



**Serving the Mt Rogers' Community of Whitetop, Green Cove,
Konnarock, Troutdale & Mouth of Wilson**

News and Updates from your local Fire and Rescue Department

The Mount Rogers Volunteer Fire and Rescue Department is experiencing critically low membership. Our current members are dedicated but require additional support to meet the demand for emergency services. We are reaching out to the community for assistance as our department operates entirely on volunteer efforts without compensation.

If the department were to close, it would result in longer wait times for emergency personnel, higher fire insurance rates, and increased hardship for those needing immediate help. The nearest department, aside from Green Cove Rescue, is 40 minutes away, not accounting for the transfer time of 911 calls and crew mobilization, potentially resulting in nearly an hour's wait.

We need volunteers for various roles including firefighters, EMTs, drivers, and event helpers. Training is provided by the department with a commitment expectation in return. EMTs are asked to respond to at least 10 calls per year. Upcoming in-house training includes classes on extrication (removal from a vehicle), electric vehicle fire

simulation, and water pumping, with dates and times available on our Facebook page.

We sponsored our annual Fourth of July celebration, featuring a parade, music, food, and fireworks. Observers of the Whitetop Fireworks describe them as a "fantastic display." A DJ played music, volunteers sold hot dogs, snacks, soft drinks, and ice cream. At only \$1.00 per scoop (cone or cup), ice cream continues to be one of the best values around! It was a beautiful, clear night with perhaps the largest crowd to date.

Community involvement is crucial to the continued operation of the Mount Rogers Volunteer Fire and Rescue Department. If you have free time and wish to contribute, please contact us for opportunities to assist.

Quick Updates from the Grayson County Administration Office

- EMS Coordinator and Agricultural Director positions are open due to a retirement and a resignation. Reach out to the county office if you would like more information on either one.
- If you haven't been there, the swimming pool at the Grayson County Recreation Park is beautiful

and has diving boards, a children's area and a snack bar. With the hot weather, it has been averaging well over 150 people per day with the highest day topping 265 people.

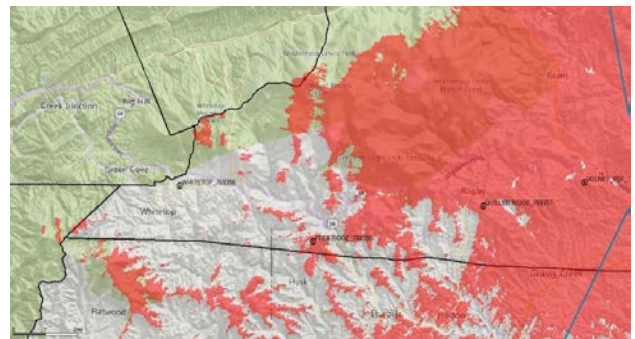
- The county began a study to look at a long-range plan to sustain EMC operations.
- The restoration of the Historic Grayson County Courthouse should be completed by the 4th of July thanks to a grant that was received in the amount of \$225,000
- The county is working through USDA-NRCS for the Emergency Watershed Project. This is a long term federally funded project to clean up debris along creeks and streams from the damage caused by Hurricane Helene.

Cell Tower Updates

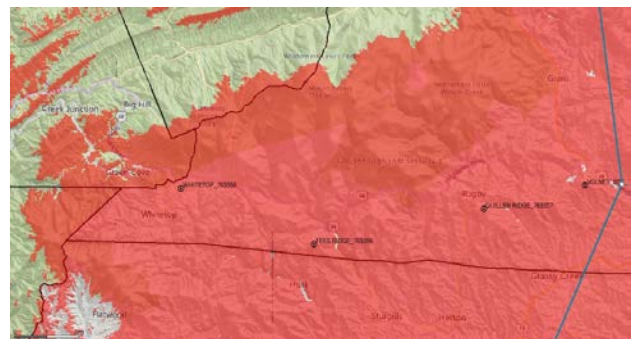
Progress is being made in the implementation of the communication infrastructure project for the county. All three tower sites have been identified; property owner agreements have been reached; and design and permitting of the actual access roads and towers are in progress. Permitting is more detailed than one might think. Each site must be evaluated by the US dept of Interior to evaluate any impact that construction may have on Native American burial grounds; EPA to determine impact on active water sources; and the US Fish and Wildlife Service evaluation of construction impact on endangered animals. These studies should be completed at all three locations by the first of August. Once this is completed the construction designs will be evaluated by the county's building inspection office and with favorable approval, permits should be issued

by late September. Construction is projected to begin at all three locations simultaneously in October of this year. Although it may be held prior to distribution of this issue, a public meeting is being held on July 15 @6:00 at the Grayson County Courthouse, boardroom in Independence to share information and concerns about the 200-foot tower planned for Whitetop on Old Park Road. Note that the tower will only serve US Cellular and T-Mobile customers with roaming capabilities.

Below are maps showing current cell phone coverage and projected coverage after the project is completed.



Current Cell Phone Coverage



Projected Coverage after project completion.

Creeper Trail Update

The Creeper Trail is one of the most famous bike trails in the United States and gets its name from the native vine, Virginia Creeper. The trail has two parts. The popular section from Whitetop to Damascus is known for its scenic views and easy descent, making it ideal for families; however, it was damaged by hurricane Helene and is currently closed. The second section from Damascus to Abingdon remains open and permits the use of E-bikes which are available for rent in Damascus. This section requires light pedaling, with a downhill stretch from Abingdon to Alvarado and a gentle slope of less than 1% from Alvarado back to Damascus.

Repair work has been approved for the Whitetop to Damascus section which is being managed by the US Forest Service. The first step of the project has been the removal of the extensive debris along the trail. This work has started and is expected to continue until July 31, 2025. The contractors expect to remove about 2,000 dump truck loads worth of debris and have asked for people driving along route 58 to be patient as they encounter crews / vehicles performing the work. As debris is removed, the rest of the clean-up and restoration can continue. The Forest Service will try to keep the trail as similar in design to the original trail, but due to the extent of the damage, modifications to the trail will need to be made. The final completion date is unknown, but updates will be provided as more information is available. If you have additional information, please share them for future publication by emailing them to Gary Rascoe at **WhitetopGazette@gmail.com**

Community Assisted Agriculture, the Initiative

By Roy Brittain, Mountain Neighbors.com

The US Census reveals a need in remote, rural communities such as ours for healthy food that some people may not be able to afford or grow on their own. The elderly and young are most at risk. Help from outside only lasts as long as the ability of the provider. The following is a proposal to help fill this need. Community support with active involvement helps maintain local availability.

This proposal begins with the assumption that most gardeners produce more food than they can use, and, after filling their own needs and providing some excess to friends and family, may find that they still have produce that may go to waste. The goal is to offer, regularly, excess/donated garden produce to the community for free by bringing the market to the local community.

To accomplish this a couple of things are needed:

1. A venue in each established community area once every four weeks. Community Centers, private undertaking, businesses, churches or other Non-Profit (NPO), are all candidates. Suggested Hours: 10 AM - 4 PM; one day, monthly.
2. The excess produce from each garden should be collected weekly at designated locations within each community. The collector will deliver the food to the event. This person may operate a demonstration site (explained on website) to share knowledge, or simply collect produce for this initiative.

As a sponsor of this initiative, Mountain Neighbors will supply refrigerated coolers for produce requiring refrigeration and display units for other types of produce at the event.

This initiative provides a local venue, and free produce regularly, and good food and other local products for sale by the producers. Collateral benefits and possibilities may include increased community awareness, involvement by individuals, and educational relationships. Information collected at these events can be used by the local Community Center to plan its development and external engagement in this area or assess the need for external support.

A wealth of knowledge rests with the members of our communities: the retired, the professional/crafts people still working, and those living off the land, which will be lost should we not invite their participation within our local communities. In fact, no one may be omitted except by their own choice, simply because "they live in the neighborhood". Those of us who have moved into the neighborhood are more obliged to defer to the locals until the majority of them are included in the decision-making process. We all live around others who need to be included. We change, and our neighbors change, so let's work together to get to know each other as we are - right here, right now.

The details are at: <https://www.mountainneighbors.com/initiative>.

Comments and questions are welcomed and encouraged.

Helicopter Pad Update

By Tom Revels

The September 2024 issue of the Whitetop Gazette announced that Whitetop had received a grant from Wellspring Foundation of Southwest Virginia to build a state-of-the-art landing pad at the Whitetop Community Center. The landing pad will offer a safe method to provide fast transportation to area hospitals.

Time is critical in cases of emergencies. As you can see in the picture, the landing pad and fencing are finished. Two things remain to be completed: the lighting for the pad and for the parking lot and painting the letter "H" in red in the center. Discussions are underway with an electrical contractor and it is possible that the work could begin in early to mid-July. The painting will be completed after the electrical work is finished.

As noted in the previous article, air lift service can be very expensive. It would be a good idea to contact your insurance provider to find out if it would be covered as part of your plan.



Quilt Raffle Results

By Gary Rascoe

As many of you know, Grace Haga was kind enough to donate one of her Granny Grace Quilts to Gary Rascoe as a fundraiser for the publication and distribution of The Whitetop Gazette. The raffle ticket drawing was held on May 24th and the lucky winner was Rita Brown. Rita stopped by to pick up the quilt on May 25th and commented on how gorgeous it is. The proceeds from the fundraiser totaled a little more than \$1,400!



Grace Pulling the Winning Raffle Ticket and Rita Celebrating Her Win of the Beautiful Quilt.

Thanks to everyone who purchased tickets and to Skyline Bank, The Railroad Market and Café, and the Molly Chomper Hard Cidery for selling tickets.

Other Community Events / Notes

- In Whitetop, Bingo with a Potluck dinner is held on Saturdays at 6:00 pm at the Whitetop Community Center. Bingo is on the first three Saturdays of the month and Bingo with music is on the fourth Saturday of the month. While not necessary, it is suggested that you bring food for the potluck portion of Bingo night. A break is taken after about two thirds of the games have been played in order to share food, conversation, and encourage a sense of community.
- A community wide yard sale will be held on August 2 at the Whitetop Community Center and then another at the Whitetop Presbyterian church on August 30. Anyone who would like to participate in either yard sale is encouraged to do so.
- The Blue Ridge Discovery Center is holding their Summer Naturalist Rally on August 8-9. Learn about geology, astronomy, botany, cultural history, and much more with regional expert guides with the option of staying in the comforts of their Historic Schoolhouse at the base of the highest mountains in Virginia. For more information on the Rally or to learn about other programs, call the center at (276) 388-3155 or go to their website at

BlueRidgeDiscoveryCenter.org.

- Free Covid tests are available in the waiting room at Dr. Belisle's office in Konnarock, VA. No appointment is necessary. Their phone number is (276) 388-3411 and their address is 20471 Azen Rd, Damascus, VA. They are around the corner from Konnarock Store & Gas.
- The ever popular Grayson Highlands Fall Festival (always the last full weekend in September) will be held on September 27th and 28th from 10am – 5 pm. The pony sale is Saturday the 27th at 2pm.
- The Rugby Volunteer Fire Rescue & Auxiliary will be holding their annual blood drive in October, the date to be announced.
- Friends of Grayson Highlands State park had an appreciation day on June 14 at the Grayson Highlands Park picnic area for VDOT staff and their families for all their hard work repairing roadways after Hurricane Helena.
- Free river trash bags will be available at every Grayson County New River boat launch site throughout August for paddlers and anglers to use if they'd like to clean up during their floats.
- Grayson County Public Works has partnered with the Virginia Department of Wildlife Resources to dispose of collected river trash from each boat launch.
- In the wake of Hurricane Helene, this year's volunteer-led clean-up is more important than ever in preserving the beauty and safety of the ancient New River.
- Sponsored by: Grayson County Tourism; New River Conservancy; New River Wildlife Conservation Club; Grayson Landcare; the Goodwill Grange Hall; Preserve Grayson; Grayson County Public Works; Virginia Department of Wildlife Resources.
- Thank you to all our volunteers!

August is Clean River Month in Grayson County!

Join the New River Protectors and other Grayson County organizations in volunteering to help clean up the banks, waterways, and islands of the New River.

- Clean-ups will occur throughout August at various locations along the New River.
- Volunteers can visit the Grayson County Tourism website (www.graysoncountyva.com/the-new-river) for detailed information on signing up for a clean-up.

Birdwatching to Backpacking: Blue Ridge Discovery Center's Unforgettable Summer Camps

By BRDC

This summer brought incredible outdoor adventures to our community through five dynamic camp programs that connected young people with the wonders of the Blue Ridge mountains. From birdwatching to river exploration, our summer camps offered unforgettable experiences that built confidence, fostered friendships, and sparked lifelong passions for nature.

Our first camp of the summer, Ornithology Camp, proved that patience pays off! Seven dedicated bird nerds identified an amazing 91 bird species over four days—including the elusive saw-whet owl—during exciting on and off-campus field trips.

Meanwhile, Nature Day Camp welcomed 35 children across three week-long sessions, where each cohort had the opportunity to dive deep into the fascinating worlds of birds, insects, plants, salamanders, and streams through hands-on daily adventures.

Both a camper and staff favorite, the New River Expedition created memories of a lifetime as 12 students joined our expert staff for a four-day float down one of our region's most beautiful waterways—the New River.

Our exploratory summer program, Discovery Camp, brought nearly 20 students together for a week of overnight adventures at our historic schoolhouse. Through outdoor recreation activities and engaging games, campers discovered new interests while building lasting friendships.

We closed out the summer season with Wilderness Expedition, challenging a small group of young adults with a backpacking



Photo courtesy of BRDC.



Photo courtesy of BRDC.

adventure in the Mount Rogers National Recreation Area. Participants mastered essential outdoor skills like compass navigation and campfire cooking under the guidance of our experienced staff.

Our summer camp offerings may be consistent from year to year, but the beauty of nature education means that each camp is a brand-new and unique adventure. Nowhere does our organizational mission to "inspire curiosity, discovery, and stewardship" ring more true than in our summer programs. Our hope is that by combining education with exploration, we create transformative experiences that empower younger generations with confidence, a sense of respect and responsibility for natural places, and practical outdoor skills that will serve them throughout their lives.

Stories From Life on Cabin Creek

By Sharon Compton

Life on the creek has always been a constant in my life. Throughout my eighty years, the creek has been my place to find peace, grounding and stability.

As a young child I roamed the holler, playing with relatives, growing up in a multigenerational world, daily experiencing the natured environment. Wet shoes were expected as well as skinned shins and stumped toes. Improvised stones safely created at creek's edge cooked meals for imaginary guests. Doll clothes were washed and hung on bushes to dry.

The respect for the power of water was earned early when you lived near a creek. With a downpour up the creek, a wall of water will sweep between the creek banks downstream. Listening, you could hear its approach and get safely away from its coming.

Early spring peepers announced the promise of warm weather as well as the pristine water conditions in which the peepers live. Finding the hummingbird pocket nest attached to a tree branch over the creek was a special find. The noise of the creek can either soothe or invigorate. The white noise of the creek at night lulls you to sleep.

With age comes the need for security for me. Living on the creek provides that security through caring neighbors and relatives. The creek continues to ground my life.

Stories From Life on Cabin Creek

By Ellen Greer Harvey

I've lived in many places in two states during my seven decades. People in my life have come and too many have gone. However, the ONE constant in my life has been Cabin Creek.

I never lived there yet have spent my entire life going there. Decades ago, my family went there to visit our grandparents, John P

and Nelia Greer. Today, my siblings and I own the property they settled on.

I feel fortunate to have experienced things there many only learn about from books or in museums: making soap, churning butter, hog-killing, the out-house, placing cold items in the spring box up the road, milking cows, cooking on the wood stove and listening for the Squealing Thing!

When our family was "in", the house was always teeming with people. I remember Albert Hash "making music" in the living room. On that occasion, there were 40 people at the house. Many were daily visitors: Archie Blackburn, Jim Davis, Jack and Lula Kilby. It was then that I probably learned "the art of visiting" as that was our entertainment.

When applying to the three school systems in which I taught, I was always asked to write a narrative. The narrative was the same each time. I described how, during my summer vacation, I would go to Mt Roger's School and spend part of my day with Miss Lula Kilby in her 2nd grade class. She let me read to the children and write on the board. I was nine years old. That was the beginning of what became a 35+ year teaching career.

My sons love Cabin Creek. When they were young, I would ask if they wanted to go to the beach or to an amusement park. Hands down, they would choose Cabin Creek. Nothing could compare with roaming the mountain or hopping rocks in the creek. For them, Cabin Creek WAS an amusement park.

Cabin Creek runs through our backyard. There is a particular rock there I remember playing on as a small child. I set up a little "kitchen" and pretended to cook. I could

always look across the creek and see that “my” rock was still there - again, the constant. However, in September 2024, that constant changed. I can no longer see my rock. It’s there, only covered up by the changed landscape after Hurricane Helene.

Community Spotlight: Kaye Hensley

By Tia Young

If you have been in Whitetop only a short while or your entire life there is one lady who you will be bound to run into Mrs. Kaye Hensley. She is often wherever there is a crowd gathered in our community, if that is Seniors on Monday and Thursdays, Bingo, Riding the senior bus or taking up Money for the festivals of the fire department. Kaye is a staple of our community, always known to be able to strike up a conversation with the nearest neighbor or stranger.



Kaye was born on Mudcreek and after graduating from Mount Roger’s Combined School she started working for Geico before it started going by its acronym. Kaye lived in Washington DC with her brother and his wife during this time. She then came back to Whitetop to meet Doyle Hensley so they could

get married on their way to Florida for one of Doyles Gas jobs. She wasn’t much of a cook back in those days so she came back a week earlier than Doyle and her mother, Bessie Powers, gave her a crash course in cooking.

This however may not have been enough time to learn everything because my favorite story of Kaye’s early days of marriage is that she went out to a market and bought a head of cabbage to cook for dinner. She had no idea that cabbage shrunk up so much while cooking. She had to lie to Doyle that she did not like fried cabbage since she hadn’t made enough for both of them because of how much the cabbage had shrunk. Kaye is an excellent cook today even though she will absolutely tell you she isn’t very good at it.

Even though she has wandered out of our community a time or two, we have been blessed to have her as a permanent fixture in the Whitetop community since the 1960's. That’s when she and her husband opened Hensley’s Grocery which was known to always be stocked with what you needed and you might just get some gossip if you stayed around long enough.

Friday Night Bingo

By Nellie Jones

It’s 6.30 Friday night and cars are already in the Goodwill Grange parking lot. What’s happening?

**BINGO every Friday
night at 7:00 pm at
the Goodwill Grange!**

That’s the simple answer but if you look inside the old rock Grant School building (now the Goodwill Grange #959), you will

find more answers. Let's take a glimpse at what a visitor might expect on Friday night.

- On entering the building, the welcoming sound of conversation and laughter.
- Fresh garden vegetables on a table just inside the Grange. Bingo participants bring extra fresh garden vegetables and leave for others to take and enjoy.
- Just inside the large room where Bingo is played, 2 Grange volunteers gladly provide cards for both the regular and blackout Bingo. These volunteer members will also gladly take money for the chance to win.
- On the wall to the left, clearly visible to all, is a Bingo machine and display board. This large display board is a helpful visual aid for the hearing-impaired.
- The outer walls of the large room contain bookshelves filled with books and DVD's for community members to take and enjoy.
- People 6 to 98 years old busy chatting and finding that lucky seat.
- Participants arrive at the door by themselves, some in pairs, some families, some out of town guests, some carpooling for those driving 45 minutes each way.
- People are friendly and readily engage in easy conversation. It's apparent that more than Bingo is happening on Friday nights, celebrations of birthday's, Mother's Day, Veterans Day, and other special events.
- The Bingo games start on time and cheering as winners shout out 'Bingo'.

In summary, what happens on Friday night at the Goodwill Grange is everyone leaves a winner and being a winner has everything to do with fellowship, old and new friends, and a safe and comfortable environment to enjoy an hour or two of Bingo. This Grange sponsored event brings our community together. Individuals come from throughout our community to have fun, to share time with existing friends, meet new friends, and catch up with happenings in our community.

In such a rural community, it is important to have a regular scheduled event as it provides value for many of our citizens. The Goodwill Grange has recognized the importance of this event as community service. The proceeds go toward the restoration of the old rock Grant School building.

Bingo is possible due to a group of dedicated Grange members who devote community service hours every week to make it possible. Each week, these dedicated members clean the building prior to and after the event.

Interesting Facts about Bingo

(from SoftSchools.com Bingo Game Facts)

- Bingo originated in Italy and has been played since 1530.
- Edwin S Lowe invented the Bingo card. He was a New York toy salesman.
- Bingo players are more agile mentally than those who do not play.
- Most Bingo players are 35 years of age or younger.
- People play Bingo more because they enjoy the game than they do to win. A poll found that winning was 5th in importance for those who play Bingo regularly.

Whitetop Mountain Ramp Festival

By Gary Rascoe



*Wayne Henderson & Friends
One of the many bands that volunteered at the
Festival.*

The weather cooperated and although a bit windy, it was a day full of sunshine for the annual Ramp festival held on Sunday, May 18. It was well attended with almost 600 adult dinners and 40 children's dinners sold. In addition, about 150 hot dogs were sold and the ice cream stand stayed very busy and continued to be a great value at only \$1! The Ramp festival is an important fundraiser for the Mount Rogers Volunteer Fire Department and they would like to express their appreciation for all of the community's support. Special thanks to all of the volunteers who assisted in running the festival. This includes those who cooked and served meals, managed the food stalls, made signs, and handled parking. As in previous years, several bands also volunteered, including Middlefork Bluegrass, Miss Ellie and the Southfork Ramblers, Wayne Henderson and Friends, Whitetop Mountain Band, Honey Dippers, Yates Family, Gem of Jim's, and Holligans. They provided entertainment with Old-Time Mountain and

Bluegrass music, and dancing was observed throughout the grounds.

One of the traditional highlights is the ramp eating contest for both adults and children. Several vendors sold arts and crafts, while Grace Haga and I sold raffle tickets for her quilt. It was nice to see the many people who came by to say hi to Grace, and I got a better appreciation for the love and respect she has earned throughout the community.

It was a successful day for raffle ticket sales primarily because Grace was there in person. Actually, the winning ticket was sold during the Ramp festival.



*Grace Haga & Gary Rascoe Selling
Quilt Raffle Tickets.*



Kerry Ruff & Burl Greer Cooking Chicken

AG & Art Festival

Welcome to the Fourth Annual Grayson County Ag & Art Adventure Featuring Farms & Artisans throughout Grayson County and Sponsored by Grayson County Tourism

This year's free, county-wide farm & studio tour takes place on Saturday, September 6 from 10 AM to 4 PM. It's a weekend-long celebration of Grayson County, Virginia's rich cultural heritage. Embark on a free self-guided tour at the various stops – maps with stops are available on-line at **graysoncountyva.com/ag-art-adventure**.



Local farms and artisan studios open their doors to showcase the region's rich agricultural and artistic heritage. Experience live demonstrations, engage with talented artisans and enjoy the serene beauty of our countryside. Be sure to leave room in your vehicle to take home any treasures you pick up along the way!

If you'd like to take a break from driving, Grayson County Tourism will be offering two ticketed bus tours during the event, led by members of the Grayson County Historical Society. A light breakfast and lunch are included in the cost of each bus ticket.

Tours leave from the Historic 1908 Courthouse Saturday morning.

Tour stops include the Independence Gallery, Osborne Farm & Nursery, New River Highland Cattle Farm, Rock Springs Farm, Dream Rock Silo, Summerfield Farms & Donnan Orchard, Rolling Acres Farm, Matthews Living History Farm Museum, Church of the Good Shepherd, Cresthaven Dairy Farm and C.W. Farm. At some stops, multiple vendors will be present.

After a day full of touring, join local artisans, farmers, and musicians on Sunday, September 7, from 1 PM to 5 PM for the free Sunday Legends of Grayson Tribute Concert! Wayne Henderson will headline alongside Allen Rutherford and half a dozen Grayson County Greats to honor the late Enoch Rutherford as this year's Legend of Grayson. The full line-up and schedule are on the Grayson County Tourism website.

Check out the artisan vendors and food trucks while you're there, and don't forget your instruments to join in the Gazebo Jam!

We hope to see you there this September, the weekend after Labor Day, to celebrate Grayson County's rich cultural heritage.

For more information, call 276-773-8002 or go to **visit@graysoncountyva.gov**

Living

by William Scarpa, Jr., M.D. FACP, FACC

Walking is the perfect exercise:

It's Spring; the outdoors beckon; it's a perfect time to get up, get out and get some exercise. But too much too soon can lead to health problems if you are among those who

haven't exercised in years, or who have a history of heart problems. What to do?

Take a walk, Buster! The old gangster movie sendoff from one hood to another is good advice. Walking offers all the benefits of exercise without the dangers associated with more strenuous exercise activities such as jogging, bicycling, or swimming. And think about this; you burn the same number of calories, whether you walk or run a mile!

For most people who have been inactive or have heart problems, regular walking is the perfect exercise because it conditions the heart so that its pumping ability is enhanced. Regular walking also helps to lower your blood pressure, raise the amount of HDL or "good" cholesterol in your bloodstream and even, say many researchers, helps to control tension.

Walking is also aerobic; it causes the body to burn more fat deposits. This is because in low intensity exercise like walking, fats instead of carbohydrates are the predominant fuel for the body, accounting for more than half of total energy production. At higher levels, however, because fats don't release their energy fast enough, the body works anaerobically, burning mostly carbohydrates as fuel.

Moreover, walking is the safest way for people who haven't exercised in a long time to make the transition from inactivity to activity, or for a person with heart problems to begin rebuilding strength. In both cases, however, a cardiologist should be consulted before you begin any exercise.

Anyone with high blood pressure should also consider a cardiac rehabilitation program, a controlled exercise program in which heart rate and blood pressure are monitored as you rebuild strength. Most hospitals offer these programs.

Whether or not you have cardiac problems, before beginning it's important for you to know your maximum predicted heart rate.

This is how you can calculate your target maximum predicted heart rate: Subtract your age from the number 220. The result will be your predicted maximum heart rate. If you are 60, for example, your maximum predicted heart rate -- 100% of how fast your heart should be able to beat -- will be 160 beats a minute (220 - 60).

Once you know your maximum predicted heart rate, you should exercise at no more than 70 to 75% of that number, or 112 to 120 beats a minute. Your doctor can show you how to check your pulse rate as you exercise to make sure you're staying below the proper level.

An Electrocardiogram stress test is the safest way to determine if your heart will have any problems during exercise. By tracking your heartbeat while you work out on a treadmill, the physician can tell you how hard you can work out before you get into trouble and how to exercise below your danger level.

Generally, you should walk a minimum of about 30 minutes a day five days a week, or one hour a day three times a week. But don't try to do this immediately; work up to it gradually. Walk at a comfortable, brisk pace and be able to carry on a conversation as you walk. Walking with a friend or neighbor makes it more pleasant and less of a chore. According to the latest research, moderate exercise like walking provides 95% of the health benefits associated with exercise.

As in any other form of exercise, the key to success is consistency. Make walking part of your regular routine or daily schedule. Before

you know it, you'll be looking and feeling better and have new strength and energy.

Of course, walking is only part of the formula that equates to good health. The other is a low-fat, high-in-complex carbohydrate diet consisting of lots of fruits, vegetables, cereals, nuts, seeds and occasional lean meat, fish and poultry. Walking won't help unless it's part of what ultimately is a change in lifestyle.

To go along with your new walking exercise program, here's a heart-healthy recipe:

Special Seafood Kebobs

Ingredients:

2 cups of zucchini, cut into 2-inch chunks
 4 tablespoons white wine
 4 tablespoons teriyaki sauce
 16 small white onions 1
 1/4 teaspoon sea salt
 1/4 teaspoon freshly ground pepper
 16 nice size fresh mushrooms
 16 cherry tomatoes
 1-pound raw shrimp, deveined and shelled
 2 cups of celery, cut into 1-inch chunks
 1 pound sea scallops

Preparation

1. In a large bowl, combine wine, teriyaki sauce, sea salt, pepper and minced garlic.
2. Add shrimp and scallops and let sit for 1 hour.

3. Skewer the seafood and vegetables in an attractive and taste-tempting sequence.

4. Grill kebobs 5-inches above hot coal until seafood is cooked through, about 20 minutes. Turn frequently and brush with oil mixture if needed.

(Dr. Scarpa is a Sanford and Pinehurst board certified cardiologist)

Puzzle: Criminals

How many kinds of criminals can you find here? We count 8. To spell out a criminal, keep moving from one letter to the next in any direction - up, down, across, or diagonally. You may move in several different directions for each word. You can also use letters more than once - but not in the same word. Example: Bandit.

M	O	B	B	O	O
T	U	R	E	R	K
B	L	G	G	T	C
R	A	G	S	I	H
W	I	N	D	E	F

ANSWERS::bandit burglar crook
 gangster mugger, outlaw, robber

Children's Fishing Derby

The Rugby Volunteer Fire & Rescue Department hosted their annual children's fishing derby on May 3 near the Corner Market & Café and Volney Baptist Church, followed by a family picnic. The first-place winner was Troy Finley and the second-place winner was his twin brother, Hunter! Nice catch! The third place winner (not pictured) was Lillyann Handy. Congratulations!



Brain Teaser – Count Cashula

Count Cashula, the world's greatest money magician, was about to perform his grand finale. He had already performed many amazing monetary feats, including turning blank paper into currency, bending a quarter with his bare hands, and convincing a concession clerk to give him change for a hundred. Now he would prove that no one in the audience knew how to count money. Count Cashula gave each audience member a pen, paper and the following instructions: "Quickly write down this number: Twelve thousand twelve hundred and twenty-two dollars." When they held up their papers for Count Cashula to see, amazingly all of them had written down the wrong number. Why?



Eddie Jones preparing food for the family cookout

Donations & Involvement

Please show your support for the continued publication of this newsletter by donating any amount at the Skyline Bank in Whitetop under the account, "Whitetop Gazette".

If you have news or feedback that you would like to be considered for publication, please email the editor, Gary Rascoe, at

WhitetopGazette@gmail.com

Thanks to all of those who contributed articles and a special thanks to Sue Revels for her layout and editing contributions.

The Whitetop Gazette

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDM Retail

**LOCAL POSTAL
CUSTOMER**