell you he's not just confined to Joshua Tree—sightings have cropped up in the San Bernardino Mountains too. Whether he's a prankster or a predator, Yucca Man keeps hikers on their toes. Step lightly, or he might just pull a prank on you.

GREAT SAND DUNES NATIONAL PARK

ALIENS

If you're in the mood for a close encounter, head to the Great Sand Dunes. Nestled in the San Luis Valley, this park is a hotspot for UFO sightings—over 60 since 2000. People have reported glowing orbs, strange lights, and even unexplainable cattle mutilations. Some believe there's a portal to another universe hidden in the dunes, but hey, that's just a rumor, right? If you visit, keep your eyes on the skies. You might leave with more than just sand in your shoes.

OLYMPIC NATIONAL PARK

BIGFOOT

No list of legends is complete without the OG cryptid, Bigfoot. Olympic National Park is a prime spot for Bigfoot sightings, where towering trees provide perfect cover for this elusive giant. Standing at over eight feet tall with footprints to match, Bigfoot has been spotted here for decades. Witnesses report shadowy figures, eerie howls, and the occasional footprint larger than your hiking boot. Even if you don't see him, the stories alone add a touch of mystery to your Olympic National Park adventure. Keep your camera ready—Bigfoot loves playing hard to get.

Whether you believe in these legends or just enjoy a good spooky story, one thing's for sure: these parks hold secrets that are larger than life. So next time you're out exploring, keep your eyes peeled—because you never know what might be lurking just beyond the trees.

BIG FOOT
XING
DUE TO SIGHTINGS
IN THE AREA OF A
CREATURE RESEMBLING
"BIG FOOT" THIS SIGN
HAS BEEN POSTED
FOR YOUR SAFETY

NATIONAL PARKS WITH THE DARKEST SKYS

star struck

There's something magnetic about looking up at the night sky. It's vast, it's endless, and if you're lucky enough, you'll catch a glimpse of something out of this world. National parks are home to some of the darkest skies in the country, making them prime real estate for stargazing. So, pack a blanket, grab some cocoa, and let's map out a few of the national parks where the stars shine brightest.

BRYCE CANYON NATIONAL PARK

LOCATION
Utah

BORTLE SCALE RATING
Class 2

BEST TIME
Late summer, when the Milky Way is visible.

WHY IT'S THE BEST
Bryce's otherworldly hoodoos seem like nature's telescopes, pointing to a sky untouched by light pollution.

THE DARKEST NIGHTS PRODUCE THE BRIGHTEST STARS

Big Bend National Park

BIG BEND NATIONAL PARK

LOCATION
Texas

BORTLE SCALE RATING
Class 1—some of the darkest skies in the U.S.

BEST TIME
Winter months when humidity is low, and the stars feel almost within reach.

WHY IT'S THE BEST
Over a million acres of rugged desert and river canyons, with zero light pollution.

GRAND CANYON-PARASHANT NATIONAL MONUMENT

LOCATION
Arizona

BORTLE SCALE RATING
Class 1—pitch-black perfection.

BEST TIME
Spring, when the desert air is crisp and clear.

WHY IT'S THE BEST
A remote part of the Grand Canyon that feels like it's on the edge of the universe.

JOSHUA TREE NATIONAL PARK

LOCATION
California

BORTLE SCALE RATING
Class 2

BEST TIME
Fall, when the heat mellows out and the sky is sharp.

WHY IT'S THE BEST
With its distinct Joshua Trees and sweeping skies, it's a stellar night show waiting to happen.

DEATH VALLEY NATIONAL PARK

LOCATION
California & Nevada

BORTLE SCALE RATING
Class 1

BEST TIME
Winter nights when the cool air keeps the sky clear.

WHY IT'S THE BEST
The stars pop like diamonds in the driest place in North America.

CANYONLANDS NATIONAL PARK

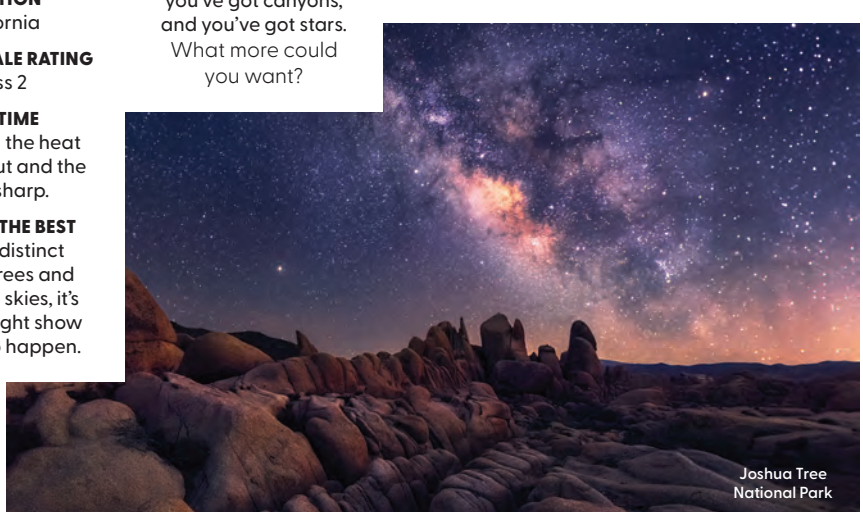
LOCATION
Utah

BORTLE SCALE RATING
Class 2

BEST TIME
Early summer, when the stars stretch across the canyons.

WHY IT'S THE BEST
You've got arches, you've got canyons, and you've got stars. What more could you want?

Canyonlands National Park



Joshua Tree National Park

GREAT BASIN NATIONAL PARK

LOCATION
Nevada

BORTLE SCALE RATING
Class 1

BEST TIME
Late summer for meteor showers galore.

WHY IT'S THE BEST
Known for being one of the most isolated parks in the U.S. and having prime conditions for stargazing.

GLACIER NATIONAL PARK

LOCATION
Montana

BORTLE SCALE RATING
Class 2

BEST TIME
Late summer, especially during new moons.

WHY IT'S THE BEST
Vast, wild, and starlit. Glacier's night sky is as jaw-dropping as its peaks.

A STAR DOES NOT COMPETE WITH OTHER STARS AROUND IT; IT JUST SHINES

ACADIA NATIONAL PARK

LOCATION
Maine

BORTLE SCALE RATING
Class 3, but still stunning.

BEST TIME
Fall, with crisp skies and fewer tourists.

WHY IT'S THE BEST
The Atlantic horizon gives the perfect stage for a starry night performance.

BLACK CANYON OF THE GUNNISON NATIONAL PARK

LOCATION
Colorado

BORTLE SCALE RATING
Class 2

BEST TIME
Spring when the skies are calm, and the Milky Way is visible.

WHY IT'S THE BEST
The park's remote location means unobstructed views of the night sky.

Acadia National Park, Maine

GO FURTHER THAN YOU PLANNED. ASK FOR THE MOON. YOU WILL BE SURPRISED HOW OFTEN YOU GET IT. - PAULO COELHO

CUYAHOGA VALLEY SCENIC RAILROAD
OHIO

For a Midwest escape, hop on the Cuyahoga Valley Scenic Railroad. This relaxing ride through Cuyahoga Valley National Park offers serene views of woodlands, rolling hills, and the winding Cuyahoga River. It's a peaceful retreat from the hustle and bustle.

ride the scenic rails

BY **PHYLLIS LANDERS**

If you're craving an adventure that pairs the charm of vintage locomotives with the awe-inspiring beauty of national parks, you're in for a treat. Buckle up—or rather, settle into a plush train seat—as we take you on a ride through the best train journeys that showcase the splendor of America's national parks.

ALASKA RAILROAD
ALASKA

For those who like their wilderness rugged and untamed, the Alaska Railroad's Denali Star route is a dream come true. Travel from Anchorage to Fairbanks, passing through the majestic Denali National Park. Keep your eyes peeled for moose, bears, and the towering Denali peak.

AMTRAK'S COAST STARLIGHT
CALIFORNIA TO WASHINGTON

Roll along the scenic West Coast with Amtrak's Coast Starlight. This route from Los Angeles to Seattle offers stunning views of the Pacific Ocean, lush forests, and the Cascade Range. You'll get a taste of several national parks, including Crater Lake and Mount Rainier.

CUMBRES & TOLTEC SCENIC RAILROAD
COLORADO/ NEW MEXICO

Step back in time with the Cumbres & Toltec Scenic Railroad. This narrow-gauge steam train winds through the San Juan Mountains, crossing the Colorado-New Mexico border. It's an unforgettable ride through history and jaw-dropping scenery.

DURANGO & SILVERTON NARROW GAUGE RAILROAD

COLORADO

Another Colorado gem, the Durango & Silverton Narrow Gauge Railroad, whisks you through the San Juan National Forest. This vintage steam train has been operating since 1882 and offers unbeatable views of alpine meadows and rugged peaks.

GREAT SMOKY MOUNTAINS RAILROAD

NORTH CAROLINA

Chug through the misty, mystical Smokies with the Great Smoky Mountains Railroad. Departing from Bryson City, this journey offers picturesque views of Fontana Lake, lush valleys, and the stunning Nantahala Gorge. Perfect for a romantic getaway or a family adventure.

AMTRAK'S EMPIRE BUILDER

CHICAGO TO SEATTLE

Experience the grandeur of the northern U.S. with Amtrak's Empire Builder. This route takes you from Chicago to Seattle, passing through Glacier National Park. With views of pristine forests, crystal-clear lakes, and snow-capped mountains, it's a nature lover's paradise.

ROCKY MOUNTAINEER

CANADA

Okay, we're bending the rules a bit, but the Rocky Mountaineer is worth the trip across the border. This luxury train ride through the Canadian Rockies offers spectacular views of Banff and Jasper National Parks. Plus, the onboard service is top-notch.

GRAND CANYON RAILWAY
ARIZONA

The Grand Canyon Railway transports you from Williams, Arizona, to the South Rim of the Grand Canyon. Expect breathtaking views, live music, and even a staged train robbery. All this fun with zero hiking boots required!

YOSEMITE MOUNTAIN SUGAR PINE RAILROAD
CALIFORNIA

Last but not least, the Yosemite Mountain Sugar Pine Railroad is a must for any Yosemite fan. This historic steam train takes you through the Sierra National Forest, right near Yosemite National Park. Enjoy a blend of natural beauty and fascinating history on this charming ride.

we will
be known
forever
by the
tracks
we
leave
dakota
proverb

KERNEL COUNT

An interesting fact about corn on the cob is that each ear typically has an even number of rows—usually around 16—and each kernel is attached to a single strand of silk! Corn plants naturally follow this mathematical pattern, making it one of nature's neat little quirks.

The Kernel Truth: Why Corn Deserves a Spot in Your Diet

Sure, corn might not have the buzz of avocado toast or kale smoothies, but let's give credit where it's due. This little yellow legend is more than just the star of your backyard cookout—corn's packing serious health benefits.

FIBER, AND LOTS OF IT

Corn is like the friend that keeps you grounded. Loaded with fiber, it helps your body stay on track in more ways than one. If your digestive system could send thank-you notes, it would.

EYE CANDY (FOR REAL)

Fun fact: Those sunny kernels are loaded with lutein and zeaxanthin. Translation? Corn's got your back when it comes to eye health. Staring at screens for hours? Corn's got a built-in defense system for your peepers

HEART HELPER

Corn isn't just good at making popcorn—it's also good for your heart. The fiber can help lower cholesterol, while potassium levels work to keep your blood pressure in check. It's a win-win for your ticker!

ENERGY IN KERNEL FORM

Need a quick pick-me-up? Corn is rich in carbohydrates, making it a natural energy booster. Whether it's for a mid-day slump or a pre-workout snack, a little corn can go a long way in keeping you fueled and fabulous. ▪

KEEPING THINGS CORNY FOR CENTURIES

The humble corn on the cob has inspired some truly quirky inventions! From Mary Donnelly's 1897 "Corn-Fork" to the 1979 "cornscrew" that makes eating easier for everyone, there's a corn-ucopia of tools to keep your fingers butter-free. But if all else fails, just follow 1920s etiquette and cut those kernels off!

BUTTER BOOSTS FOR YOUR CORN

HONEY CINNAMON BUTTER

Stir together butter, honey, cinnamon, and a dash of sea salt for a sweet, rich spread that pairs perfectly with the natural sweetness of corn.

SMOKY CHILI-LIME BUTTER

Mix butter with smoked paprika, chili powder, lime zest, and a squeeze of fresh lime juice. This gives your corn a smoky, zesty kick.

GARLIC HERB BUTTER

Blend softened butter with minced garlic, chopped parsley, and a pinch of sea salt. Spread it over hot corn for a savory, fresh flavor with every bite.

corn ribs

INGREDIENTS

4 ears of corn
2 T olive oil
1 t smoked paprika
1 t garlic powder
salt & pepper, to taste

DIRECTIONS

1 Preheat oven to 400°F.

2 Cut off the ends of each ear of corn, then carefully slice each ear into quarters lengthwise, creating "ribs." (Tip: Use a sharp knife and gently rock it back and forth for a clean cut.)

3 Toss corn with olive oil, paprika, garlic powder, salt, and pepper.

4 Arrange on a baking sheet. Bake for 20-25 minutes, until golden and crisp.

chipotle mayo sauce

Mix ½ cup mayo, 1 tbsp lime juice, 1 tsp chipotle paste, and a pinch of salt. Stir until smooth and serve alongside corn ribs for a smoky kick.

zucchini & corn fritters

INGREDIENTS

2 medium zucchinis, grated
1 c canned corn, drained (or fresh if in season)
2 eggs, beaten
½ c all-purpose flour
½ c grated Parmesan cheese
2 green onions, finely chopped
2 cloves garlic, minced
1 t baking powder
½ t paprika
salt and pepper to taste
olive oil for frying

DIRECTIONS

1 Grate the zucchinis and place them in a clean kitchen towel or cheesecloth. Squeeze out as much excess moisture as possible to prevent soggy fritters.

2 In a large bowl, combine the grated zucchini, corn, eggs, flour, Parmesan cheese, green onions, garlic, baking powder, paprika, salt, and pepper. Mix until everything is well combined.

3 In a large skillet, heat about 2 tablespoons of olive oil over medium heat.

4 Scoop 2-3 tablespoons of batter per fritter into the pan, flattening slightly with the back of a spoon. Cook for 2-3 minutes per side, or until golden brown and crispy. Fry in batches, adding more oil as needed.

5 Once cooked, transfer the fritters to a plate lined with paper towels to drain excess oil.

6 Serve with a dollop of sour cream, lemon basil aioli or a sprinkle of fresh herbs like parsley or dill.

LEMON BASIL AIOLI

Mix ½ cup mayonnaise, 1 minced garlic clove, 1 tablespoon fresh lemon juice, and 1 tablespoon finely chopped basil. Add a pinch of salt and pepper to taste. Stir well and refrigerate for 30 minutes to let the flavors blend.

grilled corn & quinoa bowl

INGREDIENTS

1 c quinoa
2 ears fresh corn, grilled and kernels cut off the cob
½ c diced red onion
1 can (15 oz) black beans, rinsed and drained
1 t cumin
¼ t smoked paprika
salt and pepper, to taste
¼ c chopped cilantro
1 avocado, diced

DIRECTIONS

1 Cook quinoa according to package instructions, then set aside to cool.

2 Grill the fresh corn until slightly charred, then cut the kernels off the cob.

3 In a large bowl, combine the cooked quinoa, grilled corn, diced red onion, and black beans.

4 Season the mixture with cumin, smoked paprika, salt, and pepper.

5 Toss everything together and top with chopped cilantro and diced avocado.

6 Serve chilled or at room temperature for a light, flavorful meal.

ham & potato soup

INGREDIENTS

1 T olive oil
1 medium yellow onion, diced
garlic cloves, minced
4 c peeled and diced potatoes (Yukon Gold or Russet)
1 ½ c cooked ham, diced
1 c fresh or frozen corn kernels
4 c chicken broth
1 c heavy cream
½ t smoked paprika
1 t fresh thyme leaves (plus extra for garnish)
salt and pepper, to taste
2 T unsalted butter
green onions for garnish, sliced (optional)

DIRECTIONS

1 In a large pot, heat olive oil over medium heat. Add the diced onion and garlic, cooking until softened and fragrant, about 3-4 minutes.

2 Stir in the diced potatoes and ham. Sauté for another 2-3 minutes to combine flavors.

3 Add the corn kernels, chicken broth, smoked paprika, and fresh thyme. Bring the mixture to a boil, then reduce to a simmer. Cover and cook for about 15-20 minutes, or until potatoes are tender.

4 Use an immersion blender to blend a portion of the soup for a creamier texture, leaving some potato chunks intact. Alternatively, transfer about 1-2 cups of the soup to a blender, purée, and return it to the pot.

5 Stir in the heavy cream and butter, cooking for another 5 minutes until heated through. Season with salt and pepper to taste.

6 Ladle into bowls and garnish with fresh thyme and green onions if desired.

Corn Prep Peeler
OXO, **$13**

Automatic Stirring 12-cup Popcorn Maker Popper
Elite Gourmet, **$26**

Spiral Corn Holders
Mr. Bar-B-Q, **$10**

Salt and Pepper Shakers
tag LTD, **$18**

LET'S GET COOKIN'

Looking for kitchenware to help you create the recipes in this issue or products that are just inspired by what's in season? We've got you!

Ceramic Butter Bowl with Handle
tag LTD, **$20**

Soup Mug
LuctoPottery, **$30**

CORN MAZE ERA

TWISTS AND TURNS

Corn mazes are more than just an excuse to get lost—they've got roots (pun intended) in history, myth, and modern creativity. Here are a few kernels of knowledge you might not have picked up along the way:

ANCIENT ORIGINS

While today's corn mazes are a fall favorite, the idea goes back to ancient Greece, inspired by the legendary labyrinth that held the Minotaur.

WORLD RECORD HOLDER

The largest corn maze in the world covers a staggering 60 acres in Dixon, California. That's about 45 football fields worth of winding paths.

GPS-DESIGNED MAZES

Modern corn mazes are often mapped out using satellite technology to create intricate designs—no guesswork here!

A-MAZE-ING POP CULTURE

Many corn mazes pay homage to pop culture, featuring designs that depict everything from famous musicians to movie scenes.

It's the season where cornfields become canvases, and this year, it's all about folklore, cryptids, and a touch of enchantment. From Bigfoot sightings to Taylor Swift serenades, here are the corn mazes across the U.S. that are turning autumn strolls into adventures. Grab your boots, lace up, and get lost.

WHEELER FARMS

Whitehouse, Ohio

Maze Theme: Taylor Swift

Wheeler Farms has outdone itself with a 16-acre maze inspired by Taylor Swift's iconic imagery. This cornfield is decked out with heart-shaped hands, the number 1989, and a nod to the "1989" album. Perfect for die-hard Swifties and fall-lovers alike.

wheelerfarms.com

MARYLAND CORN MAZE

Gambrills, Maryland

Maze Theme: Taylor Swift

This maze features a 300-foot guitar, musical notes, and Swift's signature heart hands. The farm also has a live performance, "Taylor Swift Experience," plus themed goodies like "Lavender Haze" lemonade.

mdcornmaze.com

BIGFOOT CORN MAZE

Nottingham, Pennsylvania

Maze Theme: Bigfoot

Legend has it that Bigfoot roams the dense forests of Pennsylvania... or at least the cornstalks. This 10-acre maze is a monstrous nod to the mythical creature, full of twists, turns, and maybe even a sighting of the big guy himself (if you're lucky). Can you track him down?

bigfootcornmaze.com

HONEYSUCKLE HILL FARM

Springfield, Tennessee

Maze Theme: Luke Bryan

Crank up the country music and dive into a maze that's as all-American as it gets. This Tennessee farm brings Luke Bryan's down-home vibes to life, complete with country crooning in the background while you wind your way through rows of corn. Get ready to "Kick the Dust Up" in more ways than one.

honeysucklehillfarm.com

SIDHU FARMS

Puyallup, Washington

Maze Theme: BigFoot

Bigfoot takes a trip to the Pacific Northwest at Sidhu Farms, where Sasquatch might just be lurking behind the next cornstalk. Washington's legendary mascot fits right into this field of mazes, daring you to go off the beaten path. But keep your eyes peeled—you never know what might be watching.

sidhufarm.org

RICHARDSON ADVENTURE FARM

Spring Grove, Illinois

Maze Theme: John Deere

A salute to America's most iconic green tractor, this maze is a slice of Midwestern pride. Whether you're a farmer at heart or just looking to experience the great outdoors, Richardson Adventure Farm offers a chance to wind your way through a tractor-tastic design. Fields of green and gold await.

richardsonfarm.com

FORNERIS FARMS

Mission Hills, California

Maze Theme: Peanuts 75th Anniversary

Celebrate the legacy of Charles Schulz and the gang at LA County's longest-running corn maze. This 4-acre tribute to Peanuts features towering 10-foot-high cornstalks, designed to honor 75 years of the world's most beloved comic strip. It's an hour of wandering and wondering as you follow the path of Charlie Brown and friends. After all, "Happiness is... a corn maze!"

fornerisfarm.com

Playlist #2: Corn Maze Era

willow
Taylor Swift

From the Dining Table
Harry Styles

As the World Caves In
Matt Maltese

this is me trying
Taylor Swift

Witches
Alice Phoebe Lou

Sweater Weather
The Neighbourhood

Landslide
Fleetwood Mac

august
Taylor Swift

Wildfire
Seafret

Northern Downpour
Panic! At The Disco

Stick Season
Noah Kahan

Flowers in Your Hair
The Lumineers

Moonshine
Hippo Campus

Landmine
Post Malone

Fortnight (feat. Post Malone)
Post MaloneTaylor Swift

You can find the entire **Corn Maze Era** playlist on Tattle's Spotify profile

Greens Do Good

Tucked away in Hackensack, New Jersey, is a small but mighty force that's changing the landscape of food and farming. Greens Do Good is a hydroponic farm on a mission, and it's not just about growing fresh greens—though, trust us, they're some of the freshest. They're growing opportunity, empowerment, and inclusion for individuals with autism.

By embracing sustainable farming methods, Greens Do Good isn't just reducing its environmental footprint—it's creating meaningful work and training for people with autism. Every leafy green that leaves the farm has been nurtured with purpose, filling both tables and hearts.

As seen on Farm Dreams on Nat Geo Wild, Greens Do Good shows how food can be a vehicle for change. The organization is proof that agriculture doesn't have to choose between doing well and doing good. It can do both.

So next time you think about where your food comes from, consider that what's on your plate might just be making the world a better place—one leafy green at a time. ▪

Indy with members of Greens Do Good team, Finn, Matt, Ty, Jen, and Chantelle pose in front of a cart of lettuce.

A view of basil growing indoors.

PHOTOS COURTESY OF NATIONAL GEOGRAPHIC/DAVE MINERVA

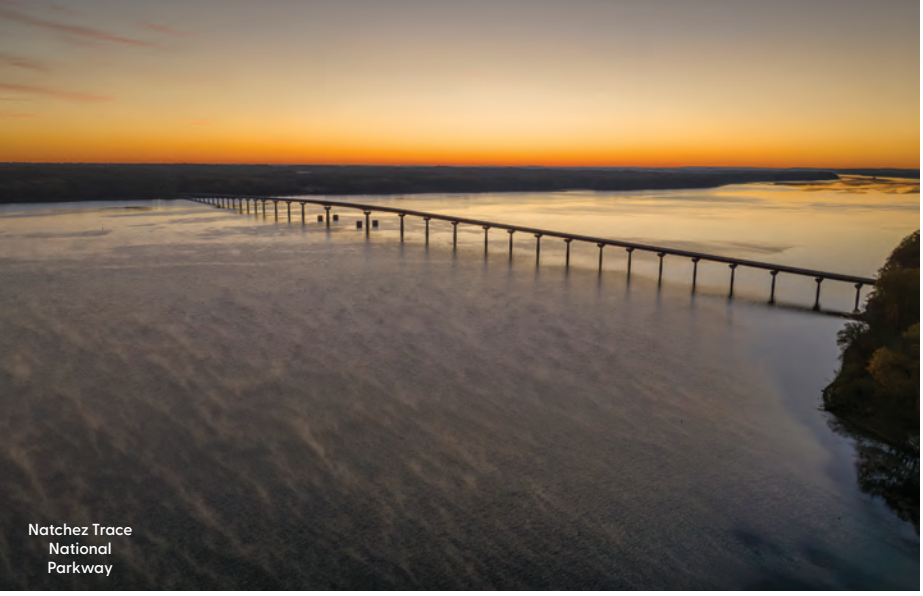
Indy, Matt, and Finn measure and cut pipes.

Streaming now on Disney+

road trips
aren't measured by
mile markers,
but by
moments

PARKWAY PARADISE

Some roads are just built different. The kind where you're not in a hurry to get anywhere because every mile looks like a screensaver. Buckle up for parkways that make driving feel like a getaway.



Natchez Trace National Parkway

NATCHEZ TRACE PARKWAY

MISSISSIPPI TO TENNESSEE

This 444-mile scenic drive is steeped in history, tracing Native American paths and old trade routes. Nature lovers will relish the lush landscapes, waterfalls, and hiking trails, while history buffs can explore centuries-old burial mounds. Elvis fans, swing by Tupelo to get a glimpse of The King's birthplace. Everyone else, enjoy the ride.

Shenandoah National Park

SKYLINE DRIVE

VIRGINIA

For when you want nature but not a long drive. Skyline Drive runs 105 miles through Shenandoah National Park. Expect epic mountain views, plus black bears and wild turkeys that might just give you the side-eye as you pass. And hey, if you time it right, those sunsets? *Chef's kiss.*

BLUE RIDGE PARKWAY

VIRGINIA & NORTH CAROLINA

Dubbed "America's Favorite Drive," the Blue Ridge Parkway offers a 469-mile winding route through the Appalachian Mountains. It's a kaleidoscope of color in the fall, a haven for wildflower enthusiasts in spring, and a photographer's dream year-round.

What sets Skyline Drive apart from the Blue Ridge Parkway?

Skyline Drive stretches 105 miles through the heart of Shenandoah National Park. It meets the Blue Ridge Parkway at Afton Mountain in Virginia, where Skyline continues north, and the Parkway extends south.

KANCAMAGUS HIGHWAY

NEW HAMPSHIRE

Known as "The Kanc," this 34-mile drive through the White Mountains National Forest is famous for vibrant fall foliage, rugged mountain scenery, and scenic pull-offs perfect for hiking, picnicking, and waterfall views.

GOING-TO THE-SUN ROAD

MONTANA

The name pretty much says it all. Going-to-the-Sun Road is 50 miles of mountain magic through Glacier National Park. Lakes, glaciers, and jaw-dropping scenery all within arm's reach of your steering wheel. Stop at Logan Pass for a stretch and some alpine air. You won't regret it.

ROAD TRIP TIPS

PACK LAYERS

Weather changes fast in the mountains—be ready for anything.

FILL UP OFTEN

Some parkways are remote, and gas stations can be few and far between.

DOWNLOAD MAPS

Cell service can be spotty, so save your route ahead of time.

KEEP SNACKS HANDY

Because no one likes a hangry road tripper.

TAKE BREAKS

Stretch your legs, snap photos, and soak in the scenery. It's a journey, not a race.

WE DONT INHERIT THE EARTH FROM OUR ANCESTORS, WE BORROW IT FROM OUR CHILDREN. - NATIVE AMERICAN PROVERB

A PERFECT PARK WEEKEND

BY **LIZ MONTGOMERY**

The national parks offer more than just sweeping landscapes; they're playgrounds for families looking to unplug and reconnect with nature and each other. If you're thinking about spending a weekend exploring the wonders of the U.S.'s finest wilderness, here's how to make the most of it—and have a blast with the whole family.

Laurel Falls, Smoky Mountains National Park

A perfect park weekend isn't just about the views—it's about the memories you create as a family, laughing, exploring, and embracing nature, one park at a time.

Smoky Mountains National Park

WAKE UP AND WANDER

Start your Saturday morning with a sunrise hike. Easy enough to manage with kids but scenic enough to make it feel like you've stumbled into a movie set. Great Smoky Mountains is perfect for this, offering short, gentle trails like Laurel Falls, where you can walk hand-in-hand with your littles and still soak in that waterfall magic. The fresh air makes even the crankiest of morning personalities crack a smile.

LET THE GAMES BEGIN

Forget about iPads. At these parks, the best games come with zero screen time. Try a family scavenger hunt to spot unique wildlife or landmarks—bonus points for whoever can find an oddly shaped tree. Shenandoah National Park is ideal for this, with its woodland creatures and hidden spots along Skyline Drive. You can even add a twist by having everyone draw or journal their findings, making it both a creative and educational adventure.

Bryce Canyon National Park

LUNCH WITH A VIEW

No family weekend in the park is complete without a picnic. Find a scenic spot, lay out the blanket, and dig into some pre-packed goodies with sweeping vistas around you. Mount Rainier's Paradise area offers breathtaking backdrops, where lunch feels more like a postcard-worthy experience. Let the kids run free while you sneak in that extra slice of sandwich.

SPLASH AROUND TOGETHER

National parks aren't just about mountains and forests. Some, like the Virgin Islands National Park, come with sandy beaches and crystal-clear waters perfect for a family swim. Spend your afternoon snorkeling, paddleboarding, or just splashing in the shallows together. It's not every day you can say you swam in a national park.

STARGAZE AND SHARE STORIES

As the day winds down, gather around a campfire or stretch out under the stars. Parks like Bryce Canyon offer dark skies perfect for stargazing. Teach the kids about constellations, or invent your own! Make up stories, roast marshmallows, and bask in the simplicity of togetherness.

FAMILY FRIENDLY PARKS

Discover the best under-the-radar national parks for family fun.

CUYAHOGA VALLEY NATIONAL PARK
OHIO

Nestled between Cleveland and Akron, this park is full of easy, family-friendly trails, waterfalls, and even a scenic railroad. Perfect for a laid-back adventure with the kids, with just enough nature to keep everyone entertained.

CONGAREE NATIONAL PARK
SOUTH CAROLINA

A hidden gem, this park offers a unique swamp ecosystem that families can explore via boardwalks and flat trails. Look for wildlife, canoe down the rivers, or just enjoy the peace of the towering trees.

BRYCE CANYON NATIONAL PARK
UTAH

With its towering red rock spires, Bryce feels like another planet. Luckily, the easygoing Rim Trail offers stellar views without wearing out the kids. Stargazing here is also next-level.

VOYAGEURS NATIONAL PARK
MINNESOTA

If your family loves water, this park is all about lakes and canoeing. It's off the beaten path, making it a peaceful spot for families who want to explore a water-filled adventure without the crowds.

Congaree National Park South Carolina

Bryce Canyon National Park near Victoria's Garden, Utah

MAY YOUR DREAMS BE LARGER THAN
MOUNTAINS AND MAY YOU HAVE THE COURAGE TO SCALE THEIR SUMMITS. – HARLEY KING

jonathan BERGMAN

Actor Jonathan Bergman goes behind the scenes of his latest role in the Apple TV+ series *Me* and talks about the power of resilience and finding strength in the right people.

PHOTOS COURTESY OF BRIAN JONES PHOTOGRAPHY

PIECE OF ADVICE TO LIVE BY

I like to believe that it is totally okay to be different. My interests are different than a lot of kids my age and that's totally fine. I've been acting since I was about nine... when I was in third grade, and it's what I've been continuing to do because I enjoy it. I don't think it matters what other people think as long as you enjoy what you're doing.

Ben, played by Lucian-River Chauhan (left) and Owen, played by Jonathan Bergman (right) in "*Me*," now streaming on Apple TV+.

PHOTOS COURTESY OF APPLE TV+

Tattle Magazine: Tell us a little about the series *Me* on Apple TV+.

Jonathan Bergman: So, the series *Me* follows this 12-year-old boy, Ben, who is now part of the new school. He has a new stepdad, a new step-sister, and something that adds to the challenges he's facing is that he realizes he has supernatural powers, which is shape-shifting... and throughout the series, he tries to figure out who he wants to be.

TM: What drew you to your character in *Me*, and how did you approach bringing them to life on screen?

JB: I feel I related to the character quite a bit. When I was in fifth grade, I was bullied a bit for my height. Approaching the character, I kind of knew what he was going through. So, I acted the same way I acted while I was in fifth grade... while being bullied in fifth grade... I feel I was able to relate to the character very well and with my experience, it was much easier to bring the character to life.

TM: Did the role challenge you to step out of your comfort zone?

JB: Well, because I had a lot of experience with it, I was really comfortable with everything that was happening. I was really comfortable with the tray being flipped. I was comfortable with all of it because I had the experience with it... and even in the wardrobe, I felt that my character was a bit awkward. I mean, he would dress like pretty normal clothes, but he always had these super long socks. I was homeschooled throughout middle school, so thankfully I didn't have it as tough as Owen, but in fifth grade all of my friends weren't in my class... so I had like a glimpse of feeling alone and I was able to relate to the character a lot.

TM: That's a tough feeling to experience... What do you hope other students who might be bullied in school take away from the experiences your character has faced on the series?

JB: I hope they could take away from the fact that they're not alone. Owen ends up telling his parents about what happened and they help teach him how to stick up for himself. Earlier in the series he pretty much had nobody... he was alone, he was like a loner and he didn't have a lot of trust in other people. Later on he ended up meeting these kids who helped him feel like the bully wasn't as much of a threat. They really helped him overcome a bunch of challenges. So long story short, I just hope that they can figure out how to stick up for themselves and they find the right people to hang out around.

TM: Was there a particular moment or part of the story of *Me* that inspired you on a personal level?

JB: Owen goes through a lot of development through the show, like I said, he started off alone and I really like how later on he ends up finding his people and he doesn't feel as weak when it comes to being bullied. He has a new form of self-confidence. He becomes a lot happier because he found the right people. I feel like this is very true, because I was homeschooled throughout all of middle school and going into high school, I knew almost nothing about it, but ended up finding the right people who helped me get through freshman year. I feel finding the right people is really a huge step to making you feel happier with what you're going through.

TM: I agree... outside of the series *Me*, is there a character you have portrayed that had a significant impact on your life or inspired you differently?

JB: Yes, so I played a child walker in season 11 of *The Walking Dead*. I was a huge fan of *The Walking Dead* for years. I had all the comics; I watched all the seasons up until that point and it was pretty much a dream come true. It was such a unique experience... with all the makeup that was put on, the way I acted, the set pieces... Lauren Cohan and Greg Nicotero were so nice... overall, it was such an amazing experience. It was totally different than any other role I've played, and it was really a dream come true. ▪

A STAR DOES NOT COMPETE WITH OTHER STARS AROUND IT. IT JUST SHINES.
- MATSHONA DHLIWAYO

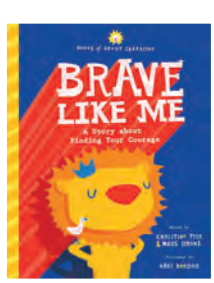
raising brave hearts

BY **LIZ MONTGOMERY**

Courage isn't just about knights in shining armor or superheroes in capes—it's about the small moments, like trying broccoli for the first time or walking into a new classroom with a smile. So how do we help children grow into the brave humans we know they can be? It's all about embracing new experiences, modeling courage, and creating opportunities for them to flex those bravery muscles.

Where the Wild Things Are
by Maurice Sendak

Brave Like Me: A Story about Finding Your Courage
by Christine Peck and Mags DeRoma



READ BOOKS ON COURAGE

Books like *Where the Wild Things Are* by Maurice Sendak and *Brave Like Me* by Christine Peck and Mags DeRoma help kids explore courage through storytelling. These tales of adventure and resilience open the door for deeper conversations about what it means to face challenges.

BE THE BRAVERY THEY SEE

Children learn by example, so modeling courage in your own actions speaks volumes. Whether it's admitting when you're scared or tackling a challenge head-on, your child sees bravery in action. Setting this example gives them the confidence to face their own fears with a little more courage.

COOK ADVENTUROUS FOODS

Breaking the macaroni-and-cheese cycle can be a fun way to inspire bravery. Let your child lead the way in trying new recipes or ingredients for family meals. It's a delicious way to explore the unknown and cultivate a positive attitude toward unfamiliar experiences.

EMBRACE FEAR

Fear is natural—even for superheroes. By helping your child identify and understand their fears, you teach them that it's okay to be afraid. Create a safe, open space where they can share and learn to see fear as something to be overcome, not avoided.

ENCOURAGE POSITIVE SELF-TALK

"I can't" quickly becomes "I won't" if left unchecked. Encourage your child to replace negative thoughts with affirmations, reminding them of their strength and ability to face tough situations.

TRY NEW THINGS TOGETHER

Courage is contagious. Tackling a new activity—like riding that big roller coaster—together shows your child that bravery isn't about being fearless, but about showing up, even when it's scary. ▪

DISCOVER & EXPLORE

Embark on a journey through nature and national parks with these captivating children's books, sparking curiosity and fostering a love for adventure in young explorers.

Good Morning, National Parks
Written by Jen Taylor

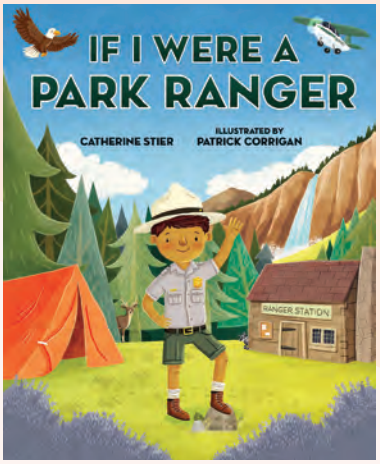
Start your day exploring 9 national parks with interactive prompts, from spotting coastal animals to counting wildflowers. Nature's beauty comes alive with every page.

John's Adventures at Yellowstone Park
Written by JoAnn M. Dickinson
Illustrated by Daniel Wlodarski

Join John's family camping trip to Yellowstone as they explore geysers, canyons, and volcanic mud pots in an unforgettable adventure.

LAmongst the Trees: Inspired by the Mountains of Southern California
Written by Sara Beers

Hike mountain trails, meet wildlife, and enjoy campfires under the stars in this magical exploration of the forest.



If I Were a Park Ranger
Written by Catherine Stier
Illustrated by Patrick Corrigan

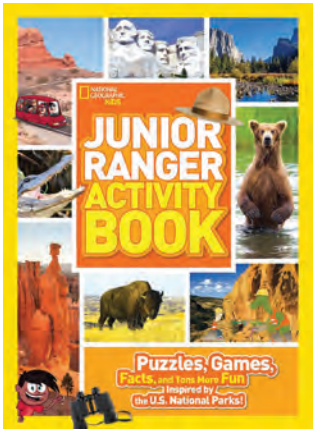
Imagine being a park ranger, protecting wildlife, wearing a badge, and assisting in rescues across America's national parks.

National Parks Guide U.S.A.
by National Geographic Kids

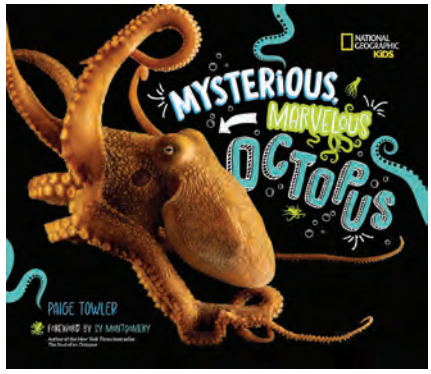
Read all about the greatest of American treasures—the National Parks—in preparation for a park visit sometime soon. Filled with stunning color photos, information on animals, fascinating lists, fun facts, maps, cool things to do, conservation tips, and much more -- think of this book as your trusted guide to these most majestic of places.

Junior Ranger Activity Book
by National Geographic Kids

Calling all explorers and nature-lovers! From Acadia to Zion, discover all 59 of the United States' amazing National Parks in this jam-packed book of games, trivia, jokes, fun facts, and so much more, all inspired by the National Parks outdoor-based Junior Ranger Program. Great for generating pre-trip excitement, long car rides, poking around historical sites, or general learning, these fun and sometimes silly activities will entertain while they draw kids into the majestic and historic importance of America's national parks.



NEW BOOKS



Mysterious Marvelous Octopus
by Paige Towler, with foreword by Sy Montgomery

Meet one of Earth's most incredible ocean animals in this lyrical, whimsical picture book uniquely layered with photographs, rhyming text, and fascinating facts about octopuses. With their super smarts and awe-inspiring abilities, they've captivated human imaginations for generations. This playful book introduces young readers to the fascinating world of octopuses big and small, ink-squirting and shape-shifting, all around the planet.

Ultimate Bugopedia, 2nd Edition
by Daka Herman

Updated, expanded, and buzzing with the latest information on all the cool, and creepy insects and spiders that kids love, this is a must-have for all young explorers! Wonder how different spiders make their webs? There are facts, photos, and explanations of six different types of webs! Think caterpillars are cool and butterflies are beautiful? Don't miss the section on metamorphosis! Featuring hundreds of bugs and reviewed by an entomology, this edition explores all your kid's favorite creatures that creep, crawl, and climb.

SCAVENGER HUNT

NATIONAL PARK EDITION

- ☐ Pine Cone
- ☐ Waterfall
- ☐ Animal Tracks
- ☐ Wildflower
- ☐ Canyon View
- ☐ Feather
- ☐ Rock Formation
- ☐ Lizard
- ☐ Hiking Trail Sign
- ☐ Bird Nest
- ☐ Mountain Peak
- ☐ Picnic Table
- ☐ Spider web
- ☐ Bridge
- ☐ Campfire Ring
- ☐ Fallen Log
- ☐ Deer
- ☐ Tree Stump
- ☐ Lake
- ☐ River Stone
- ☐ Bear
- ☐ Squirrel
- ☐ Natural Arch
- ☐ Park Ranger
- ☐ Insect

Remember to be respectful of living creatures! Watch them with curiosity without disturbing their homes or them!

Mom Your Way

WITH YASMIN KADERALI

Yasmin Kaderali, CEO of Mommy's Bliss talks about her new book, *Mom Your Way* and embracing individual parenting styles.

Tattle Magazine: What was your inspiration behind writing this book? Did you go through similar challenges as a new mom?

Yasmin Kaderali: It really stems from my own experience when I had my first son, Julian. I was so excited to be a mom and had been surrounded most of my life by "new mom" stuff due to my mom being a doula, nurse, lactation consultant. As I began my own pregnancy journey and shortly after birth, I noticed there wasn't a lot of talk or references to the emotional journey that I was going through in going from my current self and identity to suddenly with the "mom" label. While I loved to read and chat with my community about my baby and tips etc., it felt like there wasn't much focus on how I was coping with my new label and no instruction manual. And TBH the baby is the priority and there should be so much focus on them, so I felt a little bit of shame to even be thinking of myself during that time. And this was all subtle for me but later in talking more with friends and the MB community, I realized many of us felt the same. That's essentially how *Mom Your Way* was born.

TM: Your book highlights embracing individual parenting styles. There's so much pressure to parent a certain way and a lot of moms experience mom-shaming or even feel bullied for their parenting choices. How do you encourage moms to embrace their own unique style and tune out the noise?

YK: It's so hard! But there are two things I notice we, as moms, do a lot that can trigger negative self talk and shaming. The first is comparing ourselves to other moms-whether it be our parenting style, our reactions, our boundaries, our appearance, etc. This happens in real life moments and on social media and we have to remember that comparing does not bring value, but being self aware about why you are doing things your way can make all the difference in feeling judged vs empowered. The second, which is related, is catching a case of the "shoulds". As moms we tend to be very hard on ourselves with the "shoulds" around all things parenting, and this also leads us to feel less than. I try to pause in these moments and ask myself " what do I want or need" versus telling myself to do something because I "should".

TM: Mom guilt is real! How do you help moms kick those feelings to the curb and feel good about their choices?

YK: I wish we could squash all the mom guilt feelings! The reality for me is that I have to accept some amount of mom guilt-it will just always be there but I can change the weight I give it or it's ability to deter me from taking care of myself. I think it's about reminding ourselves that when our choices are mindful, the reward is worth it and this can help in the moment to squash some of that mom guilt.

TM: What are some of your favorite self-care tips for moms who are feeling overwhelmed?

YK: I really believe that taking care of our bodies is also like giving ourselves a big emotional hug and can reduce our stress significantly. With that being said,I am a huge fan of walks and hot baths. Those 10 quiet minutes walking or relaxing your muscles can make such a difference to move energy through and out of our bodies and give the mind a breather. And as you figure out what feels the best to you, it's also crucial to know your intention for these self care moments to remind ourselves why we need it.

TM: You included journal prompts in your book. How do you think journaling helps new moms work through the ups and downs of motherhood?

YK: I have to admit-I did not journal as a new mom! There just wasn't time for that or it didn't feel like what I wanted to prioritize when I had time to myself. However, I did find that asking myself simple questions or about how I was feeling helped me to check in on myself. It was just these 3 minute pauses to self reflect that seemed valuable and sustainable. And that's why in Mom Your Way, these prompts are brief and simple so that you can do these self check-ins without a lot of pressure or time. And for those in their last trimester of pregnancy, the prompts can be really helpful to think deeper and/or start a valuable conversation with a partner ahead of the baby coming.

TM: You're a mom of two boys—any funny or heartwarming stories from your own experiences that made it into the book?

YK: Yes, there are lots of little anecdotes about being the mom of two boys. One of my favorite stories is about when I gave birth to my first son and the panic attack I had right before pushing. When the nurse saw my heart rate rise she asked if I was ok, and I blurted out " No, I am not f*cking ok, my whole life is about to change and tiny human is about to burst out of my vagina! Please, I need 3 more minutes to have this panic attack and then I'll push him out!". Then we all burst into laughter. But really, a funny concept called the WTF Timer was born from that experience and you'll have to jump into the book to hear more about that.

TM: Writing this book must've been a journey! Has it changed the way you see motherhood or your role as CEO of Mommy's Bliss?

YK: I think it has reinforced to me that as a culture, we need to be celebrating and taking care of parents more. It is such a pivotal time in one's life and more attention and care needs to be given via our healthcare system, in social media, at our workplaces, etc.

TM: Do you have a favorite quote or piece of advice that you live by?

YK: Hmmm. I think my inner mantra is coined by Bob Marley "Everything little thing, is gonna be alright". But a quote from the book that I really like and often remind myself of is "Now is the beginning of surrendering the control you think you have but really don't." ▪

Mom Your Way will guide you through this fundamental shift into new motherhood. With a healthy dose of humor and comforting best-friend energy, Yasmin Kaderali shares judgment-free wisdom for navigating your postpartum life.

> "Now is the beginning of surrendering the control you think you have but really don't."

nurturing wellness

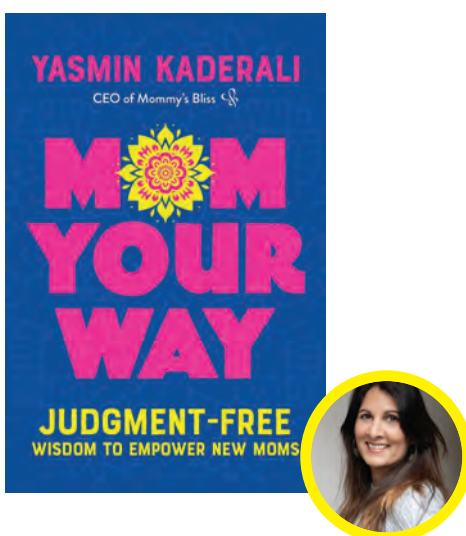
Discover thoughtful solutions designed to support your wellness journey and provide comfort for your little one, from newborn essentials to tools for peace of mind.

VAVA 8" 1080P Baby Monitor
VAVA, **$ 259.99**

Redefine the baby monitoring experience. Keep an eye on your little one effortlessly with the spacious screen and enhanced features.

- 1080P and 8" HD display
- Auto-pilot mode with 2X 4X zoom
- Stable 2.4GHz wireless connection
- Two-way talk system
- Built-in lullabies for soothing your baby
- Connect up to 4 cameras

vava.com



Mom Your Way:
Judgment-Free Wisdom to Empower New Moms
Author: *Yasmin Kaderali*, **$18.95**

From the CEO of Mommy's Bliss comes a book for new moms that's not about the baby. It's about you, mama. You might be just a few days out of the hospital or months into your sleep-deprived postpartum journey when the realization hits you: life as you know it—*your whole identity*—will never be the same. *Mom Your Way* will guide you through this fundamental shift into new motherhood. With a healthy dose of humor and comforting best-friend energy, Yasmin Kaderali shares judgment-free wisdom for navigating your postpartum life. Based on Yasmin's years serving moms at the helm of the wellness brand Mommy's Bliss—and her own experience as the mom of two little boys—*Mom Your Way* dishes the dirt on what to expect in your postpartum months and offers useful advice on caring for your new self, from managing sleep and emotions to dealing with body changes that no one really talks about. You'll learn about building your support network, setting boundaries with family and friends, resisting labels, and banishing mom guilt. Throughout, Yasmin offers relatable anecdotes, simple tips, trusted product recommendations, and journaling prompts to help *you* thrive in the fourth trimester and beyond.

amazon.com

Organic Baby Elderberry Drops
Mommy's Bliss, **$11.99**

Yummy, immunity support drops crafted just for baby with organic Black Elderberry, prebiotics, zinc and organic echinacea.

- Immune support* designed for babies 4+ months
- Certified USDA Organic Elderberry and Echinacea with antioxidant-rich Vitamin C, Vitamin D3 and Zinc
- No alcohol, no artificial flavors or colors, and free of the top 8 allergens
- Convenient no-spill syringe/adapter

mommysbliss.com

Organic Baby Cough Syrup & Mucus Day & Night
Mommy's Bliss, **$17.98**

Soothe your little one with our Organic Cough Syrup combo pack that supports immunity all day and supports restful sleep.* Mommy's Bliss Organic Cough Syrup is an herbal supplement carefully crafted for babies to soothe dry throat and helps when coughing to clear mucus.*

- Organic agave and organic ivy leaf to help your child when coughing to clear mucus*
- Vitamin C and organic elderberry extract to support immunity*
- Night time formula contains chamomile, lemon balm, and passionflower to calm and promote relaxation*
- Honey-free formula
- No alcohol, no artificial flavors or colors, and free of the top 9 allergens

mommysbliss.com

Primo Viaggio All in One
Peg Perego,
$499.99

The Primo Viaggio All-in-One gives you safety and comfort throughout all stages from birth to booster. Thanks to its adaptive design, the Primo Viaggio All in One is used from birth up to an age of 10+ years. As your child grows, adjust the 12-position headrest & harness in seconds to create the perfect fit. When it is time to transition to a booster, simply tuck the harness into the built-in storage compartment. Recommended for infants 5-50 lbs rear-facing, toddlers 26-65lbs forward-facing, and kids 40-120 lbs in booster 100% Flame Retardant Free keeping your child safe from harmful chemicals. Fabrics and foams are developed without alternative materials that do not use any added flame retardants, while staying compliant with fire- safety standards. Extra leg room. Stay rear-facing longer with the extendable anti-rebound bar, giving your child 2 inches of extra legroom The integrated anti-rebound bar enhances protection in case of a rear collision. Easy Tight Latch System, making install easy and effective. Fits 3 across in most vehicles Color coded belt route making install simple.

pegperego.com

Warm Pals
Warm Pals, **$26.95**

Warm Pals are irresistibly cute heated stuffed animals for comfort. Warm them up for 60-90 seconds, providing relaxation as baby toys, infant toys, & toddler companions. Warm Pals are coolable for hot moments. Just pop our soft plush in the freezer for an instant cooling pad. The cooling effect makes these cute plushies one of the top baby must haves! Our adorable Warm Pals plushie stuffed animals provide a calming French lavender scent. Relax with a gentle hug & soft snuggles. : Warm Pals are made with our all natural grain-filled material. Designed for a hug-like feeling, the grain-filled weight feature provides comforting pressure stimulation. Warm Pals are the ultimate soft stuffed animals. These plush toys are loved by babies, toddlers, & youth alike, providing a cozy & comforting presence.

amazon.com

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NHTSA ad COUNCIL

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25 THINGS TO DO IN NATIONAL PARKS

National parks are more than just pretty views and Instagram-worthy sunsets. Sure, you can hike, camp, and get lost in the beauty of untouched landscapes, but there's a world of unexpected adventures hiding beneath the surface. From soaking in hot springs to stargazing under some of the darkest skies in the country, these parks offer more than meets the eye. Whether you're an adrenaline junkie, history buff, or just curious to try something new, we've rounded up 25 things you didn't know you could do in national parks across the United States.

1

Join a Full Moon Hike at Zion National Park

UTAH

There's something magical about exploring the towering canyons under the soft glow of the moon.

Zion National Park, Utah

2

Explore an Ancient Pueblo at Mesa Verde National Park

COLORADO

Step back in time and wander through cliff dwellings built by the Ancestral Pueblo people over 700 years ago.

Mesa Verde National Park, Colorado

3

Attend a Native American Cultural Demonstration in Mesa Verde National Park

COLORADO

Learn about the Ancestral Puebloans who once called this park home. Take part in cultural demonstrations, and see pottery-making, storytelling, and dances that date back thousands of years.

4

Celebrate a Viking Festival at Isle Royale National Park

MICHIGAN

Yes, you read that right! This remote island hosts an annual Viking-themed festival, complete with costumes and Nordic games.

Grand Teton National Park, Wyoming

5

Take a Hot Air Balloon Ride Over Grand Teton National Park

WYOMING

Want a bird's-eye view of the jagged Teton Range? Drift over alpine meadows, rivers, and lakes as you take in the most surreal sunrise of your life.

6

Scuba Dive in the Devil's Den at Ocala National Forest

FLORIDA

An eerie, prehistoric spring with crystal-clear water, Devil's Den is perfect for diving enthusiasts seeking something unique.

7

Tour a Historic Military Fort at Dry Tortugas National Park

FLORIDA

National parks aren't just about nature. At Dry Tortugas, you'll find Fort Jefferson—a massive brick fortress with over 16 million bricks. Though it never saw battle, its walls hold stories of the 2,000 people who lived there in the 1860s. Take a guided tour and hear the tales of those who called this isolated island home.

8

Surf the Coastline at Olympic National Park

WASHINGTON

Yes, you can catch some gnarly waves here. The park's rugged beaches offer surf-worthy swells for both beginners and pros.

9

Camp on the Beach at Assateague Island National Seashore

MARYLAND & VIRGINIA

Camp out under the stars with the sound of wild ponies nearby. It's a little slice of coastal heaven.

10

Take a Sound Bath at Joshua Tree National Park

CALIFORNIA

Hike out into the desert for a sound bath experience—an hour of healing vibrations from crystal bowls in the park's mystical landscape.

Tidepool in Olympic National Park, Washington

11

Go Tidepooling at Night at Olympic National Park

WASHINGTON

At low tide, Olympic's beaches turn into otherworldly landscapes. Grab a red-light headlamp prepare to see creatures that look like they were dreamed up by a mad scientist after a tequila bender. Just remember: what happens in the tidepools, stays in the tidepools.

12

Kayak Among Alligators in Everglades National Park

FLORIDA

Paddle through mangroves and get a front-row seat to Florida's wildest residents. The alligators are surprisingly nonchalant as they glide beside your kayak—just remember to keep your hands in the boat.

Everglades National Park, Florida

13

Snorkel a Coral Reef in Biscayne National Park

FLORIDA

Yep, you can snorkel in a national park. Biscayne is home to vibrant coral reefs just a short boat ride from Miami. Explore the underwater world and maybe even catch a glimpse of a shipwreck.

Boca Chita Lighthouse, Biscayne National Park, Florida

Playlist #3: Wander & Wild

Take It Easy
Eagles

On Top of the World
Imagine Dragons

Going to California
Led Zeppelin

Home
Edward Sharpe & The Magnetic Zeros

Big Sky
The Kinks

The Wolves
Ben Howard

Meet Me in the Woods
Lord Huron

Mountain Sound
Of Monsters and Men

Back Down South
Kings of Leon

Rivers and Roads
The Head and the Heart

I Will Follow You Into the Dark
Death Cab for Cutie

Old Pine
Ben Howard

Into the Mystic
Van Morrison

Wildflowers
Tom Petty

Half Moon
Blind Pilot

You can find the entire **Wander & Wild** playlist on Tattle's Spotify profile

14

Join a Moonbow Hike at Cumberland Falls State Resort Park

KENTUCKY

When conditions are right, you can witness a lunar rainbow—yep, that's a rainbow formed by moonlight—at Cumberland Falls. This rare phenomenon happens nowhere else in the Western Hemisphere.

15

Volunteer with the Wild Bison in Badlands National Park

SOUTH DAKOTA

Help manage the park's bison population through volunteer opportunities. Not only will you get up close with these majestic creatures, but you'll also contribute to preserving their habitat.

16

Attend a Wildflower Festival at Death Valley National Park

CALIFORNIA & NEVADA

Yes, Death Valley has flowers! After rare rains, the desert bursts into bloom during the park's annual spring festival.

17

See a Giant Cactus Bloom in Saguaro National Park

ARIZONA

Every spring, the towering saguaro cacti burst into bloom, transforming the desert into a sea of white flowers. The fleeting beauty of this rare bloom is worth the trek into the Sonoran Desert.

18

Attend a Cowboy Poetry Gathering Near Great Basin National Park

NEVADA

Picture slam poetry, but with more cattle and fewer teenage angst vibes. Every year, cowboys and cowgirls gather near Great Basin to spin tales, recite poems, and celebrate the art of cowboy storytelling.

19

See Wild Horses at Cumberland Island National Seashore

GEORGIA

Roam the beaches of this untouched island, where wild horses run free. It's like stepping back in time.

Cumberland Island National Seashore, Georgia

20

Track Wolves in Yellowstone National Park

WYOMING

Get your wildlife fix by joining a wolf-tracking tour. Learn about wolf behavior and conservation efforts while keeping an eye out for one of nature's most elusive predators.

21

Discover a Ghost Town at Cuyahoga Valley National Park

OHIO

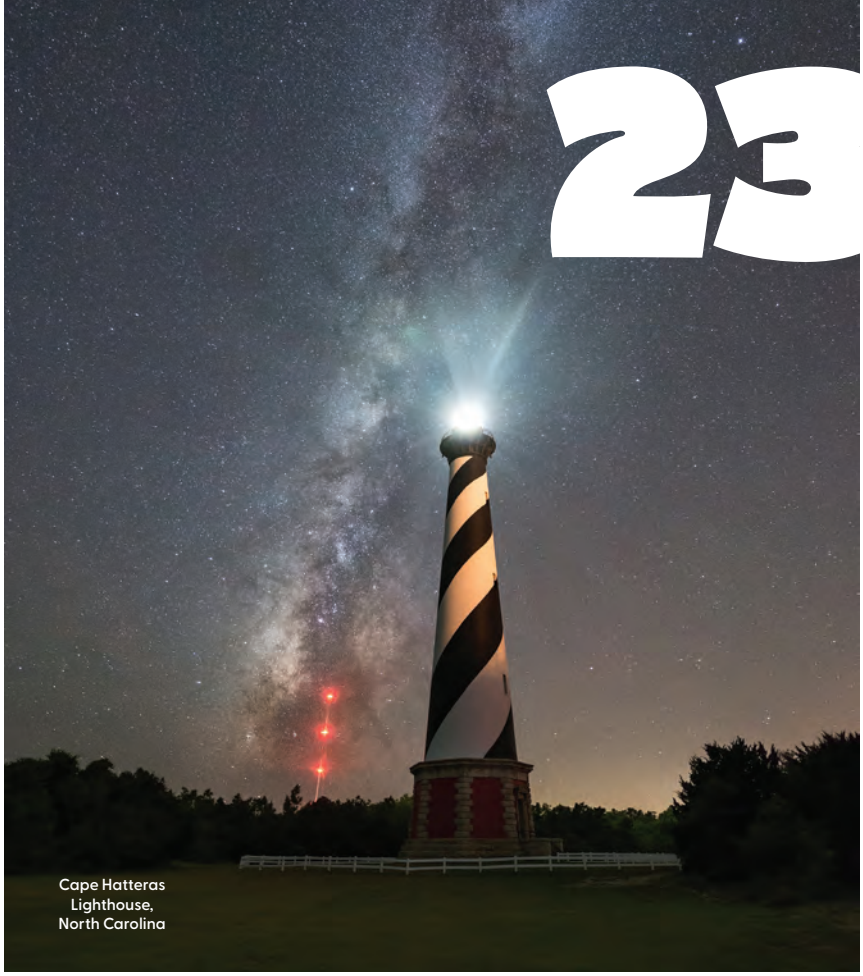
Explore the remnants of an old canal town at the park's historic areas—perfect for history buffs and Instagram lovers alike.

22

Camp in a Cave at Mammoth Cave National Park

KENTUCKY

Mammoth Cave, the world's longest known cave system, offers unique overnight cave tours. Sleeping underground adds a whole new meaning to "off the grid."



Cape Hatteras Lighthouse, North Carolina

23

Tour a Ghost Lighthouse at Cape Hatteras National Seashore

NORTH CAROLINA

Cape Hatteras Lighthouse isn't just a towering beauty—it's got a ghostly past. Back in 1999, the lighthouse was physically moved 2,900 feet inland to escape the rising Atlantic waters that threatened to swallow it. The original site, now an empty plot of land, feels like the spirit of the lighthouse still lingers, even though its body has moved. It's this sense of displacement that gives it the "ghost" title. You can visit the new location, climb to the top for jaw-dropping views, then stroll over to where it once stood and get a little taste of its haunting history.

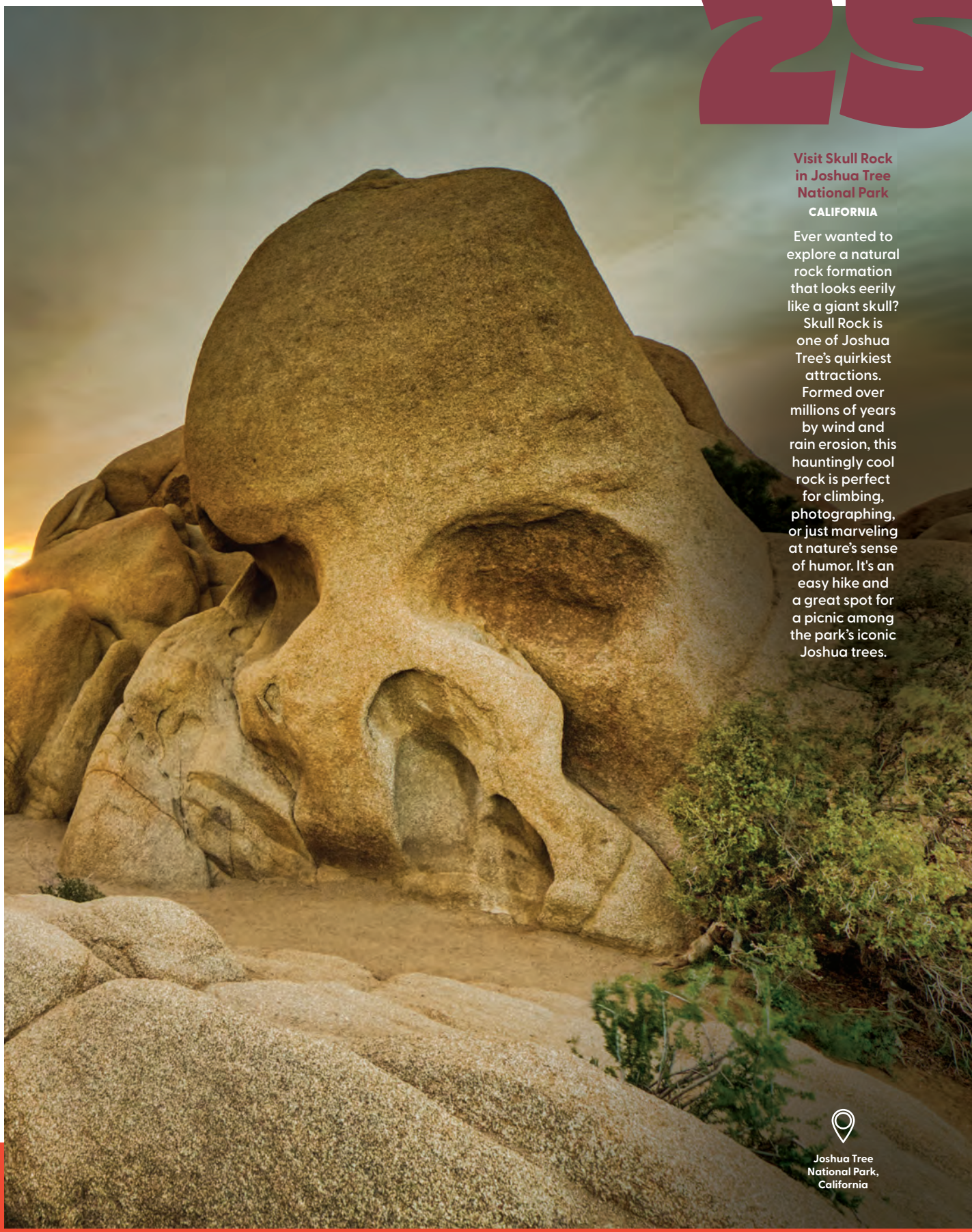
24

Watch Bats Fly Out at Carlsbad Caverns National Park

NEW MEXICO

Each evening, hundreds of thousands of bats take flight from the caves in a swirling spectacle. It's creepy, but in the best way.

Carlsbad Caverns National Park, New Mexico



25

Visit Skull Rock in Joshua Tree National Park

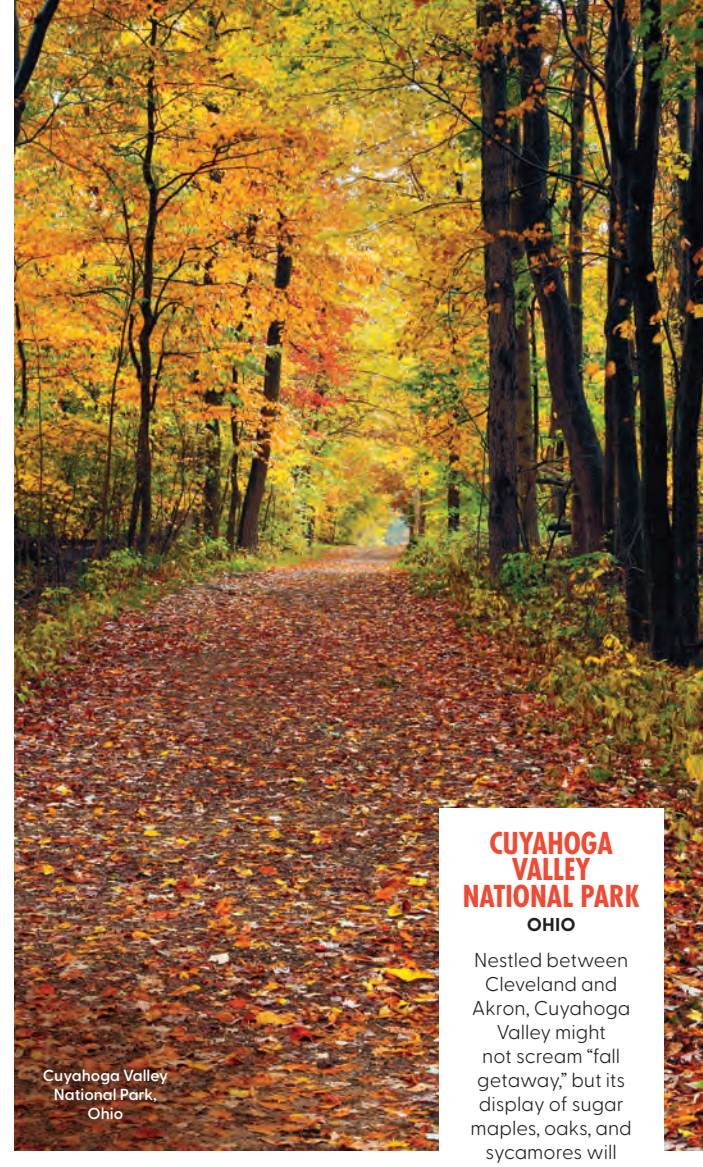
CALIFORNIA

Ever wanted to explore a natural rock formation that looks eerily like a giant skull? Skull Rock is one of Joshua Tree's quirkiest attractions. Formed over millions of years by wind and rain erosion, this hauntingly cool rock is perfect for climbing, photographing, or just marveling at nature's sense of humor. It's an easy hike and a great spot for a picnic among the park's iconic Joshua trees.

Joshua Tree National Park, California

CHASING COLORS OFF THE BEATEN PATH

As the crisp air of autumn sweeps across the nation, nature puts on its most spectacular show. While leaf-peepers flock to well-known destinations, some of the most breathtaking fall displays are found in unexpected corners of America's national parks. From misty mountain peaks to cypress-lined waterways, these seven lesser-known parks offer a kaleidoscope of autumn colors without the crowds.



Cuyahoga Valley National Park, Ohio

SHENANDOAH NATIONAL PARK

VIRGINIA

Famous for Skyline Drive, this park bursts into shades of gold, orange, and crimson every October. While Shenandoah isn't exactly a secret, it's often overlooked for the Appalachians further north. The lesser-known sections, like Whiteoak Canyon, bring fewer crowds but the same jaw-dropping color palettes.

OZARK NATIONAL SCENIC RIVERWAYS

MISSOURI

The Ozarks come alive in fall, with a vibrant mix of hardwoods putting on a show that rivals the country's best. Kayak down the Current River or explore the cliffs along the Jack's Fork—either way, you'll be surrounded by the autumn spectacle without battling the masses.

Shenandoah National Park, Virginia

CUYAHOGA VALLEY NATIONAL PARK

OHIO

Nestled between Cleveland and Akron, Cuyahoga Valley might not scream "fall getaway," but its display of sugar maples, oaks, and sycamores will change your mind. The Towpath Trail along the Cuyahoga River is a must for those craving a leaf-crunching adventure with a side of history.

GREAT BASIN NATIONAL PARK

NEVADA

Not exactly the first place you'd think of for fall foliage, but this Nevada gem delivers unexpected beauty. The aspens light up like torches amid the high desert landscape. Wheeler Peak Scenic Drive is your go-to for sweeping views that feel both remote and awe-inspiring, offering a quieter autumn experience that feels personal.

Mount Rainier National Park, Washington

From Washington to South Carolina, these parks offer the kind of vibrant fall beauty that makes you want to lace up your boots and chase the changing leaves. Forget the crowds—this autumn, it's all about discovering hidden gems.

CONGAREE NATIONAL PARK

SOUTH CAROLINA

Congaree's towering floodplain forests may not immediately come to mind when you think of fall, but the blend of bald cypress and tupelo trees offers a uniquely Southern take on autumn. Add the quiet, reflective waters of the Congaree River, and you've got yourself a fall experience that's off the beaten path and unforgettable.

MT. RAINIER NATIONAL PARK

WASHINGTON

The towering peak of Mt. Rainier steals the show, but in the fall, it's the surrounding forests that command your attention. The reds and oranges of the vine maples blaze against a backdrop of evergreen, creating fiery contrasts you won't forget. Head to the Grove of the Patriarchs for a leaf-filled stroll among ancient giants, where colors dance across the water's edge.

VOYAGEURS NATIONAL PARK

MINNESOTA

Located near the Canadian border, Voyageurs may be more known for its waterways than its forests, but fall turns this park into a hidden gem of fiery foliage. Take a boat tour to see the glowing shores, or hike the Rainy Lake Trail to feel fully immersed in the seasonal change.

fall feels

for the family

Embrace the warmth of the season with these cozy autumn touches.

Red Maple Leaf Ornament
Old World Christmas, **$17.99**

More than 200 varieties of the maple tree grow throughout the world. In the fall, as the days grow shorter and temperatures decline, maple leaves change into brilliant colors of orange, red and golds. This glass Maple Leaf ornament captures the beauty of autumn for you to enjoy.

oldworldchristmas.com

Cotton Muslin Baby Quilt
Little Unicorn , **$40**

Say hello to our Baby Quilt, certain to be a favorite in your little one's blanket collection. Made from multi-layered 100% cotton muslin, it's just as durable as it is soft, cozy and breathable. Perfectly sized for snuggles, tummy time or on-the-go in your favorite stroller or jogger. Printed on both sides with our signature artwork for a beautiful touch to any nursery, and as a perfect shower gift.

littleunicorn.com

Cast Aluminum Autumn Treats Cakelet Pan
Nordic Ware, **$49.95**

Add a fall touch to any meal with this pan, creating six detailed cakelets: two leaves, two pumpkins, and two acorns. Durable cast-aluminum ensures even baking, while a nonstick finish guarantees easy release for perfect results and effortless cleanup.

nordicware.com

COMING SOON

THE WILD ROBOT

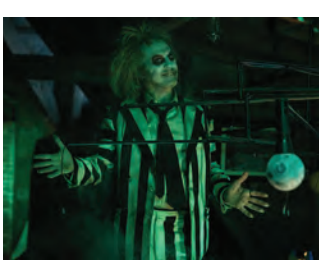
SEPTEMBER 27 | PG
IN THEATERS

After being stranded on an island, Roz, a robot, learns to adapt and form bonds with animals, including a young gosling. This heartwarming adventure is filled with stunning imagery and themes of love, resilience, and self-discovery.

BORDERLANDS

AUGUST 9 | PG-13
IN THEATERS

An infamous bounty hunter returns to Pandora, forming an unlikely alliance with a group of misfits. Together, they fight alien creatures and bandits while seeking to uncover one of Pandora's most explosive secrets.



BEETLEJUICE BEETLEJUICE

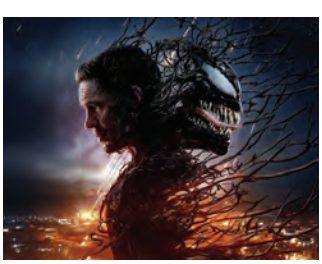
SEPTEMBER 6 | PG-13
IN THEATERS

Following a sudden family tragedy, three generations of the Deetz family return to their home in Winter River. Lydia's life is thrown into chaos when her rebellious teenage daughter stumbles upon a mysterious portal to the afterlife.

WOLFS

SEPTEMBER 27 | R
APPLE TV+

A fixer's night unravels after he's hired to cover up a high-profile crime. Things spiral when he's forced to team up with an unexpected counterpart, leading to a night of chaos.



VENOM: THE LAST DANCE

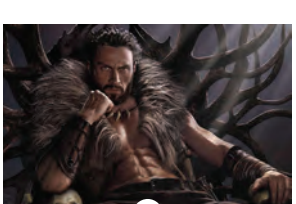
OCTOBER 25 | NR
IN THEATERS

Eddie and Venom are on the run in this action-packed thriller where Eddie Brock and his symbiotic alter ego, Venom, face their deadliest battle yet, navigating inner turmoil and a final showdown that will determine their fate.

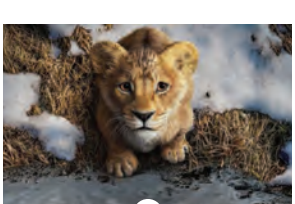
FAST FORWARD

Here are a few flicks on our watch list coming out later this year.

MOANA 2
NOVEMBER 27
IN THEATERS



KRAVEN THE HUNTER
DECEMBER 13
IN THEATERS



MUFASA: THE LION KING
DECEMBER 20
IN THEATERS

COMING SOON

PREMIERE

BAD MONKEY

AUGUST 14 | DRAMA
APPLE TV+

Vince Vaughn stars in this crime comedy about Andrew Yancy, a former Miami cop turned health inspector, investigating a case involving a severed arm. Yancy navigates eccentric characters, personal struggles, and unexpected challenges along the way.

SEASON 4

ONLY MURDERS IN THE BUILDING

AUGUST 27 | DRAMA
FX ON HULU

The podcast trio investigates the shocking events surrounding Charles' stunt double, Sazz. Their inquiry leads them to Los Angeles and back to New York, unraveling secrets within the Arconia's mysterious West Tower residents.

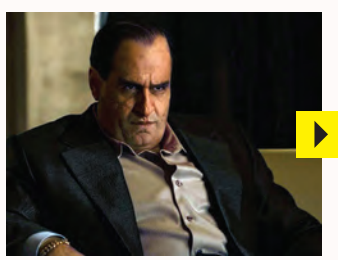
* RENEWED FOR ANOTHER SEASON

PREMIERE

AGATHA ALL ALONG

SEPTEMBER 18 | ACTION
DISNEY+

After losing her powers, Agatha Harkness is helped by a goth teen to escape a spell. Together, they form a coven and embark on the dangerous Witches' Road to reclaim Agatha's magic through mystical trials.



PREMIERE

THE PENGUIN

SEPTEMBER 19 | DRAMA
MAX

In the aftermath of *The Batman* (2022), Oswald Cobblepot, also known as the Penguin, begins his rise to power, plotting to take control of Gotham's criminal underworld.

SEASON 4

GHOSTS

OCTOBER 7 | COMEDY
CBS

This season picks up after Isaac's shocking disappearance and the looming threat of Patience. Expect new guest stars, evolving relationships among the spirits, and fresh challenges for Sam and Jay amid ghostly chaos.

PREMIERE

DEXTER: ORIGINAL SIN

DECEMBER 2024
PARAMOUNT+ WITH SHOWTIME

Set in 1991 Miami, Dexter Morgan evolves from student to serial killer, unable to suppress his dark urges. Guided by his father Harry, Dexter adopts a Code to eliminate those who deserve it, while avoiding law enforcement. As a forensics intern at Miami Metro Police, balancing both lives becomes his biggest challenge.

NATIONAL PARKS SEEN ON THE BIG SCREEN

America's national parks don't just provide a pretty backdrop—they've been stealing scenes in some of your favorite movies for decades. Check out the list below to see which national parks (and forests) have made their big-screen debut.

E.T.

1982 | PG

Redwoods National Park

THE LOST WORLD: JURASSIC PARK

1997 | PG-13

Redwoods National Park

RETURN OF THE JEDI

1983 | PG

Death Valley National Park & Redwood National and State Parks

THE SHINING

1980 | R

Glacier National Park, Rock Mountain National Park & Mt Hood National Forest

THE HUNGER GAMES

2012 | PG-13

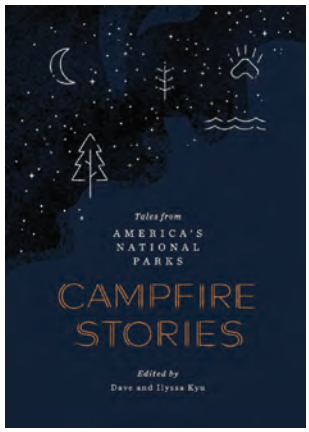
Pisgah National Forest

RAIDERS OF THE LOST ARK

1981 | PG

Arches National Park

publisher's picks



Campfire Stories: Tales from America's National Parks
by Dave Kyu, Ilyssa Kyu, Finney Carolyn (Foreword by), **$25**

This captivating collection brings together stories from six iconic national parks, featuring writers like John Muir, Bill Bryson, and indigenous peoples. Co-editors Dave and Ilyssa Kyu traveled for months, gathering tales from park archives, historians, and locals. A perfect read for nature lovers, these stories inspire a deeper connection to the parks' landscapes and heritage.

National Parks Memo Books
Field Notes, **$15**

Beautifully illustrated memo books celebrating National Parks, available in 3-packs. A portion of proceeds supports the National Park Foundation.

(Pictured Above)
SERIES E 3-PACK
Denali National Park by Dan McCarthy, Cuyahoga Valley National Park by Kim Smith, Olympic National Park by Daniel Danger.

Monopoly National Parks (2020 Edition)
USAopoly, **$45**

Play Monopoly with a National Parks twist, featuring custom tokens and iconic park locations. A portion of sales supports the National Park Foundation.

Discover the perfect park-inspired gifts that celebrate the beauty of America's national treasures. From stunning memo books to fun games and unique keepsakes, these items bring the wonder of the great outdoors into your everyday life.

perfect park gifts

Protect Our National Parks Playing Cards in Wood Collector Box
Lantern Press, **$29**

Premium playing cards featuring National Parks imagery, housed in a pine wood collector box.

UFOs Death Valley National Park T-Shirt
80sTees.com, **$40**

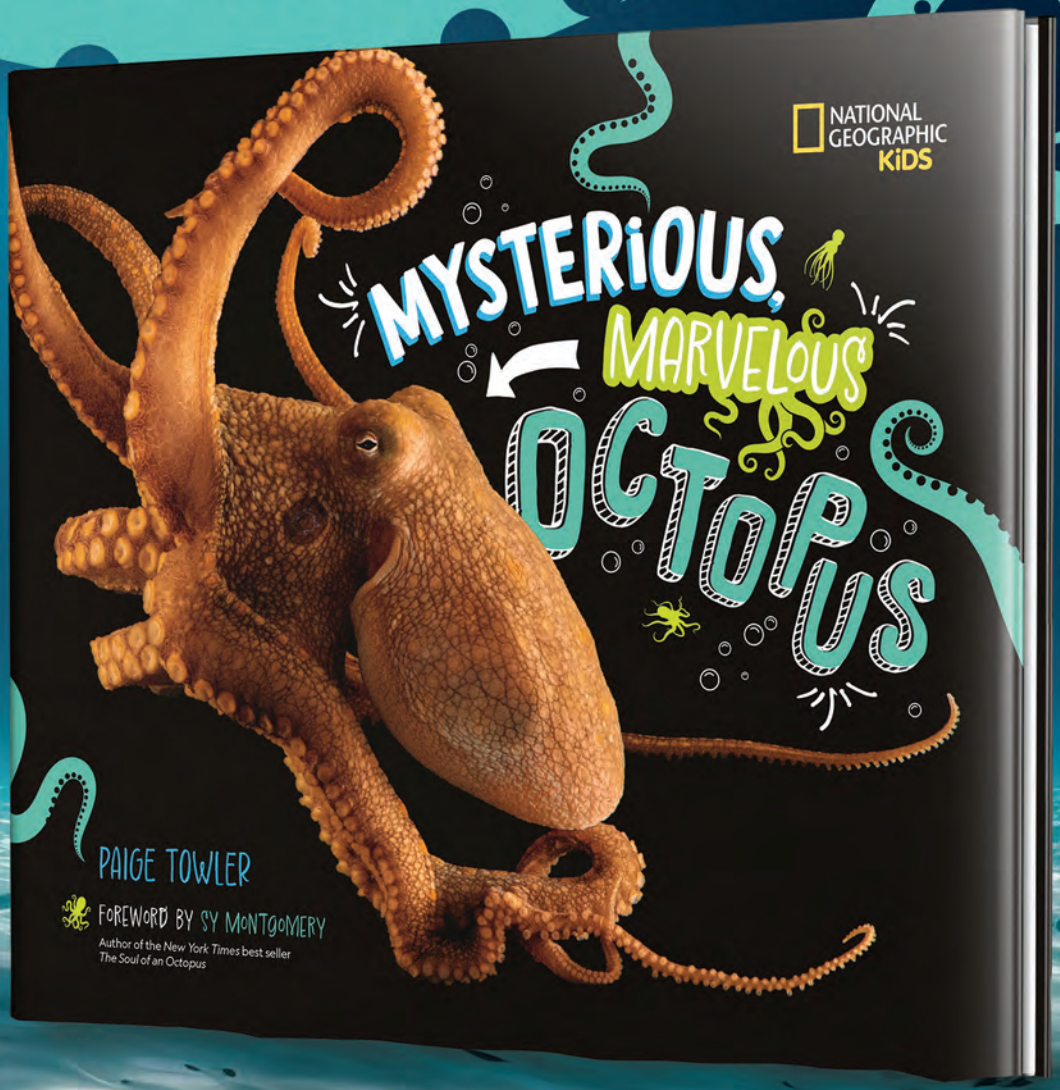
Channel your inner explorer with this UFO-inspired Death Valley National Park T-shirt. Featuring the hottest place on Earth, this park's Mars-like terrain fuels imagination and curiosity about life beyond. Perfect for fans of extreme landscapes and extraterrestrial vibes, it's a must-have for any outdoor adventure lover!

Grow Your Own National Park Botanicals Kit
Uncommon Goods, **$46**

Grow a botanical tribute to national parks with this kit, including a glass vessel, soil, seeds, and instructions.

every mountaintop
is within reach if you
just keep climbing
barry finlay

KIDS (AND PARENTS) CAN'T RESIST A CREATURE AS MARVELOUS AS THIS!



Dive beneath the ocean waves **to meet what has to be the coolest creature in the sea, revealed through amazing facts, delightful poetry, and dazzling images.**

AVAILABLE WHEREVER BOOKS ARE SOLD.

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NATIONAL GEOGRAPHIC KIDS