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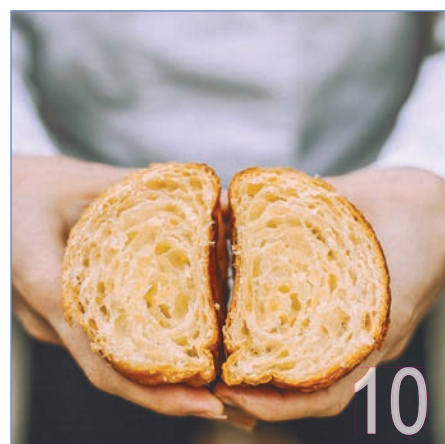
# Contents

Alleghany County  
Ashe County  
North Carolina  
.....  
Grayson County  
Virginia



## Features

|                          |    |
|--------------------------|----|
| Elk Shoals .....         | 4  |
| Breaking Bread .....     | 10 |
| Time for Blueberries.... | 14 |
| Rare Flowers.....        | 19 |
| Mountain Sound .....     | 24 |
| Events .....             | 28 |
| Recipe .....             | 32 |
| Advertiser Index.....    | 33 |



Breaking Bread  
Community Meals



Elk Shoals  
Re-wilding an Old Camp



Time for Blueberries  
Enjoying summer Berries

“Thousands of  
tired, nerve-shaken,  
over-civilized people  
are beginning to find  
out that going to the  
mountains is going  
home; that wildness is  
a necessity”

-John Muir,  
Our National Parks

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# Iconic Elk Shoals: a Beach in the Mountains

by L. A. Rhodes

Where the New River snakes through North Carolina high country mountain slopes, Elk Shoals sits tucked away on the banks of the South Fork New River, among the lush piney glens of Ashe County.

Known by some for its sandy swimming beach situated at the front of the property along a bend of the cool, wide New River, the bulk of Elk Shoal's 270 acres has been locked away for use as a Methodist church camp since the 1950s. This beautiful piece of property was purchased by New River Conservancy in December 2018, according to NRC President George Santucci.

"It's one of those iconic places," Santucci said. "It's been here so long and it has served so many young people — it's one of those places that's a part the fabric of Ashe County."

Since being purchased by the conservancy with trust fund grants and money from private donors,

*A family enjoys the beach on a sunny Sunday afternoon. Elk Shoals features a sandy beach, a place to escape the summer heat, and widely considered to be the only such swim beach in all of Ashe County.*



Elk Shoals has been turned over to the North Carolina parks system and is now an extension of New River State Park.

“This is the first acquisition outside of the originally designated 26.5 miles that has been New River State Park,” Santucci said. “It adds a whole additional day and night to the park’s overnight paddling and camping trip. What you used to be able to do in four days and three nights, now you’ve got five days and four nights, starting upstream at Elk Shoals.”

According to Santucci, volunteers, contractors, park and conservancy staff are all working together to ‘re-wild’ Elk Shoals. The re-wilding process involves converting the old Methodist camp to state park standards by way of demolishing a few decrepit buildings on the property, removing non-native plant species, improving parking and landscaping, as well as installing campsites and refining the already-existing system of hiking trails, among other tasks, Santucci said.

“Phase one is essentially complete,” Santucci explained. “Phase two is campground space and phase three probably won’t start until next year, but it should be all finished by the end of 2020.”

There are two ADA-accessible bunkhouses on the property that were built but never used by the church, according to Santucci. With a few small improvements, those bunkhouses will be rentable and capable of sleeping up to as many as 20 people each.

“There’ll be a much smaller human footprint out there and a much larger wooded and natural area, as you would expect to find from a state park,” Santucci said. “The Chapel on the New will be preserved as a community center and a place that’s available, rentable and usable for all kinds of things—weddings, meetings, family gatherings, whatever.”

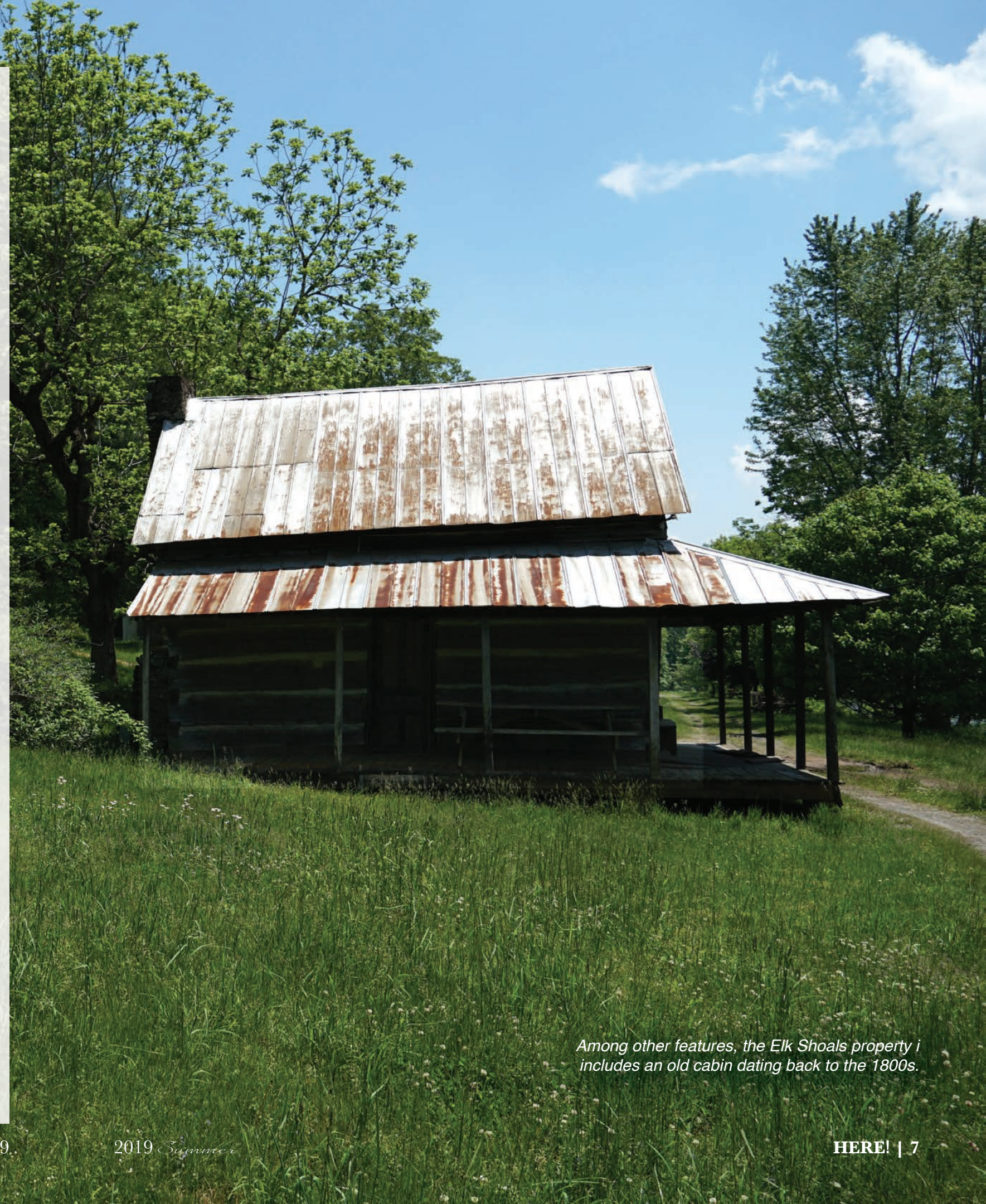
While the bonus features of the Elk Shoals property are being prepared for the public’s use, most of the 270 acres is already accessible by foot via a mix of paved and gravel roadways, and 3 to 5 miles of hiking trails are in fairly good shape and should be ready to open as soon as park rangers are able to clear and mark the way, according to Santucci.

“The only thing needed to get the trails in shape is cleaning up deadfall and getting the signage replaced and brought up to state park standards,” Santucci said.

Elk Shoals is significant to New River State Park not only for its size and for the amenities soon to be offered there, but for the broader implications of what the park can become as it continues to expand.

“What Elk Shoals means for the state park, the county and any river lover is multiple things,” says Santucci. “Now the state park realizes it can look beyond, and look at other expansion opportunities upstream and downstream — North Fork included.”

*“What Elk Shoals means for the state park, the county and any river lover is multiple things,” Santucci said.*



*Among other features, the Elk Shoals property includes an old cabin dating back to the 1800s.*



For a county whose number two industry—behind agriculture—is tourism, Ashe County’s administrative leaders have been interested and engaged in the acquisition of Elk Shoals, according to Santucci.

“It means if the county can supplement what the state is doing and install some county-managed river access points, it will allow more access for the public to get on the river and float to or from Elk Shoals,” Santucci said. “Next to Christmas trees and cattle, this is the next big thing — it’s all part of a bigger plan that the county is embracing.”

Nowhere else in Ashe County is there a beach to swim at, and the near-threatened

hellbender salamander is known to swim in the New River along Elk Shoals, making the land well worth preserving as a state park, according to Santucci.

“The beauty of what we’re doing now, is while Elk Shoals was available to a large audience, it was still a private and restricted audience. You had to either be part of the Methodist church, or pay to use it,” Santucci said. “Now it is a state park, available to anybody. It’s our land.”

Now a part of New River State Park, Elk Shoals is located on Methodist Camp Road, off Boggs Road in Ashe County.

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# Breaking Bread TOGETHER

By Wrenn Kilmartin



In our neck of the woods, there are plenty of folks who share what they have with their neighbors - after all, that is what community is all about.

Building community through the breaking of bread and sharing a meal, does wonders for everyone involved. I'd like to tell you about several such meals that are enjoyed by all who attend them in this area.

**Mount Zion Methodist Church** in Piney Creek provides a free community meal the first Thursday of every month. They have been doing this for several years and have an average monthly attendance of over 80 people. The meal is served at 6:00pm, although there is a core group of regulars who come early for a pre-meal visit.

Just before the meal is served, the pastor, Jaclyn Tookey, blesses the meal and calls for the (less ambulatory) "Cane Brigade". A pew is set up for them to wait and then they are the first to be served.

"I enjoy being a part of the monthly community meal at Mt. Zion because of the fellowship within the community that it brings together," says congregation member Kathy Murphy. "Folks from ages 1 to 100 hundred come together for dinner, the laughter and conversations warm my heart—it is an incredibly uplifting place to be!"

With compassion and cheerful hearts, volunteers prepare and serve the meal each month. When neighbors come together in Piney Creek, the warmth of hearts can be felt and seen in all the smiles around the tables.

**Grace Kitchen** is a community meal offered Wednesday evenings, all year around, at the Methodist Church in Sparta. Serving is from 4:30-6:00pm and the weekly attendance averages around 90-100 people for dinner.

Grace was started two years ago by a trio of friends who wanted to bring neighbors together in an atmosphere of love and acceptance. Though Grace Kitchen is faith based, it is non denominational and open to everyone. The purpose of this meal is to build relationships and



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get to know a person who you might not otherwise get a chance to meet. It's encouraging to see 2 mothers sitting together over a meal as they talk about what is going on in their busy season of life with small children. A few weeks ago, there were three men that had the Vietnam war experience in common and it brought them together in a truly unique way—sharing that part of their past, and finding comfort in talking with each other and shared experiences. Grace Kitchen offers a place of acceptance, love and listening. People can relate in many positive ways through the connection of sharing a meal together. It is truly uplifting and heartwarming.

**God's Storehouse**, at 260 North Main Street in Galax, is a wonderful soup kitchen (and SO much more) where people from the community can gather three nights a week and share a meal. Kisha Johnson and Delina Parks put this event

"I saw a need for neighbors to get to know each other better," says Wrenn Kilmartin, founder of Grace Kitchen. "It is a mission of the heart that I felt led to because in this time of social media and constant communication, it felt ironic to me that people seemed less inclined to look each other in the eyes and really connect."

together and welcome anyone and everyone with wide-open arms. Serving meals for 6 years, Kisha and Delina took the helm 4 years ago and now they have community groups that often come and serve. Kisha Johnson of God's Storehouse says that she and her mom see so much good in people before they are able to see it in themselves. She referenced a story of a young woman who came into God's Storehouse one evening and did not even realize how she'd gotten there. She was struggling with many difficult things in her life and had no place to turn for help. Over the next hour, this young woman was able

to have a meal, tell her story and find compassion and hope. Eventually, this same girl began to attend God's Storehouse regularly, help with serving meals and she found the help she needed to change the course of her life in a positive way.

Below from the left: Bob Miller, Skye Snider, Anna Kilmartin and June Moxley



**"This is why we are here. If we can help just one person, it is worth everything we do." said Kisha Johnson.**

"This is why we are here. If we can help just one person, it is worth everything we do." said Kisha Johnson. On any given evening, there might be a youth group or other volunteer presence giving back and laughing with guests as they make their way through the line to receive their meal.

Along with dinner, guests enjoy lively conversation, laughter and encouragement. This is an incredibly friendly place to find community with your neighbors.

Serving an average of 150 folks each night, God's Storehouse also delivers to those who are unable to attend on their own.

**Ashe Outreach Ministries** in Creston, NC is an energetic group of volunteers that brings people together to "eat well to help others eat". Twice a month, at the Riverview Community Center, Ashe Outreach hosts their community fish fry to raise funds to support their efforts in fighting food insecurity in Ashe County. "Our fish fry is a community event and attendance averages about 200 people," says Dillon Culbreth.



"Our volunteers come together to meet a need and give of themselves." From 4-8:00pm on the first and third Fridays of the month, they welcome everyone to enjoy a meal of fish, chicken (or both), slaw, hushpuppies, fries, slaw, dessert and a drink. Depending on your appetite

you can choose from small, medium, or large servings that range from \$10 to \$15 – children under 10 eat for free.

All funds raised through the Friday Fish Fry go to support four food programs: community meals, the food pantry, the school backpack program, and mobile meals.

As a resident of these spectacular mountains, I know what it means to be given a smile and a pat on the back as you are guided toward the kitchen and asked about your day. We are community - we take care of one another and love our neighbors! That's what community is all about, isn't it?

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# TIME FOR *Blueberries*

June and July are prime time for delicious blueberries – both wild and cultivated.

I don't think I know anyone that does not enjoy these wonderful purple berries. Sweet enough to be eaten by the handful or in a variety of ways with whipped cream, ice cream, or baked in a delicate crust. They can be canned, jellied, dried, and frozen—my favorite is fresh off the bush.

*This vibrant fruit may be tiny, but each serving packs a serious punch when it comes to nutrition. Often overlooked and overshadowed by more exotic types of berries, blueberries remain one of the most nutritious, antioxidant-rich types of fruit in the world. These fruits are super sweet, low-calorie and delicious.*



Gus Ivey enjoying berries at River Ridge Organics

Found and enjoyed wild throughout our area, we are also fortunate to have blueberry farms/patches/growers providing fresh and delicious berries in season.

Low-growing and plentiful wild blueberries are tiny, purple drops of sweetness that can be eaten by the handful. They are smaller than their big, juicy cultivated cousins - maybe less than half the size. So, though perhaps 80 or 90

cultivated blueberries may fit in one cup, that same size cup will hold more than 150 wild blueberries. If you know where they grow, gathering them can be a outing. If you find them unexpectedly they are a memorable and sweet surprise.

Locally grown berries can be found at produce and farmers markets in Alleghany, Ashe and Grayson Counties.

Beside the New River, River Ridge Organics on Battlefield Road in Mouth of Wilson, VA grows organic blueberries, raspberries and red raspberries along the New River.

Manager Jay Dunbar is passionate about the berries he grows, taking care of the land with ecological practices and making it sustainable.

“Berries, as a whole, are a super healthy product,” says Dunbar. “Science has proven their benefit, we’re growing them at nature’s pace – caring for the land and caring for the people – net positive.”

River Ridge Organics serves a diverse market. Their berries are sold to a variety of customers that include breweries, restaurants, and grocery stores. Locally, you can find River Ridge Organics’ berries at the Independence and Sparta Farmers markets. Stay up-to-date with River Ridge Organics through Instagram and Facebook.

This June 29th, River Ridge Organics is hosting a Berry Festival and welcoming visitors to visit the farm, berries, music and community.

V-G Berry Farm on Link Road, just outside of Galax is a “blueberry only” you-pick-it farm. In operation for 15 years, their unique set up protects their approximately 180 bushes with bird netting saving more berries for the pickers.

Ripening and picking begins in late June and runs five to six weeks into mid-August. Families are encouraged to come and enjoy the picking experience, or you can call ahead and they will pick berries for you.

V-G Berry Farm is open Monday through Friday 4-7pm, Saturdays 10am to 5pm, and Sundays 1 to 5pm. For more info follow them on Facebook.

Old Orchard Creek is a historic artisanal Appalachian mountain farm in raising blueberries using sustainable farming practices. Located in Lansing, North Carolina, their blueberries are usually available from late June through early August. You can pick your own berries or phone ahead and reserve ready-picked berries and/or local delivery. For more information visit their website at oldorchardcreek.com or follow them on instagram and facebook.

## Fun Facts about blueberries

1. There are two types of blueberries, highbush and lowbush.
2. Highbush blueberries are the types you commonly find at grocery stores and farmers markets.
3. Lowbush blueberries are smaller, sweeter blueberries often used for processing into juices, jams, blueberry muffin mixes and so on.
4. Ten states grow 98 percent of U.S. blueberries: California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon and Washington.
5. North American highbush blueberry production has increased by more than 500 million pounds in the past 20 years.
6. Peak blueberry season in most of the country runs from mid-June to mid-August. However, Florida blueberries have their peak production season in March and April.
7. Blueberries freeze in just 4 minutes.
8. One cup of blueberries contains 80 calories, 3.6 grams of fiber and 25 percent of the recommended daily amount of vitamin C.
9. Blueberries have high levels of antioxidants, such as anthocyanins – the compounds that color blueberries blue.
10. Fresh blueberry consumption per person more than doubled between 2007 and 2012, from 0.5 to 1.2 pounds.



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## Rare Flowers Along the Appalachian Trail

Rosy Twisted Stalk

Written by Scott Jackson -Ricketts  
Photography by Justine Jackson-Ricketts

I confess, I am not up to speed on wildflowers. However, let's begin this chapter on the trail and discover some along the way.

The Mt. Rogers Appalachian Trail Club is one of the 31, all-volunteer organizations that takes care of the 2,190 miles of trail. In contrast to cleaning privies, one of their more enjoyable duties is monitoring the rare plants along the trail.

My friend Carol Broderson chairs the Natural Resources Committee at the club, and she told me a little of their recent adventures on what she calls "the best couple of AT miles for wildflower viewing, Whitetop to Elk Garden, VA route 600 (dgif.virginia.gov/vbwt/sites/elk-garden).

In 1970 the United States Forest Service designated this area as part of the Mt. Rogers National Recreation Area,

due to "exceptional biological interest." The spruce fir forest harbors an amazing diversity of flora and fauna. Spring is the exciting time to investigate the 'shy' woodland wildflowers, those that bloom as quickly as possible before the tree canopy removes their access to sunshine, known as the ephemeral event.

In the second week of May, the woods between Whitetop and Elk Garden are blanketed with wildflowers: spring beauty, trout lily, wood anemone, may apple, Solomon's seal and the very showy rosy twisted stalk are a few of the many varieties.

**United States Forest Service designated this area as part of the Mt. Rogers National Recreation Area, due to "exceptional biological interest."**



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Bittercress

The Mt. Rogers Club leads several wildflower hikes there in early May, but in addition to the more common spring beauties, they also look for the rarely seen and try to keep track of their occurrence. On May 5th, the group led a rare plant hike. One of their main goals was to discover small mountain bittercress, which had not been noted in many years. Bittercress is a member of the mustards, a large family which provides many plants for our gardens: broccoli, cauliflower, kale, radish, turnip, and many herbs. There are many bittercress cousins too. Pennsylvania bittercress is one of the first tiny white spring wildflowers we see in our gardens. Later, another cousin, creasy greens, will blanket the hayfields. Small mountain bittercress is much harder to find, but the group discovered many of the plants on the May 5 hike.

They also monitored American umbrella leaf, a plant with huge leaves that prefers damp areas. Umbrella leaf, though rare, is fairly abundant along that section of trail. In the barberry family, the plant has two, alternate, stalked leaves each reaching twenty four inches in length. The numerous flowers, ½ to ¾ inches wide with 6 white petals, are perched above the leaves by a long stalked cyme.



Umbrella Leaf



Fringed Phacelia

Though it does not bloom until summer, the group noted the leaves of greater Indian plantain, another rare plant. And masses of fringed phacelia lit up the hill-sides in great profusion. This is one of the “rare” plants responsible for the often used phrase, “rare but locally plentiful.” In the waterleaf family, phacelias are also called scorpionweeds. Plants are typically ‘hairy’ with alternate simple or compound leaves. The flowers usually begin as coiled clusters, uncoiling as they mature.

With spring now moving into summer, and the ephemeral flower show over, we turn our attention to some specialties of summer. Two rarities that the club will be looking for this summer follow:

Roan Mountain rattlesnakeroot is in the aster family, and found in Tennessee, North Carolina and Virginia. The flowers,



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Willard Gayheart

# *Celebrating*

## THE MOUNTAIN SOUND AT THE BLUE RIDGE MUSIC CENTER

The Blue Ridge Music Center, located at milepost 213 on the Blue Ridge Parkway near Galax, Virginia, celebrates the music and musicians of the Blue Ridge Mountains. Open through November 3, the visitor center includes the Roots of American Music Museum as well as scenic trails for novice and seasoned hikers. Live music presentations include Midday Mountain Music, offered daily noon to 4 p.m. in the covered breezeway, and concerts on Saturday evenings in the outdoor amphitheater, Memorial Day through Labor Day.

Every day during the free Midday Mountain Music sessions, local musicians pick and play and tell their stories.

They volunteer their time and talents to entertain and educate visitors for the pure love of the music. Among them is Willard Gayheart, who plays twice a week for nearly four hours with his son-in-law, Scott Freeman. Gayheart is one of the founders of the afternoon series. He and the late Bobby Patterson kicked off the program 12 years ago.

"Bobby and I went out there one day and it kind of took off," says Gayheart, who claims playing the guitar for visitors is keeping him young in his 80s. One of Gayheart's favorite aspects of being a Midday Mountain Musician is meeting visitors from around the globe. Last summer alone he recalls talking with people from

*"People from other countries hear the music for the first time, and they are just awed."*

Denmark, Netherlands, Australia, Switzerland, and New Zealand. "People from other countries hear the music for the first time, and they are just awed."

Gayheart's new CD, At Home in the Blue Ridge, came out on May 24. Produced by Teddy Thompson and recorded at Front Porch Gallery in Woodlawn, it includes Gayheart's original songs as well as old favorites. The CD is a family affair, and

includes Freeman, granddaughter Dori Freeman, and her husband, Nick Falk, singing and playing with him.

For more information about the Blue Ridge Music Center and Midday Mountain Music, visit BlueRidgeMusicCenter.org. The Blue Ridge Music center is operated through a partnership between the National Park Service and Blue Ridge Parkway Foundation.



*A wonderful summer evening at the Blue ridge Music Center*

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## Ashe County

### RECURRING EVENTS

#### Quilt Guild Meeting!

2pm-4pm on the 2nd Thursday of each month  
Ashe County Senior Center

#### Parkway Theater

Showtimes: Mon-Thurs at 7pm, Friday at 7 & 9pm,  
Saturday at 3, 7, & 9pm, and Sunday 3 & 7pm ,  
Parkway Theater, 10 E Main St, West Jefferson.

#### Trivia Night at the Brew Haus

1st, 2nd, 3rd Wednesday of the month,  
Boondocks Brew Haus

#### Workshop to Expand Your Creative Voice

2nd Thurs. of each month 12:30 to 3:30PM &  
5:30 to 8:30PM. Other times available upon  
request, 189 Annapurna Drive, Todd, NC 28684

#### Foraging Fridays

Every Friday (9am), 3899 Todd Railroad Grade  
Rd., Todd, NC 28684

#### Essential Oils 101

Every Saturday at 3pm, 3899 Todd Railroad  
Grade Rd., Todd, NC 28684

#### The Hotel Tavern Concert Series

Every Friday & Saturday (6:30-9:30pm), The  
Hotel Tavern, 5 W Main, West Jefferson, NC.

#### Ashe Outreach Fish Fry & Bluegrass Music

1st & 3rd Friday of each mont, 4-8pm ,  
11719 HWY 88 W, Creston, North Carolina

#### Old Time CommUnity Dance and Pot Luck Dinner

‘Teen friday’. Whichever Friday falls on the 13th-  
19th, Todd Mercantile, 3899 Todd Railroad Grade  
Rd, Todd, NC.

#### Blue Ridge Movie Lounge

See website for movies and showtimes,  
Blue Ridge Movie Lounge, 17 E 2nd St, West  
Jefferson, NC

#### Music Bingo at the Brew Haus

Every Thursday Night BUT the Second Thursday  
of the Month , Boondocks Brew Haus, Jefferson.

#### Teaching Tuesdays

Every Tuesday, 11am, 3899 Todd Railroad Grade  
Rd., Todd, NC 28684

#### Phipps General Store Jam

Every Friday Night from 7-10pm, 2425 Silas  
Creek Rd, Lansing, NC 28643

#### Smart Ashe Team Trivia

1st, 2nd and 3rd Wednesday of each month  
Boondocks Brewing’s Brew Haus, Jefferson Ave.,  
West Jefferson

#### Line Dancing Lessons

Every Thursday night 7-9pm , Blue Ridge  
Theater & Event Center, 9331 Old Hwy 16 S West  
Jefferson NC

#### Greenfield Jam Sessions

Every Friday Evening (7pm-until), Greenfield Camp-  
ground, 120 Greenfield Circle, West Jefferson, NC.

#### Bingo!

Every 1st & 3rd Thursday of each month 6:30pm  
to 7:30pm, Lansing Volunteer Fire Department,  
9281 NC HWY 194 N, Lansing, NC 28643

### JUNE EVENTS

#### Gypsy

Thu Jun 20 - Mon Jun 24, 7:30 pm-9:30 pm, Ashe  
Civic Center, 962 Mount Jefferson Road

#### Painting in the Park

Sat Jun 22, 2- 3pm, Mt Jefferson State Natural  
Area Picnic Area

#### Bingo in the Barn

Sat Jun 22, 2pm-4pm, Lansing Creeper Trail Park  
Barn

#### Dance Night

Sat Jun 22, 7pm-10pm, Blue Ridge Theater and  
Event Center, 9331 Hwy 16, W. Jefferson

#### Mount Jefferson History & Folklore Program

Sun Jun 23, 2pm-3pm, Mt Jefferson State Natu-  
ral Area, Jefferson Overlook

#### Power of the Purse Luncheon

Thu Jun 27, 11am - 2pm, ASU Holmes Convoca-  
tion Center

#### Backstreet Park Concert Series: Crook- ed Road Ramblers

Fri Jun 28, 5:30pm - 7pm, West Jefferson Back-  
street Park, 2nd Ave, West Jefferson

#### Trail Work-Day

Sat Jun 29, 9am-12pm, Mt Jefferson State  
Natural Area, Park Office

#### Todd Summer Concert Series:- The Lucky Strikes

Sat Jun 29, 6pm-8pm, Cook Memorial Park,  
Downtown Todd, 3865 Todd Railroad Grade  
Road, Todd, NC 28684

#### Dance Night

Sat Jun 29, 7pm-10pm, Blue Ridge Theater and  
Event Center, 9331 Hwy 16, W. Jefferson

#### Climate Tower Hike

Sun Jun 30, 2pm-3pm, Mt Jefferson State Natu-  
ral Area, Picnic Area

#### Sunday Salon with Doug Davis

Sun Jun 30, 4pm-8pm, River House Inn &  
Restaurant, 1896 Old Field Creek Rd. Grassy  
Creek, NC

### JULY EVENTS

#### Todd Liberty Parade & Concert

Thu Jul 4, 11am-1:30pm, Downtown Historic  
Todd, 3865 Todd Railroad Grade Road, Todd, NC

#### Todd Summer Concert Series: The King Bees

Thu Jul 4, 11:30am-1:30 pm, Cook Memorial  
Park, downtown Todd, 3865 Todd Railroad Grade  
Road, Todd, NC.

#### Annual July 4th Celebration

Thu Jul 4, 3pm-10pm, Ashe County Park, 527  
Ashe Park Road, Jefferson

#### Christmas in July Festival Kickoff

Fri Jul 5, 3pm-10pm, West Jefferson Backstreet

#### Christmas in July Festival

Sat Jul 6, 9am-7pm, West Jefferson Backstreet

#### Dance Night

Sat Jul 6, 7:30 pm-10:30 pm, Blue Ridge Theater  
and Event Center, 9331 Hwy 16, W. Jefferson, NC

#### Community Chorus Patriotic Concert

Sun Jul 7, 3pm-4pm, 107 W Second St, West  
Jefferson, NC.

#### July Gallery Crawl

Fri Jul 12, 5pm-8pm, Downtown West Jefferson

#### Todd Summer Concert Series: Wayne Henderson & Friends

Sat Jul 13, 6pm-8pm, Cook Memorial Park,  
downtown Todd, 3865 Todd Railroad Grade Road,  
Todd, NC.

#### Ricky Nelson Remembered at Saloon Studios Live

Sat Jul 13, 6-11pm, Saloon Studios Live, 313 Old  
West Road, West Jefferson, NC

#### Violet Bell in Concert

Sat Jul 13, 7:30-9:30 pm, Ashe Arts Center,  
303 School Avenue

#### Sunday Salon with Tony Bailey

Sun Jul 14, 4pm-8pm, River House Inn & Restau-  
rant, 1896 Old Field Creek Rd. Grassy Creek, NC

#### Barn Quilt Workshop

Mon Jul 15,-Tue Jul 16, 9am-3pm, The Florence  
Thomas Art School, 10 S Jefferson Ave., West  
Jefferson

#### Backstreet Park Concert Series: Mountain Laurels

Fri Jul 19, 5:30-7pm, West Jefferson Backstreet  
Park, 2nd Ave, West Jefferson

#### A Friday Evening with Justin Poindexter and Sasha Papernik

Fri Jul 19, 6-9pm, River House Inn & Restaurant,  
1896 Old Field Creek Rd. Grassy Creek, NC

#### River House Winefest

Sat Jul 20, 12- 6pm, River House Inn & Restau-  
rant, 1896 Old Field Creek Rd, Grassy Creek

#### Stories & Music Theater

Sat Jul 20, 6:00- 7pm, Riverview Community  
Center, 11719 HWY 88 W, Creston

#### Music in the Barn - Jest Country

Sat Jul 20, 6:30-8:30 pm, Lansing Creeper Trail  
Park, 250 Marcy Ln, Lansing

#### Dance Night

Sat Jul 20, 7-10pm, Blue Ridge Theater and  
Event Center, 9331 Hwy 16, W. Jefferson, NC

#### Music Carolina with Martha Bassett

Sat Jul 20, 7:30 pm-9:30 pm, Ashe Civic Center,  
962 Mount Jefferson Road

#### Sunday Salon with George Hamilton V

Sun Jul 21, 4pm-8pm, River House Inn & Restau-  
rant, 1896 Old Field Creek Rd. Grassy Creek, NC

#### Paint with Raney

Thu Jul 25, 6- 8pm, The Florence Thomas Art  
School, 10 S Jefferson Ave., West Jefferson

#### Ashe County Bluegrass and Old Time Fiddlers Convention

Fri Jul 26, - Sat Jul 27, 5:00 pm, Ashe County Park

#### Backstreet Park Concert Series: Cane Mill Road

Fri Jul 26, 5:30-7pm, West Jefferson Backstreet  
Park, 2nd Ave, West Jefferson

#### Pat Travers & Kashmir at Saloon Studios Live

Sat Jul 27, 3-10pm, Saloon Studios Live, 313 Old  
West Road, West Jefferson, NC

#### Todd Summer Concert Series: The Tillers

Sat Jul 27, 6- 8, Cook Memorial Park, downtown  
Todd, 3865 Todd Railroad Grade Road, Todd, NC

#### Sunday Salon with Liam Bailey

Sun Jul 28, 4- 8pm, River House Inn & Restau-  
rant, 1896 Old Field Creek Rd. Grassy Creek, NC

### AUGUST EVENTS

#### Backstreet Park Concert Series: Nobody's Business

Fri Aug 2, 5:30-7pm, West Jefferson Backstreet  
Park, 2nd Ave, West Jefferson

#### Ashe County Studio Tour

Sat Aug 3,-Sun Aug 4, 9am-5pm, Ashe County

#### Woodstock Experience 2019 at Saloon Studios Live

Fri Aug 9, - Sun Aug 11, 11am-11pm, Saloon  
Studios Live, 313 Old West Road, West Jefferson.

#### Blue Ridge Brutal

Sat Aug 10, 8am - 5pm, Ashe Civic Center, 962  
Mount Jefferson Road

#### Todd Summer Concert Series: Cane Mill Road

Sat Aug 10, 6- 8pm, Cook Memorial Park,  
downtown Todd, 3865 Todd Railroad Grade Road,  
Todd, NC

#### Barn Quilt Workshop

Mon Aug 12, - Tue Aug 13, 10am-3pm, The  
Florence Thomas Art School, 10 S Jefferson Ave.,  
West Jefferson

#### Paint with Raney

Thu Aug 15, 6- 8pm, The Florence Thomas Art  
School, 10 S Jefferson Ave., West Jefferson

#### Backstreet Park Concert Series: Restless

Fri Aug 16, 5:30-7pm, West Jefferson Backstreet  
Park, 2nd Ave, West Jefferson

#### Music in the Barn - 421 West

Sat Aug 17, 6:30-8:30pm, Lansing Creeper Trail  
Park, 250 Marcy Ln, Lansing

#### Backstreet Park Concert Series: Gap Civil

Fri Aug 23, 5:30- 7pm, West Jefferson Backstreet  
Park, 2nd Ave, West Jefferson

#### 4th Annual CowBelle Classic 2019

Sat Aug 24, 8am-4pm, Old Cove Creek School,  
Dale Adams Rd, Sugar Grove, NC 28679

#### Blue Ridge BBQ & Brew Festival

Fri Aug 30, 12- 10:30pm, Blue Ridge Theater &  
Event Center, 9331 NC Hwy 16 S, West Jefferson

#### KCBS BBQ Competition

Fri Aug 30 - Sat Aug 31, 3- 5pm, Blue Ridge  
Theater & Event Center, 9331 NC Hwy 16 S West  
Jefferson NC

#### Backstreet Park Concert Series: Zephyr Lightning Bolts

Fri Aug 30, 5:30-7 pm, West Jefferson Backstreet  
Park, 2nd Ave, West Jefferson

#### Blue Ridge BBQ & Brew Festival

Sat Aug 31, 11am-6pm, Blue Ridge Theater &  
Event Center, 9331 NC Hwy 16 S, West Jefferson

## Alleghany County

### RECURRING EVENTS

#### Mondays

Crouse House Jam: Bluegrass and Oldtime Jam. Bring your instrument or just listen, The Crouse House, No charge, Crouse Park, Sparta, 6pm

#### Tuesdays

Alleghany Jubilee: Live traditional music & dancing, 25 North Main St, 7pm

#### Thursdays

Trivia Night: Laconia Ale Works, 6pm  
Open Mic Night: Muddy Creek Cafe 7pm

#### Saturdays

Alleghany Jubilee: Live traditional music & dancing, 25 North Main St, 7pm

### JULY EVENTS

#### Smokehouse Night at Crave

Sat Jul 13, 5pm-8pm, Crave Sparta, 854 South Main Street Sparta, Second Saturday of each month for tantalizing taste of your Favorite Smokehouse! Each Month will feature a variety of special culinary creations inspired by some of the South's most famous BBQ joints!

#### Seafood Saturday

Sat Jul 27, 4-7pm, Crave Sparta, 854 South Main Street Sparta, 4th Saturday of each month for a rotating selection of your Favorite dishes from the Seven Seas!

#### Music on Main

July 5th, 6-10pm, Mountain Heart, Family Friendly, Fun, Free!

#### Writers on Main

July 6, 3pm, Author: Sonja Yoerg, Horizon Bistro, 38 S. Main Street, Sparta, NC, FREE

#### Art in the Barn

Thu Jul 4 - Sat 6, Motsinger Barn, 147 Camp Butler Rd, Glade Valley, Pottery, paintings, photography, jewelry, woodworking & much more!

#### Big Ron Hunter

Fri Jul 5, 7-9:30pm, Muddy Creek Cafe, 60 South Main Street Sparta. Called the world's happiest Bluesman, Big Ron owns a voice that gives people chills. It's the kind of voice that carries warmth and tenderness, a voice that is unmistakably his own and embodies everything that's raw, pure.

#### Tailgating & Fireworks Show

Thu Jul 4, 5-10pm, Alleghany County High School, 404 Trojan Avenue Sparta, NC. Come enjoy tailgating at the Alleghany High School to kick off the Fireworks show!

#### Lawnmower Race

Sat Jul 6, 6-9pm, Alleghany County Fairgrounds, 1581 US Hwy 21 N Sparta.

#### Gap Civil

Sat Jul 6, 7-9pm, Alleghany Jubilee, 25 North Main Street Sparta. Come out for great music and family-friendly fun!

#### Magnolia Green

Sat Jul 6, 7-10pm, Muddy Creek Cafe, 60 South Main Street Sparta. Free show, tips encouraged, Roots, Rock, Americana.

#### Studio Tour Reception

Wed Jul 10, 1pm, Muddy Creek Cafe, 60 South Main Street Sparta. Join us for a North Carolina Mountain Arts Adventure reception to celebrate the 2019 Studio Tour!

#### Ronnie Glenn

Fri Jul 12, 7-10pm, Muddy Creek Cafe, 60 South Main Street Sparta. All ages, Free show, cafe stage (tips encouraged)

#### Quilters Guild Quit Show

July 12-13, 2019, 9AM-4PM, Beautiful quilts on display, many different vendors. Emerson Black Building, Alleghany Co. Fairgrounds

#### Blue Ridge Read

June 13, 4-6 pm, Blue Ridge Read, Book Signing Alleghany County Public Library

#### Mountain Park

Sat Jul 13, 7-9pm, Alleghany Jubilee, 25 North Main Street Sparta, NC 28675

#### Luke Morris and Madison Elmore

Sat Jul 13, 7-10pm, Muddy Creek Cafe, 60 South Main Street Sparta. Traditional Appalachian music, unique sound and creative songwriting, All ages, Cafe stage, tips encouraged!

#### Save A Pet Tube Float

Spend an afternoon in the New River, raise money spay/neuter programs! Follow on Facebook or contact Dusty Trails 2541 Garvey Bridge Rd, Crumpler (336) 977-8375.

#### Newcomers Dinner

Thu Jul 18, 6:30-8pm, Blue Ridge Grill, 583 S. Main St. Sparta. Greenfield Realty invites the community to welcome all newcomers who have moved to Alleghany County!

#### Alleghany Fiddlers Convention

July 19-20, 2019, 25th Annual Fiddlers Convention, Alleghany County Fairgrounds, Sparta, alleghanyfiddlersconvention.com/

#### XcentriX

Sat Jul 20, 7-9pm, Muddy Creek Cafe, 60 S. Main St Sparta, Accomplished musicians making great music together!

#### 21 Road Market

Fri Jul 26-28, U.S. 21 Road Market, a 3-day sale spanning more than 70 miles.

#### 2nd Annual Olde Beau Trail Race

Sat Jul 27, 8am-5:30pm, Olde Beau, 729 Olde Beau Blvd Roaring Gap, NC. 5 miles of combination running: single track, wide open across grassy areas, across creeks, and just a little bit on private roads. Also a 1-mile Fun Run option.

#### Tune Town

Sat Jul 27, 7-10pm, Alleghany Jubilee, 25 N. Main St. Sparta. Great music & family-friendly fun!

### AUGUST EVENTS

#### Music on Main

Friday, August 2, 6-10pm, Run Away Train, Music throughout Sparta. Family Friendly, Free, Fun!

### JUNE EVENTS

#### Grayson County Fiddlers' Convention.

June 28-29, Old Time & Bluegrass Music Competition, Elk Creek Ball Park, Elk Creek, VA. A Crooked Road Event featuring traditional music competition. ecvfd.net or email ecvfd@ls.net.

#### Heart Moss Pottery Open Studio.

June 29, 10am-2pm. heartmosspottery@gmail.com, heartmosspottery.com

#### Town of Fries 4th of July Celebration.

July 4, Parade at noon, games, music, old timers ball game at Fries Ball Park, Main St, Fries, VA. Fireworks at 10pm. Friesfestivals.com, willowhaus@yahoo.com

#### Fourth of July Celebration.

July 4, "Hats Off to America" Main St. Independence. 9am-3pm. Parade, vendors, food, activities for kids, fireworks, concert at 7:30pm. maryann@independenceva.com, 276-768-8656

#### 4th of July Celebration.

July 4, 1908 Courthouse, Art, crafts, food, music. Main St. Independence, 9am-2pm, 276-773-3711

#### Grayson LandCare First Friday Film Series.

July 5, Church of the Good Shepherd, 9441 Grayson Pkwy, Galax, VA, 7pm, 276-601-8864, info@graysonlandcare.org, graysonlandcare.org.

#### Cruise-In.

July 13, Fries Town Park. 3pm until dark, Fries, VA 276-233-1104, willowhaus@yahoo.com

#### Berry Festival.

July 19, Independence Farmers Market, 9am-1pm. Enter berry pie contest & enjoy everything berry. Food, music & more. independencefarmersmarket.org 276-768-0597

#### SAVFD Demolition Derby

August 3, 6-10pm, Alleghany County Fairgrounds

#### Writers on Main

August 3rd, 3pm, Author: Abigail DeWitt, Horizon Bistro, 38 S. Main Street, Sparta

## Grayson County

#### Smoke on the Mountain BBQ Championship.

July 19-20, Main St, Galax. Entertainment, food, vendors, beverage garden, & BBQ competition. Morning-midnight. smokeonthemountainva.com

#### Take A Break From the Interstate-

July 26-28, US21 Road Market. Shop or set up along Hwy 21, Harmony, NC to Wytheville, VA. Yard sales/ flea market. us21roadmarket.org

#### LandCare Rocks the River.

July 28, Music on the New River, bands, food trucks, vendors, raffles, children's activities. 1-6pm, Fries Town Park. Free. info@graysonlandcare.org and graysonlandcare.org

#### Grayson LandCare First Friday Film Series.

August 2, Church of the Good Shepherd, 9441 Grayson Pkwy, Galax, VA, 7pm, 276-601-8864, info@graysonlandcare.org, graysonlandcare.org

#### Tomato Festival.

August 2, Independence Farmers Market, Salsa contest & great tomato weigh-in. Tomato tasting & cooking demos. 9am-1pm. independencefarmersmarket.org, 276-768-0597

#### Galax Old Fiddlers' Convention.

August 5-10, Oldest & largest Bluegrass & Old-time convention in the world. Felts Park in Galax, VA. oldfiddlersconvention.com, 276-236-8541

#### Blue Ridge Read Book Talk

August 23, 7pm, Alleghany County Public Library

#### Blue Ridge Read Book Talk

August 24, 1:30 pm, Alleghany County Public Library

#### Grayson Co. Youth Livestock Show & Fair.

August 10, Bottomley's Evergreens and Farm, Elk Creek, VA, 9am-2pm, Independencefarmersmarket@gmail.com, 276-768-0597

#### Mt. Rogers Summer Naturalist Rally.

August 16-18, Guided explorations of Mt. Rogers area for all ages. Fri. evening speaker & dinner. Sat. & Sun. Butterflies, mushrooms, birding, hiking, geology, fly fishing, kids programs, & more. Register: blueridgediscoverycenter.org/mmr 276-293-1232

#### Fries Fiddlers' Convention.

August 16-17, Competition for the best in Old-time & Bluegrass music at the Fries Ballpark friesfire.com 276-744-2131

#### Civil War Living History Day & Farm to Table Dinner.

August 24, Tickets sold for dinner include produce grown on the farm & cooked on-site; live period music & square dance, 6-9pm

#### Civil War Living History Days.

August 25-26: Matthews Living History Farm Museum. Civil War Encampment, period costumes, living quarters, weapons demonstrations, drills, skirmishes, music & cooking. 9am. 276-773-3080 or matthewsfarmmuseum.org or matthewsfarm@gmail.com

#### Albert Hash Memorial Festival.

August 31: Traditional music, dance, arts & crafts 10am-6pm Grayson Highlands St. Park. Henderson Stage. alberthashmemorialfestival.com

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# Blueberry Dumplings

**Fruit and syrup:**

- 4 cups of fresh blueberries, elderberries or blackberries
- 1 ½ cups water
- ½ tsp. vanilla
- 2 dashes of nutmeg
- 1 Tbls. Lemon juice
- 4 Tbls. Butter, melted
- 1 ¼ cups sugar mixed with 1/8 cup flour

Mix all ingredients together and put in a large cooking pot. Bring to a boil, stirring occasionally. Mixture will thicken within 5 minutes after beginning to boil. Turn down to a simmer. Mix up dumplings. . .

**Dumplings:**

- 2 cups Bisquick
- 3 Tbls. Sugar + 1 dash nutmeg
- 2/3 cups milk

Stir together. Drop by tablespoonful onto hot bubbling fruit and syrup.

Makes 8 large dumplings. Simmer uncovered for 10 minutes. Cover and simmer 10 minutes more. Serve hot with ice cream or fresh whipped cream.

This recipe came from my dear Maternal Grandmother, Hazel Stamm.

She made this for us during our childhood and into our teen years until she passed away. She was a fabulous cook and baker and taught me a lot in the kitchen from the time I was 5 years old. I stood on a kitchen chair beside her and learned this recipe.

She was the most amazing woman and we loved her dearly! I hope you enjoy!

Chris Elliott-Davis



# Advertiser Index

|                                     |                    |
|-------------------------------------|--------------------|
| A Touch of Grace.....               | 18                 |
| Alleghany Inn .....                 | 11                 |
| Ashe High Country Realty .....      | 18                 |
| Authentically Alleghany .....       | 22                 |
| Brant Arnold, DMD .....             | 17                 |
| Caldwell.....                       | 27                 |
| Capstone Wellness.....              | 27                 |
| Carolina HVAC.....                  | 27                 |
| Daryl’s House of Oak.....           | 22                 |
| Durgin Originals .....              | 17                 |
| Glade Creek Animal Hospital .....   | 18                 |
| Heather R. Klein .....              | 22                 |
| Jay Woodruff .....                  | 27                 |
| LandCare Rocks the River .....      | 30                 |
| LandCrafted .....                   | 9                  |
| LifeStore .....                     | 13                 |
| Mangum Cater on Main.....           | 21                 |
| Mindy Hall.....                     | 18                 |
| Muddy Creek.....                    | 9                  |
| NC Mountain Arts Studio Tour .....  | Inside Front Cover |
| New River Canoe & Campground .....  | 30                 |
| Paddleyax.....                      | 9                  |
| Skyline National Bank .....         | 1                  |
| State Farm/Mitch Phillips .....     | 18                 |
| Three Crows .....                   | 21                 |
| United Country Foxfire Realty ..... | Back Cover         |
| Winter Wood Farm .....              | 23                 |

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