

Leonard Veillette

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Rocky Mount Is Sizzling This Summer!

There are always cool things to do in the Rocky Mount area during the summer. So many in fact that there is only room here for the top eleven. Our suggestions are not by any means complete so you'll just have to check with the Visitors Bureau or RockyMountTravel.com for the complete list of activities.

1. Walk or Bike The Tar River Trail.

The Tar River Trail meanders three and-a-half miles along the banks of the Tar River. Not a better place to walk, bike or fish. Anchored by City Lake, the trail passes Sunset Park, goes through Battle Park, home of the "rocky mounds," crosses the river on the longest wooden suspension bridge in the US and ends at the largest park in the US honoring the Rev. Martin Luther King, Jr. where a memorial park with a his statue is the focal point.

2. Reunion at Sunset Park

Rocky Mount's flagship park is filled with summer fun. The miniature train, antique carousel, skate park, the June Bug ride, the spray park and best of all picnic shelters large enough for the biggest family reunion make Sunset Park the place to be with space and fun for everyone.

3. Buy Local Products At The Nash Area Farmers Market

Locally grown fruits and vegetables, homemade jams, cakes and pickles, fresh flowers and plants and local handmade crafts plus a few surprises can be found on Friday afternoons and Saturday mornings. Sometimes there is live entertainment and special days celebrating strawberries or blueberries.

4. Travel Through the Space or Your Body at Cummins Planetarium.

To cool down, the Cummins Planetarium in the Children's Museum and Science Center, is out of this world. Two special shows, one taking a microscopic journey through the human body; and a second as an Astronaut launching into space. A variety of laser light shows fill the summer sky in this unique digital theater, including "Laser Beatles."

5. Explore The World of MICROBES: Invisible Invaders, Amazing Allies.

Take a journey through an unseen world, one which sustains all life on earth while holding the deadly potential to wipe out millions. This amazingly interactive exhibit examines what microbes are, what they look like, the history of disease, emerging diseases and how research is helping find cures that save lives. An amazingly high-tech, visually compelling exhibit that includes computer games, hands-on experiences and dazzling special effects.

6. Celebrate Independence Day Twice.

Rocky Mount celebrates America's birthday on July 3rd with live music, food and completes the day with a spectacular fireworks display. Castalia has a big small town event on the Fourth that includes the best in craft and old-fashioned food vendors, live entertainment, a classic car show, a festive parade through the middle of town and of course fireworks.

7. Plan or Watch A Sports Event

Almost every weekend through November Rocky Mount continues to be filled with the competition of baseball and softball as players from all over the Southeast compete for trophies and bragging rights at the Rocky Mount Sports Complex. Schedules on-line and at 252 972 1151. Come watch the best compete at our house.

8. Cool Off With Art

A great feature of our art is that it's inside during the hottest part of the year. At the Rocky Mount Imperial Centre's Arts Center are ten galleries including the city permanent art collection, traveling exhibits and a children's gallery. All during the summer the Imperial Centre's Education Center provides classes in ceramics, fabric, watercolor, kinder-dance and other hands-on, active cultural activities.

9. The Four Sisters Have Cool Art Too.

The Four Sisters Gallery at NC Wesleyan College is currently showing the work of Leroy Person, a self-taught "outsider" artist from Halifax County. A bold freshness is exhibited through his pieces of furniture, sculpture, paintings and small figures.

10. See The Alligator

In The Children's Museum's live animal habitat area is Libby, a Burmese Python, Mae the alligator, tree frogs and a coastal NC "Living Marsh" with Horseshoe Crab, starfish, salt water fish and other water creatures that make NC home. You can't touch the alligator but touching the marsh creatures is ok.

The Rocky Mount Area offers a summer filled with a variety of fun activities. There should be something happening whenever you are passing our way. Spend some time with us and enjoy our "Southern Hospitality." For additional information call the Nash County Visitors Bureau at 800-849-6825 or visit www.RockyMountTravel.com. When in Rocky Mount visit the new Visitors Bureau at the Gateway Convention Center.