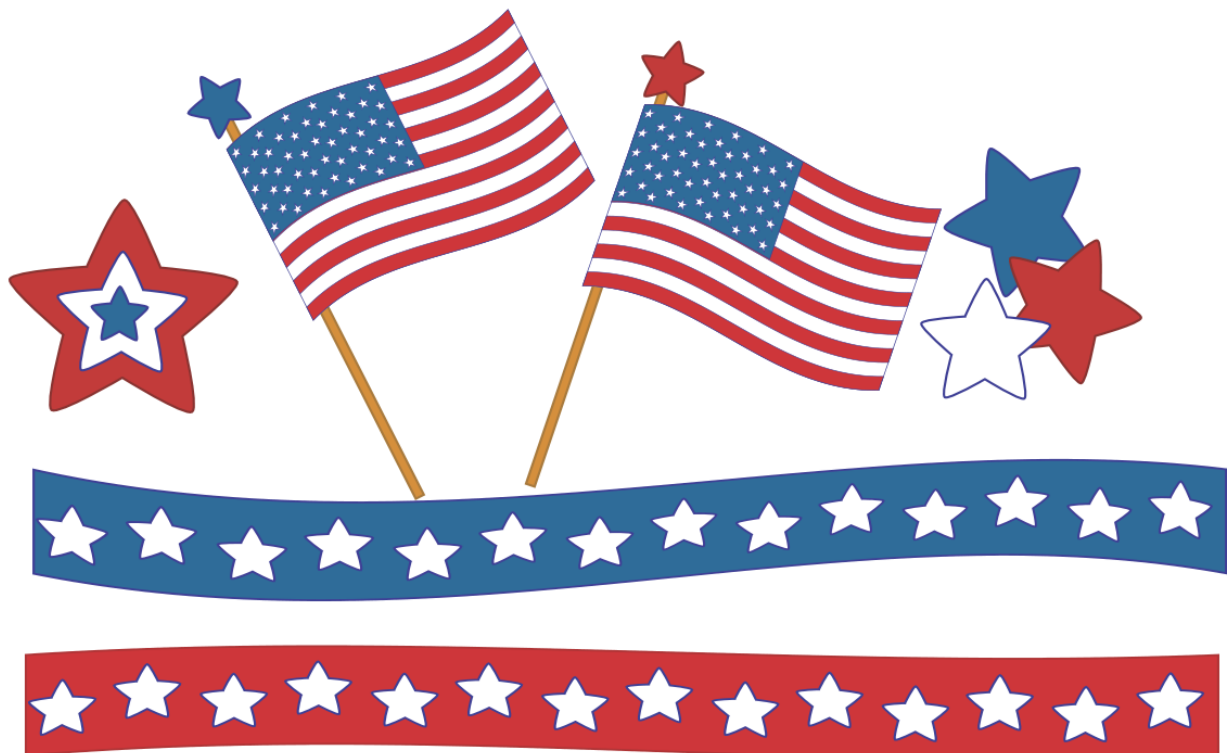


WESTMINSTER CRIER

Happy July 4th!



4th of July
Golf Cart Parade
Decorate Your Cart



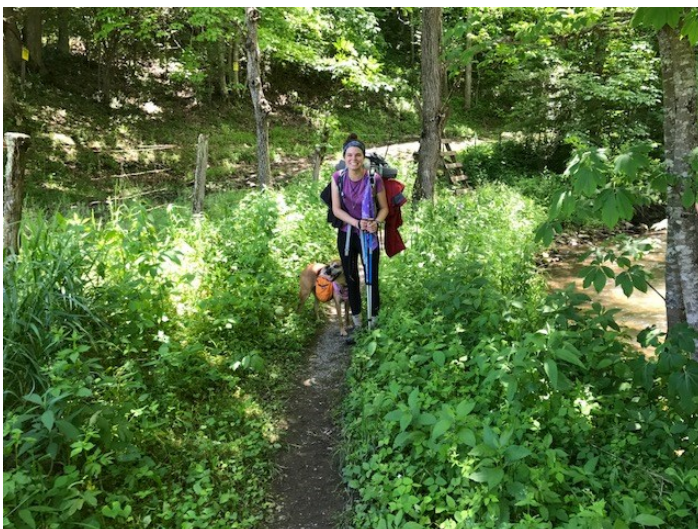
Meet at the Community Center
At 3:00 PM



Back on the Trail
with Lew English.
This is why I
work so hard to
get to the top of
the mountain.



A beautiful fern
Carpet



Hiking dog and master.
A large bull chased
Franny the dog out of
the last pasture. Fortu-
nately we found a wide
detour to get back on
the trail.



600 mile mark

It isn't very often the trail offers a comfortable place to sit.

One really big tree.





I was 15 miles into a 17 mile day. A slight bad taste was now turning into cold symptoms. By midnight of the same day fever and chills. A quick check in a near by town, no pneumonia but ear infections. Realizing I would be laid up for a week or more, I hitched a ride to Wytheville Greyhound bus station, waited 12 hours for a 1:45AM bus ride to charlotte NC. A six hour wait in terminal shivering like it was winter.

A two hour flight, I think the American Airlines couldn't make their planes more uncomfortable if they tried, and I'm home.

I have hiked a total of 634 miles on the trail. There were many highlights and I learned a lot. Believe it or not, my biggest problem was food. I was never hungry and I had to make myself eat. This effected my energy and I lost about two pounds every three days.

Anybody who wants to try back-packing, call me, I can help.



From Lee County Sheriff's Office

Summertime Safety Tips- Know Before You Go

Are you planning a road trip this summer? If so, the Lee County Sheriff's Office Crime Prevention

Unit encourages you to follow these simple, common-sense safety tips to ensure your home is

secure while you're away and to give you peace of mind during your well-deserved vacation.

1. Ask your friends or neighbors to keep an eye on your property and report suspicious activity to police. An occasional walk around the home to make sure all doors and windows are secure is helpful;
2. Don't advertise to burglars you aren't home by leaving garbage cans and recycling bins out by the curb once trash day is over;
3. Put a hold on your newspaper and mail delivery;
4. Would you leave your front door wide open and your house unsecured while away? Of course, not; so wait until you get home before sharing pictures and posts on social media. The whole world does not need to know your home is vacant;

Sheriff's Office Continued

5. Make your home look occupied by investing in timers to turn on exterior and interior lights, and a television or radio for a few hours every evening;
6. Place valuables like weapons, cash and jewelry in a safe and secure location just in case you have unwanted visitors;
7. If you leave your car parked in the driveway, take the garage remote control inside and place it in a secure location, along with your keys.

For more information regarding this Safety and Security Tip, call the Crime Prevention Unit at 258-3280. To report a fraud or scam, call the Sheriff's Office Fraud line at 258-3292.