Tips & Tails 2025

Year-round activities feature biking, kayaking, camping, monthly socials, volunteering, and more!



Membership Renewal Opens June 1st!

Don't miss out — renew your membership starting June 1st! Stay connected with us on social media for updates on all our summer adventures, including biking, hiking, kayaking, and more. We can't wait to see you out there!



SCSC Trip Sign-Up Policy

If you are not a current paid-up member at the time of your SCSC trip application filing; the trip application will be held for a minimum of 30 days before processing. The SCSC trip application processing will only begin after the SCSC membership application with payment is received and processed. Membership must remain current throughout the ski season or travel period.

Stark County Ski Club Contact List

President:	Gail Vogt	President@starkcountyskiclub.org
Vice President:	Matt Stear	mstear.travelskamp@yahoo.com
Secretary:	Jennie Stephan	SCSC.oh.membership@gmail.com
Treasurer:	Diane Klein	SCSC.oh.treasurer@gmail.com
Newsletter:	Alyssa Givens	SCSC.oh.newsletter@gmail.com
Socials:	Janet Stear	SCSC.oh.socials@gmail.com
Memberships:	Jennie Stephan	SCSC.oh.membership@gmail.com
Webmaster:	Bill Bail (Interim)	web-admin@starkcountyskiclub.org
Trip Chair:	Denise Lincoln	SCSC.tripchair@gmail.com
Facebook:	Gary Johnson & Alyssa Givens	SCSCFacebook@gmail.com

CSMC Update Links

CMSC Sitzmark: <u>https://skicleveland.com/publications/</u> CMSC Meeting Minutes go to: <u>https://skicleveland.com/cmsc-meeting-minutes/</u> CMSC Trips: <u>Ski Trips – scroll down to see list – Ski Cleveland Metro Ski Council</u>

SCSC/CVSSC Members Discount at The Ski Shack!

Hours of Operation: Off season hours. Call for appointment!

The Ski Shack 265 N. Freedom Alliance, OH 44601 330-821-1220



10% off any merchandise/ any time for SCSC/CVSSC members.

SHAPED SKI PACKAGES FROM \$350.00 (Skis and Bindings) NOWBOARD PACKAGES FROM \$350.00 (Board and Bindings) SNOWBLADES (with Bindings) \$380.00

> SKIS: Dynastar-Volki-Blizzard–Elan BINDINGS: Marker-Look-Tyrolia

"Thanks for your past business! Have a great summer and see you in the fall" -Joyce

Membership Privacy Note:

As part of the SCSC membership, we do not share personal membership information with anyone without their permission. If any of our members have a personal event happen (illness, injury, etc.) and a family member, partner, or spouse wishes to inform the membership, you may contact any officer. The SCSC will only allow information held by the club to be released upon the written permission (digital format accepted) this includes but is not exclusive to email addresses, home address, phone number, etc. **Membership period June 1st— May 31st**

View from the Top-Jason S.

Hey Skiers and Riders,

This is my last View from the top, as the results are in. Congratulations to our new club Officers Gail Vogt (President), Matt Steer (Vice President), Diane Klein (Treasurer) and Jennifer Stephan (Secretary). Congratulations to our new Trip committee members Denise Lincoln (Trip committee chair), Drew Gonyas, Ken Hutter, and Greg Dyer. I am confident in the leadership and trip committee that the club will continue to thrive and add many years of great trips and memories for our membership. Now to shift gears to our great summer activities, biking, kayaking, golfing and so much more. So break out those bikes, boats and clubs and keep active with the club until the snow starts to fly again!

VP Report & Merchandise– Gail V.

VP

Our April meeting was the last one the club will meet at Bogeys. We have a few people activity searching for a new meeting venue. Our goals are - seating for a min of 50, order from a menu, individual checks, and centrally located for membership. I want to thank everyone for the help during this past membership year. The monthly donations from Joyce for door prizes, and Ida cleaning out her ski supplies for give aways. But, we sure missed her on ski trips.

Thank you for the support in the election. I excited to work with Matt, Diane for new ideas, and of course Jenny as our steadfast of the ex board. We had 4 new members attend our last meeting, and we are hoping they will join us for some of the summer activities.

Thank you for the travel size toiletries donated, Rocky is going to drop these off at Hope House, and he has added the acknowledgement to the club.



I have 7 items to be embroidered - need 5 more. Watch those close out sales or a summer item you would like the club logo added.

A word from the Trip Committee... Matt S.

Congratulations to our new Trip Committee: Denise Lincoln - Chair Drew Gonyias Greg Dyer Ken Hutter

Collectively, this is a good group with a broad range of experience. I expect that they will set up some great trips for us. Drew is an incumbent with a lot of SCSC Trip Committee experience. Denise has made multiple ski trips to Europe with CMSC. Greg and Ken have both been to a considerable number of different resorts. They are ready to hit the ground running. We had their first committee meeting April 23.

There are normally five members on the committee so, they will be a little short handed. Let's all do what we can to support them. If you would like to help out, please let Denise or one of the other committee members know. We like to have interns on the committee to get experience for future committee membership.

Looking ahead, our next scheduled trip is to an all-inclusive resort in Puerto Plata, Dominican Republic October 19-25, 2025. This trip is full.

Due to the popularity of the fall wine tour last year, the new committee is working on setting up a similar trip this year.

Our next Kissing Bridge/Holiday Valley trip is scheduled January 14-16, 2026.

We will be visiting EPIC resorts in 2026. I sent an email to all club members April 18 explaining different options for purchasing passes for the 2026 ski season. In that email, there was a link you can use to purchase the pass that best fits your situation. PLEASE UNDERSTAND, the prices shown will only be available for a short time. Prices will go up.

Our eastern trip is scheduled February 8-13, 2026. We will take a train from Cleveland to Albany then bus Okemo. We will have ski -in/ski-out accommodations. We will have a \$30 voucher each day that may be used for breakfast or lunch.

Our western trip will be to Heavenly March 21-28, 2026. We will be staying in condos adjacent to the gondola.

Links to the applications for the east and west trips may be found in the trip flyers in the June newsletter.

We have an Alaska cruise and land tour coming up June 20-30, 2026. This trip is being organized by Bill Fry of Welcome Aboard Travel. A link to the trip application may be found in the trip flyer in this newsletter. A trip to Alaska is one of those once-in-a-lifetime experiences. We have enough cabins to accommodate 25 people. Fifteen people have already submitted their applications. Sign up soon so you don't miss out.

On the trip application, show your name EXACTLY as it appears on your passport. Include your middle initial or middle name in the field with your first name, as it appears on your passport. For additional trip participants, show their name exactly as it appears on their passport. A \$250 deposit per person is due with the trip application. The deposit should be paid by credit card. Credit card payments may be made over the phone. Send copies of your passports to Bill Fry by mail or email.

Bill's contact info: Bill Fry Welcome Aboard Travel 5269 Broadview St. NE Louisville, OH 44641 Email: <u>watagency@gmail.com</u> Cell: 330-575-5745

PLEASE REMEMBER: your emergency contact must be someone who is not on the trip.

AS ALWAYS, IT IS HIGHLY RECOMMENDED THAT YOU PURCHASE TRIP INSURANCE!

Thanks, Matt

Treasurer & AVI Updates– Donna B.



Member Volunteer Events Tom Benson HOF Stadium



Donna Brancifort - Coordinator

If you are still expecting any Trip Discount Vouchers, please reach out to me to arrange for a meet up.

It's time to start thinking about our 8th year of volunteering in the concession stands for AVI at Tom Benson HOF Stadium. Because we have had waning interest, we will try something different this year and we will see how it goes! Most often, we will be on the Club Level (inside) and will only need 2-4 people. We may also be asked if we want to fill in occasionally, if needed, but that may be a last-minute request.

I will remain the coordinator again this year. Because there won't be much activity and there will be less people needed, Greg Dyer & I talked and decided I would just keep doing it for the time being. Thanks, Greg, for being willing to step in to help, if needed.

Here's what I am thinking for this year.... <u>If interested in working at any of the events, send me your</u> <u>name, email and mobile number, if you want to get future information and communications</u>. I will only send a few notes to the entire club list. All other communication will be through email or text to the smaller list. I will publish the list of available events. Please respond with your availability for each event. Once we have everyone's schedules, we will allocate the shifts as evenly as possible. Admittedly, it was more fun to work as a large group, but I think that ship has sailed, at least for now. Although there will be less, you will still receive a Trip Discount Voucher for each time you participate.

Contact Donna Brancifort at <u>dmbranci@gmail.com</u> or 330-705-8143 with interest, availability, schedule, questions, etc.

Event	Approx Check-In Time	Needed
DCI	4:00 PM	4
McKinley vs N Highland	4:30	2
McKinley bs GlenOak	4:30	2
McKinley vs Green	4:30	2
McKinley vs Lake	4:30	2
McKinley vs Massillon	Noon?	4
OSHAA State Final Game	4:30	?
OSHAA State Final Game 1	8:30 AM	?
OSHAA State Final Game 2	1:00 PM	?
OSHAA State Final Game 3	5:30 PM	?
OSHAA State Final Game 1	8:30 AM	?
OSHAA State Final Game 2	1:00 PM	?
OSHAA State Final Game 3	5:30 PM	?
	DCI McKinley vs N Highland McKinley bs GlenOak McKinley vs Green McKinley vs Lake McKinley vs Massillon OSHAA State Final Game OSHAA State Final Game 1 OSHAA State Final Game 2 OSHAA State Final Game 3 OSHAA State Final Game 1 OSHAA State Final Game 1	EventTimeDCI4:00 PMMcKinley vs N Highland4:30McKinley bs GlenOak4:30McKinley vs Green4:30McKinley vs Lake4:30McKinley vs Lake4:30McKinley vs MassillonNoon?OSHAA State Final Game4:30OSHAA State Final Game 18:30 AMOSHAA State Final Game 21:00 PMOSHAA State Final Game 18:30 AMOSHAA State Final Game 21:00 PM

Possibly more events will be added to this list.

Socials– Janet

Hey ski friends,

Our May social will be at Towpath Tavern, 225 Canal St, Bolivar, OH 44612 on Tuesday, May 13th at 5:30 pm. Come earlier, if you would like. If the weather is nice, we will be out on patio. If not, we will have 2 long tables reserved inside Towpath Tavern has a large menu and great reviews for food and drinks.

In June, we will have a weekend social. We will start with a group tour of the MAPS Air Museum at 12:00 noon Saturday June 21. MAPS is located at 2260 International Parkway, North Canton, OH.

Please RSVP by text to 330-330-4105 so I have an idea of how many plan to attend

This is a great family friendly activity. If we have 15 or more people, we will get discounted group rates:

- Children under 6 free
- Ages 6-12 \$6
- All others \$10

The tour will take about 2 to 2-1/2 hours. After the tour, we will gather at a local venue TBD for food, drinks, and conversation.

The July social is still undecided Some thoughts I had were bowling, outdoor music or a paint 'n' sip. If you have some ideas, give me a text or call 330-340-4105.

The August social will be a pool party. We had a great party last year.

We plan for the September social to be a weekend Blues, Brews, and BBQs at our house in Dover. We will serve meat. We ask you to bring your own drinks and a dish or snack to share. Date TBD.

Hope to see you there! Janet



Paths & Camping-Roberta G

Pathway Prowess: Step Into Adventure for Monthly Monday Miles!

Lace up those hiking boots and join us for an evening of fresh air, scenic views, and good company! We'll meet at **5:30 PM** and start strolling at **6:00 PM**. Whether you're here for the steps, the sights, or the socializing, these hikes are a *walk in the park*!

Upcoming Treks:

May 19 – Tam O'Shanter Park (5055 Hills and Dales Rd NW, Canton, OH 44708) Where history meets nature! Expect rolling trails, peaceful greenery, and a *trail mix* of adventure.

June 2 – Jackson Bog State Nature Preserve (7984 Fulton Dr. Massillon Oh 44646) A unique wetland wonderland! Just a heads-up—no dogs allowed per park regulations. But don't worry, you'll still have plenty of wildlife to chat with!

July 14 – Quail Hollow (13480 Congress Lake Ave NE, Hartville, OH 44632) Forests, meadows, and a touch of magic—this spot is a hiker's dream. Bring your best *trail tales* to share!

August 18 – Fry Family Park (2533 Farber St SE, Magnolia, OH 44643)

A hidden gem with rolling hills and stunning views! Let's *take a hike* in the best way possible. Each hike promises a mix of adventure, laughs, and good vibes. So grab your water bottle, invite a friend, and let's hit the trails!

ANNUAL SCSC CAMPING TRIP:

Now Taking Reservations Camping/Canoeing/Kayaking/Biking Friday, July 18th – Sunday, July 20th

Camping at Mohican Reservation

Check out the website: <u>https://www.mohicanreservation.com/index.php</u> Cost: Approximately \$26-30 per person (Teens 12 -17 \$10 & Kids under 12 free) (Dogs are allowed!)

Biking, Canoeing, Kayaking, Zip Line or just relaxing will be on the agenda that weekend along with a lot of laughter and storytelling.

2025 Theme: Groovy Viber Embracing the Hippie Spirit

Join us for games, food, and lots of laughs. Stay for a groovy dance party in the woods. To make reservations contact <u>Roberta Graham</u>. Payment must be received no later than





2025 SCSC Paddle Schedule

SCSC FRIDAY NIGHT FLOAT 2025 SCHEDULE

EVERY FRIDAY EVENING MEET AT **6:00PM** SPLASH TIMES ARE **6:30PM** WEATHER PENDING STAY POSTED VIA FACEBOOK & GROUPME

Date	Location	Launch Location	
Friday, May 30, 2025	WINGFOOT LAKE	<u>FARR LN</u>	
Friday, June 6, 2025	MOGADORE RESERVOIR	<u>THE BOATHOUSE</u>	
Friday, June 13, 2025	NIMISILA RESEVIOR	<u>C6 CHRISTMAN RD</u>	
Friday, June 20, 2025	DEER CREEK RESERVOIR	PRICE ST	
Sunday, June 29, 2025	West Branch- 9 AM	West Boat Ramp	
Friday, July 4, 2025	NO PADDLE	C HOLIDAY	
Friday, July 11, 2025	TUSC. RIVER	DOVER CANAL PARK	
Friday, July 18, 2025	MOHICAN CAMPING WEEKEND		
Friday, July 25, 2025	MOGADORE RESERVOIR	THE BOATHOUSE	
Friday, August 1, 2025	DEER CREEK RESERVOIR	PRICE ST	
Friday, August 8, 2025	NIMISILA RESEVIOR	<u>C6 CHRISTMAN RD</u>	
Saturday, August 16, 2025	LEESVILLE LAKE 9AM	SOUTH FORK MARINA	
Friday, August 22, 2025	ATWOOD LAKE	ATWOOD EAST MARINA	
Friday, August 29, 2025	SIPPO LAKE	<u>TYNER ST</u>	
Friday, September 5, 2025	WINGFOOT LAKE	FARR LN	
Saturday, September 13, 2025	Guilford Lake State Park-9AM	Guilford Lake State Park Beach	
Sunday, September 21, 2025	Salt Fork- 10AM	SugarTree Marina	
Saturday, September 27, 2025	SIPPO LAKE- Glow Paddle	<u>TYNER ST</u>	

IF YOU WOULD LIKE TO JOIN US FOR A FNF PLEASE LET <u>ALYSSA</u> KNOW, SO WE DON'T LEAVE ANY-ONE ON SHORE SOLO. *RENTALS MAY BE RESERVED PER THE PARK'S WEBPAGE AVAILABILTY WILL VARY PER LOCATION*

Sign up here for email/text reminders.



CVSSC Biking Schedule– Tim L.

Gearing up for more chaos than their kickstands can handle! One of our sister clubs has been generous share their peddling schedule.

Tuesday rides begin at 5:30pm. Except for the ride on July 29 which starts at 4:30pm Saturday and Sunday rides begin at 10:00am

For additional information, please reach out to Tim Lavey presidentgsci@gmail.com

2025 Towpath Tour

Date	Trailhead	Section	Après/Dining Option
Tues. May 27	St. Helena Park 123 Tuscarawas St. NW, Canal Fulton, Oh	St. Helena Park/Towpath Court	The Barrel Room 129 N Canal St.
Tues, June 3	John Glen Grove 8000 Warmington Rd. SW, Navarre, Oh	Towpath Court/Wooster St.	Erie Street Pub 2700 Erie St South.
Tues. June 10	Craig Pittman Park 8062 Hudson Dr, Navarre, Oh	Wooster St/McDonnell	Kozmo's Grille 37 First St SW
Sun June 22	Fort Laurens Park 11064 Fort Laurens Rd NW, Bolivar Oh	McDonnell/Canal Lands Park	Lockport Brewery 10748 Wilkshire Blvd. NW
Tues, June 24	Vanderhoof Rd. Trailhead, 2445 Vanderhoof Rd	Vanderhoof Rd/St. Helena Park	Winks, 75 Fifth St. SE, Barberton.
Tues. July 1	Wilbeth Rd. 380 W Wilbeth Rd, Akron Oh	Wilbeth Rd/Vanderhoof Rd	The Upper Deck 357 W Turkeyfoot Lake Rd
Tues. July 8	Memorial Parkway 499 Memorial Parkway, Akron Oh	Memorial Parkway/Wilbeth Rd	Lock 15 Brewing Co. 21 W North St
Tues July 15	Ira Trailhead 3801 Riverview Rd, Peninsula Oh	Ira/Memorial Parkway	Musketeers Bar & Grille 3027 Brecksville Rd
Tues July 22	Ira Trailhead 3801 Riverview Rd, Peninsula Oh	Ira/Boston Store	Musketeers Bar & Grille 3027 Brecksville Rd
Tues July 29 4:30p Start Time	Boston Overflow Lot 1508 Boston Mills Rd	Boston Store/Frazee House	The Brew Kettle 11 Atterbury Blvd.
Tues Aug 5	Lock 39 8000 Rockside Rd, Independence Oh	Frazee House/ Harvard Ave	Yours Truly 8111 Rockside Rd
Sat Aug 16	Harvard Ave 997 Harvard Ave	Harvard Ave/Canal Basin Park	Das Schnitzel Haus 5728 Pearl Rd
	the former) Alace loves



CLEVELAND METRO SKI COUNCIL PRESENTS: 2025 CMSC "THE OUTING, A 4 PERSON SCRAMBLE" GOLF OUTING



Golf Course, date & time: Mayfair County Club, 2229 Raber Road, Uniontown, Ohio 44585 July 27, 2025, Sunday @ 2pm shotgun starts.

Four Person Scramble Play Typical format – Each person drives their ball on each hole; locate the ball in the best position. Move all balls to the best ball position and hit the next shot from there. Continue this process until the ball drops in the cup. Record your score as a team.

Format: The intent is to have 2 persons from one club paired with 2 persons from another club as one team to promote camaraderie between clubs (foursomes are welcomed)! Accepting one, two or four from a club to play. If you have a golf handicap for 18, please write it down in app, no handicap places a "N".

Golfers on the following tees: Red Tees for the ladies, Black Tees over 65, and all others off the White

The Golf Package includes: 18 holes, cart, lunch, BBQ dinner, course refreshments (on your own at reduced rate). Prize for first place flight A and B, prize for DFL and drawing for prizes. **Options:** For Golf only the cost is \$60 OR For Dinner only the cost is \$25.00.

Schedule at the course: Registration is between 12:00 PM to 1:30 PM near the Pro Shop; Team organization is 1:45 PM to 2:00 PM; and shot gun start is at 2:00 PM. Lunch is being served from 12:00 PM to 2:00 PM and Dinner plus awards and prizes after golf at the course in the banquet room.

Contact information or questions: Call Art Pokopac 330.697.7491 or email at <u>pokieman@aol.com</u> CMSC Golf Chair.

Fill in application and sent in payment below:

		(cut here and send		
Player 1: Name:		Email:		Phone:	Handicap:
Circle one:	Golf Package \$85	Golf Only \$60			
Player 2: Name: _		Email:		Phone:	Handicap:
Circle one:	Golf Package \$85	Golf Only \$60			
Player 3: Name:		Email:		Phone:	Handicap:
Circle one:	Golf Package \$85	Golf Only \$60			
Player 4: Name: _		Email:		Phone:	Handicap:
ircle one:	Golf Package \$85	Golf Only \$60			
Person: Name:		Name:			
	Dinner only \$25		Dinner only \$25		

2025-2026 Stark County Ski Club Trip List

For SCSC local trips, fill out an **"On-line Trip Application & Read Trip Agreement"** and follow the appropriate payment process, or mail check to the Trip Leaders address listed. The trip application form is available by clicking on the designated trip's Application Link. **Checks to be written to: Stark County Ski Club.** Secure your spot with the designated trip leader, deposits hold your spot(s)!

Puerto Plata Dates: October 19-25, 2025 Trip leader: Kelly Lockhart Address: 1151 Melscheimer Rd. SW., 1	<u>Members' Cost: \$1750-1900</u> Email: <u>Adagio268@gmail.con</u> East Sparta OH 44626	<u>Trip Application</u>
Wine Tour: TBD Dates: TBD Trip Leader: TBD	Members' Cost: TBD	Bus: TBD



Ellicottville NY Multi-Day Wednesday January 14-16, 2026 Trip leader: TBD	Members' Cost: TBD	Bus: TBD
Okemo Multi-Day February 8-13, 2026 Trip leader: TBD	Members' Cost: TBD	
Heavenly, Ca. Multi-Day March 21-28, 2026 Trip leader: TBD	Members' Cost: TBD	
Alaska Cruise Multi-Day June 20-30, 2026 Trip leader: Matt Stear Email: <u>Mstear</u>	<u>Members' Cost: See Flyer</u> :travelskamp@yahoo.com	Limited 25 Spots



Potential 2026 Trips Tahoe (Heavenly, Kirkwood, Northstar) —> Epic Pass

Optional trip insurance is *<u>HIGHLY</u> recommended– contact trip leader for details.*

LIFESTYLES HOLIDAY RESORTS PUERTO PLATA

OCTOBER 19-25, 2025

ONLY 14 ROOMS AVAILABLE, SO THIS WILL SELL OUT QUICK!

DUE TO CHANGES IN AIRLINE POLICIES, REGISTRATION DUE <u>MARCH 1, 2025</u> TO GET THIS PRICE.AFTER MARCH 1, FINAL COST WILL BE BASED ON AIRFARE.

\$1750.00 Per Person & Includes

• 7 Bedroom Villas

RK COUNT

- Double Occupancy Bedroom with Private Bath(Rooms have King size beds, so roommates would need to share bed.)
- All Inclusive: Breakfast cooked in Villa, one private BBQ for the group, all food and drinks,
- · Airport Transfers, Golf Carts to Share
- Private Beaches, 9 pools, 30 restaurants

\$1900.00 for Single Occupancy

Trip Application

Trip Leader: Kelly Lockhart 1151 Melscheimer Rd SW East Sparta, OH 44626 <u>adagio268@gmail.com</u>



PAYMENT SCHEDULE

\$250 DEPOSIT UPON REGISTRATION \$500 JUNE 10 \$500 AUGUST 10 REMAINDER SEPTEMBER 10

Optional trip insurance is <u>HIGHLY</u> recommended

CRUISE & LAND TOUR June 20-30, 2026 Limited to 25 Spots

Voyage: X619 / Denali Explorer Ship: Discovery Princess Entered Service 2022



Cabin Options: Inside stateroom - **\$3,206.22 per person** Deluxe balcony - **\$4,746.22 - \$4,796.22 per person**

Those prices include all taxes and port fees and all ground transportation, as well as meals in the main dining rooms and

- Ports
- Ketchikan
- Juneau
- Skagway
- Glacier Bay
- College Fjord
- Whittier

They also include a Princess Plus package which provides:

- Wi-Fi for one device per guest
- Drinks, bottled water, specialty coffee, juice bar, cocktails, wine, and beer (up to \$15 each), and 25% off of bottles of wine.
- ♦ Crew appreciation (tip/gratuity)
- ♦ 2 Casual Dining meals per person
- A Room service delivery and drink delivery anywhere onboard
- ◊ 2 fitness classes per person

The land package includes:

- ◊ Train to Denali Princess Wilderness Lodge
- ♦ Mt. McKinley

Flight Info: Cleveland -> Vancouver.ReturnAnchorage -> Cleveland.AIR FARE IS NOT INCLUDED IN CABIN COSTPassports are REQUIRED

Trip Leader: Matt Stear Email: <u>Mstear.travelskamp@yahoo.com</u> <u>Trip Application</u>



If you choose not to include the Princess Plus package, you can deduct about \$400 per person. Please note that all guests in each cabin must elect to have the package or not; one person cannot use the package and the other decline the package.

These prices do <u>NOT</u> include air. Air will be extra but, we cannot get air prices at this time. We will use Princess Air. That way, if there are any delays, Princess is responsible. *Any excursions would be an additional charge*.

Optional trip insurance is <u>*HIGHLY*</u>**recommended**