

# The Mayor's Corner

By Mayor Beth A. Taylor

As we enter into February we think HEART HEALTHY, it's easy to make New Year's Resolutions, but it can be difficult to keep them. I am pledging to walk 5 miles a day (about 10,000 steps) during February. Exercise such as walking can get you on the right track to a healthier you. I hope to see you out walking or if you are like me and you do not like the cold weather, I hope to see you at the indoor track.

Wythe County Community Hospital has numerous programs for Heart Health awareness in the Month of February. One of them is an on-air radio program discussing the signs and symptoms of heart disease, especially heart attack and stroke in women. They will also be launching their sign up for "Heart Walk" that will take place on June 6<sup>th</sup>, 2020.



## PUBLIC SAFETY

Fire Chief Mark Brade: During Winter months there is an increase of risk for a heart attack while shoveling snow. Seven percent of cardiac related events in the Winter can be contributed to shoveling snow.

Shoveling snow places unusual stress on the cardio-vascular system. Due to cold weather, the cardio-vascular system typically constricts and as a result our blood pressure can increase, thus adding additional risk of a cardio-vascular event.

Exercise is one of the best ways to reduce your chances of a cardio-vascular event. While shoveling snow – Take your time! Do not be in a hurry and take regular breaks. In the event someone is experiencing chest pain- DO NOT HESITATE- CALL 911.

## TOURISM

During these Winter months we all dream of the warmer days ahead and the fun events that accompany. If Cabin fever has set in, there are plenty of indoor attractions that you are guaranteed to enjoy and will get you out of the house. Wytheville's Department of Museums curates three museums that include the Haller-Gibboney Rock House, Thomas J. Boyd Museum and the Great Lakes to Florida Highway Museum. Discover why Boyd became known as the "Father of Wytheville", how the first physician practiced medicine in the 1820s, the importance of Wytheville before the interstates and the impact Polio made on our community. An All-in-One ticket is only \$11 for adults, \$10 for seniors and \$5 for children (6-12) and can be purchased at the E. Lee Trinkle Regional Visitors Center at 975 Tazewell St.

View our new website, [VisitWytheville.com](http://VisitWytheville.com), for more information on our attractions, shopping, dining, and upcoming events.

## COFFEE & CONVERSATION WITH THE MAYOR

Coffee with the Mayor starts this month and will be the first and third Thursday of the month through April. Each session begins at **10 a.m.** and I will have a guest from one of the town departments.

February 6th	Olykoek Donuts 650 E. Main Street	Public Works	February 20th	Chaus Corner Bakery 195 S. 1st Street	Police Dept.
March 5th	The Cove 289 W. Main Street	Water Dept.	March 19th	The Dawg House 880 E. Main Street	Fire/EMS
April 2nd	Skeeter's 165 E. Main Street	Tourism Dept.	April 16th	Local Artist and Sellers 100 W. Main Street	Town Manager

## DID YOU KNOW?

- The Truss Bridge Park, located in the 1000 Block of Reed Creek Mill Road is now complete, with the exception of some signage. This is a lovely, serene, peaceful place to go take a short walk as you listen to the rippling of the creek water. The park area and right-of-way to the east was donated to the Town by Mr. Rusty Jones and family in honor of his father, Mr. Charlie Russell Jones. The right-of-way on the Southwest side of the park was donated by Connie Bonham Martin, and the right-of-way on the Northwest side of the park was donated by Robert E. Downey. Restoration of the historic truss bridge was made possible through funding from the Virginia Department of Transportation's Transportation Alternatives grant program, the Wythe-Bland Foundation and the Town of Wytheville. I want to thank all of them for their contributions to this new Park.
- The District Three Transit system; Mountain Lynx Transit, is available for any riders requesting transportation within the Town limits. Service is provided Monday through Friday 7AM to 5PM and the summer Saturday loop from 8AM to 2PM has been continued for the time being. The cost is 50 cents per ride which means if you go and come back on the transit bus the total will be \$1.00 round trip. The exact change or a pass must be presented upon boarding each time. All transit buses are wheelchair accessible. Request-based service is available for areas within the Town limits not serviced by the loop you may call 227-228 RIDE (7433).
- It's not news that Wytheville has its fair share of skunks. According to Officer Kelley, they are starting to mate and males tend to have more than one partner, so we get more skunks. Do not feed them, if you are leaving food outside for cats or dogs this feeds the skunks as well. The lack of a true winter at this point is keeping them active.

## MUSEUMS

Celebrate Museum Thursdays With History, Song & Stories welcomes local favorite Frank Emerson March 5, 2020. Performance is at 7 p.m. at the Heritage Preservation Center, 115 Spiller Street, Wytheville.

**Tickets:** \$8

**Reserved Seating:**

Call (276) 223-3330 / [marcellat@wytheville.org](mailto:marcellat@wytheville.org) to reserve tickets.

Local favorite Frank Emerson has been performing professionally since 1972 and returns to our stage with his songs, anecdotes and toasts to life. Irish bard, American patriot, storyteller, singer/songwriter and top-notch entertainer, Emerson is also author of *Frank Tells Tales* and *Wythe Bane Graham-Letters and Narrative of a Son of the Old Dominion* and co-author of a collaborative anthology of short stories, *Clean Cabbage in The Bucket and Other Tales From The Irish Music Trenches*.

This performance kicks off the second half of the 2019-2020 series. Additional performances include Bil Lepp (storyteller) April 2 and Eve Watters (harpist) May 7.



## QUOTE OF THE MONTH

“At the end of the day its not about what you have or even what you have accomplished, its about who you lifted up, who you made better. Its about what you have given back.” -Denzel Washington

After that inspiring note, I invite all to consider volunteering for a Town committee, there are many and each vary with the amount of time involved. Take time to be involved in 'YOUR' Town. You can contact Town Clerk Sherry Corvin at 276-223-3349.

I would like to hear from you regarding your 2020 vision for the town of Wytheville, please call/come by or E-mail.

My office is located at the Municipal building

Phone: 276-223-3356

Email: [beth.taylor@wytheville.org](mailto:beth.taylor@wytheville.org)