

What We Hold In Our Hands/ a Slow Road Reader

by Fred First

Part One

Bridging the Nature Gap/ The distance we allow between our children and nature has costs

Snake Tales/ Early life with a biology major, hints of things to come

Rehabilitating a Fallen Forest Giant/ Chestnut living again in tomorrows forests

Local Economies and the Story of Stuff/ Our insatiable hunger for stuff must come to an end

The Foolish Farmer of Erewhon/ An allegory of a blogger seeking kindred minds

Living Where we Belong/ How do we form bonds to the places where we feel most at home?

Bonny and Clyde and the Killing Fields/ Yellow jackets and a drive-by shooting

Your Own Slow Drummer/ Noticing the small things means slowing down, paying attn

Grandparents on Orange Alert/ Travel safety failures can take all sorts of forms

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Shaped by Place/ how we adapt to the landscapes of our lives or change them to suit us

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Our Greatest Resource: Each Other/ The "social capital" we have in community

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Ravens on Buffalo/ a true tale of a Wild Kingdom moment on a local mountaintop

Please Santa: No New Clothes for Christmas/ How many clothes are enough already?

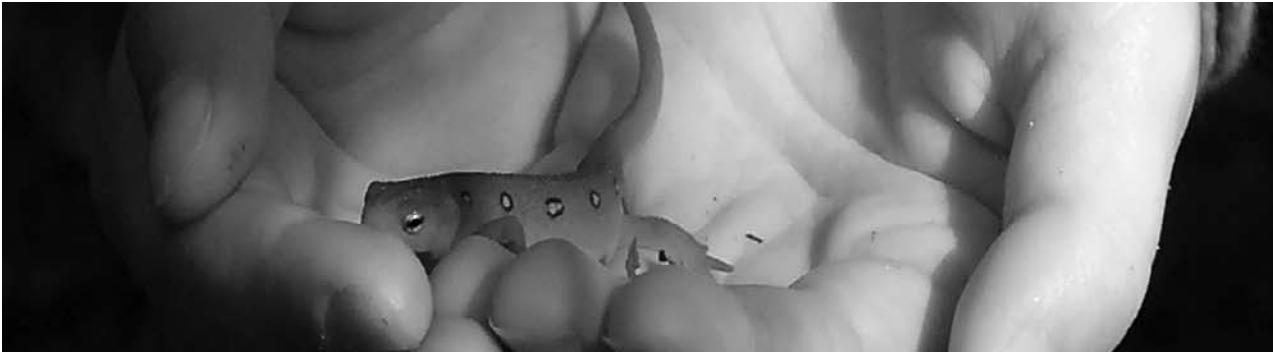
Carolina Bays/ A Google Earth discovery that remains unexplained to this day

Floyd County Airspace/ An amazing way to trim trees almost ended in flames!

My Woodlot in Life is Enough/ A new approach to winter wood/ cut the small stuff

Assaulted and Battered/ A rare un-peaceful evening here in the Outback of Floyd

Driveway Moment/ A slow moment for the perfect lighting at the perfect place



Part Seven

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Snake in the Grass/ A bright green snake amongst orange and yellow leaves. Wow!

This Land Isn't Their Land/ A mental exercise to imagine your mountains disappearing

Conversion Experience in the Floyd Outback/ A tale from my geeky side-PC to Mac

Clean Hands: the Oldest New Idea/ A history of medical discovery we tend to ignore

When a Tree Falls in the Forest/ Fred with chainsaw contends for the Darwin Award

We Can't Get There from Here/ A raging Goose Creek risks a dog-gone dog

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Part Eight

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Our Fortress Garden Worth the Costs/ Extraordinary measures to keep deer at bay

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Your World and Mine: From a Distance/ The world is our oyster with Google Earth

The New Physics of Firewood/ The book's only practical advise--save your back, woodsmen!

A Nose for Winter/ The sense of smell powerfully connects us with moments and places

Part Ten

Grace, Descending/ A most wonderful aerial choreography, hawks mating. Or only a dance?

Things I Like About Summer/ Sort of a “house that Jack built” celebration of the season

October Homecoming/ Finding Virginia/ A brief history of finding home on Goose Creek

Front Porch View of Spring/ A vignette taken from an ordinary extraordinary moment

The Long Way Home/ The only tale herein that might make you choke up. Does me.

Wayward Virginian/ Our son wrote half of this, we lived every minute of it. Note the gray hair.

This Old House/ Just when I think there’s no life left, I see over the horizon. There’s more!

What We Hold In Our Hands: a Slow Road Reader and my first book, *Slow Road Home ~ a Blue Ridge Book of Days* are available locally (at the Floyd Country Store), at my speaking events in the region, and direct by mail order at the link below, and (if you opt for convenience instead of feeding a hungry writer) via Amazon.

Mail-in order form: <http://goo.gl/n5gTg> Order via PayPal: <http://goo.gl/8wBhA>

Thank you for your interest in local authors
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