

NEWSLETTER

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KIBLER VALLEY RIVER RUN

The Red Bank Ruritan Club’s main fund raiser is the Kibler Valley River Run. The event is held annually in July and promises to offer a challenge and lots of fun.

Registration begins at 8:15 am, shuttles run most of the day. Cost is \$25 per person which includes a t-shirt, a number, and shuttles to the top. Race starts by an official countdown and single boat release. Boats are released every 5 minutes. You may make as many runs as you’d like and enter multiple classes with over 30 levels of competition. The river drops 296 feet in 5 miles, and 100 feet of it in the first mile. The first .5 miles has 3 rapids called Powerhouse Rapid, Public Enemy # 1, and Basketball Falls. This is a very beautiful location. The Red Bank Ruritans will have concessions available.

If you elect not to race, you can still enjoy the river. They ask that you pay the \$25 and use the shuttle to cut down on traffic, and to support their fundraising efforts.

Rating: Class II-III

Length: 8.3 miles

Drive: 1 hour, 15 minutes

Put-in: Pinnacles Hydroelectric Plant off Kibler Valley Road

Latitude: 36.4000

Longitude: 80.2685

Take-out: Saw Mill Lane (SR 813) bridge

Latitude: 36.3621

Longitude: 80.2711

Time to complete: 3 hours

Gauge: none (see “Minimum flow”)

Minimum flow: River can be run when the Pinnacles Hydroelectric Plant at the put-in is generating at least 6,000 kilowatts of power, generating flow of 122 cfs. A better run is encountered when the plant is generating 7,500 watts for a flow of 152 cfs. Call the plant at 276.251.5141 for details.

City: Patrick County

State: VA



BASKETBALL FALLS

Photo by Jeff Eads

For more information, contact Roger Gammons at 276.694.7190 or rogerngammons@gmail.com.

Sources: greatoutdoorprovision.com, betweenswims.com, Facebook.com—Kibler Valley Race



PUBLIC ENEMY #1

Photo by Alyssa Taylor



BASKETBALL FALLS

Photo by Brandon Levi

JULY EVENTS

July 3rd, 8:00am-12:00noon. Stuart Farmer's Market, Red, White, & Blueberry Celebration.

Downtown Stuart. Visitstuartva.com

July 3rd, 7:00-10:00pm - Movie at the Market. Downtown Stuart. Music and Food at 7:00pm, Movie, Indiana Jones and the Raider of the Lost Ark will begin around 8:00pm. Rain dates will be on Saturday.

July 4th, 11:00am-6:00pm. Flow Fest at Fairy Stone State Park, Shelter #2. Showcasing down home musicians. For more information, call 276.930.2424. Free to the public, parking fees apply. [To read more.](#)

July 4th Celebttation at DeHart Park. 6:30-9:00pm pool party (\$6.00) Movie, "Alexander and the Terrible, Horrible, No Good, Very Bad Day" at 8:45pm (Free), Fireworks at 10:00pm. (Free)

July 6-9th, 6:00-8:30pm. Family Adventure Night at DeHart Park. Free. Pool night, waffle-gall, kick-ball, movie night. Cooking hot dogs each night.

July 8-11th- Wayside Bluegrass Festival. Lonesome River Band, The Bluegrass Brothers, and Drive Tyme are just a few to perform. For the complete schedule & to purchase tickets, visit waysidepark.com.

July 17th, Chamber of Commerce Block Party. Music Fun and Entertainment Wine and Food also available and it's FREE to those who want to attend. 103-B-Stonewall Court - Stuart - 276-694-6012 - www.patrickchamber.com

July 18th, Firearm Safety Class. These classes offer instruction on marksmanship, firearm safety and a two hour discussion about concealed carry laws, justifiable use of deadly force, firearm safety rules, and the fundamentals of marksmanship. To register, contact the Patrick County Sheriff's Office at 276.694.3161 or 276.692.6453. 223 Transfer Station Lane

July 25th, 8:30am. Kibler Valley River Run. A 5-mile downriver race held annually on the head waters of the Dan River in Ararat, VA. Classes I and II for both canoe and kayak. Sponsored by The Red Bank Ruritans. For more information , contact Roger Gammons, President of Red Bank Ruritans at 276-694-7190.

July 25th, 4:00pm. Patrick County Music Association. FREE monthly music jamboree on the Crooked Road Music Trail in Patrick County, VA that features award winning musicians performing a variety of acoustic bluegrass, gospel, and mountain music. For more information, visit their [website](#).

SAFETY TIPS FOR THE HOLIDAY

FIREWORKS SAFETY -If someone is setting fireworks off at home, they should follow these safety steps:

Never give fireworks to small children, and always follow the instructions on the packaging.

Keep a supply of water close by as a precaution.

Make sure the person lighting fireworks always wears eye protection.

Light only one firework at a time and never attempt to relight "a dud."

Store fireworks in a cool, dry place away from children and pets.

Never throw or point a firework toward people, animals, vehicles, structures or flammable materials.

Leave any area immediately where untrained amateurs are using fireworks.

GRILLING SAFETY - Follow these steps to safely cook up treats for the backyard barbecue:

Always supervise a barbecue grill when in use.

Never grill indoors – not in your house, camper, tent, or any enclosed area.

Make sure everyone, including the pets, stays away from the grill.

Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.

Use the long-handled tools especially made for cooking on the grill to keep the chef safe.

Never add charcoal starter fluid when coals have already been ignited.

Always follow the manufacturer's instructions when using grills.

For more tips, visit the [Red Cross](#)

For packages or ideas
on planning your visit,
check out
our website:
visitpatrickcounty.org



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STARS AMONG US



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Dan Russell, a home cook turned barbecue competitor, has experience with cooking everything from chicken to beaver. Russell is a retired tool and die maker for AMP Inc. At age 63, he has found a new enjoyment for cooking.

He became a good cook “thanks to my mother, grandmother and aunt, he said. “They cooked all the time,” he recalled, adding that while he was growing up, his family didn’t eat out in restaurants often. Dan takes his cooking so seriously that he has built an outdoor kitchen at his house.

“I do a lot of outdoor cooking. I have a pavilion over the outdoor kitchen so that I can use it no matter what the weather is like.” He enjoys cooking wild game and has prepared Turtle and more pizzas than he can count!

Dan also grows Shiitake mushrooms. “They take about nine months to get established, and then they can be grown for about five to eight years, or until the log on which they grow disintegrates.”

WHAT’S COOKIN’?

For the Fourth of July holiday, below are two great recipes for grilling out. Enjoy!

Best Ever Barbecued Chicken

| | |
|----------------------------|------------------------|
| 1 chicken fryer, quartered | 1 garlic clove, minced |
| 1 cup ketchup | 1/2 tsp. basil |
| 1/3 cup water | 1/2 tsp. oregano |
| 3 Tbsp. wine vinegar | 1/4 tsp. thyme |
| 1 Tbsp. steak sauce | 1/2 tsp. salt |
| 2 drops hot sauce | |



Wash and pat dry chicken; set aside. Combine ketchup, water, vinegar, steak sauce, hot sauce, garlic, basil, oregano, thyme and salt in saucepan. Bring to boil. Place chicken, skin side up, on grill. Brush chicken with sauce. Turn frequently, basting constantly. Grill 50 to 60 minutes, depending on size of chicken.

Recipe compliments of Home Craft Days

Grilled Asparagus

16 to 20 thin asparagus
1/2 cup olive oil
Salt to taste
Freshly ground black pepper to taste

Trim and wash asparagus; set aside. In a small bowl, whisk together olive oil. Salt & pepper. Blanch asparagus in boiling water for 1 minutes. Remove and place in cold water bath. Remove and pat dry. Place on grill 4 to 8 minutes, depending on size. Brush with olive oil mixture and turn 2 or 3 times. Serve warm or at room temperature.



Recipe compliments of Sandy Pottinger, Crossing at the Dan

QUOTE OF THE MONTH



“This, Then, is the State of the Union: Free and Restless, Growing and Full of Hope. So it Was in the Beginning. So it Shall Always Be, While God is Willing, and We are Strong Enough to Keep The Faith.”

LYNDON B. JOHNSON

These recipes and more can be seen in the *“Eat & Explore Virginia Cookbook.”*

The Cookbook is available for purchase at the Patrick County Chamber of Commerce office located at 103-B Stonewall Court in Stuart, VA. Or by calling 276.694.6012

