



OFFICIAL MAGAZINE OF AAA HOOSIER MOTOR CLUB

crossroads

MAY/JUNE 2020

EXPERIENCE THE CANADIAN ROCKIES

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Lake Louise and
Fairmont Chateau
Hotel, Canada.
Getty Images

Central Indiana Things To Do

FOUR FUN OUTDOOR ADVENTURES

Liven up your summer at one of these outdoor events across Central Indiana.

By Crystal Hammon

If winter kept you cooped up inside, staring at the same four walls, then chances are you're ready for outdoor adventure. Whether you're attracted to the quirky, the cultural, or the imaginary, there's an outdoor event for you.

Happy Goat Lucky Yoga Saturdays, May to October

Goats and yoga—two things that have no earthly connection, right? Well, Happy Goat Lucky Yoga, is a clear exception. Every Saturday from May to October you can participate in the 5,000-year-old practice of yoga surrounded by small (adorable) goats. In case you hadn't heard, practicing yoga side-by-side with these cuddly animals may intensify yoga's calming effects. Some yoga therapists think the combination increases the brain's feel-good hormones—dopamine and serotonin—and decreases stress hormones such as cortisol. Book an outdoor class (weather permitting) for a fun, playful mood-booster. Children must be at least 10 to participate.

Happy Goat Lucky Yoga, 1212 Westfield Road, Noblesville, (317) 584-0135, www.happygoatluckyyoga.com.

Polo at Hickory Hall Polo Club

Fridays, June 19 to October 2

Polo may be one of the oldest team sports in the world, but unless you're an equestrian, there's a good chance you've never played. Happily, you don't have to own a horse to experience the game. It's a great spectator sport for the whole family—one you can enjoy every weekend from June 19 through October 2 except on July 3. On Friday nights, the gates of Whitestown's Hickory Hall Polo Club open at 5 p.m. Matches for Polo at Sunset begin at 6:15 p.m. (Bring a picnic basket and your own chairs.) For only \$40, you



can take a carload of spectators.

7551 East 100 North, Whitestown, (317) 223-4281, www.indypolo.com.

Indian Market & Festival June 27-28

Immerse yourself in Native American culture at the Indian Market & Festival. For the 28th year, the festival happens on the beautiful grounds of the Eiteljorg Museum. Talk to Native American artists representing 50 tribes or nations across the United States and Canada. In addition to traditional dance performances and demonstrations of sand painting and basket making, this year's event includes art-making sessions and learning opportunities for the whole family. While you're there, feast on Native American

treats such as Menefree Lemonade and Platero Fry Bread.

500 W. Washington St., Indianapolis, (317) 636-9378, www.eiteljorg.org/indianmarketandfestival

Mayberry in the Midwest Festival

May 15-17, 2020

Inspired by the landmark Mayberry Café on the northwest corner of Danville's historic square, the Mayberry in the Midwest Festival is a celebration of Mayberry, the idyllic town popularized by the Andy Griffith television show. Throughout the weekend, you can mingle with tribute artists who reprise iconic roles of Deputy Barney Fife and Floyd the barber, take in a Mayberry-themed parade, and dine on downhome favorites that might have come from Aunt Bee's kitchen. Indulge your nostalgic side and introduce your kids or grandchildren to a simpler time at a two-day festival that brings Mayberry to life.

Historic Courthouse Square, Danville, www.mayberryinthemidwest.com.

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