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## CALENDAR OF EVENTS FEBRUARY 2014

**February 1 – “Collections & Research: Behind the Scenes 2014”** – Schiele Museum, 10:00AM-4:00PM  
Discover and examine seldom seen collections of *The Schiele Museum*. Visit with museum curators and find out about current projects in Research and Collections. See displays on 18th Century Lifeways, Mycology (Fungi), Entomology (Insects), and Archaeology (Human Cultures). Enjoy this special opportunity highlighting Schiele Museum research and fantastic, unusual, and rare items usually not on display. For more details call 704-866-6908 or visit [www.schielemuseum.org](http://www.schielemuseum.org).

**February 1 thru March 8 – “The Evolution of Recorded Sound”** – Gaston County Museum  
Tuesday – Friday 10:00AM-5:00PM and Saturday from 10:00AM-3:00PM, admission is free and wheelchair accessible. Explore the history of recorded sound, starting with the phonograph and continuing through the iPod. Listen to the difference between a late 1800s song and one recorded in 2013. Relive memories of the record player, 8-Track, and Walkman. This exhibit will delve into these amazing inventions and how they have evolved over the decades through a visual and hands-on experience. For more details call 704-922-7681 or visit [www.gastoncountymuseum.org](http://www.gastoncountymuseum.org).

**February 1 thru March 23 – “Art and Orchids”** – Daniel Stowe Botanical Garden, 9:00AM-5:00PM  
The cold months of January and February are the most productive blooming season for many tropical orchids; the Garden is seizing this opportunity and celebrating the allure and beauty of orchids during their *Art and Orchids* event. This is done by pairing colorful orchid displays with select pieces by local artist Rick Lazes, The Gardens Orchid Conservatory will be one of the warmest places to brighten your winter. For more details call 704-825-4490 or visit [www.DSBG.org](http://www.DSBG.org).

**February 1 thru April 8 – “Farmers, Warriors, Builders: The Hidden Life of Ants”** – The Schiele Museum  
The hours for the museum are Monday through Friday 9:00AM-5:00PM and Sundays 1:00PM-5:00PM. Small yet abundant, with complex and wildly diverse lifestyles, ants are everywhere, living lives mostly hidden from view. What if we could see into their world—on their level? What could be learned? What parallels could be drawn between them and us? Now, with the aid of a macro lens and the insights of an ant expert; photographer Mark Moffett ~ the incredible world of ants is explored in this Smithsonian Traveling Exhibition. For more details call 704-866-6908 or visit [www.schielemuseum.org](http://www.schielemuseum.org).

**February 6 – “Poinsett Piano Trio ~ Arts at the Abbey”** – Belmont Abbey, 8:00PM  
The program will include Fauré: Trio, Op. 120 and Brahms: Trio in B major, Op. 8. Founded in 2008, the trio consists of pianist David Gross, violinist Deirdre Hutton, and cellist Christopher Hutton. This program is held at the Belmont Abbey Basilica, at Exit 26 off I-85 and is free to the public but donations are gladly accepted. This series is made possible in part by the Associated Foundation, Inc. of Belmont, The Monks of Belmont Abbey and other private donors. For more details please visit [www.bac.edu](http://www.bac.edu).

**February 8 – “PREschool PREview Program”** – Gaston County Museum, 10:00AM-11:00AM  
The cost is \$2 per child and \$2 for non-family members; family members are FREE. Love is in the air! Come learn about the origins of the holiday and how people in the 1800s celebrated Valentine’s Day. All participants

will make a unique Valentine and enjoy a sweet snack. For more details call 704-922-7681 or visit [www.gastoncountymuseum.org](http://www.gastoncountymuseum.org).

**February 8 – “Legacy of Slavery”** – Gaston County Museum, 1:00PM-2:00PM ~ FREE

*Please RSVP by February 3<sup>rd</sup>* to Jason Luker at 704-922-7681 x105. Slavery had a profound effect on the United States’ development. Modern understandings and debates on equality, personal rights, and government authority were shaped during the struggle over this “peculiar institution.” In this program, they will examine the legacy of slavery and how that legacy has changed over the course of US history.

**February 8 – “Bat-ittude”** – Schiele Museum, 11:00AM & 2:00PM

Get to know these commonly misunderstood creatures a little bat, I mean bit, better! Become a “bat-ologist” and learn about their unique adaptations, how they benefit humans, and what challenges they face. Test your echolocation skills! Listen to a story told by the “bat lady” and make your own bat craft friend to take home with you! For more details call 704-866-6908 or visit [www.schielemuseum.org](http://www.schielemuseum.org).

**February 8 thru April 5 – “From the Hills to the Mills: Photography by Lawrence Lohr”** – Gaston County Museum ~ This exhibit documents the present state of what was once the vibrant economy of the United States textile industry. The self-taught photographer’s haunting black-and-white work captures remnants of that industry, including dilapidated mills and mill villages found in North and South Carolina and Georgia.

Many of the photographs from the exhibition are included in Lohr’s book of essays on the roles of energy and labor in the Southern textile industry. For more details call 704-922-7681 or visit [www.gastoncountymuseum.org](http://www.gastoncountymuseum.org).

**February 13 – “Valentine’s Day Zipline & Dine”** – U.S. National Whitewater Center, 6:00PM ~ CANCELLED

DUE TO SNOW STORM / (Note: There were two more days but Friday the 14<sup>th</sup> and Saturday the 15<sup>th</sup> is sold out). Treat your date to a unique Valentine’s experience with the first Zipline & Dine of the year. This Valentine’s Day event features a nighttime zipline excursion for two as the sun goes down, followed by a romantic fireside dinner with craft beer and wine. Guests will travel a course of five ziplines and two roped bridges before rappelling out of the trees. The zip-line experience is followed by a short hike back to base camp. Dinner Portion: Dinner is specially prepared by Chef Dave Bettendorf. Also included are 2 drink tokens (valid for beer, wine and nonalcoholic beverages). Cash bar is also available. Vegetarian and gluten-free menus are available. Please call Guest Services with any special dietary requests at 704-391-3900. Price: \$75 per person; please note: This event is sold on an individual basis and is not limited to couples. Registration is available online or you may call Guest Services at 704-391-3900.

**February 14 – “Music at the Depot: Winter Acoustic Series with Gigi Dover and The Big Love”** – WILL

RESCHEDULE AND WILL ADVISE OF NEW DATE: Gaston County Museum, 6:30PM-8:30PM. The cost is \$10 in advance and \$15 at the door. Gigi Dover & The Big Love create music that is heavily influenced by a mixed-bag of genres including Funk, Blues, Folk, and Jazz. Happily devoid of clichés, their music is played with precision and filled with little nuances that make you smile. Dover’s vocals reflect the late 60s era of music. The Charlotte native, who recalls reading album lyrics for fun when she was a child, started taking guitar lessons and writing songs at age 13. Dover co-founded and performed with regional band Rank Outsiders for 10 years. She is now lead singer for Gigi Dover and the Big Love, and is married to fellow band member and guitarist, Eric Lovell. For tickets or more details contact Jason Luker at 704-922-7681 x105. Order your tickets on-line at <http://www.brownpapertickets.com>.

**February 15 – “2<sup>nd</sup> Annual Frigid 5K Run & Plunge”** – U.S. National Whitewater Center, 8:00AM

Note: registration is required, pre-registration is available on-line through February 12<sup>th</sup> and race giveaways are only guaranteed to those who register before February 5<sup>th</sup>. Run then plunge into the center’s man-made whitewater river during the *Frigid 5K Run & Plunge*. This 5K course will cover the length of the Whitewater Center Parkway, followed by an optional (but highly recommended) cold water plunge into the frigid man-made river. Be sure to bring a towel and stick around for food, hot chocolate, fire pits, drinks, raffle prizes and awards. For more details call 704-391-3900 or to register, visit [www.usnwc.org/frigid-5k-run-plunge-2](http://www.usnwc.org/frigid-5k-run-plunge-2).

**February 16 – “Wedding Showcase” – Daniel Stowe Botanical Garden, Noon-4:00PM**

Just engaged? Need help planning a wedding? Do you know someone who is getting married? Then you don't want to miss the Garden's annual *Wedding Showcase*. The Garden will have the best of the areas bridal industry on hand to help you with information on planning a spectacular wedding. If you need ideas to plan a dream wedding, this is the perfect chance to sample food, see the newest trends in wedding attire, and discuss floral arrangements and book services for the wedding. ‘Garden Event Planners’ will be on-hand to discuss details about weddings at the Garden. Special discounts will be offered to all brides at the show who book their event at the Garden. FREE for brides and Garden members! General admission applied to all others. For more details call 704-825-4490.

**February 22 – “Fossil Fair 2014” – Schiele Museum, 9:00AM-4:00PM**

More than a fossil show, this event spotlights all sorts of natural treasures from the earth including fossils, rocks, minerals and the ancient stories that these items tell. See museum and fossil club displays and purchase interesting specimens from vendors. Come and mine for gemstones like garnets, emeralds and amethyst. Kids can meet animated prehistoric characters, see a full-sized T-Rex, make a fossil fish print, search for tiny fossils from the Carolina Coast, and much more. The cost is \$3 with Museum admission. For more details call 704-866-6908 or visit [www.schielemuseum.org](http://www.schielemuseum.org).

**February 27 – “Have A Heart For Hospice ~ Wine Tasting Event” – Mount Holly Grand Hall, 6:30PM-8:30PM / The Grand Hall is located at 400 E. Central Ave. in Mount Holly. Bring your Valentine--or just a friend--to the fifth annual Have a Heart for Hospice wine tasting. There will be wine and beer tastings, food pairings and wine education, a silent auction with many wonderful items and so much more. Once again this event will be at the lovely Mount Holly Citizens' Center. Come have a great time for a great cause. Funds raised will be used for benevolent care at Robin Johnson House. Tickets are \$25 in advance and \$30 at the door. For more details call 704-861-8405 or visit the website at [www.gastonhospice.org](http://www.gastonhospice.org).**

**FOR ADDITIONAL ENTERTAINMENT!**

**“Gastonia Grizzlies ~ 2011 CPL Champions & the 2012 Organization of the Year ~ is closed until May”**

Home of the Grizzlies, Sims Legion Park, is located at 1001 N. Marietta St. Gastonia, NC 28054. The Gastonia Grizzlies is a proud member of the *Coastal Plain League*, the nation's hottest summer collegiate baseball league with 14 teams playing in N.C., S.C. and Virginia. Come and enjoy *The Best Show In Town!* For the 2014 Grizzlies schedule visit [www.gastoniagrizzlies.com](http://www.gastoniagrizzlies.com) in April, 2014 or call 704-866-8622.

**“Belmont Drive-In Theatre” – Closed for the season ~ (No checks or credit cards accepted) Box office opens by 7:00PM / during busy times, the box office will open early depending on the line at the box office. Show time is at dusk every *Friday, Saturday & Sunday nights*. The cost is \$10 per carload. For more details call 704-825-6044 or visit [www.belmontdrivein.com](http://www.belmontdrivein.com).**

**“Bessemer City Kings Mountain Drive-In Theatre” – Closed for the season ~ Opens at 7:00PM the show starts at 8:00PM, Friday, Saturday, and Sunday nights. The cost is \$10.00 per carload. Bring the family and the neighbors for a fun time! For more details call 704-739-2150.**

**“Lineberger Park Train” – Gastonia Parks and Recreation, Lineberger Park is located at 632 E. Garrison Blvd. in Gastonia. Spring hours are as follows: March – April – May, Saturday 12PM-6PM and Sunday 1:30PM-6PM. Summer hours are as follows: June – July – August, Thursday & Friday 10AM–1PM and 2PM–6PM, Saturday 12PM-6PM and Sunday 1:30PM-6PM. Fall hours for the train are as follows: September – October – November, Saturday 12PM-6PM and Sunday 1:30PM-6PM. The cost is \$1 per person per ride. For private parties, day cares and schools call 704-869-1018. The park reserves the right to cancel operations due to inclement weather. *The winter, December – January – February the train is closed and will reopen in March.***

**“Green Way Cycle Rentals”** – Avon/Catawba Creek Green Way near Lineberger Park, Gastonia  
Weds/Thurs/Fri 2:00PM till dusk ~ \$5 per hour ~ Sat/Sunday 10:00AM till dusk / All rentals are for set riding location only; no off path rentals available at this time. Helmets are required for all riders under 16 years old per NC State Law; helmets will be available at location. Renters must provide valid driver’s license or ID. For more details call 704-836-7742 or visit [www.greenwaycyclere rentals.com](http://www.greenwaycyclere rentals.com). (*Call before you go due to the season and weather conditions*)

**“U.S. National Whitewater Center”** – *PLAY, RELAX, LEARN!* This official U.S. Olympic training facility is the training ground for future Olympians offering kayaking, rafting, canoeing, rock climbing, mountain-biking and running trails – just minutes from hotels, restaurants, and shopping! Parking is \$5.00 for a day pass and just \$40.00 for an *annual* parking pass. You can pay as you go or purchase one of the many ‘All Sport Passes’. *For more details/reservations and to see what activities are available this time of year, call 704-391-3900 or visit [www.usnwc.org](http://www.usnwc.org).*

**“Carolina Speedway: Dirt Track Racing Friday Nights!”** (*Every other Friday night during winter season*) Carolina Speedway is attracting crowds every Friday night to its improved dirt race track in southern Gaston County. The 4/10 mile track has excited fans and drivers in Gaston County for 44 years. The gates open at 5:00 PM with hot laps at 7:00 PM. Racing starts at 8:00 PM. For details call 704-869-0313 or visit [www.driveondirt.com](http://www.driveondirt.com). Be sure to check out *Dirt Track Racing School* located at the Carolina Speedway.

**“The Floating Goat”** – *SPORTS & RECREATION!* The hours are 10:00AM-7:00PM. Kayak rentals...located at 137 8<sup>th</sup> Ave. in Cramerton, NC, 28032. Please call 704-734-8599 or 704-914-5552 for rentals and reservations or you may email Greg at [gregthefloatinggoat@gmail.com](mailto:gregthefloatinggoat@gmail.com). (*Call before you go due to the season and weather conditions*)

**“Historic Cherryville Railroad Depot”** – This 1922 Depot is located at 105 Depot Street in Cherryville. You can watch the model trains run or bring yours to run on the “Big Layout”. Join us on Thursday evenings (7PM-9PM) or Saturday mornings (10AM-12PM) and at other times by appointment. For details call Bob Fanter at 704-482-8723.

**“Lake Wylie Kayak Rentals / Tailrace Marina”** – The marina is located at 1000 Marina Village Drive in Mount Holly, NC, 28120. Rentals are pontoon boats, kayaks & canoes. All groups are welcome and reservations are needed. Picnic areas are available for you and your family to enjoy. For more details or for reservations call 704-827-000. You may also visit [www.LakeWylieKayakRentals.com](http://www.LakeWylieKayakRentals.com). Note: please call before you go due to the season and weather conditions.

**“The Cherryville Historical Museum”** – The museum is located in downtown Cherryville in the Old City Hall built in 1911 to house the fire station, jail, police department, court room and the office of the city clerk. The building contains three levels of exhibit space where exhibits include a replica of the Old Academy, a 1950’s Beauty Shop, Little Church on Main Street, Optometrist Office, and other medical exhibits. Special attractions are the 1921 LaFrance fire engine, the New Year Shooters display, original Bull Durham painting, and the Genealogy & History Library. The hours of operation are Saturday from 10:00AM-2:00PM, other times by appointment and the admission is free! For more details call 704-435-8011 or email [chvhistorical@att.net](mailto:chvhistorical@att.net).

**“Millican Pictorial History Museum”** – Located in ‘*The Abram Stowe House*’ built in 1868, it’s the oldest house in Belmont. Come and enjoy thousands of rare photos of cotton mills, workers and their way of life. On display are photographs of towns, churches, schools, trolleys, trucks, service stations, drive-in theaters, just to mention a few. You may also purchase these photo’s which will help the museum. The hours are Monday-Friday from 1:00PM-5:00PM and Saturday from 10:00AM-5:00PM, admission is free and donations are appreciated. For more details please call Allen Millican at 704-825-5391 or you may email Allen at [milkcan@bellsouth.net](mailto:milkcan@bellsouth.net).

**“Restored ~ 1930’s Textile Mill House and R.L. Stowe’s Home”** – ‘The Belmont Historical Society’, located in the *R.L. Stowe historical home* at 40 Catawba Street in Belmont. In the Stowe home you will find rooms displaying furnishings and artifacts from by-gone-eras of our history. There are various permanent exhibits,

and “theme” exhibits which are changed regularly. The 1930’s textile mill house is where you can explore life displayed in a mill worker’s home. There are souvenirs for sale to help continue restoring the 1950’s *Stowe Park Train* as well as an 1890’s *Self-standing Kitchen*. The hours are Friday through Sunday from 1:00PM-5:00PM. Admission is free and donations are appreciated. For more details call 704-825-4848 or you may visit the website at [www.belmontnc-hs.org](http://www.belmontnc-hs.org).

**“Mount Holly Historical Society”** – Open on the 3<sup>rd</sup> Saturday of each month from 9:00AM-12:00PM  
The Mount Holly Historic Exhibits are on display during these hours. Consider becoming a member and help preserve Mount Holly’s historic character! For more details email [www.mhhistoricalociety@gmail.com](mailto:www.mhhistoricalociety@gmail.com) or visit on facebook at [www.facebook.com/mhhsnc](http://www.facebook.com/mhhsnc).

**“Permanent Exhibit Update – Period Hotel Rooms”** – Gaston County Museum, the Gaston County Museum’s newly renovated period hotel rooms is open to the public. These rooms will explore the history of the Hoffman Hotel starting from its beginnings through the 1920s. Patrons will learn about several types of guests including: a Confederate Officer, a lawyer, a doctor and his family. Visitors will see what it would have been like to stay at the hotel as well as traveling through Gaston County. The exhibit will feature interactive displays and a new hands-on children’s area. The museum is housed in an 1852 brick Greek Revival style hotel that has been adapted for visitors and travelers of today. The museum contains North Carolina’s largest public collection of horse-drawn vehicles consisting of sleighs, drays, wagons, and buggies and is the home of the *Ties that Bind: Carolinas Textile Exhibit*. Museum hours: Tuesday – Friday 10:00AM – 5:00PM, and Saturday 10:00AM – 3:00PM For more details contact Jeff Pruett at 704-922-7681 x105 or [jeff.pruett@co.gaston.nc.us](mailto:jeff.pruett@co.gaston.nc.us) Museum’s website – [www.gastoncountymuseum.org](http://www.gastoncountymuseum.org).

**“Belmont Abbey College – Performing Arts”** – For the 2013-2014 schedule or tickets call 704-461-6787 or you may visit [www.belmontabbeycollege.edu/academic/performingarts/abbey-players-theater-schedule.aspx](http://www.belmontabbeycollege.edu/academic/performingarts/abbey-players-theater-schedule.aspx). Information is also available for the **“2013-2014 ~ Arts at the Abbey Concerts”** at [www.bac.edu](http://www.bac.edu) or call 704-461-6813.

**“The Little Theater of Gastonia”** – For the 2013-2014 schedule or tickets call 704-865-0160 or you may visit [www.littletheaterofgastonia@gmail.com](mailto:www.littletheaterofgastonia@gmail.com). To order your tickets online, visit [www.Carolinatix.org](http://www.Carolinatix.org) or call Carolinatix at 704-372-1000.

## **James H. Lynn PLANETARIUM At The Schiele Museum**

Tickets to the Planetarium are \$3 for all visitors, plus Museum admission (except *FREE* days).  
*Program schedule is subject to change. On the day of your visit, confirm your schedule by calling 704-866-6908.*

**“Is There Anybody Out There?”** – Saturdays 11:00AM & 2:30PM, Sundays 2:30PM  
Tuesday – Friday 3:30PM / Are we alone? Mankind has pondered the question of other intelligent life in the universe for millennia. This program explores technology that we may use to detect alien civilizations, what we might discover and assesses the probabilities of life beyond our planet in this original production of the James H. Lynn Planetarium.

**“Bear Tales and Other Grizzly Stories”** – *Saturdays & Sundays, 1:30PM*  
Join Grandpa Ben on a family camping trip and hear lively stories about the night sky and its constellations. This is a fun and family-friendly presentation for all ages.

**“Nightwatch”** – *Saturdays & Sundays, 3:30PM*  
There is more in the night sky than you can see with your naked eye. Learn how to explore the universe with binoculars and small telescopes without leaving your own backyard. The cost is \$3 in addition to museum admission.

## **WEEKLY TODDLER TIME – GASTON COUNTY PUBLIC LIBRARY**

Simple 20-minute program for children ages 1 – 2 years with parent/caregiver.

Program includes picture book-sharing, finger plays, songs and activities,  
and introduces toddlers to books

Belmont Branch Library: Thursdays at 10:00AM – 704-825-5426

Lowell Branch Library: Fridays at 11:00AM – 704-824-1266

Main Library / Gastonia: Thursdays at 10:30AM & 1:30AM – 704-868-2164, Dial 3

Mount Holly Branch Library: Tuesdays at 10:30AM – 704-827-3581

Stanley Branch Library: Wednesdays at 10:30AM – 704-263-4166

Union Road Branch Library: Wednesdays at 10:00AM – 704-852-4073

*For more details about **Weekly Toddler Time and Weekly Story Time** events, please contact your local Gaston-Lincoln Regional Library location or call 704-868-2164 / Dial 4.*

## **WEEKLY STORY TIME – GASTON COUNTY PUBLIC LIBRARY**

Storytelling, book-sharing, songs and participatory activities for children age 3 through 6 years old.

Belmont Branch Library: Tuesdays at 10:00AM – 704-825-5426

Bessemer City Branch Library: Wednesdays at 10:30AM – 704-629-3321

Cherryville Branch Library: Tuesdays at 10:30PM – 704-435-6767

Dallas Branch Library: Wednesdays at 10:00AM – 704-922-3621

Ferguson Branch Library / Erwin Center: 704-868-8046 for Program Details

Lowell Branch Library: Wednesdays at 10:30AM – 704-824-1266

Main Library / Gastonia: Wednesdays at 11:30AM & 1:30PM – 704-868-2164, Dial 3

Mount Holly Branch Library: Thursdays at 10:30AM – 704-827-3581

Stanley Branch Library: Fridays at 10:30AM – 704-263-4166

Union Road Branch Library: Wednesdays at 11:00AM – 704-852-4073

Charles R. Jones Library / Lincolnton: Wednesdays at 10:30AM – 704-735-8044

Florence Soule Shanklin Branch Library: Tuesdays at 10:30AM – 704-483-3589

West Lincoln Branch Library: Thursdays at 10:30AM – 704-276-9946

## **TEMPORARY EXHIBITS - MONTHLY LIBRARY EXHIBITS**

February 3 thru 28 (*unless otherwise posted*) – Gaston County Public Library, 1555 East Garrison Blvd...All library exhibits are free and are open to the public during regular library hours. *Unless otherwise posted*, events are held at the Main Branch Public Library. For more information call 704-868-2164 / Dial 4.

- **Original Art** – Original artworks by Rachel M. Cotton. February 3-28
- **Boy Scouts of America** – Informational Boy Scouts of America exhibit, including uniform items and gear. February 3-28
- **One Tree Hill** – Collectible photographs, autographs, and memorabilia from *One Tree Hill* American television drama (2003-2012) on loan from Wade Allen. February 3-28
- **Kadir Nelson** – Collectible books, artwork, etc. by Kadir Nelson, award-winning African-American artist, illustrator and author whose work focuses on African-American culture and history, on loan from Randal Tolber. February 3-28
- **Political Buttons** – Collectible political buttons on loan from Sue O’Neil. February 3-28 (Belmont Branch Library, 704-825-5426)
- **Gems and Minerals** – Gem and mineral specimens on loan from Gaston County Gem, Mineral and Faceters Club. February 3-29 (Dallas Branch Library, 704-922-3621)
- **Ladybugs** – Collectible ladybug figurines and decorative items on loan from Joan Miller. February 3-28 (Mount Holly Branch Library, 704-827-3581)
- **Antique Fans and Lace** – Collectible ladies antique fans, laces, and other decorative items on loan from Ann Belmont. February 3-28 (Stanley Branch Library, 704-263-4166)
- **Postcards** – Collectible postcards on loan from Dot Kiser. February 3-28 (Union Road Branch Library, 704-852-4073)

## **2014 FARMERS MARKET WINTER REPORT**

### **McAdenville Community Market (Fresh)**

Soup & Salad Bar / Cappuccino Bar

Located at 118 Wesleyan Drive

For more details call Carol Shrum at 704-860-4451

Tuesdays thru Friday 10:00AM-6:00PM

Saturdays from 8:00AM-2:00PM

## **DID YOU KNOW?**

**“Know Before You Go”** – Dial 511 to reach the NC 511 Travel Info Line or get real-time info online at [www.ncdot.gov/travel](http://www.ncdot.gov/travel). NCDOT also offers travel information for motorists on Twitter.

### **“Crowders Mountain State Park Hours”**

November-February, 8AM-6PM

March-April, September-October, 8AM-8PM

May-August, 8AM-9PM

*Closed Christmas Day*

Park Office Hours: 8AM-5PM Daily

(While in the park in case of an emergency call the park office at 704-853-5375)

### **\*\*\*\*\*Winter Hiking Safety Tips From Crowders Mountain State Park\*\*\*\*\***

#### **Prehydration**

Always make a point to prehydrate before hiking. This is especially important in winter when the rate in which you lose water can exceed the rate in which your body can absorb water. Normally, people lose anywhere from 0.5 to 1.5 liters of water per hour when hiking strenuously. Since your body can only absorb a liter an hour, not prehydrating puts you at risk of becoming dehydrated and staying that way during a strenuous hike.

#### **Hydration**

Whenever you go hiking, it's important to stay properly hydrated. This is especially important in winter, when even mild dehydration can cloud your judgment and reduce your energy level. In winter, water loss occurs through perspiration and respiration. While you can regulate your perspiration rate by slowing down your pace, most people are not even aware that they lose water through respiration. When you exhale, your breath transports the moist warm air in your lungs to the drier air surrounding you. It's important that you keep drinking water regularly during a winter hike to stay properly hydrated. Once you get into this habit, staying hydrated in winter becomes second nature.