

Nature Deficit Disorder

Nature deficit disorder refers to the phrase coined by Richard Louv in his 2005 book *Last Child in the Woods* that human beings, especially children, are spending less time outdoors resulting in a wide range of behavioral problems.

- Attention disorders and depression may develop. "It's a problem because kids who don't get nature-time seem more prone to anxiety, depression and attention-deficit problems".
- Louv suggests that going outside and being in the quiet and calm can help greatly. According to a University of Illinois study, interaction with nature has proven to reduce symptoms of ADD in children. According to research, "Overall, our findings indicate that exposure to ordinary natural settings in the course of common after-school and weekend activities may be widely effective in reducing attention deficit symptoms in children"
- Getting outside is great exercise, helps engage with nature and spark a sense of wonder! Explore your outdoors!

There's no need to travel very far—we have some great natural treasures right here in beautiful Wayne County! So get outside and enjoy them! The best part— it's all for FREE! Besides the Parks and Preserves listed inside, there are a few other wonderful areas worth mentioning:

◇ Funk Bottoms Wildlife Area

This is a 1,154 acre Wildlife Preserve behind Mohicanville Dam and has an observation tower to view the animals and birds...no trails. Take SR 3 South, right onto SR 95 for 8 miles, then left onto the dirt road right before the Village of Funk. Take that road to reach the observation platform.

◇ County Line Trail—Creston to Rittman
Rail to Trails has provided a wonderful and safe 6.8 mile trail for all venues to enjoy.
<http://waynecountytrails.org/TrailMaps.htm>

◇ Sippo Valley Trail—Dalton to Massillon
Rails to Trails connects Wayne County to Stark County in this 10.5 mile trail for all to partake.



#GetOutdoors

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Wayne Soil & Water Conservation District



Discover
Wayne County's
Outdoor
Treasures!

- ◆ Barnes Preserve
- ◆ Brown's Lake Bog
- ◆ Grosjean Park
- ◆ Johnson Woods
- ◆ Secret Arboretum
- ◆ Wooster Memorial Park



Barnes Preserve – Wooster



This 76 acre park provides **wide paved ADA hiking trails**, a new observation deck at a wetland pond, and a new pavilion. Barnes Preserve is designed to provide non-motorized, diverse trails which allow for bicycle use, walking and jogging; it has picnic areas,

wildlife observation deck, & photography areas, to individuals of all abilities. The Preserve is home to many different wildlife, frogs, aquatic life and a variety of birds. Located at 3396 Sylvan Road, Wooster, 1/4 mile south of the Secrest and Sylvan Intersection.



<http://www.waynecountyparkdistrict.org/barnes-preserve.html>.

Secrest Arboretum – OARDC

Secrest Arboretum more than just an arboretum! Located on the campus of the OARDC, at the intersection of Pine Road and Green Drive (2122 *Williams Rd. Wooster*) Secrest offers a variety of cool things; like Paved Walkways, Benches and tables scattered throughout the gardens, Different themed gardens, an Outdoor Amphitheater, Plenty of green space and shade, Natural play areas, Play Fortress, a huge slide built into the side of the hill, Pavilions, Restrooms, and many public events & guided tours! Visit <http://secrest.osu.edu/> This is a wonderland of outdoor fun, discovery and education right in Wooster!

Browns Lake Bog – Shreve



Brown's Lake Bog is a 99 acre dedicated Ohio state nature preserve owned by The Nature Conservancy. It is one of the few remaining kettle peatlands in the U.S. state of Ohio. It has a

kettle lake, kame, and a floating sphagnum moss mat. Brown's Lake Bog represents a very rare plant community in Ohio. A short walk back on a wooden boardwalk will take you back to the bog, you will pass cinnamon ferns, and once at the bog; rare pitcher plants, sundews, cotton sedges and blueberry bushes. And the half mile trail loops up through the uplands woods is a must. Birds, and deer and animals frequent this haven of a preserve. Wildflowers and magnificent old Oaks can be seen (or hugged) on the short hike!

<http://naturepreserves.ohiodnr.gov/brownslakebog>



Wooster Memorial Park

Wooster Memorial or "Spangler" Park is found off of U.S. Route 250 just five miles West of town. Consisting of over three hundred and twenty plus acres of pristine woodland for hiking. There are over six miles primitive of trails, scenic overlooks, the Rathburn Run, picnic pavilions and public restrooms Wooster Memorial offers some wonderful educational opportunities or just a place to get back to nature. It's Simply beautiful. <http://www.woosteroh.com/living-here/parks/wooster-memorial-spangler-park>

Johnson Woods – Orrville

Johnson Woods is one of Ohio's largest and best remaining old-growth forests. Many trees rise 40-50 feet before the first limbs occur and several are more than 400 years old. Some are 120 feet tall with a diameter of 4 to 5 feet.

There is a nice, **easy to walk boardwalk made from recycled plastic board with educational signage along the 1.5 mile trail loop**. The flora and fauna are incredible! The 206 acre nature preserve is an old growth forest which was spared the axe when European settlers tamed the northeast Ohio landscape in their westward migrations. Some of the trees in this preserve are over 400 years old. The undisturbed forest along this hiking trail is a valuable classroom to learn about how a forest may develop in the absence of mankind's dominance. You will quickly catch on to the fact that in this forest, as in the primeval forests of Ohio, the trees are dominant, not us. From Route 585, take Route 57 South. Turn East on Fox Lake Road. The parking lot is about a mile up on the north side of the road. The hiking trail is directly across the street from the parking lot. <http://naturepreserves.ohiodnr.gov/johnsonwoods>

Grosjean Park – Wooster

Grosjean Park is at the end of Freedlander Road, just across from and runs along U.S Rt. 30. Grosjean Park is a hidden gem within the city limits of Wooster and attracts fly fishers from all over the state. It has an accessible education trail, recovering farm field and the trout stocked Apple Creek make this park a fun place to fish and visit. By Schellin Park, go past Orrville Trucking until Freedlander Rd. dead ends... find it! <http://www.woosteroh.com/living-here/parks/grosjean-park>

