

# Travel

THE TRENDY TRAVELER

## Apples to Apples



Autumn is my favorite time of the year. Everything is changing from the color of the leaves to the sounds of school buses back in session. September is a wonderful month to reap all the benefits of autumn with the whole family before school schedules get too hectic and the weather is just enough to keep you indoors. This month I want to take a look at the Country Mill Farm in Charlotte, Michigan.

Charlotte is only about three hours from us, but it will feel like a whole new world. Instead of congested streets and traffic lights, you will be traveling in the Orchard Express, a train that takes you in and out of the apple trees in the orchard and beyond. If you really like trains, you should be sure to check out the Lionel Train Layout as well, with over 1,200 square feet of antique train tracks laid out across a beautiful landscape.

One of the main, and largest, attractions at Country Mill Farms is the beautiful apple orchard. The orchard contains about 10,000 trees and 22 different types of apples. The orchard is only a 1/2 mile from the market where you can buy all things natural, healthy and delicious. On top of being able to buy great gifts and foods at the market, you can also hand-select your own apples as a family. Country Mill is one of the few farms in Michigan that allows families to wander amidst the trees and pick their own barrels of apples. There is something so sweet about seeing where your fruit comes from, and being able to choose which apples are best for pies, ciders, or just eating while you explore. You and the whole family can even watch the cider pressing process and taste the yummy end result at the Cider Mill.

There are lots of activities, too. Be sure to stop by the farm on September 20th when you can celebrate all things apple during the Michigan Apple Festival. On the 27th and 28th put your strength and balance to the test during the 22nd Annual Pumpkin Carrying Contest. To check out all that the farm has to offer, including directions and schedules, visit [www.countrymill.com](http://www.countrymill.com). There is always something happening at the Country Mill Farm from the petting zoo to the hayrides, the pumpkin patch to the corn maze... plenty of fall fun for the whole family!

—Colleen Webb, Contributing Writer



Photo by Brent Siefts

## WHO'S WHO IN BUSINESS

### Gena Udy of My Gym

#### Starting Children On the Path To Fitness

Gena Udy opened the 3,600 square foot My Gym Fitness Center at 4008 Fox Valley Center Drive in July of 2006. Gena and her staff of seven offer an average of 25 classes per week for nine different age groups. The facility also has nine birthday party time slots each weekend.

**NAME:** Gena Udy

**PROFESSION:** Children's Fitness Instructor

**COMPANY AND FOCUS:** My Gym Children's Fitness Center. Our focus is to help children develop physically, socially and emotionally. Through our non-competitive class structure, children thrive in the areas of developing balance, strength, coordination and agility. Children also develop confidence and positive self-esteem all while having fun.

**TENURE:** 6 years

**SERVICES/PRODUCTS PROVIDED:** Age-appropriate structured classes for ages 6 weeks - 13 years. Our classes include gymnastics and sports, song and dances, relays, games, special rides and more! Our fantastic birthday parties include exclusive use of the entire gym, games, relays, puppet shows, a zip line ride and more.

**COMMUNITY INVOLVEMENT:** My Gym donates to a number of schools, pre-schools, churches and other charitable organizations whether it is through our time at an event or products and services.

**MOST MEMORABLE PROJECT/EXPERIENCE:** I get to make great memories every day. I love being able to be a positive influence in the lives of my students and help them grow and progress. I feel it is a great responsibility to help children develop a foundation for who they will become as an adult.

**BEST WORK-RELATED THING I DID RECENTLY:** I had the opportunity to host our Midwest Regional Seminar at our location and had the chance to train with My Gym Owners and staff from all over the Midwest.

**FAMILY LIFE:** I am very close to my family, although they all live in Florida and Tennessee. My only family here is my dog Tally! I hope to have children some day and am getting lots of good experience with all of my "My Gym kids!"

**HOBBIES:** Modern and ballroom dancing, playing the piano, reading, rock climbing, biking, white water rafting, exercising and cooking.

**FAVORITE BOOK:** "The Gift of Asher Lev"

**LAST MOVIE I SAW:** P.S. I Love You

**I OWE MY SUCCESS TO:** My parents, Richard and Tena Udy, my grandmother, Mary Francis Everett, my dance teacher, Pam Masters, my gymnastics coach, Paul Leitz and all of the wonderful people at the My Gym corporate office.

**FAVORITE PLACES IN NAPERVILLE:** Meson Sabika, Tango, Wild Tuna all of the little shops, The River Walk, Meso downtown and X-Sport Fitness. For additional information, visit [www.my-gym.com](http://www.my-gym.com) or call 630-499-1299.