



Bucket list of hiking locations

The United States is home to some of the world's most breathtaking hiking trails, offering diverse landscapes ranging from towering mountains to lush forests and desert canyons.

Whether you're an experienced trekker or a casual hiker, add these bucket list destinations to your adventure radar.

Half Dome, Yosemite National Park, California

One of the most famous hikes in the U.S., the Half Dome Trail is a 14- to 16mile round-trip journey that challenges hikers with a steep granite ascent and cable climb. The reward? Panoramic views of Yosemite Valley and the High Sierra. A permit is required to tackle the final cable section, which spans the last 400 feet of the 4,800-foot elevation gain from Yosemite Valley. Yosemite's website describes the cable hike as "wild, airy, and not for the faint of heart."

Kalalau Trail, Nā Pali Coast, Hawaii

A true tropical paradise, this 22-mile round-trip hike provides the only land access to this part of Kauai's rugged coastline, with lush valleys, dramatic sea cliffs and secluded beaches. A permit is required for overnight camping at Kala-lau Beach and hiking past Hanakapi'aiz. through slot canyons with towering walls reaching 1,000 feet high. The 16mile top-down route requires a permit, but the shorter bottom-up route can be done without one. Proceed with caution, as life-threatening flash floods are possible at any time and are common during the monsoon season.

Angel's Landing, Zion National Park, Utah

A bucket list favorite, Angel's Landing is a 5.4-mile round-trip hike with thrilling knife-edge ridges and steep drop-offs. This 1,488-foot tall rock formation was previously known as the Temple of Aeolus. A renowned trail cut into solid rock in 1926 leads to the top of Angels Landing and provides panoramic views of Zion Canyon.

The final ascent involves gripping chain-assisted sections, but the views of Zion Canyon are worth the adrenaline rush. A permit is required. **The Wonderland Trail, Mount**

he Wonderland Trail, Mount Rainier National Park, Washington

This 93-mile loop encircles Mount Rainier, offering a diverse landscape of glaciers, alpine meadows and waterfalls. Completing the full trek takes 10 to 14 days, but shorter sections provide stunning scenery for those with less time. Mount Rainier Tourism urges hikers to be prepared for mud, rain, sun and even snow in the summer months, as the trail is still mostly snow-covered during June and early July.



Volunteer this summer

If you enjoy outdoor activities — be it sports such as fishing or boating, hobbies such as hiking or birding, or just working with a team — consider looking for opportunities to volunteer at local parks this summer.

teer at local parks this summer. Local, state and national parks are publicly funded but can always use helping hands, especially during the busy summer months. It's a great time to get outdoors and contribute to your community.

BENEFITS

Volunteering offers numerous benefits, including enhanced mental and physical health, increased social skills and confidence, a sense of purpose and the opportunity to learn new skills and make a difference in your community, according to HelpGuide.org. Depending on the opportunities available in your area, you might even be able to volunteer as a family. Volunteering fosters a deeper connection with the local community, allowing individuals to meet like-minded people and work together towards common goals. Volunteering can also help you gain skills that might help advance your career, such as leadership skills, teamwork and problem-solving, or even skills specific to your career field.

FINDING VOLUNTEERS

Publicly funded parks and recreation facilities have myriad needs for volunteers. This is even more true during the summer months, when summer camps and recreation opportunities are in full swing, and special events such as concerts and other cultural events are typically held.

To get started on your search for volunteer roles, visit Volunteer-Match.org or Volunteer. gov, or your local and state parks and recreation department websites.

Be sure to check into the requirements for volunteers for a specific role. For example, you might need to be over 18, pass a background check or commit to a minimum number of volunteer hours per week. You might be required to undergo training, depending on the role you're pursuing.

The Narrows, Zion National Park, Utah This unique hike takes you through the Virgin River, where you'll wade



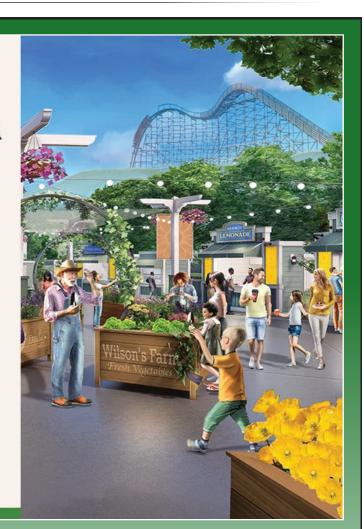






Springtime fun grows with a colorful new festival.





SILVER DOLLAR CITY.

OZARK MTNS

399 Silver Dollar City Pkwy, Branson, MO 65616 417.336.7100 www.silverdollarcity.com



NEW! Spring Exposition

All-New adventure blooms at America's Best Theme Park during Silver Dollar City's New Spring Exposition. Stroll under the New Parasol Sky soaring 2 stories high above Valley Road, with vibrant pops of green, orange, yellow and blue, on your way to explore record-breaking rides & roller coasters, new shows & entertainment and delicious limited-time flavors!

Visit this spring and all season long with a 2025 Season Pass! Order by April 30 to take advantage of 6 monthly payments.











Get Up Close And Personal At Big Joel's Safari!



Spring Hours (April 3 thru May 21) Monday, Thursday, Friday 9:00am - 4:00pm Closed Tuesday & Wednesday Saturday 9:00am - 5:00pm Sunday 10:00am - 5:00pm

Summer Hours (May 22 thru August 18) Monday - Friday 9:00am - 4:00pm Saturday 9:00am - 5:00pm Sunday 10:00am - 5:00pm



2025 will be our year of improvement and expansion, please excuse any construction. **We look forward to seeing you!**

Installing an above ground pool

If you're looking to cool ledge to add sup-port, a off in your own backyard, without the expense of an in-ground pool, consider an above-ground model.

pools Above-ground are affordable, and basic models are relatively easy for homeowners to install.

Before you buy, however, consider how much maintenance will be needed and be prepared to commit to the pool's care.

TYPES OF POOLS

pools Above-ground range in price from a few hundred dollars for an inflatable model to a few thousand dollars for a model with rigid metal walls.

A traditional aboveground pool consists of a steel or aluminum wall, resin or metal posts, a top vinyl liner and a pump and filter system.

They may be round or oval in shape, with a diameter of 12 to 33 feet and depths of 48 to 54 inches. Many models come with ground cover and a pool cover. Some include a ladder.

Measure the available space in your yard and consider any local zoning laws or HOA restrictions.

According to pool manufacturer Country Leisure, traditional aboveground pools can be installed in one day by the owner, can be relocated if you move and can easily last 15-20 years with proper maintenance.

ESSENTIAL ACCESSORIES

The quality of the pump and filter system will be

crucial to your pool's longevity. If the manufacturer offers an upgrade, it's wise to take advantage of

it. If your pool does not come with a cover or ladder, you will need to purchase these separately.

You'll also need the manufacturer's recommended water quality supplies to keep your pool clean and safe.

MAINTENANCE REQUIREMENTS

Keeping your pool clean and the pool chemistry at the proper levels will ensure the pool is safe to use and extend the pool liner's life, according to pool supply retailer In the Swim.

Every day, run the pool filter for 12–18 hours, ensure the water level is around mid-skimmer level and test and balance the water.

Check the water's total alkalinity, pH, calcium hardness, cyanuric acid and free available chlorine. This can typically be done with a single test strip that reads instantly. Depending on the test results, you will then need to add chemicals to reach optimal levels.

Weekly maintenance includes skimming the surface, vacuuming the floor and brushing the pool liner, adding shock and chlorine tablets, emptying the skimmer and pump baskets and cleaning the filter as needed. Monthly maintenance includes checking for hidden algae and cleaning the waterline and inside skimmer walls with tile and vinyl cleaner.

MDC shooting ranges following summer hours

The Missouri Department of Conservation's (MDC) two staffed shooting ranges in the St. Louis region will go to summer hours of operation in April. These will include extended evening hours during the week at both ranges which will enable shooting enthusiasts to take advantage of the longer daylight hours.

The August A. Busch and Jay Henges Shooting Ranges and Outdoor Education Centers will begin their summer hours on April 1. Both ranges' summer schedules will offer evening shooting opportunities

- Jay Henges Range is open until 7:30 p.m. on Wednesday evenings and Busch Range is open until 7:30 p.m. on Thursdays.

The summer hours of each range are as follows and will be effective through Aug. 31:

Busch Range

• Wednesday: 10 a.m.-4:30 p.m.

• Thursday: 1 p.m.-7:30 p.m.

• Friday-Sunday: 10:00 a.m.-4:30 p.m.

 Closed Monday-Tuesday for maintenance and special use

Henges Range • Wednesday: 1 p.m. to 7:30 p.m.

Thursday through Sunday: 10:00 a.m. to 4:30 p.m.

 Closed Monday-Tuesday for maintenance and special use

Both shooting ranges offer shooting lanes for rifle and pistols up to 100 yards. Use fees are \$5 per hour at both facilities and include paper targets and eye and ear protection if shooters don't have their own. Both shooting ranges feature trap fields, static archery ranges, and shotgun patterning boards. The Busch Range also offers skeet shooting. \$5 covers a round of shotgun shooting and clay birds at either facility, or an hour at the patterning board.

The August A. Busch Shooting Range and Outdoor Education Center is located at 3550 Route D, approximately five miles west of Highway 94 in Defiance. The Jay Henges Shooting Range and Outdoor Education Center, is at 1100 Antire Road, just off I-44, exit 269 in Eureka.

Warren County Senior Center

PADDLE AUCTION

Friday, April 25, 2025

Located at the MaryLou Community Center Truesdale, MO

Doors Open: 6:00pm Auction Starts: 7:00pm

TWO TYPES OF PADDLES AVAILABLE

• \$10 Paddles (Need to bring your quarters)

• \$75 Paddles - "ALL-IN" (No need for quarters)

Auction donations accepted through April 17th, 2025

Food/Drinks will be available for purchase by Country Crossroads 4-H

Questions, Please Contact: Sheryl Stefanski (Senior Center) 636-456-3379





Sensory symptoms

- Tingling, numbress, or "pins and needles" in the hands or feet
- Loss of sensation, especially in the hands or feet
- Inability to feel vibrations or touch Inability to feel pain or changes in
- temperature
- Extreme sensitivity to touch

Motor symptoms

- Muscle weakness, especially in the feet
- Muscle twitching or cramps
- Muscle atrophy or thinning
- Foot drop, or difficulty lifting the front part of the foot
- · Inability to move if motor nerves are affected

Other symptoms

- Burning pain, which is often worse at night
- Sharp or shooting pain
- Loss of balance and coordination
- Increased risk of falls
- Lightheadedness
- Emotional distress
- Trouble sleeping



For Neuropathy Patients

which includes a consultation, thermography testing, 16-point sensory examination and any necessary x-rays (\$350 value)! We donate the 1st day fee back to a local charity.

Call (636) 400-3213 for your 16-point Neuropathy Evaluation



Lace Up for Fun and Fitness at **Our Run & Walk Event!** -Adult Registration Fee: \$25/ Same Day \$30 -Student Registration Fee: \$10/ Same Day \$25

RUN & WALK FOR LIFE

\rightarrow TO REGISTER: **Call or text**

SATURDAY Location: MAY 31, 2025

08:00AM

(636) 235-1477; or email link below

300 Kuhl Ave, Warrenton, 63383





Visit xflags.com/stloui for tickets, specials, and events

Six Flags St. Louis also offers Low Sensory Sundays!

4900 Six Flags Rd. - Eureka, MO 63025

(636) 938-5300

DISCOVER THE HEART OF OUR TOWN

WARRENTON PARKS AWAIT!

YOUR OUTDOOR ADVENTURE STARTS HERE



DISC GOLF

BASEBALL FIELDS

FISHING

WALKING TRAILS



Whether you're looking for recreation, relaxation, or a place to connect with nature, our parks have it all!

warrenton-mo.org

HOST YOUR NEXT

CONCERTS IN DYER PARK

Second Friday, May - August

7:00 - 9:30 pm

<image>

Warrenton Aquatic Center

at the

751 Warrior Ave, Warrenton, MO

Summer Hours Begin May 24

Open Recreational Swim Mon & Tues - Noon - 5:45 pm Wednesday - Noon - 7:45 pm Thurs - Sun - Noon - 5:45 pm

<mark>636-456-2288</mark> warrenton-mo.org \$7.00 Admission



Warrenton Aquatic Center Daily Admission Expires August 9, 2025

Limit of one per customer, per visit. May not be combined with any other offers.

EVENT IN THE PERFEC OUTDOOR SETTING !

RENT A PARK PAVILION TODAY



All Warrenton park pavilions are available for rent - *perfect for birthdays*, *reunions, picnics, and special events!*

Residents - \$50 Non-Residents - \$80 Refundable Security Deposit - \$100 *Electricity available upon request at some locations*

RESERVE BY

© 636-456-3535

200 W BOONESLICK

A complete park pavilion listing can be located at *warrenton-mo.org*