

Mountain messenger

June 26, 2021

Vol. XXXVIII, No. 26

The Weekend Newspaper for the Greenbrier Valley - Lewisburg, West Virginia

Looking Back Five Years Later: Milestones mark WV's Road to Recovery after 2016 Floods

June 23, 2016 dawned like any other humid summer day. Weather forecasters knew it was going to rain, but later that afternoon the skies opened up like no one had ever seen as a virtually stationary storm front settled over West Virginia, dropping as much as 10 inches of rain in a 24-hour period.

In White Sulphur Springs, the Greenbrier River burst from its banks, washing homes, cars and people away in its swath. In Richwood, the Cherry River exploded into the streets, flooding homes and businesses as homes on the hillsides were swept off their foundations by water rushing in from above.

In Clendenin, the Elk River surged from its banks and rose five feet deep downtown. Homes were flooded in Elkview.

Dozens were trapped in the Elkview shopping center after the only bridge in washed away. DOH crews quickly got together with county officials and built a huge ramp near 84 Lumber so the trapped people could get out.

When the waters receded, 23 people - friends, neighbors and family members - were dead. Thousands of homes were damaged or destroyed. Twelve counties were declared disaster areas. One hundred twenty-three bridges were damaged, and five were destroyed. Floodwaters closed 250 roads were closed, and pavement washed out on 1,300 separate sites.

Calls started coming in to local West Virginia Division of Highways offices immediately.

In Nicholas County, DOH County Administrator Charlie Reel was working multiple phone lines at once and juggling cell phone and radio calls, trying to get a handle on the extent of the damage and assess what needed to be done. He headed toward Richwood - apparent site of the worst flooding - to assess the situation and possibly check on his own home.

There wasn't time. Along the way he was diverted by a DOH worker trapped by fallen trees in a loader near Curtain. Reel and others finally freed the man by literally ripping the door off the vehicle, but by that time water all around had risen. Reel had no choice but to return to headquarters and try to contact his wife, Teresa, by phone.

Teresa called to inform him there was water rising in their house. He convinced her to take the animals and get out, none too soon. Reel continued directing flood response, finally getting home around 2:30 a.m. The house had literally been twisted on its foundation.

He was torn between staying with Teresa and his responsibility to the people of Nicholas County. His wife of only two years helped him make the decision.

"She said, 'You've got a whole county to worry about,'" Reel said. "'I'll take care of the house.' I

couldn't have done it if my wife hadn't been the person that she is."

See "Five Years Ago" _____ Page 3



In 2016, Howard's Creek washed out part of Rt. 60 between Caldwell and Harts's Run



Then-Rainelle Mayor Andrea Pendleton (left) congratulates Juanita Ruzek upon the 2017 dedication of her home, which had been flooded in 2016. Thanks to the efforts of charitable group Samaritan's Purse, West Virginia Voluntary Agencies Active in Disaster, and FEMA's Voluntary Agency Liaison, Ruzek was able to move back to a fully restored home, including HVAC, carpentry work and appliances, at no cost. (Dave Melancon/FEMA)

Nature's Way
By Karen Cohen
on page 4



Health Department Building renovation discussed

By Sarah Richardson
At the latest meeting of the Greenbrier County Commission, the group discussed applying for a Community Development Block Grant (CDBG) through the West Virginia Development Office in order to fund much-needed renovations and upgrades to the Greenbrier County Health Department building in Fairlea.

Throughout the pandemic, the reliance of the community on the county health department has been more paramount than ever, and it became obvious that an updated and functional space for county health care professionals to operate out of is a necessity.

"Region 4 is assisting us with this," said Commissioner Tammy Shifflett-Tincher, "[The CDBG grant] is for funding for work at our health department. We are looking at this for renovation and enlargement of the building and structure."

The Commission voted unanimously to sign and submit the application. They also signed

a contract with Sillings Architects for the building designs related to the project.

"These folks have been good to work with for a long time," added Commissioner Mike McClung.

Project management of the Meadow River Trail through Matt Ford of the Greenbrier Environmental Group was approved by the Commission, as well.

"We've had this contract with him for three years, and this will be the project coordinator for the trail for Greenbrier County. He was, and still is, the project coordinator for Fayette County, as well," said Commissioner Lowell Rose. "That project is moving along pretty well. Ultimately, we will be able to take the money that is appropriated and do the majority of that project and get it close to completion."

In other news

• A consideration to adopt a Supplemental Resolution for the financing of the design, acquisition, construction, and equipping of the Greenbrier County courthouse

through the issuance of lease revenue bonds by the Greenbrier County Building Commission was

tabled until the next meeting, as well as discussion to determine whether to pursue financing of the

improvements through the Greenbrier County Building Commission Lease

See "GCC" _____ Page 3

Book by local author number one new release in Civil Law

Local author Nancy Richmond's book *Celebrity Stalker* recently became Amazon's number one new release in their Civil Law category. The book went on sale worldwide June 21, 2021, and became the new best seller in the Civil Law division the following day. The author states in her book that she has been a victim of stalking herself, and that she wrote the book in order to help others who have been or are being stalked.

Richmond is a retired Greenbrier County judge, town recorder, and Seneca Mental Health Services employee. She is a certified genealogist and an historian, and a volunteer Wiki-Tree genealogist. Richmond is also an award winning author and a long time magazine and newspaper journalist.

Her books, which are available in paperback, Kindle, and audiobook format, have been published in seven different countries and in four languages. Several volumes have been inducted as Historical Biographies into the Washington, DC Library of Congress and can be found in their Adams and Jefferson Historical Reading Rooms.

Her book *Abraham Vandal* has been inducted into the National Society of the Sons of the American Revolution Library in Louisville, Kentucky. She is a member of the Greenbrier Historical Society, and she has been a contributing writer for their *Journal*. Her book *Appalachian Folklore-Omens, Signs and Superstitions* is used in West Virginia medical schools to introduce student doctors from other regions of the country to the unique culture and heritage of Appalachia.

Nancy Richmond and her husband Charles live in historic Lewisburg.



Nancy Richmond and her dog, Buffy

Visit us at —
www.mountainmessenger.com
Inside This Week
Number of Sections: 1

GENERAL
Briefly 3
Church Bulletin 10
Classified 9
Club 10
For the Record 3
Obituaries 6 & 7
Opinion 4
School 11

ENTERTAINMENT
Steppin' Out 5
Sudoku Puzzle 7





Thanks for making us your local listening choice!



Greenbrier Valley's Talk and News Headquarters



Today's HOT Country!



Your Classic Hits Station



Today's Rock

First-ever Greenbrier Valley Pride parade & block party planned

Greenbrier Valley Pride is an up-and-coming group dedicated to inclusivity and the celebration of the LG-BTQIA+ community throughout the region. The organization is currently fundraising and planning for the inaugural Greenbrier Valley Pride event to be held on Saturday, June 26.

Festivities will begin with a parade in downtown Lewisburg. Lineup will begin on Lee Street at 2 p.m. From there, people will start walking, marching, parading, and celebrating down Washington Street at 3 p.m.

The parade will come to a close in front of the Greenbrier County Courthouse and Blue Skies Ahead headquarters on Court Street. This is not the end of the event, however - this is where the block party will begin, running from 4 to 7 p.m.

A photo booth, drag makeup, face painting, sidewalk chalk, tarot readings, performances, speakers, food, and good company await those celebrating the LGBTQIA+ community!

"Greenbrier Valley Pride means so much to me as a queer woman having grown up in Southern West Virginia," said Greenbrier Valley Pride President Kelsie Tyson. "I am so excited to get decked out in rainbow-gear and watch local queens perform. I cannot wait to connect with my community! My hope is that this event serves as a safe space and celebration for our local LGBTQIA+ folks and allies."

Booths from both Seneca Health Services and the Family Refuge Center will be offering resources for suicide prevention, intimate partner and sexual violence, comprehensive sexual education, and more. Seneca Health's own Batman will give out free emergency doses of the opioid overdose reversal drug Narcan and teach people how to use the life-saving tool.

Information for those questioning their gender identity will be available at both the transgender health booth and discretely with both Seneca and FRC. Those with kids, family, or friends in the transgender community are also encouraged to come, to learn how show local support and be the best ally they can be during a time when transgender lives are being politically attacked.

American Civil Liberties Union of West Virginia (ACLU), fresh on a recent Department of Justice memo filed in support of a lawsuit against West Virginia's transgender athlete ban for being unconstitutional, will have an information booth available to do outreach. The Greenbrier Valley Democrats will also be engaging in outreach and providing information to unregistered voters.

The 30 pole banners of downtown Lewisburg honor the city's inclusive values and often raise awareness of key issues in an effort to improve the lives of victims of violence and oppression, such as the Black History Month banners that are displayed in February shortly after the Martin Luther King Jr. Day banners fly in January. GVP is adding their own to the list, designed by Tamarack

Emerging Artist Fellow and Ronceverte-raised Kelsie Tyson. Thanks to community support and the work of Greenbrier Printing, the banners are fully funded and will hopefully hang throughout town during the event.

In addition to Tyson and Vice President Matt Parsley, the group is currently structuring themselves to prepare and plan future events. Until this process is complete, the leadership positions are not official, but a group vote approved the interim leadership for Greenbrier Valley Pride:

- Secretary Hannah Bell
- Treasurer Kayla M. McCoy
- Communications Director Jorge Rodriguez-Stanley
- Events Coordinator Kiersten White
- Safety Officer/Volunteer Coordinator Jamie Johans Crosier
- Board members Molly Arbogast, Bobby Bordelon, Sarah Ream Driggers, Rebekah Danielle Fallin, Courtney Hereford, Cici McLay, Brian Perdue, and Damie Spencer.

"Spending my summer being a part of this amazing group of people has been incredibly inspirational," said Parsley. "From the second the idea was mentioned, I have witnessed the hard work and dedication of an incredible team who has gone above and beyond to make this event come to fruition. Being a native of southern West Virginia, the implementation of the event speaks volumes about the progress and growth our state has exhibited; the mere visibility has the potential to help so many people become comfortable in their identities, and it is an honor to be able to make any contributions I can."

The community is also joined by the many, many volunteers and members of Greenbrier Valley Pride. For more information on how to help or join, please visit Facebook.com/gbvpide

Although many victories remain to be won for the right to live honestly, Greenbrier Valley Pride also celebrates the protections provided by the Supreme Court to mem-

bers of the LGBTQIA+ community, such as in Obergefell v. Hodges in which guaranteed the fundamental right to marry to same-sex couples, and the Equality Act passed by the House of Representatives.

This also includes a 6-3 decision in three cases from the U.S. Supreme Court in 2020, finally bringing both sexual orientation and gender identity into the umbrella protections provided for sex in the Civil Rights Act of 1964.

"An employer who fires an individual for being homosexual or transgender fires that person for traits or actions it would not have questioned in members of a different sex," Justice Neil Gorsuch wrote in a majority opinion for Bostock v. Clayton County. "Sex plays a necessary and undisguisable role in the decision, exactly what Title VII forbids."

We Cancel TIMESHARES for You

Every year 150,000 people reach out to us for help getting rid of their timeshare. In 2019, we relieved over \$50,000,000 in timeshare debt and maintenance fees. We can help.

Get your free information kit and see if you qualify:

844-738-0094

Bringing Quality Healthcare For Your Convenience to the Following Locations:



1322 Maplewood Ave., Ronceverte, WV 24970
304.647.5114

Dr. Ray Jones, 9016 Seneca Trail, Ronceverte, WV
304.647.4968

Dr. Debra Sams, 1478 Maplewood Ave., Ronceverte, WV
304.647.4406

NEW LOCATION:

3115 Seneca Trail South, Peterstown, WV 24963
304.753.9100

FAMILY PRACTICE



Dr. Constance Anderson, DO



Dr. Jesse Chafin, MD



Dr. Jamie Vance, DO

PEDIATRICS



Dr. Katherine Morrison, MD



Jana Whited, FNP-BC

FAMILY PRACTICE



Joseph Lutz, PA-C



Cindy Mann, FNP-BC



Dr. Debra Sams, DO

GENERAL SURGERY



Dr. Alan Lee, DO



Dr. Ray Jones, DO

OBSTETRICS & GYNECOLOGY



Dr. Connie Perkins, DO



Dr. Samantha Chaffin, MD



Dr. William Artrip IV, MD

OPHTHALMOLOGY & OPTOMETRY



Dr. Yuri Arvan, MD



Dr. Savannah Long, OD

ORTHOPEDICS



Dr. Steven Vess, DO

FAMILY PRACTICE - PETERSTOWN



Dr. Steven Miller, DO



Taylor Burton, PA



Angela Graham, NP

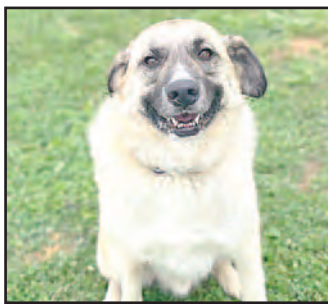
NOT ALL SERVICES OFFERED AT ALL LOCATIONS

Same Day Appointments Are Available • Acute Walk-Ins Are Welcome

PICK OF THE LITTER

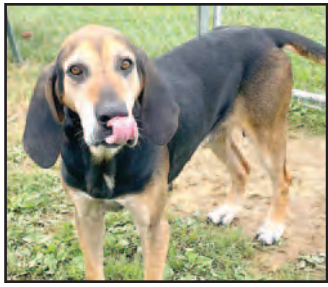
CHASE

Chase is a male Norwegian/Great Pyrenees mix and weighs 62 pounds.



DUDLEY

Dudley is a male hound mix and weighs 70 pounds. This senior boy is over 12 years old!



These and other animals are available at the Greenbrier Humane Society, located at 151 Holiday Lane off of Rt. 60 West in Lewisburg. They are closed Sunday and Monday, and are open from 11 a.m. through 5 p.m. Tuesday through Saturday.

Their cat adoption fee is \$65 and covers spay/neuter surgery, first kitty vaccinations, rabies vaccine, de-worming, toe nail trim and flea treatment.

Their dog adoption fee is \$85 and covers spay/neuter surgery, first dog vaccinations, rabies vaccine, de-worming, toe nail trim, flea bath and flea treatment.

They also offer donation-based spay/neuter vouchers, and clinics are filled on a first-come, first-served basis. They use a lot of vets in the area but the clinics fill up fast! Fill out an application to help prevent animal overpopulation! Call 304-645-4775 for more information.

DON'T SHOP • ADOPT!

Briefly

Rupert Country Fling and Raffle

RAIC and the Rupert Community Center are hosting the Rupert Country Fling to celebrate West Virginia's Birthday. The event will be held Friday, June 25, from 5:30 to 7:30 p.m. Free hotdogs, cake, and bags of groceries are to be given away. A raffle for a Mossberg 308 rifle with scope or a beautiful handmade quilt will be held. Raffle tickets are available for \$10. Please call Sandy at 304-392-5502, or purchase tickets the day of the event.

Williamsburg Community Picnic

You're invited to a Williamsburg Community picnic on Sunday, June 27 at the Williamsburg Community Building from 4 to 7 p.m. Bring a food dish or dishes to share while visiting your neighbors. Bring your lawn chair in hopes that the weather will cooperate (or otherwise we will be inside). Eating utensils, tea, and lemonade will be furnished. There will be a ribbon cutting of our new playground at 5 p.m. Those will questions may call 304-645-3690.

MountainHeart virtual training

Join MountainHeart for our second Virtual Child Care Provider Training and learn the steps to becoming a quality family child care home provider! The virtual event will be held Wednesday, June 30, from 10:30 to 11:30 a.m. For registration information contact Kaitlyn Broyles, Provider Support Specialist, at 304-425-3669 or 1-800-738-8531.

American Heritage Music Hall, Inc.

Open to the public, all welcome, handicap accessible. Admission \$7 Tuesday nights, \$10 Saturday - Audience provides food. Doors open 7 p.m. to 10 p.m. Located at 496 Island Park, Ronceverte. Jam & Dance every Tuesday from 7 to 10:30 p.m. Saturday, June 26 Dance features Thomas Taylor Band. For more information call the Music Hall at 304-645-4667; Bill Evans at 304-392-6079; Grace Poe at 304-992-5852.

Republican Club to meet July 1

The Greenbrier County Republican Club will meet at the Greenbrier County Courthouse on Court Street on Thursday, July 1. President Doug McKinney will call the meeting to order at 6:30 p.m. On the agenda are the Alderson 4th of July Parade scheduled for Saturday, July 3, and the Great American Comeback Picnic to be held Saturday, July 24. A sign-up schedule for the State Fair Republican booth will be available. All members are encouraged to volunteer for one or more of these activities.

AA meetings

are held Saturdays at 10 a.m. via Zoom meeting. (Contact 304-647-0677 for Zoom details.) Also, meetings are held on Monday, Wednesday, and Friday evenings at 7 p.m. and Thursdays at noon at St. James Episcopal Church in Lewisburg. Find listings for other meetings in West Virginia at aawv.org.

Addiction Screenings available

If you or a loved one is struggling with substance abuse, take the first step towards overcoming addiction. Call 1-800-431-1754 for free addiction screenings or referrals. For more information visit <https://www.narcononnewliferetreat.org/blog/strange-side-effects-of-covid-19.html>

Five Years Ago

Continued from Front Page

Some of the worst loss of life occurred in Greenbrier County.

"The emotional side of it was rough," said District 9 Engineer Steve Cole. "They were recovering debris with bodies under it on the golf course at The Greenbrier."

Cole said one of his 14-year-old daughter's best friends was trapped by floodwaters. She and her parents tied themselves together with extension cords.

"She broke loose and didn't make it," Cole said. "She drowned."

In the coming days, one of Cole's biggest fears was that DOH crews would discover her body while clearing debris and repairing roads.

"That one still breaks my heart," he said. "My daughter was the same age."

Through emergency contracts and special rules that allowed DOH to let and award contracts in days rather than weeks, contractors were quickly brought in to repair bridges and roads. Districts without storm damage sent crews to help the areas hardest hit. Almost to a person, DOH employees were working long hours for days on end to get their communities up and running again.

"My guys were out there in that slop, day after day, cutting trees and working," said Reel. "They were working 16, 18 hours a day. I had to make them go home."

But what many DOH workers remember most about the floods was the way communities, government agencies, businesses and others came together to overcome one of the worst disasters in West Virginia history.

"There was a really big sense of community at the time," recalled Brown. "Neighbors helping each other, food and clothing drives, churches coming in to help. Businesses were bringing us food and water."

"I met more on-ground heroes than I had ever seen before, said District 1 Manager Arlie Matney, a veteran of the U.S. Army's 82nd Airborne Division.

At the time of the floods, Matney was one of dozens of workers sent from District 10 to help with flood cleanup and repair.

He was behind the wheel of a road grader in Clay County when he came upon the home of an elderly woman who had been trapped for days before help arrived. As he stopped by the side of the road, the woman walked up and offered him a bottle of water.

"I said, 'Ma'am, I have water,'" Matney told her.

"She said, 'That is the only thing I have I can thank you with.' She stayed by that road grader until I drank that bottle of water.

"It was an honor to try to get in and help people."

And now, five years later, the state continues on its

See "Five Years Ago" ___ Page 8

For the Record

Deeds

Nathan J Hersman to Eddie Walton, Lot No. 34, Ronceverte Corp

Roger Dale Hoke to Dakota W O'dell and Lowell D O'dell, 1.00 Acre M/L, Anthony Creek District

Louise Patrick Chauvin and Myles Christopher King to Anne Garrymore, Lot/Unit 60 of The Ridges On Greenbrier Mountain Phase Two, White Sulphur Dist.

Donna M, Smith and Marybec Griffin to Chandler L Cline and Abigail G Cline, Lot 20 Broken Star Acres, Lewisburg District

Charlotte Patton Parks and Andrew C Patton to Caleb Warren and Mary Claire Ickes, Lot 1 Block 3 Lot 3 Block 3, Lewisburg Corp

Marilyn Lancaster By Devisee to Bernard L Simmons, 12 Acres M/L, Lewisburg District

Jerry Bryant to Nestor Arzon and Estela Estrada, Lot No 4 Lot No 5 of L.L. Crookshanks Add, Rupert Corp

John S Preston and Nancy L Preston to Where There Is A Will, There Is A Way LLC, 1.189 Acres, Lewisburg District

Connie Sue Reel, to Curtis W Reel Jr. and Stefani M Reel, 2 AC M/L, Meadow Bluff District

Thomas R Voss by Thomas W. Campbell, Conservator, to Michael Scott Loving and Andrea Anna Loving, Lot #3 Parcel A, Garden Quarter, Silo Square, Lewisburg Corp

Brenda L Howard, Lisa Howard, and Carl Mitchell Howard to Robert M Howard, Lot 9 Cedar Hill Addition, Irish Corner District

GCC

Continued from Front Page

Revenue Bonds. The commission also decided to table the approval to purchase steel for the courthouse annex project.

The Commission made several board appointments, including motioning that Matt Ford remain on the Greenbrier Valley Economic Development Corporation's Board, as well as appointing Debbie Parker to the board to replace Tom Hughes, who is retiring.

For the Planning Commission, they motioned for David Alderman and Dan Edwards to serve for another term.

For the Greenbrier County Public Service District Number 1, they motioned for John Preston to serve another term.

PTSD Awareness Day is June 27

- this is one soldier's experience

PTSD stands for Post-Traumatic Stress Disorder - a condition that many veterans and non-veterans alike suffer

By Joseph Reagan

June 27 is National Post Traumatic Stress Disorder and Injury Awareness Day. It is a day dedicated to raising awareness around the signs, symptoms, and stigma associated with PTSD. As a former Infantry Officer with two deployments to Afghanistan, this issue is deeply personal to me.

The U.S. Department of Veterans Affairs (VA) has reported that somewhere between 10-15 percent of veterans have a clinical diagnosis for post-traumatic stress. That number is likely far greater.

A recent survey suggests at over a quarter of our population believes PTSD is incurable and those who have it are dangerous and mentally unstable - it is for this reason that so many veterans refuse to seek help. Twenty-two veterans will take their own life today, two thirds of them will have never stepped foot inside a VA facility - 15 veterans will die today without ever asking for help.

The redeployment process was like an assembly line, 2,600 soldiers going from office to office getting their checklist signed off by each office (dental, vision, finance, etc.). The mental health station was no different, walk in, answer a few questions, get your sheet stamped and leave. It was June of 2006, I had returned a week earlier from a 16-month deployment to Afghanistan. I walked into the mental health office and without looking up a man asked, "What was the worst thing you experienced while you were deployed?" I proceeded to tell him, in detail, about the suicide bomber attack on my platoon that resulted in every member of the platoon being awarded the Purple Heart.

He looked up at me and said "Lieutenant, that is the worst story I've heard all day." He left me with one question, "Am I still me?" I said yes, partially because I thought it was true, but partially because if I knew if I said no it would mean an early end to my career. Over 30 soldiers would recount the same attack that day, 30 soldiers would answer "Yes, I'm good" and walk out of the office with their paper stamped "cleared MENTAL HEALTH" and start preparing for the next deployment.

Fast forward a few years, I left the military, used my GI bill to get a master's degree, and had started a new career in management consulting. The guidance most people gave to veterans starting civilian careers was to not talk about being a veteran, so I did not. During a conversation with a colleague, I happened to mention my service because it was related to the topic at hand. My colleague stopped and said, "I didn't know you were in the military, you're remarkably well adjusted."

Not exactly a compliment but also not far from the truth - from the outside I was a normal businessman, from the outside you could never tell that had it not been for an Afghan guard who grabbed the suicide bomber at the last minute I probably wouldn't have seen my 26th birthday, from the outside I was still me. On the inside, these memories are defining moments, "You can't unsee a suicide bomber attack," or all the other memories associated with combat.

Again, from the outside for the most part you can't tell what another person has experienced but these memories tend to pop up at the unexpected times. A child's nosebleed triggers a memory you're not equipped to deal with as you comfort the child in the middle of the night. That's PTSD. It's your past fighting with your present, and no one on the outside can see that battle.

I cannot describe the weight of command, especially in a combat environment. As a junior officer I was

See "PTSD Awareness" ___ Page 4

Public Meetings

Gbr. Co. Farmland Protection Board

meets on the fourth Thursday of each month at 10:30 a.m. at 804 Industrial Drive, Suite 5, in Maxwelton. The public is invited to attend. Call 304-520-3221 for more information.

Rainelle Town Council

meetings are held every second and fourth Monday of each month at 7 p.m. at Rainelle City Hall. The public is invited to attend.

Lewisburg Planning Commission

will hold a working session at 5:30 p.m., July 1 in the Paul R. Cooley Council Chambers, 942 Washington Street West, Lewisburg. The meeting is also available via teleconference. For information on how to participate, contact Lewisburg City Hall at 304-645-2080 before 4 p.m. on July 1, 2021. On the agenda:

- Approval of Minutes - June 3, 2021
- Comments from the public
- Review and discuss draft of sign regulations
- Review and discuss downtown parking
- Determine next LUSD clinic date
- Comments from the Planning Commissioners
- Comments from the Zoning Office

Lewisburg Planning Commission

will meet in person in regular session Thursday, July 1 in the Paul R. Cooley Chambers at 7 p.m. The meeting is also available via teleconference. For information on how to participate, contact Lewisburg City Hall at 304-645-2080 before 4 p.m. on July 1. On the agenda:

- Nominations and election of Planning Commission Chairperson
- Approval of Minutes - June 3, 2021
- Comments from the public
- Public Hearing: Rezoning request change, DNA Holdings LLC, State Route 219 North, (old Reynolds property) from I1 (Limited Industrial) to Planned Unit Development.
- Preliminary Plat Approval - DNA Holdings LLC
- Public Hearing: Conditional Use Permit, Charles Henthorn, 332 Lafayette Street
- Comments from the Commissioners
- Comments from the Planning and Zoning Officer

The next scheduled meeting for the Lewisburg Planning Commission will be held Thursday, Aug. 5, at 7 p.m. with a deadline of Friday, July 16.

Watoga Trail Challenge returns for sixth year

The sixth annual Watoga State Park Mountain Trail Challenge Half Marathon and 5K will return to West Virginia's largest state park on Aug. 14, 2021. Watoga State Park is located in the Allegheny Mountains of Pocahontas County near Marlinton.

The 13.1-mile half marathon course at the 10,000+ acre park is challenging with elevations ranging from 2,560 feet to 3,200 feet. Runners will traverse several of Watoga's rugged mountain trails that are part of its 40-miles of wooded paths.

The 5K route features part of the Allegheny Trail and is open to walkers and runners.

For more race and event info or to register as a participant, please visit <https://tinyurl.com/vj9jad6t>.

All race proceeds will benefit Watoga through The Watoga State Park Foundation, Inc., a 501(c)(3) non-profit organization. In past years, various projects, including naturalist programs and purchasing solar panels to heat the park's swimming pool, have been made possible with race funds.

For questions about the races, please contact watoga-foundation1@gmail.com.

Mountain Messenger

The Weekend Newspaper for the Greenbrier Valley

LOCALLY OWNED AND OPERATED SINCE 1985

Strengthening Community and Promoting Diversity in the Greenbrier Valley

Mountain Messenger's Properties & Lifestyles

Our high-gloss, magazine style featuring area real estate

PUBLISHED MONTHLY •

www.mountainmessenger.com

The most extensive website dedicated to the Greenbrier Valley

How to Contact Us:

Phone (304) 647-5724
 Fax (304) 647-5767
 Mail P.O. Box 429, Lewisburg, WV 24901
 Address 122 N. Court Street, Lewisburg
 Web page mountainmessenger.com
 E-mail ads@mountainmessenger.com

Office Hours

9 a.m. to 5 p.m. Monday -Friday

Subscriber Services

Editorial:

We accept submissions for the following categories:

- ARTS & ENTERTAINMENT
- CHURCH NEWS
- CLUB NEWS
- FARM NEWS
- GUEST EDITORIALS
- GUEST COMMENTARY
- LETTERS TO THE EDITOR
- MILITARY NEWS
- NEWS STORIES
- OBITUARIES
- PRESS RELEASES
- SPORTS NEWS
- STORY IDEAS
- YOUTH ACTIVITIES

Photos:

We accept black & white and color photos to accompany news items or to showcase the region.

Advertising Opportunities

- CLASSIFIED
- DISPLAY ADS
- LEGAL NOTICES
- REAL ESTATE REVIEW

Corrections:

We want to correct errors we have published. Please contact us to request corrections.

Contact Circulation for:

- CHANGE OF ADDRESS
- DELIVERY PROBLEMS
- RENEWALS
- SUBSCRIPTION PAYMENTS



OPINION

Commentary

Hosting SASDA big news for West Virginia

By Kent A. Leonhardt

WV Commissioner of Agriculture

Recently, I assumed the role of President of the Southern Association of State Departments of Agriculture (SASDA), an honor bestowed upon me by my peers. As part of my duties, we must plan the 2022 annual meeting, and of course, I saw this as an opportunity to bring my colleagues right here to the Mountain State. Therefore, I am happy to announce that for the first time in decades West Virginia will host national agriculture leaders. We hope to showcase the best of West Virginia, as well as continue our mission to elevate West Virginia on a national agriculture policy stage. We want to show regional leaders and international partners that West Virginia farmers are ready to scale up our agricultural industries. This is big news for West Virginia, and I promise we will not squander it away.

Every individual state department of agriculture is a member of the National Association of State Departments of Agriculture (NASDA). NASDA is divided into four sub-regional bodies to foster cooperation and partnerships between states. West Virginia along with 13 other states, the Virgin Islands and Puerto Rico belong to SASDA. What makes this organization unique is ten of the twelve elected Commissioners or Secretaries of Agriculture belong to SASDA. This makes SASDA one of the strongest and most accountable agriculture policy groups in the country. Together we work to garner support for legislation and initiatives that further develop our states' and the nation's agriculture industries.

Of the possible attendees for the 2022 meeting, there are 15 members of the Southern United States Trade Association (SUSTA). SUSTA is our partner who provides valuable trade assistance for West Virginia producers who wish to pursue foreign markets. These are the folks who understand what it takes to scale up successful businesses, which in turn brings economic growth to our region. Hosting these folks right here in the Mountain State can help display our resources leading to potential opportunities for economic growth. This is how we bring true economic development to West Virginia by bringing other agriculture leaders right in our back yard. It not only helps us pursue domestic and international trade agreements, but it also lets us leverage each other's assets and innovations to help our local producers.

Our administration has continued to find ways to lay an economic framework by reducing burdens and barriers on businesses. Now we are taking those efforts to the next level by working with our regional partners to further develop American agriculture policy. That only happens if we develop meaningful relationships with our regional leaders and collaborate on an agreed agenda to take to our congressional delegations. Once we push forth that agenda, we can get to the heart of federal regulations and finally remove those barriers from our producers. Our voices are louder together. For too long, the federal government has dragged its feet to modernize federal agriculture policy. West Virginia agriculture is ready for business - it's now time to get government out of the way to let these producers thrive.

Under my administration, the West Virginia Department of Agriculture continues to advocate for agriculture as an economic driver for West Virginia. We have collaborated with producers, elected officials, state and federal agencies and our regional partners to bring more assets to our state. All these efforts are part of our plan to invigorate agriculture in West Virginia. Therefore, you

PTSD Awareness

Continued from Page 3

given the responsibility of leading an amazing team of men and women. The mantra of "mission first, people always" was a heavy reminder that it was my job to maintain a balance of keeping my soldiers safe and accomplishing our mission. I wasn't always successful at either, but we all came home alive.

Today, my office is built for our "zoom world." Behind me hang the awards and pictures that represent the proverbial "T-shirt" as in been there, done that, I've got the T-shirt to prove it. In front of me, out of view of the camera, a collection of bracelets, each inscribed with the name of a friend or colleague I've lost, either to our enemies abroad, or the demons within.

So, while the world sees all my accomplishments I am confronted with my why - the friends I've lost. There is one in particular that inspires me to do more every day - the one I couldn't save.

Every loss is painful. As I mentioned I was lucky, I had amazing NCO's and soldiers, they are truly exceptional and many continue to serve our great nation. During our deployment in 2006 I honestly lost count of how many times we came into contact with the enemy, the suicide bomber was the worst, but not the only attack. We were lucky, we lost friends while we were out on mission, but when those wheels touched U.S. soil, we had all made it back.

June 16, 2019, it was Father's Day, and I was up early, partially because I don't sleep well, and partially because I enjoy the peace of the early morning. I learned through Facebook that I had failed. That night one of my soldiers had taken his own life. This was not my first, second, or 10th time dealing with suicide, but it was by far the most personal.

There is a certain power and resolve that comes with acceptance of a great loss. After that day it became clear that while I couldn't change the past we could do more moving forward. We have a running Facebook message (which is mostly filled with the type of dark and profane humor that only and Infantry Soldier would understand) but it connects us, a constant reminder that there's always someone there who "gets it."

In the Ranger's Creed there is a line "I will always



Mountain Messenger

Michael Showell, Publisher Sarah Richardson, Editor Bobby Bordelon, Reporter Kathy Hunter, Business Office Kathleen Stickley, Business Office Debra Smith, Advertising	Chris Kincaid, Business Systems Manager Amanda Workman, Production Layout Jeanette Albaugh, Production Layout Brad Miller, Production Layout Julie Sweet, Ad Design Mark Cunningham, Office Assistant Naomi Smith, Office Assistant
---	---



The Mountain Messenger is a weekly publication. Periodicals postage paid at Lewisburg, West Virginia. The known office of publication is Box 429, Lewisburg, WV 24901 USPS 031784
 POSTMASTER: Send address changes to THE MOUNTAIN MESSENGER Box 429, Lewisburg, WV 24901

Subscribe to the Mountain Messenger

SUBSCRIPTION RATES:

Mailed to Greenbrier and Monroe Counties, \$32.00
 Mailed, in State (WV) \$37.00; Mailed, out of State \$41.00
 Web and Print Yearly Bundle, \$59.00
 Phone (304) 647-5724

Name _____

Address _____

Phone Number _____

Email Address _____

Total Amount Enclosed _____

WE ACCEPT VISA, MASTERCARD, DISCOVER & AMERICAN EXPRESS

Account No. _____

Expiration Date _____ CVV # _____

Signature _____

The Mountain Messenger

Box 429, Lewisburg, WV 24901

Visit us at <http://www.mountainmessenger.com>

know I am not blowing hot smoke when I say hosting SASDA is a big deal for the Mountain State. Hosting the annual meeting not only lets us further develop our industries by bring other national leaders here, it allows us to lead discussions on national agriculture policy that will foster economic growth. It is time we pursue domestic and international ventures with a national audience to grow our agriculture sector. Hosting the 2022 SASDA annual meeting accomplishes that mission.

Commentary

Prepare now for summer power outages

By PSC Chairman Charlotte Lane

Anyone who lost power during the winter storms can tell you that the time to prepare for a power outage is before the storm starts. In 2013, the Public Service Commission ordered the major electric utilities to institute Vegetation Management Programs to protect power lines from downed tree limbs. This has helped reduce outages and improve recovery time, but unfortunately some outages are inevitable. With that in mind, I want to offer some advice on how to prepare for the next time you are left in the dark.

First, create an emergency kit. Include candles, matches or a lighter, a flashlight, non-rechargeable batteries (because you can't recharge batteries while the power is off), and a car charger for your phone. Store your emergency kit where you can easily find it in the dark and check it regularly to make sure it is well stocked. Keep three days' worth of non-perishable food on hand and enough bottled water to have one gallon per person, per day. Give special

shoulder more than my fair share of the task, whatever it may be." With every loss, whether by combat or suicide, it's our responsibility to shoulder their load and to carry the memory of them forward.

On any given day there are around 19 million veterans, living and thriving in communities across the country. Approximately 22 veterans take their own life, every day. This is nothing less than a national tragedy and we've dedicated an enormous amount of resource to trying to solve this issue.

A recent survey found that almost 70 percent of Americans believe that most veterans struggle with PTSD, while 25 percent of Americans believe PTSD is untreatable, and those with PTSD are violent and dangerous. The truth: PTSD is treatable, and many of those who carry a PTSD diagnosis are able to thrive in their post service life with minimal, if any, clinical intervention. The biggest threat to our veterans is the stigma we attach to mental health issues like PTSD as it prevents us from seeking help.

As a society, and as veterans, we must do better. This same survey showed the misperceptions about PTSD were even more prevalent amount the veteran community than our civilian counterparts. Steven Ambrose once said that veterans gave the best years of their lives in the defense of our country, when they leave the service there is a strong desire to make up for lost time. Veterans thrive in civilian life when they are able to find their why, their new purpose. By having these candid conversations, we can break the stigma associated with mental health and make it easier for a veteran to seek help when they stop being themselves.

Joseph Reagan is the Director of Military and Veterans Outreach for Wreaths Across America. He has over 10 years' experience working with leaders within Government, nonprofit, and Fortune 500 companies to develop sustainable strategies supporting National Security, and Veterans Health. He served 8 years on active duty as an officer in the U.S. Army including two tours to Afghanistan with the 10th Mountain Division. He is a graduate of Norwich University, the oldest private military college in the country.

Nature's Way

By Karen Cohen

Master Gardener/Photojournalist/Artist

Crimson and Clover - Over and Over

Years ago, I broadcasted by hand a pound of clover seeds, both crimson and Dutch white varieties, on empty spaces in our expansive lawn. Since toxic herbicides and pesticides are on my "no spray" list, I wanted to fill in spaces with something more beneficial than more grass seed. What is the obsession with grass? I love a green lawn, but I do not want to be a slave to the mowing cycles.

The clover sprouted quickly and over years it has re-seeded itself filling in bald patches. Many consider clover a weed-WHAT? Clover is a hardy groundcover, easy to grow, attracts pollinators, and grows easily in dry conditions. Need I convince you any further, a field of clover in the summer smells like, well summer in the old days before mowing became our weekend pastime. At night especially, the perfume of the clover blossoms drifts in through our open windows and lulls us into a deep, aromatic sleep.

This year, I tried a mowing experiment and raised up the blades on my riding mower to the maximum height. Previously, I had to rake and pick up grass clippings after mowing and that gets backbreaking for sure. With the mowing blades raised up to about 4", the grass clippings did not accumulate in long swaths which could kill the grass under it unless removed. I was happy to see that at that new mowing height, I also chopped off a bit of the clover flower heads but many were left. That meant the bumble bees were still busy collecting nectar and turning it into clover honey somewhere. Contrary to some beliefs, bees in the grass do not sting when you walk on it; they are too busy gathering pollen.

The following weeks after the new mowing practice, the clover bloomed over and over dotting our field of green with bobbing heads of white and purple flowers. After a succession of mowing on the raised height of 3.5-4", we have a constant blooming cycle of clover which is astounding to see and smell.

Cutting your grass at the highest setting also promotes the roots to stay intact and grow deeper and stronger. Weeds have seemed to disappear under the clover, maybe smothered by it completely. And unlike grass, you can toss some clover leaves in your salad for a blast of isoflavones. Clover tea is sold in health food stores and is purported to help with respiratory problems and promotes healthy skin, too!

consideration to supplies for babies and pets.

Always keep a well-stocked first aid kit in the house. If any family members take prescription medication, keep at least a three-day supply on hand. Gel ice packs are a must if your meds must be kept cold. Learn to recognize the signs of heat exhaustion or heat stroke: light-headedness, nausea, muscle weakness, rapid pulse or breathing, changes in blood pressure. And stay hydrated.

As soon as the power goes out, unplug your appliances, especially electronics such as TVs, computers, and printers to avoid damage from a surge when the power comes back on. Keep windows and doors closed as long as it's cooler inside than it is outside. Cover your windows to keep sunlight out. Keep the freezer and refrigerator doors closed. Buy bags of ice, put them in the refrigerator and freezer to maintain cold as long as possible.

After the power comes back on, don't rush to chill down the house. Set the thermostat a couple of degrees cooler than the house temperature and gradually lower it by a couple of degrees at a time. In the meantime, use fans to stay cool.

One last word of caution: if there is a downed power line near your home, stay away from it and call your utility. Let the pros do their job and keep you and yours safe.

The News

Is Just the Beginning



Your Community...

Your Family ... Your Interest ...

Your Home ... Your World ...

It's All a Part of Your Local Newspaper

Greenbrier & Monroe Counties \$32

In State \$37 Out Of State \$41

Print and Web Yearly Bundle \$59

CALL NOW 304-647-5724

OR ORDER ONLINE!

www.mountainmessenger.com

In-depth coverage of local news, lifestyle features & more! What's not to love?

To order by mail, please fill out and return to Mountain Messenger, PO Box 429, Lewisburg, WV 24901.

Mountain Messenger Subscription

Your Billing Information

Your Name: _____

Billing Address: _____

City: _____ State: _____

Zip: _____

Phone: _____

Email: _____

Signature: _____

Alderson 4th of July Celebration 2021 Schedule of Events

Saturday, June 26th

8:00 am - Youth Bicycle Registration
(Alderson Memorial Football Field) (3 age divisions) 4-6,7-9 and 10-12
9:00 a.m. - Youth Bicycle Race
Presented by Tri-County Fire Company, Contact Jimmy

Massie (304-667-3475)

Wednesday, June 30th

1:00 p.m. - Judging Home and Business Decorating Contest
Contact Brenda Gabbert (304-445-7210)

Thursday, July 1st

7:00 - 11:00 p.m. - Fireman's Rodeo
(Alderson Memorial Football Field) Free Admission
Sponsored by Alderson Fire Department & EMS, Contact Rick Honaker (304-445-7420)

Friday, July 2nd

12 noon - 1:00 p.m. - All American Baking Contest
(Alderson Community Center Kitchen) Entries must be dropped off between noon - 1 p.m.
2021 Theme: Best decorated 4th of July cake.
Sponsored by Sunshine Dist. Little Debbie, Crawley, WV
Contact Brenda Gabbert (304-445-7210)

2:00 - 4:00 p.m. - Ice Cream Social
(Alderson Depot) Contact Judy Lohmeyer, Alderson Main Street (304-992-2366)

4:00 - 6:00 p.m. - Open House at Alderson Community Center

6:30 p.m. - 4th of July Banquet
(Alderson Community Center) Catered by Ginny Walker - Please make reservations by June 28 to ensure you have a seat - \$16 per person, 12 and under \$8.
Contact Linda Loudermilk (304-445-7520) or by email: lloud64@yahoo.com

7:00 to 9:00 p.m. - Entertainment TBA
(Alderson Memorial Football Field) Free Admission - Bring your own chair - (Rain or Shine)

Saturday, July 3rd

8:00 a.m. - Parade Line Up
Alderson Elementary School on Virginia Street, line up depends on your arrival.
Contact Jessie Willis (304-646-7893) or Jimmy Massie (304-667-3475)

8:00 a.m. - Arts, Crafts & Commercial Sales
(Alderson Elementary School Grounds) Contact Karen Lobban (304-667-5049)

10:30 a.m. - 2021 Grand Parade
Queens, floats, cars, bicycles, tractors, horses and fire engines. Trophies and prizes in all categories. Something for everyone! After parade, trophies and prizes can be picked up at Alderson Memorial Football Field.
Contact Jessie Willis (304-646-7893) or Jimmy Massie (304-667-3475)

1:00 p.m. - Presentation of Colors
(Alderson Memorial Football Field) Introduction of Miss Fireworks and 4th of July Salute
Awarding of parade prizes
Raising of flag by Greenbrier East High School JROTC and the VFW Post #6723

1:30 p.m. - Field Events
(Alderson Memorial Football Field) Afternoon filled with fun and events for everyone - Races of all kinds.
(No pre-registration required) Contact Jimmy Massie (304-667-3475) or Jessie Willis (304-646-7893)

4:00 p.m. - Tug of War

(Alderson Memorial Football Field) Greenbrier vs. Monroe and Kids Tug of War

PLEASE CLEAR THE FOOTBALL FIELD

7:30 to 9:30 p.m. - The Hobbs Sisters
(Alderson Memorial Football Field) - Admission \$5 per person for show and fireworks. Children 6 and under free.

Bring your own chair - (Rain or Shine)

9:45 p.m. - Introduction to Miss Fireworks 2021
(Alderson Memorial Football Field)

10:00 p.m. - Grand Fireworks Display
(Alderson Memorial Football Field) The Alderson Fire Department will put on the best show in Greenbrier County featuring marvelous aerial and ground displays

Sunday, July 4th

11:00 a.m. - Sunday Worship Service
Alderson Area Churches cordially invite you to attend the church of your choice

12 noon - White Water Canoe Race
(Fort Spring) - Registration will start at 12 noon and the race starts at 1:00 p.m.
A timed event on the Greenbrier River, total distance 7 miles - canoe & kayak divisions.

Contact Jessie Willis (304-646-7893)

1:00 p.m. - 5th Annual Horse Show
Held at 117 Greenbrier River Estates, Alderson, WV 24910, (Glen Ray Road)
\$10 Entry Fee except for class 4. Class 4 will be \$5. Class 25 bring your own dollar. Championship classes will be \$25.
Contact Corianna Spinks (304-520-8937)

1:30 p.m. - River Events
(Alderson Mini Park) Enjoy an afternoon of fun in the Greenbrier River. Bring your own chair!
Men, women, children and anything that floats races.
Contact Jessie Willis (304-646-7893)

6:00 p.m. - Ducks on the Greenbrier
(Alderson Mini Park) Rubber Duck Race,
Grand Prize: \$5,000 Cash, plus many other prizes

6:30 p.m. - Gospel Sing
(Alderson Memorial Football Field) Bring your own chair and enjoy an evening of gospel music by various local artists.
Sponsored by the Alderson River of Life Church. Contact Anthony Carter (304-661-0670).

In the event of inclement weather, the gospel sing will be moved to the Alderson River of Life Church on Rt. 63

Fireworks at Dark

Celebrating Independence Day - Location TBA (check our Facebook for updates)

Monday, July 5th

7:30 - 8:00 a.m. - Run for Snacks 5K Registration
(Alderson Public Library)

9:00 a.m. - Run for Snacks 5K Race & Kids Fun Run
Walk or Run Event. All ages welcome. Contact Laurie Bennett (540-798-5737)

Rubber Duck Tickets on Sale Now & Every Day During Celebration. You do not have to be present to win.

Presented By: Alderson 4th of July Committee, Alderson Fire Dept. & EMS, Miss Fireworks Committee and the Woman's Club of Alderson
Sponsored By: Alderson 4th of July Committee, Alderson Fire Dept. & EMS, Town of Alderson, Tri-County Fire Co. and Alderson Main Street
Please check our website for any changes due to weather. No pets allowed.

Visit us on Facebook at Alderson 4th of July Celebration, or online at www.alderson4th.com.

First Fridays set for July 2

The July First Friday in downtown Lewisburg is set for Friday, July 2 from 5 to 8 p.m. Join in on the complimentary tastings, live music, giveaways, festive beverages and special offers throughout town- all free to the public. Everyone is welcome!

Live music in the City Green Space from 5 to 8

p.m.! The Thomas Taylor Band takes a step back in time to the honky tonk era of country music. With the sounds of a crying steel guitar, a walking bass, a shuffling drum beat, clear lead guitar licks, and a lonesome fiddle. That's what they're all about.

The Shoe Box asks "Are you ready to run wild this

4th of July?" Visit The Shoe Box for some new running shoes or great summer sandals! Get a fun free gift for the kids with purchase of children shoes! (847 Court Street North, 681-318-3377)

Join The Humble Tomato for "An Evening with Shane Meade," a soulful singer songwriter.

Shane Meade & the Sound frontman returns to the mountain state for an intimate acoustic solo performance. Don't miss this special night of fantastic food & music in "America's Coolest Small Town." Show starts at 7 p.m. (855 Washington Street West, 681-318-3788)

Harmony Ridge celebrates First Friday with Bubbly! Pop in for a \$4 glass of Cava, a deliciously famous Spanish sparkling wine. (886 Washington Street West, 304-645-4333)

Aggie's and Vest will serve refreshments and feature new lines for entertaining: Bourbon Barrel Foods seasonings and Good Times Slushies and Cracker Smack. (979

Washington Street West, 645-4063)

Bella's love of the French never quits. French Wines & Cheeses are on the tasting board at Bella for July First Friday! Viva la France! Saluer l'Amérique! Details on Facebook and Instagram @bellagourmetwv, or call 304-520-4921. (1017 Washington Street East)

The Greenbrier Valley Visitors Center celebrates the 4th of July weekend with two unique art show openings. The Gallery will feature the works of Quincy Gray McMichael, a local artist and farmer. Quincy makes zero-waste art using canvas, wood, recycled paint, color, and intuitive patterns. Stop by to meet Quincy and view her show titled "Reemerge/

Peeling the Artichoke." Featured in the Art Alcove will be the pottery of ceramic artist, Alison Flegel Safrit, a Pocahontas County native. Her glazes and firing processes are enhanced by the carving and brushwork used in creating her pieces. Allison will also be on hand to chat with folks about her show titled "Re-emerge: On the Surface." Sit back and enjoy the sounds of local band Old Ease throughout the evening's event. (905 Washington Street West, 304-645-1000)

Edith's store will be sampling out Olipop soda: An incredibly delicious and refreshing soda that's actually good for you. Olipop has natural ingredients that work together to promote healthy digestion. A combination of plant fiber prebiotics and botanicals creates a sweet and healthy taste that even a sugar-loaded soda can't compete with. Don't believe us? Stop in the store and try some for yourself. (1035 Washington Street East, 304-645-7998)

The Washington Street Pub features the Spiked Arnold Palmer! (1030 Washington Street East, 304-645-7386)

In case you missed it, Cooper Gallery continues the exhibit of new work by Lynn Boggess, George Snyder, Bruce Macdonald, Marilyn Cooper, Daniel Meyer and other artists for July. Liquid refreshments See "First Friday" Page 10

NEW RESIDENTS WANTED BY:

Greenbrier Greeters

If you have recently moved to this area, please contact us for a free welcome visit.

We would be glad to share gifts and information about the area, provided free by local businesses and professional services.

Barnwood Living • Caring Acres Farm • Cartier Raine Spa • Bella The Corner Gourmet
City National Bank • Cornerstone IGA-Philip Cutlip
Creative Kitchens • Edith's Store • Fairlea Animal Hospital
The Ferrell Eye Clinic, P.C. • First Baptist Church, Fairlea
Grassroots Church • Greenbrier Bowling & Rec. Center • Greenbrier Recycling Center
Greenbrier Valley Brewing Company • Greenbrier Chevrolet Buick
Greenbrier Chiropractic Center-Dr. Timothy Pence • Greenbrier Medical Arts Pharmacy
Greenbrier Valley Medical Center • Greenbrier Valley Theatre
Greenbrier Valley Veterinary Hospital • The Heart Center-Thomas W. vonDohlen, M.D.
Knight Henderson-American National Insurance
Lawrence J. Ickes, CPA, A.C. • Lewisburg United Methodist Church
Lewisburg Veterinary Hospital, Inc.-Dr. Mary Ann Mann
Mary Kay Cosmetics-Erica Buzzard • Mountain Messenger
Olive + Shea Natural Nail Studio • Post Net • Premier Bank • Robert C. Byrd Clinic
Sandy Epling-State Farm Insurance • Seneca Trail Animal Hospital
Shuck Memorial Baptist Church • S.J. Neathawk Lumber
Spare Time Sports Bar & Grille • St. James Episcopal Church
St. Thomas Episcopal Church, WSS • State Farm Insurance-Chris Hall
Summit Community Bank

Heather Blake, Owner 304-646-2624
Alice Hollingsworth 304-645-3788
greenbriergreeters@gmail.com

Living The Good Life After Retirement

- Activity Rooms
- Potluck Dinners
- Bingo
- Cookouts
- Church Services
- Live Bands
- Parties
- Social Areas

Country living with city conveniences. All common areas have been remodeled and redecorated. We welcome you to stop by and see all of the improvements that have been made. One bedroom apartments for the elderly, near elderly and handicapped. HUD approved. Non-assisted living. Rent based on income.
A staff member is on call 24/7 for emergencies.

To request an application Call 304-645-1308
Monday - Friday 8:00 am - 3:00 pm.

LEWISBURG MANOR

Independent Living

344 Court St., Lewisburg, WV 24901

OBITUARIES

Arbie Glen Dransfield, Jr.



Arbie Glen Dransfield, Jr. died Sunday, June 20, 2021, at home.

He was born in Oceana, WV, on Feb. 2, 1933, to Arbie Glen Dransfield, Sr. and Dixie Cook Dransfield.

Arbie was a retired dairy farmer and former employee of the Mountaineer Farm Center.

He was a member of the Union Presbyterian Church where he served as a Deacon and Elder. He served four years with the U.S. Air Force, was past Chairman of the Monroe County Board of Health, past Chairman of the Monroe County Health Center, past President of the Monroe County Historical Society, past President of the Union Lion's Club, and 1968 Outstanding Young Dairyman, Southeast Milk Sales.

He was an avid fan of the West Virginia Mountaineers, James Monroe Mavericks, and Cincinnati Reds - he spent many a day and evening listening to or watching these games. He was a kind and gentle soul and dearly loved by his family.

Arbie is survived by his wife of 69 years, Betty Shanklin Dransfield; daughter, Leslie Dransfield Bowers, husband Kirby of Sunset Beach, NC, son, Jeffrey Glen Dransfield, wife Billie Jo of Haymarket, VA; and daughter, Julia Dransfield Martinelli, husband Guido of Sunset Beach, NC; grandchildren, Kristin Dransfield Crislip and husband Jamie of Gap Mills, Jeffrey Paul Hansbarger and wife Jessica of Harrisonburg, VA, Kara Beirne Hansbarger of Winchester, VA, Brandon Glen Dransfield of Ashburn, VA, and Kayla Brooke Dransfield of Portland, Oregon; great-grandchildren, Cpl. Hunter Lee Crislip and wife Larissa of Okinawa, Japan, Tanner Levi and Parker James Crislip of Gap Mills, Laurel Beirne and Travis David Hansbarger of Harrisonburg, VA; step-grandchildren, Guido Andrew Martinelli IV and wife Christina of Sunset Beach, NC, Matthew John Bowers of Westminster, MD, and Andrew Max Bowers of Winston-Salem, NC; step-great-grandchild, Caiden Andrew Murphy of Sunset Beach, NC; sisters, Isabel Dransfield Holt of Lexington, KY, Karen Dransfield Mitchell of Union, and many cousins, nephews, nieces, and friends.

He was preceded in death by a step-grandson, Tristan Tanner Martinelli.

His body was donated to WVSOM for the purpose of health and medical science education and research.

In lieu of flowers, memorial gifts may be made

to Union Presbyterian Church, P.O. Box 239, Union, WV 24983 or HospiceCare, 1265 Maplewood Avenue, Lewisburg, WV 24901.

Pastor Nancy Bulla and The Rev. Ben James will officiate A Celebration of Life Service on Saturday, July 10, at 2 p.m. at the Union Presbyterian Church. Visitation with family and friends will be held one hour prior to the service.

With respect to public health guidelines, those who have been vaccinated can choose whether or not to wear a mask; we kindly ask those who have not been vaccinated to wear a mask.

Wallace & Wallace Funeral Home in Lewisburg is in charge of arrangements.

Please send online condolences by visiting www.WallaceandWallaceFH.com

Barbara Jean Sponaugle



Frankford-Barbara Jean "Cot" Decker Sponaugle joined our Heavenly Father on Thursday, June 17, 2021, at Appalachian Regional Hospital in Beckley. She passed away unexpectedly surrounded by her family.

Barbara was born May 17, 1940, at Frankford, the daughter of the late Louella Wheeler Decker Hughes.

She attended Lewisburg Junior High School and Frankford High School where she graduated in 1958. She was a retired Loan Officer for Wells Fargo for 32 years. In 2005 she moved back to West Virginia to her home place with her husband of 24 years and their dog, Bruno, who she loved dearly. Barbara was a member of Enon Baptist Church and was known as, never meeting a stranger. She always had a hello for everyone with a smile on her face. She is also known as a loving wife, mother, sister, grandmother and friend.

Those left to cherish her memory are her husband, Harold; her sons, Jack Richmond of California and Jerry Richmond of Virginia; her step-children, Harold Sponaugle, Jr. (Stephanie), Debbie Yates (Tim) and Cathy Carey (Eddie); brother, James "PeeWee" Decker; grandchildren, Caleb, Kaitlyn and, Kinsea; step-grandchildren, Tyler, Taylor, Tanner, Kayla, Emily and Rylan; great-grandchildren, Remington and Fynleigh; step-great-grandchild, Makena. Barbara was loved by special cousins, Betty White and Pete Hanna; and her wonderful caregiver, Christine McMann; as well as many

other relatives and dear friends.

Barbara's request was to be cremated. A celebration of life service will be held at a later date.

In lieu of flowers, donations of sympathy may be made to the Greenbrier County Humane Society, 151 Holliday Lane, Lewisburg, WV 24901.

Wallace & Wallace Funeral Home in Lewisburg is in charge of arrangements.

Please send online condolences by visiting www.WallaceandWallaceFH.com

Betty Elmore Morrison



Ronceverte-Betty Elmore Morrison passed away Monday evening, June 21, 2021, at her home with her family by her side.

She was born Apr. 18, 1940, in Monroe County to the late Walter and Ruth Vance Elmore.

Betty was a member of Highland Park Community Church. She was famously known for her cooking. Betty worked for many years for Spuds Drive In, but most notably owned and operated the Stockyard In, better known as Betty's Restaurant.

She was a homemaker, mother and friend to many, loved spending time with her children, grandchildren and family. Betty looked forward to the family reunions. She gave to many people in many ways, especially if they needed a meal.

Preceding her in death other than her parents were her husband, Jim Morrison; grandchild, Colin Harris; and siblings, Lee Vance, Jim Elmore, Earl Elmore, Vernon Elmore, Lewis Elmore, Oral Elmore, Dallas Elmore, Bonnie Ridgeway, Mary Sue Elmore and Ruby McNeely.

Those left to cherish her memory are her children, Steve (Sandy) White of Sinks Grove, Danny (Liz) White of Fairlea, Timmy (Sherry) White of Second Creek, Rodney (Becky) White of Ronceverte, Todd (Darlene) White of Clintonville, Debbie Harris of Ronceverte, Tonya (Chad) White and Lexi of Covington, VA and Amy (Justin) Woolard of Ronceverte; sisters, Carolyn Erskine (Jesse) of Ronceverte, Nancy Morgan (John) of Manteo, NC and Rose Mann (Michael) of Lake Havasu, AZ; brother, Tom Elmore (Ellen) of Second Creek; daughter-in-law, Kim White of Alderson; 11 grandchildren and 11 great-grandchildren and a host of nieces and nephews.

Funeral services for Betty will be held Saturday, June 26, at 4

p.m. at the Highland Park Community Church with Pastor Freddie Bostic officiating. Interment will follow the service in the church cemetery.

The family will receive family and friends on Friday, June 25, from 6 until 8 p.m. at Wallace & Wallace Funeral Home in Ronceverte.

Betty's pallbearers will be Chad Thompson, Rodney White, Jacob White, Josh White, David Flack, Shawn Poage, Rodney McNeely and Greg Elmore.

Wallace & Wallace Funeral Home in Ronceverte is in charge of arrangements.

Please send online condolences by visiting www.WallaceandWallaceFH.com

Dorothy Hunter



Crawley-Mrs. Dorothy Hunter, 82, passed away on Friday, June 18, 2021, with her family by her side. She is eternally reunited with her infant daughter and is surely singing with the angels.

Dorothy Lou was born on June 10, 1939, in Trout to the late Samuel and Dessie (Lewis) Sizemore.

She married Glen Hunter in 1958 and was the mother of six children. She worked tirelessly as a homemaker and dedicated her life to serving as the pillar of her family. She was a lifelong member of Trout Baptist Church and a talented song writer and an a cappella singer filling many surrounding churches with her beautiful voice.

"A stranger is only a friend you haven't met." - words she often shared and lived by. She gave honest advice, was quick witted, but greatest of all, she loved unconditionally. She enjoyed a well kept house, gardening, playing Yahtzee, working puzzles, decorating for every holiday, and hosting crowded family get togethers. Cooking "enough food to feed Cox's army," as she would say, was one of her many talents. At Dorothy's table, everyone was welcome and there was always room for anyone needing a meal.

In addition to her parents and infant daughter, Donna Gay, she was preceded in death by three brothers, Ray, Dale and Don Sizemore; two sisters, Naomi and Lottie; and daughter-in-law, Charlette Hunter.

She is survived by her husband of 63 years, Glen; daughter, Terrie (Barry) Grimmett of White Sulphur Springs; son, Michael (Pam) Hunter of Crawley, and son, David (Kathy) Hunter of Cornstalk; daughter, Teresa (Ronnie) Shuck of Danese, and daughter, Tonia Hunter (Wanda Seal) of Crawley. She also leaves behind seven granddaughters, Stephanie Worley of Bluffton, SC, Brittany

Radford of White Sulphur Springs, Erica Whitt, April Herndon, and Ashley Butler, all of Crawley, Amanda Cannon of Cornstalk, and LaTasha Owens of Frankford; and 16 great-grandchildren. She is also survived by half-brothers, James and William "Tucker" Sizemore, Hugh "Jumbo," Randy and Jerry Baldwin; and half-sisters, Lesa Fitzgerald, Delta Thomas and Jenny Sizemore.

A funeral service was held Wednesday, June 23, at Wallace & Wallace Funeral Home in Lewisburg. Visitors were received before the service. A private burial followed at home at the family's private cemetery.

Please send online condolences by visiting www.WallaceandWallaceFH.com

Glenora June Stewart



Ronceverte-Glenora June Stewart, 86, went to her heavenly home on Thursday morning, June 17, 2021, at Peyton Hospice House after a short illness.

Glenora was born Aug. 18, 1934, in Ronceverte, the daughter of the late Billie B. and Frances Smith Stewart.

Glenora was a member of Ronceverte Christian Church. She graduated from the Greenbrier High School in 1954 and retired from the Greenbrier Manor after working there for 23 years.

Glenora loved her camera and loved snapping pictures of family and friends and sharing photographs and stories of places she had visited such as Niagara Falls. She never met a stranger and loved talking to people and recounting family history and tales from her childhood to anyone who would listen. She was an avid Western buff and soap opera fan but most of all was happiest talking on the phone or visiting in person with those dearest to her.

In addition to her parents, she was preceded in death by a brother, Kenneth Lee Stewart.

Survivors include several cousins whom she loved dearly; a special devoted friend, Joyce Walton; and a devoted family whom she loved as her own and who loved her dearly, Jr. and Debbie Bradley, Josh, Andrew, Martha Bland, and Amanda Bradley.

Funeral service was held on Sunday, June 20, at the Morgan Funeral Home Chapel, Lewisburg, where Pastor Gene Fullen officiated. Burial was in the Rosewood Cemetery, Lewisburg.

Visitation was one before the service, Sunday, at the funeral home.

Online guestbook can be signed at www.morganfh.net.

Joshua Adam Suttle



Lewisburg-Joshua Adam Suttle, 31, passed away Tuesday, June 15, 2021, at Carilion Roanoke Memorial Hospital following a sudden illness.

Born July 11, 1989, in Ronceverte, he was the son of Greg Suttle (Twyllia) of Cornstalk, and Angela Suttle of Lewisburg.

Josh worked in construction most of his career. He loved hunting and fishing.

He was preceded in death by his paternal grandfather, Edgar D. Suttle and maternal great-grandmother, Lucy Ruth Taylor.

Including his parents, he is survived by a brother, Colten Suttle of Lewisburg; paternal grandmother, Betty Suttle of Asbury; aunts and uncles, Liz Wickline, Missy Boothe (Jeffrey), Julie Loftus (Troy), D.D. Suttle, Danny Suttle (Olivia), Janie Knox (Timothy), Melissa Taylor and Samantha Tucker (Brian); and numerous cousins and friends.

Funeral service will be at 11 a.m., Tuesday, June 22, at the Morgan Funeral Home Chapel, 252 Montvue Drive, Lewisburg, with Jeffrey Boothe officiating.

Burial will follow in the Andrews Chapel UMC Cemetery, Williamsburg.

Visitation will be 6 to 8 p.m., Monday, June 21, at the funeral home.

Online guestbook can be signed at www.morganfh.net.

Shirley Dean Linkous



White Sulphur Springs-Shirley Dean (Bogle) Linkous, 84, passed away Tuesday, June 22, 2021, at Genesis Healthcare Center in White Sulphur Springs.

Shirley was born Apr. 21, 1937, in Lester, WV, the daughter of the late Joseph C. and Elvie Snuffer Bogle.

She was a member of the White Sulphur Springs Baptist Church. She had served as a secretary at the Bank of White Sulphur Springs. Shirley was a huge part of the White Sulphur Springs Women's Club. She was instrumental and very involved with the start of and continuation of the Dandelion Festival.

Other than her parents she was preceded in death by her son, Samuel E. Linkous, Jr. and brother, Charles Bogle.

Shirley leaves behind Sam Linkous; her daughters, Linda Marie Linkous of Caldwell, Melissa Linkous McCutcheon and husband Jim of Lewisburg; son, Mark Joseph Linkous and wife Crystal of White Sulphur

MORGAN
FUNERAL HOME, INC.

www.morganfh.net
FB@morganfh.wv

James "Richie" Holliday II, CFSP
Owner/Licensee In Charge

Chapel Seating For 400 Comfortably
Well Lit Parking Lot With 125 Spaces

12 Reserved For Those
With Exceptionalities

Wheelchair Accessible -
Modern Technology

Headstones, Markers
and Memorials

**252 Montvue Drive,
Lewisburg, WV 24901
304-645-1851**

OBITUARIES

Springs; grandchildren, Nick Vance, Nicole Vance, Ryan Vance, Brittany Helvey (Mike), Andi Linkous, Malachi McCutcheon (Abby), Jacob McCutcheon, Noah McCutcheon, Christian Nahouse (Tori) and Addie Linkous; 16 great-grandchildren and one on the way; sisters, Frances Brewer of Lewisburg and Callie Patton (David) of Harper, WV; son-in-law, Lucky Vance; daughter-in-law, Karen Linkous Brothers; brother-in-law, Bobby Linkous; sister-in-law, Bonnie Bogle; and a host of nieces, nephews and cousins.

Funeral services for Shirley will be held Sunday, June 27, at 3 p.m. at the White Sulphur Springs Baptist Church with Pastor Randy Gilliam and Pastor Lewis Brooks officiating. Interment will follow in the Hillcrest Cemetery.

Grandsons will serve as pallbearers.

The family will receive their family and friends from 2 until 3 p.m. at the church.

Wallace & Wallace Funeral Home in White Sulphur Springs is in

charge of arrangements. Please send online condolences by visiting www.WallaceandWallaceFH.com

Susan Elizabeth Banton



Lewisburg - Susan Elizabeth Banton, 76, passed away Friday, June 18, 2021, at the Peyton Hospice House, Lewisburg.

Born June 1, 1945, in Marlinton, she was the daughter of the late Virle Harper and Phyllis Juanita Pyles Hamrick.

Susan was a member of Lewisburg United Methodist Church. She was well known for owning Ace's Food Stand at the State Fair of WV. Susan was retired from the Greenbrier County Courthouse as a Tax Assessor and had also

worked for Hamrick Distributing.

In addition to her parents, she was preceded in death by a sister, Ann Harper Hamrick.

Survivors include her loving husband of 56 years, Jerry Lee Banton; sons, Jerry Harper Banton (Teresa) of Conover, NC, and Richard Alan Banton (Stephanie) of Reston, VA; sister, Virginia Adair McClung (Glen Allen) of Hurricane, WV; grandchildren, Mychal and Cameron Gillespie, Maya and Jamison Banton; great-grandchildren, Ella Gillespie, Asher Gillespie and Bennett Gillespie; nephews G.A. McClung II (Kim) and Nelson McClung (Sara); many nieces, nephews, numerous cousins and several friends.

A celebration of life service will be held at 11 a.m., Tuesday, June 29, at the Morgan Funeral Home Chapel, 252 Montvue Drive, with Pastor Ron Miller and Rev. Bev Colombo officiating.

Interment will follow in the Rosewood Cemetery, Lewisburg. Visitation will be 6 to 8 p.m., Monday, June 28, at the funeral home.

In lieu of flowers, donations of sympathy should be made to the Peyton Hospice House, 1265 Maplewood Avenue, Lewisburg, WV 24901.

Online guestbook can be signed at www.morganfh.net.

Thomas E. Ball, Jr.



Lewisburg - Thomas E. (Brad) Ball, Jr., 82, passed away Saturday, June 19, 2021, at the Peyton Hospice House following a long illness.

Born June 23, 1938, in Hinton, he was the son of the late Thomas E., Sr., and Irene Krise Ball.

Survivors include his loving wife of 56 years, Jo Lynn Burks Ball; daughter, Renee Harvey (Randy) of Alderson; brother, Joe Ball (Linda) of Lewisburg; special childhood friend, Glenn Vallandingham (Brenda) of Hinton; and special cousin, Lynne Strubble (Skip) of Pittsburgh, PA. Also left to cherish his memory are grandson, Matthew Harvey of Alderson; grand-daughters, Nicole Adkins (Charles) of Ballard, and Amber Toney (Cody) of Danese; three great-grandchildren and a host of nieces and nephews.

A memorial service was held at Wallace & Wallace Funeral Home in Lewisburg, on Thursday, June 24, where the Reverend Joe Geiger officiated. The family received friends before the funeral at 2 p.m.

In lieu of flowers,

donations of sympathy may be made to Peyton Hospice House, 1265 Maplewood Avenue, Lewisburg, WV 24901.

Please send online condolences by visiting www.WallaceandWallaceFH.com

Jackie Lee Moore

Lewisburg - Jackie Lee "Jack" Moore, 80, passed away Tuesday, June 22, 2021.

Born Dec. 4, 1940, at Rainelle, he was a son of the late Watson and Bula Rookstool Moore.

Jack was a graduate of Rainelle High School, was a member of Edgewood Presbyterian Church in Lewisburg, and retired from Orders Construction where he was a bridge construction foreman.

He is survived by his wife of 53 years, Margaret Ann Moore; sons, James F. Moore (Monica) of Frankford and Richard Lee Moore

(Iris) of Lewisburg; six grandchildren, Sequoya Moore of Asheville, NC, Boone Moore and Ava Moore, both of Lewisburg, Ryan Moore of Ravenswood, Paige Acord of Tampa, FL, and Jonathan Acord, who is currently serving in the Air Force in New Mexico. Also surviving is a sister, Joyce "Jean" Riggs (Roger) of Tennessee and brother, Charles Moore (Delva) of Nettie

Funeral service will be at 2 p.m. Sunday, June 27, at Wallace & Wallace Funeral Home in Lewisburg, with Rev. Joe Geiger officiating. Interment will follow in Rosewood Cemetery.

The family will receive friends one hour prior to the funeral service on Sunday.

In lieu of flowers, donations of sympathy may be made to Edgewood Presbyterian Church, 162 Harper Road, Lewisburg WV 24901.

DINING & entertainment guide

Dutch Haus Restaurant

Lewisburg Elks Country Club at 368 Brush Rd., Lewisburg

WEEKEND SPECIAL

Crab Cakes

Served with potato, vegetable, salad and bread.

Open For Breakfast Saturday & Sunday 8:30-11:00

Mon - Fri 11 am-9 pm, Sat & Sun 8:30 am-9 pm • 304.645.2723

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Puncture: CREEPI

Soft: LIPTAN

Call: NECKBO

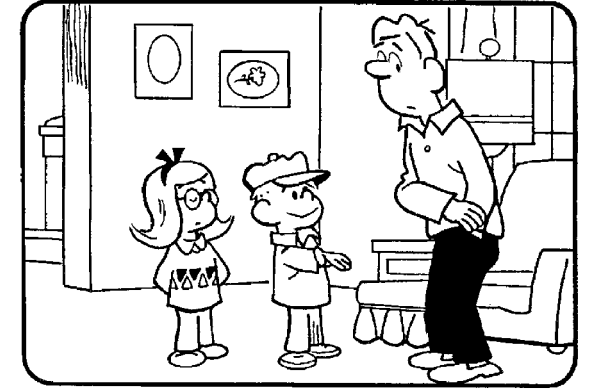
Weapon: BEARS

TODAY'S WORD

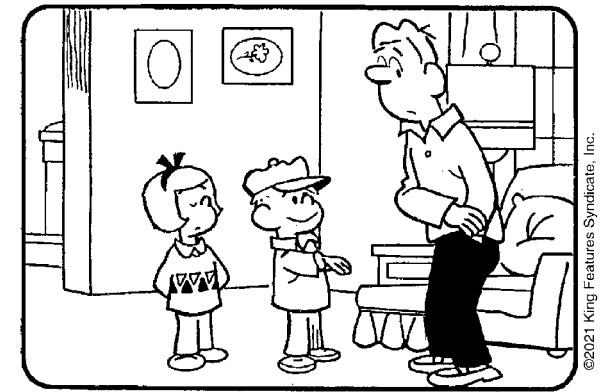
"Why shouldn't Herbie Wilson be smarter than me? He has smarter..."

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Picture is higher. 2. Sweater is different. 3. Glasses are removed. 4. Hairstyle is changed. 5. Pillow is added. 6. Shoes are different.

Super Crossword

ACROSS

1 Austrian peaks

5 MLB stat

8 Mitch who wrote "Tuesdays With Morrie"

13 Three-tone chords

19 Toxin-fighting fluids

20 Critter treater

21 "The king," in France

22 Popular social news website

23 Extracted element #79 with a big hammer?

26 Renée of silent films

27 "Science Kid" of PBS

28 Reinforcing eyelet in a hole

29 Go out on —

31 Chilling stuff

32 Unfeeling

34 Element #16 that's causing difficulty?

37 Owls' prey

38 Carrere of "Jury Duty"

41 Fleming and McKellen

42 "August: Osage County" playwright Tracy

43 "That celestial object seems to be composed of element #5?"

48 Tartan wearers, e.g.

50 Some dashes

51 Neighbor of Lithuania

52 Off-road rides, in brief

53 Before now

56 Sea rovers plundering element #6?

60 Big road rig

63 Bismarck-to-Austin dir.

64 — Tomè

65 Overcomes

66 Shawls, e.g.

68 ICU worker

71 Genetic ID

73 Small sample

74 Very virtuous

77 Gaudy scarf

79 Suffix with peace

82 Prattle

83 "Quit asking about my supply of element #83!?"

88 Stew tidbit

89 Birch, e.g.

90 "Impossible for me"

91 Small sample

94 Twyla of dance

96 Element #30 in a medicine cabinet?

98 "George & —" (old talk show)

101 Special glow

103 "FWIW" part

104 Gets the total

105 Element #18 found in a city opposite Vancouver?

110 Lightish sword

111 Hub city for Israel's El Al

112 Bad-smelling

113 Narcissist's quality

117 Biol. or anat.

119 Combo punch

121 Element #29 collected by actress Loni?

124 Ancient Crete native

125 To the point

126 ET's ship

127 Gershon of "Face/Off"

128 "— Wedding" (1990 Alan Alda film)

129 Great Lakes tribespeople

130 Go bad

131 Crumb toters

DOWN

1 Invites

2 Russian Revolution theory

3 Things made for sale

4 Small pouch

5 Unendingly

6 Change

7 Very little bit

8 Change

9 Without a — stand on

10 Good pal

11 "So chic!"

12 Hanging to the calves, as a dress

13 Brits' trolleys

14 Popular energy drink

15 Altar reply

16 Free-floating

17 Punched out, as jigsaw pieces

18 Pilots

24 CIA's onetime rival

25 MLB arbiter

30 Rescuer's cry

33 "Give — call"

35 Big box

36 The, to Yves

37 Fannie —

38 Rows

39 Lands in el océano

40 Subsidied

44 MLB stat

45 Raw rock

46 Toys — (kids' chain)

47 Bears, in Spain

49 Suffix with opal

52 Loads

53 Put to shame

54 "I — run!"

55 First stage

56 Brought (in), as music

57 Voguish thing

58 Rear, at sea

59 Make it to

60 Boggy area

61 Bert's friend

62 — Carta

67 Surreptitious

69 Double-reed instrument

70 Bovine critter

72 Aziz of "Master of None"

75 Very little bit

76 Small raisin

78 Actress Kendrick

80 "— one to complain ..."

81 Accolades

84 Disavow

85 Net automaton

86 I, to Wilhelm

87 Hanks of film

91 Slice-serve motion

92 Not proper

93 Windows 10 runners

94 Blasting inits.

95 To the middle point

96 Drinking spot

97 Microwave

98 Poise

99 Canadian dollar coin

100 Passionate

102 Comedian Gilda

106 Long spans

107 Fliers in V's

108 Ugly beasts

109 Tel. book collection

110 Angsty rock genre

114 See 123-Down

115 News

116 Kit sporter

118 Nest egg funds, for short

120 How- (DIY books)

122 Soft & —

123 With 114-Down, it includes the Brit. Open

THEATER 8
MOVIES
Showtime: 7:45 pm
R

THEATER 8
MOVIES
Showtime: 7:45 pm
R

THEATER 8
MOVIES
Showtime: 7:45 pm
R

Weekly SUDOKU

by Linda Thistle

8	2		5				9										
5				3				2									
			6				9									4	
7				4												2	
	6				1										5	7	
			5				2	3									
			7				5			6							
4				8	9			1									
	1				2												5

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

© 2021 King Features Synd., Inc.

GREENBRIER VALLEY ADVERTISER


FOR RENT

2 BEDROOM, 1 BATH APARTMENT Available August 1st or earlier. \$700 a month plus utilities. For pictures, visit website wodderrentals.com/duplex. For more information call 304-661-1597.

HELP WANTED

BRABBLE & SHORES INSULATION COMPANY is currently accepting applications for insulation installers. Construction experience is not required as we will train. Call 304-645-7535 for an appointment. 5jun-26jun

WE ARE HIRING FULL AND PART-TIME EMPLOYEES. Competitive pay and weekly bonus available. For more information contact Cutting Edge Lawn Care at 304-772-3609. 5jun-28aug



If You Only Use It Once A Year... Why Not Rent It Once A Year?

152 N. SENECA TRAIL FAIRLEA, WV
304-645-7326

FOR RENT NO WAITING LIST

One Bedroom, Section 8 Apts. Elderly 62+ Handicapped or Disabled, Regardless of Age. All Utilities Included. On Site Laundry Facilities. Apply At

Hinton House Apts.
495 Stokes Drive.
Office Hours M-F 8-4.
304-466-5299



Fourth Way Properties

Check out available properties at 4thwayproperties.com

FOR RENT MONTHLY FURNISHED ROOMS SUNSET TERRACE MOTEL

106 POMERY CIRCLE, LEWISBURG
Monthly furnished room with small refrigerator, microwave TV, internet, WiFi, and coin operated laundry room. Pet friendly, quarter mile from downtown Lewisburg, local shops and restaurants. All utilities included plus security deposit. Check out our website 4thwayproperties.com for pictures and details.

\$750 Monthly, **\$375** Weekly

★ AVAILABLE JULY 1, 2021 ★

ONE BR, 1 BA APARTMENT
Downtown Lewisburg. Walking distance to WVSOM, local shops and restaurants. All utilities included. Pet Friendly with additional \$750 pet deposit or \$100 monthly pet fee. Check out our website 4thwayproperties.com for pictures and details.

\$750 Monthly

Plus \$750 security deposit.

Call Terry or Isela @ (304) 647-8943

SE HABLA ESPAÑOL
Email us at FourthWayProperties@yahoo.com

West Virginia Statewide Classified Network

Featured in WVPA Newspapers Across West Virginia

HELP OUT

DONATE YOUR CAR TO KIDS. Your donation helps fund the search for missing children. Accepting Trucks, Motorcycles & RV's too! Fast Free Pickup -Running or Not -24 Hour Response -Maximum Tax Donation -Call (888) 515-3814

DONATE YOUR CAR TO UNITED BREAST CANCER FOUNDATION! Your donation helps education, prevention & support programs. FAST FREE PICKUP - 24 HR RESPONSE - TAX DEDUCTION 1-888-981-8027

HEALTH/MEDICAL

DON'T LET THE STAIRS LIMIT YOUR MOBILITY! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-844-592-5113

PORTABLE OXYGEN CONCENTRATOR May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 833-274-3943

UP TO \$15,000.00 OF GUARANTEED Life Insurance! No medical exam or health questions. Cash to help pay funeral and other final expenses. Call Physicians Life Insurance Company-888-217-5559 or visit www.Life55plus.info/wv

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-405-3412 www.dental50plus.com/press#6258

APPLYING FOR SOCIAL SECURITY DISABILITY or Appealing a Denied Claim? Call Bill Gordon & Assoc. Our case managers simplify the process & work hard to help with your case. Call 1-844-448-0317 FREE Consultation. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broadward Co. FL (TX/NM Bar.)]

INTERNET/TV

4G LTE HOME INTERNET Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 833-586-1598

AT&T Internet. Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-844-358-7158.

AT&T TV - The Best of Live & On-Demand On All Your Favorite Screens. CHOICE Package, \$64.99/mo plus taxes for 12months. Premium Channels at No Charge for One Year! Anytime, anywhere. Some restrictions apply. W/ 24-mo. agmt TV price higher in 2nd year. Regional Sports Fee up to \$8.49/mo. is extra & applies. Call IVS 1-855-656-0296

DIRECTV - Watch your favorite live sports, news and entertainment anywhere. More top premium channels than DISH. Restrictions apply. Call IVS - 1-844-373-2749

DIRECTV NOW. No Satellite Needed. \$40/month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. CALL 1-855-767-6026

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-736-4350

EARTHLINK HIGH SPEED INTERNET. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-866-305-7264

HUGHESNET SATELLITE INTERNET - 25mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease

customers! Limited Time, Call 1-877-567-2866

MISCELLANEOUS

THINKING ABOUT INSTALLING A NEW SHOWER? American Standard makes it easy. FREE design consultation. Enjoy your shower again! Call 1-833-385-1415 today to see how you can save \$1,000 on installation, or visit www.newshowerdeal.com/wvps

HANDS ON THE RIVER MASSAGE, Geraldine Gardner, LMT, 3422 Pennsylvania Ave., Charleston, WV. Call (304) 541-9139 for an appointment.

INVENTORS - FREE INFORMATION PACKAGE Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-877-689-0664 for a Free Idea Starter Guide. Submit your idea for a free consultation.

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-844-901-2301

THE GENERAC PWRCELL, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-833-310-1895

BECOME A PUBLISHED AUTHOR. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-833-675-6435 or visit <http://dorranceinfo.com/WV>

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-844-295-2840

Place YOUR statewide ad today any of three easy ways:

Call classifieds at this Newspaper

Or WVPA at 1-800-235-6881 or Visit www.wvpress.org



West Virginia School of Osteopathic Medicine

WVSOM is currently seeking applicants for the Standardized Patient Program. Standardized patients (SP) are individuals from the community who have been trained to accurately portray the role of a patient with a specific medical condition. SPs are trained to portray a specific situation or problem the same way each time they encounter a student. This is as needed, varied hours, and case specific contract position with a rate of \$10.00/hour for training and \$12.00/hour for events.

If you have any questions about becoming an SP, or would like to apply, please contact Teddy Hamrick at 304-793-6831, Tina Wise 304-647-6416, Email— sp@osteo.wvsom.edu or apply online at: <https://www.wvsom.edu/cec/standardized-patients>

WVSOM is an Equal Opportunity Employer

www.wvsom.edu

Do you want government taking more control?



Elected officials are looking to make big changes

The West Virginia Legislature is considering taking Greenbrier County legal ads and public notices out of the Mountain Messenger and onto a state government-controlled website in Charleston.

- Delinquent tax lists
- Property sales
- Election ballots
- Voting changes
- Tax increases
- Project bids
- Family court
- Government budgets
- Government financial statements
- Zoning changes and other public notices

Contact your legislator today and tell them you want your legal ads and public notices in the Mountain Messenger:

Stephen Baldwin
(304) 357-7959
stephen.baldwin@wvsenate.gov

Jack Woodrum
(304) 357-7849
jack.woodrum@wvsenate.gov

Barry Bruce
(304) 340-3131
barry.bruce@wvhouse.gov

Todd Longanacre
(304) 340-3129
todd.longanacre@wvhouse.gov

KEEP YOUR LEGAL ADS IN GREENBRIER COUNTY

emailus
NEWS@MOUNTAINMESSENGER.COM



FINANCE MANAGER

Carnegie Hall seeks an experienced, highly organized individual to join our team as Finance Manager, with overall responsibility for the organization's financial services. Potential for part-time or full-time employment.

Prefer bachelor's or associate's degree in a related field and five or more years of experience, preferably with nonprofit organization. The Finance Manager assists in budgeting, processes financial transactions, creates financial reports/statements, coordinates audit. Requires excellent organizational, time management, and computer, and communication skills; strong work ethic; positive, customer-focused attitude.

Competitive pay and benefits. Requires some weekends, evenings. Email cover letter and résumé to Cathy Rennard at ceo@carnegiehallwv.org. Review begins upon receipt of materials. EOE



Quick Essentials MINI STORAGE

3344 Houfnaggle Road Lewisburg, WV 24901 • 304-645-1304

FOUR SIZES TO CHOOSE FROM:

5' x 10' - \$35/mo. 10' x 15' - \$65/mo.
10' x 10' - \$55/mo. 10' x 20' - \$75/mo.

LIMO DRIVER NEEDED

Part-time contract limo driver needed. \$12/ hour plus 100% of all gratuity tips. Usually averages over \$20 per hour. Must have good driving record, clean cut with chauffeur license, and we do drug test before and randomly. Call 304-647-4888.



COLLINS Seamless Guttering

Serving The Area Since 1979

5" Residential, 6" Commercial

Leaf Guard • Ice Guard

Free Estimates!

LICENSED AND INSURED

Call Elmer Collins

304-497-2798 • 304-667-3656

VISIT US AT WWW.MOUNTAINMESSENGER.COM

GOT LEGALS?

EMAIL LEGALADS@MOUNTAINMEDIANEWS.COM

CLUB & CHURCH

A Look Back

C&O STA. NORTH CALDWELL, W. VA.



Photo Courtesy of the WVU West Virginia & Regional History Center.

By William "Skip" Deegans

This circa 1965 photo shows the North Caldwell depot on the Greenbrier Division, a branch line of the Chesapeake & Ohio Railway (C&O). Construction of the line began in 1899, and it ran from Ronceverte to Winterburn in Pocahontas County, a distance of 105 miles. The line principally serviced industries along the Greenbrier River— saw mills, quarries, and tanneries. It also provided passenger service until 1958. A passenger leaving Ronceverte at 8:25 in the morning would reach Winterburn at 12:50 in the afternoon. Freight service was discontinued in 1978, and the tracks were removed in 1979. The Caldwell depot was moved a short distance and is now part of RBS.

When the line was abandoned, Mark Hankins, a Lewisburg resident, led a movement to persuade the C&O to donate the right-of-way from Caldwell to Cass for a rail-to-trail. Hankins had worked for the C&O for 50 years, and his father had been an engineer on the Greenbrier Division. The State took possession of the right-of-way and incorporated the trail into its state park system. The trail opened in 1980, and just recently the U. S. Department of Interior designated it as a National Recreation Trail.

Photo: Courtesy of the WVU West Virginia & Regional History Center.

Sources: The Durbin Route: The Greenbrier Division of the Chesapeake & Ohio Railway, Pocahontas Times, Roanoke Times.

Church Bulletin

Annual Ketron Church and Community Homecoming 1902-2011 Sunday, Aug. 1 at 11 a.m.

The annual Ketron Church Homecoming is resuming this year! Please join us once again to celebrate the legacy of the Ketron Church, worship, and reunite with old friends. Masks will be available. The speaker this year will be Mayford Witt of Charleston. Following the worship service, we will gather at the Frank Whanger Picnic Shelter for a Carry-in lunch and a brief business meeting. Everyone is invited to attend. Paper products and utensils will be provided. Please notify Karen West of any persons you would like added to the memorial list. Because the Homecoming was cancelled last year, very few donations were received. Your donations for the upkeep of the church located on Rockland Road, Ronceverte, and the cemetery are more important now than ever before. If you have loved ones buried in the Ketron cemetery and cannot attend, please consider mailing a generous donation to Ketron Church in care of the Ketron Treasurer, Karen West, P.O. Box 251, Ronceverte, WV 24970. We look forward to seeing you!

First Fridays from page 4

provided. (1067 Washington Street East, 304-661-1752)

Pop in to **Patina** to enjoy live Celtic music by Patrick O'Flaherty and complimentary beverages and Girl Scout cookies. (1046 Washington Street East, 304-520-4960)

The North House Museum invites you to

visit, enjoy a drink, view their latest exhibits and experience the folk music of their house band, Rural Felicity. (814 Washington Street West, 304-645-3398)

Start Act II of your First Friday at the **The Asylum** with a live performance by Shawn Benfield, playing from 9

p.m. to midnight. (399 Randolph Street East, 681-318-3515)

First Fridays is sponsored by City National Bank and the shops and restaurants of downtown Lewisburg. For more information go to visitlewisburgwv.com, visit Facebook, or call 304-645-4333.

GVCF and United Way of GBV distribute additional \$30,000 in grants to regional food banks

In an effort to respond to the effects of novel coronavirus in local communities, the Greenbrier Valley Community Foundation (GVCF) sought to provide

support to local nonprofits in as many ways possible. The organization partnered with the United Way of the Greenbrier Valley and started a COVID

Relief Fund, raising and distributing/pledging over \$215,000 to nonprofits directly responding to the pandemic. Organizations providing feeding programs, senior services, basic needs support, and virtual education support received funding from this program. Additionally, the fund provided assistance to first responders and medical professionals by providing funding for PPE, large-scale sanitizing equipment, and mobile testing units.

As life returns to "normal," food pantries are still seeing increased demand from local residents. To help meet this need, GVCF and the United Way of the GBV provided an additional \$30,000 in grant funding to food pantries and basic needs service organizations in all corners and spots in between in Greenbrier, Monroe, and Pocahontas counties.

The following organizations received this second round of grant funding of the organizations' joint COVID Relief Fund: **Alderson Minis-See "Food Banks" P. 11**

Henning Church of God Ladies hold June meeting

The Ladies of the Henning Church of God held their regular monthly meeting Tuesday, June 8, in the church fellowship hall. President Carole Spencer presided and Marty Burns led in prayer.

Dyan Hefner brought us our devotion, "What's Good," with scripture reference Philippians 4:8. Many things are worthy of grace, however, we do not have to look far to find things to complain about. Adam and Eve focused their attention on one tree they could not eat from. The Israelites were saved by the parting of the Red Sea and then complained about the food later. Paul writes to think on things that are good and praiseworthy. For instance, a general that was a prisoner of war for seven years focused on one blade of grass in a vent every morning. When things are bad focus on God's peace during the storm. Choose faith over fear, hope over despair, and solutions over problems. Focus on God and he will give us peace. He knows what is best and what we need.

Jamie Harvey gave the treasurer's report and Pauline Perkins read last month's minutes.

The Craigsville Camp Meeting will be held June 20-25. Bill Konstanopoulos will be the speaker. The Laugh group will be serving the Maxwelton Ruritans on June 24. The group will be having a Yard and Bake Sale on Saturday, Sept. 11.

The next meeting will be July 13. Alice Coff dismissed in prayer. Attending were: Alice Coff, Angie Scott, Carole Spencer, Cindy Fleshman, Carol Spencer, Donna Scott, Dyan Hefner, Evon Persinger, Jamie Harvey, Marty Burns, Marsha Merritt, Patty Owens, and Pauline Perkins.

Crookshanks wins Golden Membership Key pin



Williamsburg Ruritan Club President Jack Goodman presenting Margaret Crookshanks with her award

The Williamsburg Ruritan Club awards Margaret Crookshanks with the Golden Membership Key pin. The key is awarded to members who bring two or more members into the

club. Once the paperwork is submitted to the Ruritan National Headquarters there is a quarterly drawing held for new member's names, and the member who brought them in as

new members is awarded a prize of \$100. Margaret was the lucky person that got the quarterly award. Congratulations!

Williamsburg Ruritan Club announces college scholarship awardees



The three recipients of the Williamsburg Ruritan College Scholarship Awards for 2021: Augusta Judy (left), Lauren Quick, and Caleb Thomas. President Jack Goodman presented the awards. Augusta will be attending Concord College, Lauren will be attending WVU, and Caleb will be attending Bluefield State. The three have been entered as new members of the Ruritan Club with the first year of membership paid for by the club.

THANK YOU FOR READING THE MOUNTAIN MESSENGER

RCBC

WE'RE HIRING!

NURSING ALL LEVELS - RN, LPN, AND CCMA

Visit our website career page for more details: www.rebelclinic.org

Robert C. Byrd Clinic
Quality Healthcare... Close to Home

SCHOOL

RES student to delegate conference in DC



Mason Miller

WV Department of Education announces Albert Yanni Scholarship recipients

The West Virginia Department of Education is pleased to announce the recipients of the 2021-2022 Albert Yanni Scholarships. Twenty-five career technical education (CTE) students were chosen out of 100 applicants to receive a \$2,000 scholarship for the upcoming school year.

Locally, Hunter Wamsley of Greenbrier East High School and Amber-

lie Wilson of Greenbrier West High School were selected as scholarship recipients.

The Albert Yanni Scholarship provides CTE students an opportunity to pursue advanced education and/or training related to their career aspirations. State Superintendent W. Clayton Burch said the application process is rigorous with two rounds of thorough and extensive

review of every applicant.

"These 25 students exemplify excellence in both the classroom, their fields of interest and their communities," Superintendent Burch said. "We are not only impressed by their academic successes, but also their interpersonal and self-management skills, leadership abilities and preparedness for post-secondary education."

Mason Miller, a fifth grader at Ronceverte Elementary, was chosen to be a delegate to the 2021 National Youth Leadership Foundation: Pathways to STEM conference in Washington, DC, this summer.

Candidates for this opportunity were first nominated by a teacher that recognized scholastic merit and leadership

potential which Mason demonstrates in the classroom, the afterschool program, and in his community.

Elementary students attending this conference will participate in a variety of unique opportunities that all focus on STEM (Science, Technology, Engineering and Math).

Some of the activities Mason will have

the opportunity to participate in include building a robot, training as a doctor and investigating a crime scene, all while making new friends and building skills he will use in his future.

Congratulations, Mason, we at Ronceverte Elementary look forward to hearing all about your experience when you return to school.

Five Years Ago from page 8

FIT increases FEMA's ability to provide on-site technical assistance and rapid delivery of FEMA's programs within the State of West Virginia and enhances FEMA's direct coordination with state partners.

The urgency to recover from 2016 galvanized the state as well. A year after the flood, the state established a Joint Legislative Committee on Flooding and, through it, a State Resiliency Office (SRO) to provide coordination among government agencies for emergency and disaster planning, response, and recovery. Then, in 2020, the West Virginia Offices of the Insurance Commissioner appointed a new director of West Virginia National Flood Insurance Program (NFIP) to promote

enrollment in the program and ensure proper land use and development to prevent flooding.

With leadership in place to directly address both resiliency and the chronic occurrence of floods, the state is positioning itself to be better prepared for what happens before and after disaster hits.

"Those lost or injured in this event hold a special place in our hearts and prayers," said G.E. McCabe, director of the West Virginia Emergency Management Division. "We continue to work with our local, state and federal partners to offer as much recovery as possible to the survivors. Valuable relationships have been developed on behalf of the citizens of West Virginia. We will strive for continuous

improvement as we move forward."

While the 2016 flooding left much suffering and damage in its wake, the move to come back stronger is leading to a recovery effort that is truly locally led, state-managed and federally supported.

Additional information on West Virginia's recovery from the 2016 flood can be found at www.fema.gov/disaster/4273. Learn more about the West Virginia Emergency Management Division at emd.wv.gov and West Virginia Voluntary Organizations Active in Disaster at www.wvvoad.org. For more information on the National Flood Insurance Program go to <https://www.floodsmart.gov>.

Food Banks from page 10

terial Association Food Pantry, Lindside United Methodist Church Food Pantry, Mountaineer Food Bank, Union United Methodist Church Community Food Pantry, Monroe County Coalition, First Baptist Church of Rainelle Food Pantry, Pocahon-

tas County Cooperative Ministries Food Pantry, Pocahontas County Senior Citizens, Mount Hermon United Methodist Church Food Pantry, Pocahontas County Family Resource Network, Northern Pocahontas Food Pantry, and the United Methodist

Emergency Food Pantry.

It is our hope that these grants will help these organizations continue to feed our communities. When these organizations thrive, as does the Greenbrier Valley, and it is our great pleasure to help.

AT&T

Best of Live TV & On Demand & **No annual contract required**

Stream *Friends* exclusively on HBO Max.

Our Exclusive Streaming Device sold separately.

CHOICE™ Package

\$84.99 /mo + tax.

See below for details.

- ✓ The price you see is the price you pay. No hidden fees.
- ✓ NOW get **unlimited hours** of Cloud DVR recordings for \$10/mo.¹
- ✓ **Stream on 20 devices** at once in your home—including your TVs, tablets, smartphones and other connected devices.²

HBO MAX Get HBO Max™ included for one year with CHOICE™ or above.

Subject to change. With CHOICE or ULTIMATE Package (min. \$84.99/mo.). HBO Max auto-renews after 12 months at then prevailing rate (currently \$14.99/mo.), unless you change or cancel. Req's you to select offer.

Access HBO Max only through HBO Max app or hbo.com. HBO Max also includes HBO channels and HBO On Demand on AT&T TV. Data rates may apply for app download/usage. New approved residential customers only, excluding DIRECTV and U-verse TV customers. Add'l fees and restr's apply.

Call your AT&T Dealer today!

iv Support Holdings LLC
(855) 656-0296

AT&T Preferred Dealer

¹Data connection req'd. Recordings expire after 90 days. In a series recording, max 30 episodes stored (oldest deleted first which may be in less than 90 days). Restr's apply. ²AT&T recommends a minimum Internet speed of 8Mbps per stream for optimal viewing. All 20 AT&T streams must be on the same home network and a compatible router is required. Certain channels are excluded. Limit 3 concurrent out-of-home AT&T streams. Restrictions apply. See att.com/20streams for details.

³AT&T recommends a minimum Internet speed of 8Mbps per stream for optimal viewing. AT&T TV compatible device req'd. Residential U.S. customers only (excludes Puerto Rico and U.S. Virgin Islands). Your AT&T TV service renews monthly at the prevailing rate, charged to your payment method on file unless you cancel. Once you've canceled, you can access AT&T TV through the remaining monthly period. New customers who cancel service in the first 14 days will receive a full refund. **Otherwise, no refunds or credits for any partial-month periods or unwatched content.** **AT&T TV Device:** AT&T TV device for well-qualified customers \$5/mo. each for 24 mos. on 0% APR installment agreement; otherwise \$120 each. **Non-qualified customers must purchase devices up-front.** Purchased devices may be returned within 14 days for a full refund. Devices purchased on installment agreement subject to additional terms and conditions. See cancellation policy at att.com/help/cancellation-policy-att-tv.html for more details. **Limits:** Offers may not be available through all channels and in select areas. Programming subject to blackout restrictions. Subject to AT&T TV terms and conditions (see att.com/legal/att-tv.html). **Pricing, channels, features, and terms are subject to change & may be modified or discontinued at any time without notice.** See att.com/tv for details. ©2021 AT&T Intellectual Property. All Rights Reserved. AT&T, the AT&T logo and all other AT&T marks contained herein are trademarks of AT&T Intellectual Property and/or AT&T affiliated companies. All other marks are the property of their respective owners.

GET THE NETWORK THAT WORKS AS HARD AS YOU DO

Our Lifeline Calling Plans bring discounted wireless service to participants in certain government-assisted programs.

Visit uscellular.com/lifeline or call 1-800-447-1339 for more information.

Plans starting at

\$34.25 /mo

before Lifeline discount.

LG K88

Things we want you to know: Lifeline is a federal government benefit program and only qualified persons may participate. Lifeline service may not be transferred to any other individual. Applicants must present documentation of household income or participation in qualifying programs. Lifeline is only available for one phone line per household, whether landline or wireless. The Lifeline Calling Plan/Lifeline discounts are only available to residents in states where UScellular is an Eligible Telecommunications Carrier (ETC). Eligibility to receive Lifeline discounts will be verified annually. Lifeline Calling Plans support all of the federal universal services provided for in 47CFR Sec. 54.101. Additional terms and conditions apply. See store or uscellular.com for details. ©2021 UScellular

WEST VIRGINIANS 12 YEARS OF AGE AND OLDER CAN GET FREE COVID-19 VACCINES.

To find COVID-19 vaccines near you, visit

VACCINATE.WV.GOV

or call the West Virginia COVID-19 Vaccine Info Line at

1-833-734-0965

The Impacts of Mindfulness Practices with Children in the Heart of Coal Country West Virginia



By Jenny Harden, Micah Gregory, Ilana Haliwa, and Traci Jarrett

Extensive research suggests that stress and trauma experienced during childhood can have a significant effect on social, emotional, behavioral, and physiological development. Adverse childhood experiences (ACEs), including abuse, neglect, and household dysfunction have been significantly associated with poor emotion regulation, worse mental health, and worse physical health outcomes (e.g., drug use, heart disease, liver disease; Centers for Disease Control, 2019; Cloitre et al., 2019; Felitti et al. 1988).

In the state of West Virginia, the majority of children under the age of 18 (52%) have experienced at least one ACE, compared to 46% nationally (ACES Coalition WV, 2018). Adverse childhood experiences are more common in rural, and low-income households (Halfon et al., 2017; HRSA, 2020). As West Virginia is classified as a rural state with the 6th highest poverty rate in the United States (US Census, 2020), childhood trauma is a critical con-

cern within the state. Further, children experiencing trauma have a greater likelihood of problem behavior and poorer school performance (Blodgett & Lanigan, 2018). Thus, it is crucial to identify environments and mechanisms to mitigate the negative outcomes associated with these adverse events within the state of West Virginia.

Fortunately, evidence suggests that some interventions, including school-based mindfulness training, can improve outcomes following exposure to trauma (Ortiz & Sibinga, 2017).

Jenny Harden, a principal at Rupert Elementary, became interested in mindfulness six years ago. After accepting the role of principal, she began to notice high rates of behavioral challenges among her students, including classroom outbursts and physical aggression. Indeed, 30 students were suspended in the 2015 - 2016 school year alone. She noted that many of her students had not yet learned to regulate their behavior and emotions in a healthy way and believed that a critical role of educators was to help children learn these

skills.

“We teach kids math and we teach kids reading. We need to teach them behavior, we don’t need to punish them.”

One afternoon, a student was sent to her office for exhibiting problematic behavior in the classroom and was experiencing high levels of emotional distress and was also being physically violent. As a last-minute recourse to try and get the student to calm down, Jenny asked him to lay down and to focus on breathing with her. After observing the calming effect of this impromptu breathing exercise, Jenny became curious about the use of breathing and grounding for assisting youth with emotion regulation.

“It came out of nowhere and it worked, we have to figure out where this is coming from, and we started to dig into research.”

Her search for research and resources led her to mindfulness, or the practice of approaching emotions and sensations with kindness and curiosity (Viafora et al., 2015),

often accomplished using breathing exercises, yoga, and meditation. Jenny began by simply googling “how to calm kids down,” which eventually led her to mindfulness resources from the author Annaka Harris (<https://annakaharris.com/mindfulness-forchildren/>) and to Amy Snodgrass the co-founder of Mindful WV (<https://www.mindfulwv.org/>), a statewide collaborative effort to promote the use of mindfulness in West Virginia to build youth, family, and community resilience.

Slowly, Jenny began learning more about the use of school-based mindfulness and regularly using brief mindfulness exercises with students that came into her office requiring help with emotion or behavior regulation. Beginning in the 2016-2017 school year, mindfulness activities were implemented in the classroom at every grade-level. Teachers were encouraged to approach mindfulness training as a professional development opportunity, as way to better support their

students, and to approach the exercises as their own form of self-care.

Results were almost immediate, and Rupert Elementary School saw a 70% drop in suspension rates that same year. Today, mindfulness exercises such as morning mindfulness, exercises involving music, yoga programs specifically designed for kids, and mindful coloring are among the resources used by teachers and staff within the classrooms. Children are also taught and given the space to self-regulate their emotions through “take a break” cards and mediation. The program has been widely accepted and students have been observed using these practices own their own in the hallways and at recess.

“We had one student, last year who had a lot of trouble and was [sent to my] office a lot and would say that he ‘got so mad,’ and now he initiates a ‘take a break’ cards [he’ll come in on his own to my office] and I have a little Zen garden and he’ll decorate the Zen garden and put himself together

[...] and now I’ll see him 1-2 a week instead 3-4 a day.”

Since the start of COVID-19, parents that have children engaged in remote learning have also reported that kids are using these tools to express their feelings in a healthy manner.

“I have heard stories from my parents relating how their kids will sit down [when faced with anger or conflict at home] and say, ‘peace begins with me’ and then they’ll try and figure things out.”

These mindfulness exercises have provided students with healthy resources for managing emotions and coping with challenges ranging from school- and home-based stressors to those associated with a global pandemic that has fundamentally changed daily life.

Principal Harden concludes, “The resiliency we can teach them through a trauma informed lens, even though they’re in trauma daily, they can feel safe, learn those tools and be a successful peaceful adult.”

Coaching Boys into Men Program coming to West Virginia

The West Virginia Foundation for Rape Information and Services WVRIS is sponsoring a statewide rollout of Coaching Boys Into Men (CBIM) Program throughout West Virginia for all male middle and high school coaches.

Coaching Boys into Men (CBIM) is a violence prevention program developed by Futures Without Violence for athletic coaches to inspire them to teach their young male athletes about the importance of respect for themselves, others, and

particularly women and girls. The three pillars of CBIM are respect, integrity, and nonviolence.

CBIM is the only evidence-based prevention program that trains and motivates coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.

CBIM was developed for coaches to be easily incorporated into regular coaching strategy and practice sessions. Over the course of a season, CBIM coaches lead their players

through brief weekly activities that address themes such as personal responsibility, respectful behavior, relationship abuse, consent, and resilience. Participating coaches receive a set of 12 training cards, each with a weekly topic and guidance for discussion.

CBIM has been proven to work! In 2012, CBIM underwent a rigorous three-year evaluation funded by the Centers for Disease Control (CDC) that found athletes who participated in the program were significantly

more likely to intervene when witnessing abusive or disrespectful behaviors among their peers, and were also more likely to report less abuse perpetration. CBIM has its own website where you can learn more - www.coachescorner.org.

Are you a coach interested in being trained on CBIM? For more information, contact Family Refuge Center’s Director of Community Education, Jessica Bender, at 304-645-6324 or jessicab@familyrefugecenter.org.

WHEELS THAT HEAL!



Donate your car & make a positive difference in the lives of those affected by breast cancer.

- 24-hour free pick up
- 7 days a week
- Maximum tax deduction
- Running or not
- Se habla español



Call now

888-981-8027



HASHTAG

WEST VIRGINIA

FOOD • MUSIC • SHOPPING
ARTS • EVENTS

10,000 free, full color papers distributed
monthly in 13 counties in WV & VA.
Est. 2012

@hashtagwv hashtagwv.com

SUBSCRIBE

to gain unlimited digital access to the
Mountain Messenger

Only \$2.50 a
month!



PLUS 14 local
papers in
your region!

www.mountainmessenger.com