

CLAY COUNTY PROGRESS – April 13, 2017

Students take a healthy walk on Quanassee Path

By Sandy Nicolette, CCCRA President

In spite of cool breezy weather, sixth grade teachers and students decided to go ahead with their walk along the Quanassee Path, which was scheduled to coincide with their health day coordinated by school nurse Joanna Atkisson.

Did the students enjoy the walk? Sixth grader Jeremy Graves reported, “The walk was really fun. Of course, I usually prefer running, but walking the one mile on the trail was pretty easy and we all had fun talking to our friends as we walked under the trees, through town and then back to the school.” When asked if he knew the name of the trail he said, “Yes, it has to do with the Cherokee and is named Quanassee.”

The “Take the Quanassee Path to Good Health” campaign was initiated as a result of CCCRA receiving a Kate B. Reynolds Foundation grant. Funds were received to purchase signs, gravel, sidewalk extensions and marketing materials to benefit the Quanassee Path, as long as it would promote healthy living. Since “Walking is one of the most powerful things we have to increase physical and emotional well-being,” as noted by United State Surgeon General Dr. Maithy, promoting walking our Cherokee History Trail was a good fit.

The banner promoting “Take the Quanassee Path to Good Health” and carried by students throughout the event was funded by Active Routes to School. Bookmarks, to be given to each person who participates in the walk, were purchased with Kate B. Reynolds Foundation funds.

Appreciation is extended to Matthew Lyvers, with the Clay County Health Department, whose article appearing in the April 6 edition of the Progress, highlighted the Arthritis Foundation’s 12 benefits of walking,

The Quanassee Path, developed by the Clay County Communities Revitalization Association, a 2-mile Cherokee history trail that links five sites in Hayesville: Cherokee Homestead Exhibit, Cherokee Botanical Sanctuary, Spikebuck Mound, Cherokee Cultural Center at Moss Library, and the Old Jail Museum. Clay County residents and visitors are encouraged to walk the trail with family and friends, enjoying the scenery and health benefits from walking. Quanassee Path brochures, highlighting the route, may be picked up at the library and local businesses, or downloaded from the CCCRA web site: www.cccra-nc.org.

