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Sunday Race Day: A Lifelong Tradition

by Kaityn Bruce

ASCAR has always been centered around family, with strong connections among its participants—fathers sharing the sport's traditions with their sons and brothers. Names like Allison, Earnhardt, Elliott, Petty, Wallace, and Waltrip highlight these



familial ties in racing. The connection extends even beyond the track; in the stands, you can see parents passing their passion for the sport to their children as the entire family cheers for their favorite drivers. I remember spending Sunday afternoons either watching races with my dad or listening to them on the radio while we tackled our chores. This became a cherished custom for us.

I vividly recall the first time I heard those famous



four words in person: "Drivers, start your engines!" I was with my dad and grandpa at Talladega, and my excitement and anticipation grew as I felt the thunder of the engines. Even today, I still experience that same thrill whenever I hear those words.

Every racing enthusiast can attest to the fact that both superspeedways and short tracks offer some of the best experiences in the sport, creating exhilarating and un-





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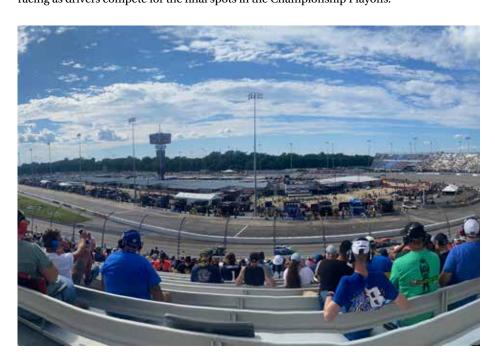
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predictable racing. Here in Virginia, we have the chance to enjoy two renowned short tracks-Richmond Raceway, often referred to as "America's Premiere Short Track," and Martinsville Speedway, nicknamed "The Paperclip."

Richmond Raceway has a rich history, with its first race taking place shortly after World War II in 1946 as a dirt track. Enthusiasm surged following Lee Petty's thrilling victory in the inaugural NASCAR Cup Series race in 1953. Since then, Richmond Raceway has become a hub for racing fans in the state. Recently, races have returned to being held at night, and excitement for the upcoming Richmond race is building, with tickets selling quickly for what will be the second-to-last regular-season Cup race on August 16. Get ready for some close racing as drivers compete for the final spots in the Championship Playoffs.



So, why not ignite some excitement for the sport? Bring along your family and friends and make a day of it. Tailgate before the race, grill some burgers and hot dogs, enjoy a game of cornhole, and then head inside the track for the Richmond racing experience. The smell of burnt rubber, the roar of engines through the turns and across the straightaways, and the electric energy of the crowd as the drivers race bumper to bumper will contribute to an unforgettable memory.

Visit RichmondRaceway.com to purchase tickets and learn more about additional spectator experiences available. Virginia is for racing lovers, so whether you are a first-time attendee or a third-generation racing fan, we hope to see you at the track soon!





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Have You Discovered These Summer Vacation Destinations?

by Kaityn Bruce

In our media-driven society, where screens dominate our access to information and sensations, most moments and feelings can only be fully appreciated through firsthand encounters. You may have heard of the following destinations, but regardless, we hope you have the joy of discovering them for yourself.

One close to home is the Sandy River Distillery in Rice Virginia. You might not think of

a distillery as a place for a summer vacation, but Sandy River is also home to Sandy River Outdoor Adventures. (147 Monroe Church Rd, Rice, VA; SandyRiverOutdoorAdventures.com) Here's where the family fun begins. Sandy River Outdoor Adventure offers fully furnished tipis for overnight glamping stays or opt for a cabin rental, both fully equipped with modern amenities. As for activities, what would you say to a treetop adventure park or a moonlit night



kayaking down the Sandy River Reservoir? How about a day relaxing by the pool or laying in a hammock? The fun doesn't end there; on select nights, the distillery hosts line dancing lessons, live music, and other events. For dinner, The Barrelhouse, a new addition to Sandy River Distillery, is a family-friendly restaurant with options between salads or delicious wood-fired pizzas. So, whether you visit for the day, the weekend, or longer, Sandy River Distillery and Outdoor Adventures could very well become your new favorite destination.

If you're ready for a family vacation that goes beyond just a weekend getaway, then you



might consider a trip to one of Tennessee's lesser-known cities, Chattanooga. Nestled in the foothills of the Smoky Mountains and bordering Georgia, Chattanooga offers a wealth of scenic beauty and exploration opportunities.

One major attraction is **Ruby Falls**, the largest underground waterfall open to the public, discovered accidentally by Leo Lambert in 1928. **(1720 S. Scenic Hwy. Chattanooga, TN; RubyFalls.com)** A tour guide will take you 260 feet down in a glass elevator to begin the tour of this geological marvel. Upon arriving at the destination, lights slowly illuminated the majestic waterfall cascading down the cavern walls, making for an unforgettable adventure.

Also located on Lookout Mountain is another stun-

ning experience: Rock City. (1400 Pattern Rd. Lookout Mountain, GA; SeeRockCity.com) This site offers breathtaking views and a self-guided tour where visitors can navigate unique

rock formations, walk alongside towering boulders, cross a 200-foot Swing-A-Long bridge, and marvel at the seven-state lookout from Lover's Leap. There is no wonder why this has been an adored attraction dating back to the Great Depression.

Of course, there is much to explore in Chattanooga, including the Tennessee Riverfront, the Incline Railway, the Creative Discovery Museum, and the Tennessee Aquarium, just to name a few.

However, since I am restricted in space, it seems you will just have to discover them yourself!





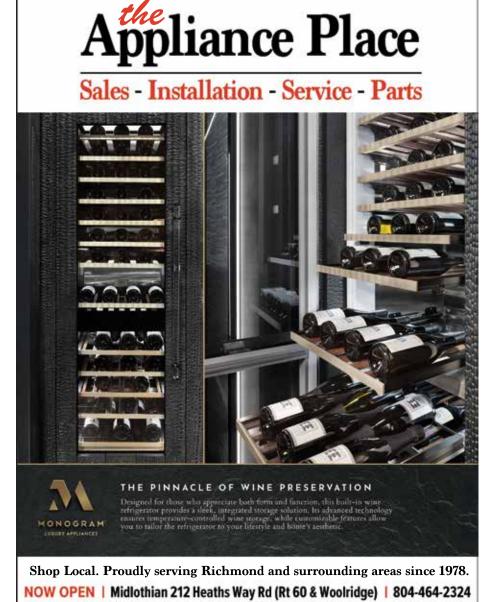












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From the Pantry PICNIC PASTA

he time has come. The weather is warmer, flowers are blooming, and the birds are singing. Spring has sprung and everyone says three simple words: "Let's eat outside!" This classic pasta salad is delicious, easy to transport, and perfect for a summer gathering.



INGREDIENTS

1 box of tri color rotini pasta

1/2 each of a red, orange, and yellow pepper

- 1 jalapeño
- 2 cups freshly chopped broccoli
- 1 cup zesty Italian salad dressing
- 1 cup crumbled feta cheese

PREPARATION

Cook rotini according to package directions. Chop peppers, jalape \tilde{n} 0, and broccoli in $\frac{1}{2}$ inch pieces. Mix veggies with pasta and stir in Italian dressing. Top with feta cheese and serve.



Scan the QR code for more recipes online!



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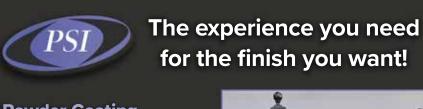












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Fun Things TO DO List

Sponsored by the Perkinson Center Looking for something fun to do? Here are a few ideas

SATURDAY, JULY 12 @ 6 P.M.

STRING ALONG

The **Garden Variety String Band** performs as part of Summer Nights at the Perk in the Jimmy Dean Theater at the **Perkinson** Center. (PerkinsonCenter.org)



SUNDAY, JULY 13 FROM 5 P.M. TO 8 P.M.

SUMMER IN SICILY

Cooper's Hawk Winery & Restaurants' Summer in Sicily Wine-Pairing Dinner brings the magic of the Mediterranean to you as you sample sausage arancini, palermo-style tenderloin medallions, and chocolate can-

noli cake, all paired with an impressive selection of Italian wines. (CHWinery.com)

TUESDAY, JULY 15 AND WEDNESDAY, JULY 16 @ 7:30 P.M.

ENJOY LATE NIGHT WITH DAVE

The Dave Matthews Band comes to the new Allianz Amphitheater at Riverfront. (AllianzAmphitheater.com)



FRIDAY, JULY 18 @ 11 A.M.

GET YOUR CREATIVE JUICES FLOWING

Try your hand at creating art in an informal, relaxed environment at Artful **Gatherings**. Spend some time with the kids or take a break from the daily

grind. The juices flow at the **Perkinson Center**. (PerkinsonCenter.org)

FRIDAY, JULY 25 @ 7:30 P.M.

MAKE YOURSELF SO VERY HAPPPY

Enjoy the sounds and the memories of Blood, Sweat & Tears when Blood, Sweat & Years pays tribute to the legendary jazz/rock band at the Beacon Theatre. (BeaconTheatreVA.com)





SATURDAY, JULY 26 FROM NOON TO 6 P.M.

BREW IT. TASTE IT. SIP IT. PORK IT.

Do it all at the Beer, Bourbon & BBQ Festival at Meadow **Event Park.** Enjoy all-you-care-to-taste samples of beer and Bourbon along with great BBQ from onsite vendors. Plus,

there will be giant Jenga, cornhole, and more fun and games for all. (BeerAndBourbon.com)

SATURDAY, JULY 26 @7:30 P.M.

MEET THE GRANDKIDS

Tayla Lynn is the granddaughter of Loretta Lynn. Tre Twitty is the grandson of Conway Twitty, together **Twitty and** Lynn pay homage to their grandparents in their "Salute to Conway & Loretta." Catch them at the Beacon Theatre for one performance.





LOVETT OR LEAVE IT

Singer, composer, and actor Lyle Lovett and his Large Band appear on stage at the **Dominion Energy Center**. (DominionEnergyCenter.com)

SUNDAY, AUGUST 3 FROM 1 TO 7 P.M.

EXPERIENCE ISLAND GROOVES

Soak up the sunshine and good vibes at the Caribbean Wine Food & Music Festival at the Chesterfield Fairgrounds. (Facebook.com - search "Caribbean Wine Festival)



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