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Mountain messenger

March 18, 2023

Vol. XL, No. 11

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



Red Nose River Float returns this June



Donned in their red noses, river floaters Stephanie Myers (left), Samantha Gray, Travis McClintic, and Elise McClintic (front) are pictured here from last year's event. (Sheena Pendley photo)



Participants Zoe Hinkey and Katie Dailer enjoy a day on the river while supporting a good cause! (Sheena Pendley photo)

By Sarah Richardson

The second annual Red Nose River Float, a floating fundraiser, will be returning to the Greenbrier River this summer. This year's float is scheduled for Saturday, June 17, starting at 11 a.m. at the Caldwell Boat Launch and ending roughly 2.5 hours later at Ronceverte Island Park.

The event page states, "This section of the river is approximately six miles of Class II water. This water trail is perfect for beginners. Expect 2.5 hours of float time. Give yourself an hour round trip to set up a shuttle."

See "Red Nose River Float" — Page 3

Ronceverte lands region's first skate shop



James and Joanne Holt, owners of Ronceverte's newest business: the Ronceverte Skate Shop.

The Ronceverte Skate Shop officially opened for business on Mar. 17.



boards, based in Charleston). There's a living room in the back of the store with a couch that calls your name. And while the mural on the wall beside the couch is a surprise you need to see for yourself, let's just say it's a duck unlike any other.

When James and Joanne Holt moved to Greenbrier County from northern Virginia, they routinely saw vehicles with thousands of dollars of biking equipment. Yet, most of the vehicles were tourists. They didn't see many locals, especially kids, taking part in action sports.

"Kids need an outlet to be kids," says James. "There's a lack of accessibility to action sports right now. This fills a gap."

They chose to focus on skateboarding because, "It's an easy entry sport," according to Joanne. Meaning most kids can pick it up quickly.

James grew up skateboarding but says he doesn't do it much anymore. "My balance isn't what it used to be," he jokes.

"The only thing that separates a beginner from someone who's really good is practice," he says. He believes if kids have the opportunity to try out the sport, it will positively impact them. They may or may not keep skateboarding, but they will expand their horizons, get active, and be willing to take on new challenges.

Why is there a monkey on the logo?

The main store logo includes a monkey, a historical See "Skate Shop" — Page 2

By Stephen Baldwin, RealWV

Standing in the middle of the Ronceverte skate park, you look across the railroad tracks towards town. Underneath the old Workman Bridge, now stripped to its beams, you can barely see the soft glow of a leg lamp in a large frame window. It's backlighting a black vinyl decal in the shape of a lightning bolt. Large block letters announce: "Ronceverte Skate Shop." It may be on the wrong side of the tracks from the park, but it feels so right. Like it's a long lost puzzle piece you've finally found.

After building a skate park more than a decade ago, the town is elated to welcome the Ronceverte Skate Shop as a new business. Located along Edgar Avenue by the post office, it's set for a grand opening this Friday from 10 a.m. to 6 p.m.

Like its owners, James and Joanne Holt, the skate shop oozes cool. Trucker hats, gum-soled shoes, fat tire bikes, and skateboards galore. Some of the skateboards are made right here in West Virginia (Apartment Skate-

Greenbrier Valley CVB reveals rebranding for the area

The Greenbrier Valley Convention and Visitor's Bureau unveiled a new, updated logo for the Greenbrier Valley, a new version of the visitor's guide, and more at a ceremony held last week.

They state that, "The brand refresh started with the challenge to modernize the existing logo mark yet keep it classic enough to last a decade or more. Guided by the updated brand positioning statement, brand archetypes, character, and tone, we explored a variety of logo directions. The new, updated logo celebrates the charming luxury that is the essence of the Greenbrier Valley brand. We chose a refined serif font and added curves to a few of the characters as a nod to the region's beautiful hills and rivers."

A redesigned CVB website will be released later this spring. Stay tuned at www.greenbrierwv.com, and in the meantime, download a free digital version of the new visitor's guide.



Ronceverte River Festival logo and slogan contest open for submissions

As part of 2023 Ronceverte River Festival celebrations, the River Festival Committee invites people of all ages to creatively visualize a new logo and present a new slogan for use in the 2023 Ronceverte River Festival pamphlet. These are two separate contests and are

See "Logo & Slogan Contest" — Page 3

GREENBRIER HUMANE SOCIETY County Commission hears annual presentation from Humane Society

By Adam Pack

Jennifer Runyon, Board President of the Greenbrier County Humane Society, was present at Monday's County Commission to give the Society's annual report for 2022. Runyon began by saying that, "this has been a different year for all of us, which is now known as 'puppy year;' Typically one or two litters per year come our way, but this year almost 100 of the 522 dogs we received were puppies." Runyon brought several other interesting facts and updates well, stating that,

- Dog surrenders are down, though they have transitioned in character from mostly owned, adult dogs to puppies.

- 955 cats were taken in this year, a number on par with previous years

See "Co. Commission" — Page 3

BOE hears encouraging fiscal news, approves school calendar

By Adam Pack

The Greenbrier County Board of Education heard about positive developments from Chief School Business Officer David McClure regarding levy rates at their latest meeting. In his request for adoption of the schedule of proposed levy rates for fiscal year 2024, McClure informed the board that "as a result of the increase in the assessments [by the state auditor's office] as well as the reserve that's been building, in fiscal year 2024 the bond will pay off completely for the Board of Education." This news brings with it some welcome windfalls, as McClure went on to explain that, "[The paying off of that bond] will eliminate that debt for the citizens, and together with the increased assessments and the aforementioned reserves being built up, the levy rate for the bonds in the last year reduced substantially. Therefore, I'm happy to be able to report that all citizens across the county will see a reduction in prop taxes that go to support public education. [Reductions in public education

taxes] have been consistent since 2017, and will drop significantly in 2024, and those rates will drop again in 2025 as the bond will be paid off." McClure explained that the fiscal health of the board can be partly explained by the contribution of White Sulphur Springs' recent growth leading to an improved assessment for the district. The new levy rates will be published for comment and review by the public prior to a special financial meeting of the board, where they will be brought up for final approval.

Board President Jeanie Wyatt remarked, upon approving the schedule of See "BOE" — Page 2

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Skate Shop

Continued from Front Page

nod to the monkey graveyard located in town. Long story short, it was an awful mishap resulting from a stalled circus train inside a tunnel, which killed all the monkeys onboard after an exhaust buildup. Ronceverte was the next stop for the train, so they buried them here along the tracks before they set up the circus in town. It's the only known grave of its kind.

of new energy here right now. It just fits.”

R.A.A.D.

When you talk to the Holts, they obviously love the community and the skate shop. But what really lights their fire is their non-profit work. They have two kids and spend a lot of time volunteering with local sports and schools.

As a result, they know kids need extra attention these days. So, they started a non-profit called Rural Appalachian Action Sports Development (RAAD). For more info, visit them online at www.TheRAAD.org.

RAAD will host contests and events for kids in the community through the skate shop. “Not all families have money for their kids to try action sports,” says James.

That's why the shop will have what they're calling a “RAAD Rack,” contain-

ing gear and boards that people donate for others to use. Kids pay what they can for those items, and all the proceeds will go back to RAAD to spread action sports to more kids.

Grand Opening

The Greenbrier County Chamber of Commerce hosted a Business After Hours event at the shop this past Thursday, March 16, and the shop officially opened on March 17 from 10 a.m. to 6 p.m. Regular hours will be announced soon. Customers can always shop via appointment by contacting the Holts online.

For more information, visit www.TheRonceverteSkateShop.com, call them at 304-207-0234, or stop by 543 Edgar Avenue in Ronceverte. They are located beside the post office, underneath the bridge. They will leave the leg lamp light on for you.

BOE

Continued from Front Page

proposed levy rates, that, “This is so amazing to me. I was on the board when we did the ‘mega-bond’ and just seemed like it would be eternity before we would pay it off and that's it. We're here. We had never run a bond to that extent, and it was a major undertaking due to the economy at the time, but the people of the county came forth and helped us, and here we are today ready to pay us off.” This bond was originally procured to help secure funding for the operation and/or work to Greenbrier West High School, Rainelle Elementary, Lewisburg Elementary, an auxiliary gym at Eastern Greenbrier Middle, and Smoot Elementary.

In sports news, the board also heard McClure's request for the approval of Field Turf USA's proposal for turf replacement and track repairs at Greenbrier East High School and turf installation and track repairs at Greenbrier West High School. McClure described these repairs and installations as “sorely needed,” and that “a great deal of research has been done, due diligence has been done by everyone involved, and Field Turf is the best option,” due to “estimates coming in lower than was initially recorded.” As a result, both schools will have turf

fields and new tracks.

The board also approved the 2023-24 School Calendar, as well as the Mid-Term/Nine Weeks Dates, and the Universal Pre-K Calendar. The 2023-24 Mid-Term/Nine Weeks Dates read as follows:

- Grades 1-12 start date Aug. 28
- K start date Sept. 5; PK start date Sept. 7
- 1st mid-term: Sept. 26
- 1st 9 week ends: Oct. 26
- 2nd mid-term: Dec. 7
- 1st semester ends: Jan. 18
- 3rd mid-term: Feb. 23
- 3rd 9 week ends: Mar. 21
- 4th mid-term: May 2
- 2nd semester ends: June 5
- Faculty Senate dates:
- Aug. 21: no students
- Oct. 9: PL day - no students
- Dec. 21: two-hour early release
- Feb. 19: PL day - no students
- Apr. 25: two-hour early release
- June 5: two-hour early release
- Additional PL days: Aug. 22 and 23; and Apr. 2

The board was also pleased to officially See “BOE” Page 5

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Greenbrier Valley Medical Center

Vandalia Health



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Whether you're new to CAMC or you already know us, we look forward to this new beginning for health care in your community!



Greenbrier Valley Medical Center

Vandalia Health

Briefly

Last Shooting Match of the Season

will be held Saturday, Mar. 18 at the Williamsburg Community Building, 6571 Shoestring Trail, Williamsburg. Match start at 7 p.m., but food concessions open at 6 p.m. Match will be eight rounds, 12-gauge guns only. First seven rounds are \$2 per shot, eighth round 50/50 at \$6 per shot. Shooters must compete in the first seven rounds in order to compete in the eighth round. 50/50 splatter match is \$1 per chance between rounds. Cash prizes will be awarded. You do not need to be a shooter to win! Delicious hot food and refreshments will be available starting at 6 p.m. Families are welcomed, you don't have to shoot to come get a meal! Proceeds will benefit Williamsburg Community service projects. Sponsored by a joint effort of the Williamsburg Community Action and the Williamsburg Rurians. For more information and directions visit website www.williamsburgwv.com, or contact Bill Jarvis at 304-645-3690.

American Heritage Music Hall, Inc.

located at 496 Island Park, Ronceverte, is open to the public, all welcome, handicap accessible. Listeners and tourists welcome. Admission \$7 Tuesday nights, \$10 Saturday - Audience provides food. Doors open at 7 p.m. Jam & Dance every Tuesday 7 to 10 p.m. **Craft & Vendor Show** - Friday, Mar. 17 from 2 to 6 p.m. and Saturday, Mar. 18 from 9 a.m. to 5 p.m. **Dance** - Mar. 25 features Walter & Richard Country Pride 7 to 10:30 p.m. The Music Hall is available for weddings and parties. For more information call the Music Hall at 304-645-4667; Bill Evans at 304-392-6079; Grace Poe at 304-992-5852.

Democratic Executive Committee

will meet Wednesday, Apr. 12, at 5:30 p.m. at the Better Homes and Gardens Real Estate office in downtown Lewisburg. Anyone who is interested in supporting our Democratic values is welcome to attend.

Earth Day

Fashion Forward Competition

On Saturday, Apr. 22, at 3 p.m. at the Greenbrier County Library, there will be a fashion show celebrating the repair, reuse, and repurposing of materials to reduce waste in our landfills and to promote the health of our planet. Awards will be given in a range of categories, and both amateurs and professional designers of all ages are encouraged to enter. Design categories and the entry form are available at edfashionforward.com. Create on your own or grab some friends and see what you can come up with! The event is open to the public and tickets are available via the website. The event is sponsored by the Greenbrier County Democratic Women as a fundraiser for Blue Skies Ahead Get-Out-The-Vote work.

Thank you

The Williamsburg Food Pantry wants to thank the many that joined us for the Corned Beef & Cabbage Dinner, but due to the overwhelming demand we want to apologize to those who arrived to find we were sold out. Over 100 dinners were served, but mark your calendar for May 6 and join us for a Spaghetti Dinner. Call 304-392-5537 with any questions.

Public Meetings

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.

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.

Renick Town Council

will have a budget meeting Monday, Mar. 27 at 7 p.m. at Renick Town Hall. Agenda items include:

- Create 2023-2024 Fiscal Budget

Immediately following the budget meeting, Council will meet for the regular monthly meeting. Agenda items include:

- Community comments
- Approval of meeting Minutes
- Approval of Financial reports
- Old business
- New business
- Committee reports
- Other business

Greenbrier PSD #1

will meet in regular session Friday, Mar. 24, at 7 a.m. at the District Office, 9035 Seneca Trail South, Fairlea. On the agenda:

- Approval of Minutes - Feb. 17, 2023 meeting
- Financial Report
- Manager Report
- Field Report
- Engineering Report
- Phase B extension project:
 - Payment Resolutions
 - Other project related business brought before the Board
- Phase C extension project:
 - Payment Resolutions
 - Other project related business brought before the Board
- Discussion of funding opportunities for future projects
- Executive Session, legal matters
- Other business brought before the Board

Red Nose River Float Continued from Front Page

Plans are in the works for help with shuttle, but please be prepared to have your own transportation." Life jackets are required for each participant, and there will be safety boaters throughout the float route.

After the float there will be an after party with awards, live music, food, and more.

This fundraiser and ALS awareness campaign is held in honor of Chally Erb, Gary Arbaugh, and all those whose lives have been affected by ALS, a progressive neurodegenerative disease. All proceeds from this event go directly to The ALS Foundation, a nonprofit organization dedicated to discover treatments and a cure for ALS.

Participants must register for this event in advance at www.rednosriverfloat.com. Basic registration costs \$25 and includes access to the float event, a commemorative red nose, and event sticker. Premium registration costs \$90 and includes access to the float event, an event t-shirt, a commemorative red nose, an ALS Association swag bag, and 20% off a food order (excludes alcohol). Volunteers may also register online.

For more information email Anthony.Woodyard@als.org or call 304-207-0015. Follow the event page on Facebook for more details at "Red Nose River Float."

Co. Commission Continued from Front Page

- 70% of dogs in the shelter and 67% of cats were owner surrendered

- 115 dogs were brought in by ACO; and in total, 1,592 dogs and cats were cared for in 2022

- Due to support from the county, since 2009, the society has been able to facilitate and accept the surrender of 25,782 dogs and cats and a significant number of those animals were adopted.

- As of 2022, the society has not euthanized any animals for space for nine years.

- Last year, 1,775 dogs and cats were spayed and or neutered at no cost to any pet owner. This totals more than \$1 million to local vets for these services. These procedures were funded without money from the county.

- 33,225 dogs and cats have been fixed to date since the society began assisting pet owners with getting their pets spayed or neutered.

Runyon finished her report with news on the society's outreach efforts. The society recently partnered with the Kanawha Humane Society, who is able to take some of the special medical cases which the Greenbrier Humane Society is unable to properly care for. Homeless animal reduction efforts are also a part of the society's efforts, including the Community Cat Program. In 2022, the society raised and spent \$ 7,000 altering and vaccinating 135 cats and kittens, according to Runyon. She went on to give the commission a reminder of the Greenbrier County Humane Society's motivating principle: "Our goal is to put ourselves out of business through spaying and neutering."

In other news, the commission approved an extension of the Sheriff's Department's lease of the Bruce Law Firm building, and authorized the county tax deputy to set up a bank account for the receipt of funds from the upcoming opioid litigation settlement. No date or amounts have been given to the county as of yet regarding said funds. Lastly, the county opened and forwarded responses for the county's Requests for Proposals for Outside Legal Counsel on the Quinwood Broadband project. Four firms' bids were opened and will be sent to Region 4 Planning and Development where they will be evaluated for correctness. If deemed correctly filed and appropriate, the county will vote on which firm to accept.

The Greenbrier County Commission will meet again on Tuesday, Mar. 28, at 10 a.m. in the Greenbrier County Commission offices, in the basement of the courthouse. The public is encouraged to attend. Interested parties should call 304-647-6689 ahead, the times and dates are subject to change.

Greenbrier County Magistrate Court Convictions

Franklin Gonzaga, DeForest, WI, failure to yield to emergency vehicle, GP, fine \$25

Wyatt Lane Taylor, Frankford, reckless driving, NCP, fine \$75

Robert Derrick Clutter, Williamsburg, speeding, NCP, fine \$8

Jared A. Heller, Lewisburg, dog not on leash, NCP, fine \$20

Jeremy Dewayne Wykle, Rainelle, DUI, NCP, fine \$100, jail 1 day

Joe Richmond, Buckeye, destruction of property, NCP, fine \$75, jail 21 days - suspended pending 10 months unsupervised probation, restitution to be paid directly to Lewisburg Police Dept. in amount of \$437.01

Samuel Eugene Allen, Union, reckless driving, NCP, fine \$100, jail 30 days - suspended

Nancy R. Johnson, following too closely, GP, fine \$5

Katelyn Renee Griffey, Maxwelton, domestic assault, NCP, fine \$50, jail 30 days - suspended and place on 12 months unsupervised probation

Sherman Andrew Eagle, Smoot, trespassing, NCP, fine \$100

Phil W. Yancey, Middletown, DE, speeding, GP, fine \$5

Sobriety Checkpoint scheduled in Fairlea

The West Virginia State Police will conduct a sobriety checkpoint on US Rt. 219 in the Fairlea area of Greenbrier County on Friday, Mar. 17. The checkpoint will be in operation between 6 p.m. and Midnight. The purpose of the checkpoint is to detect and deter impaired drivers, as well as to educate the public about the dangers of driving an automobile while impaired by alcohol and/or drugs.

The State Police urge the motoring public to assist law enforcement agencies in their efforts to stop driving under the influence incidents by reporting impaired drivers.

Logo & Slogan Contest

Continued from Front Page

open to anyone and everyone who wants to participate, regardless of age or location.

Mark Mengel, chairman of the Ronceverte River Festival Committee, said, "We hope launching these contests will get the community more involved in the festival and get them interested in participating in other ways. The River Festival is a community event, and for that we need community involvement!"

There is no featured image required in the graphic design. The design should represent the artist's interpretation of the Ronceverte River Festival and what the creator enjoys about their memories at the festival (ex. ducks, rivers, festivals). The design must be in color. The artwork must be an original work of the creator. The artwork may be digital or hand drawn. Artists who submit scanned work digitally may be asked for their original artwork to be rescanned for a higher quality image. For artists under the age of 18, art must be submitted under the name of a parent or legal guardian of the creator.

The slogan may not contain more than 10 words, though may be less. The slogan should encompass the theme of the entire 2023 River Festival overall. For creators under the age of 18, the submission must be under the name of a parent or legal guardian of the creator.

The submission period for each contest concludes on Mar. 25 at midnight. Entries must be submitted to the Ronceverte River Festival Facebook page, via email to theronceverteriverfestival@gmail.com, or dropped off in-person at Ronceverte Baptist Church, Attn: Dreama West, 617 Main St W, Ronceverte, WV 24970. Please be sure to include the name and contact information of the creator with the submitted design. The winner for each contest will receive five tickets for the Great Rubber Ducky Race and will be announced on Apr. 1.

For more details about the contest, eligibility, and awards, please email theronceverteriverfestival@gmail.com or reach out via the Ronceverte River Festival Facebook page. To find out more about the 2023 River Festival, visit roncevertewv.org/festival

PICK OF THE LITTER



BARNEY

Barney is a six-year-old male hound mix and weighs 37 pounds.



MAXINE

Maxine is a one-year-old female Manx

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.

Call 304-645-4775 for more information.

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.

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OPINION

Nature's Way

By Karen Cohen

Liven Up Yourself

Well, I have never been surrounded by so many LIVE creatures in the form of gorgeous flowers and plants in my life! Well, ok, maybe when I would make my monthly pilgrimage to the Botanic Gardens in Washington, DC. That place, especially at holiday time, would blow your mind with the amount of greenery and poinsettias. Last week I attended the longest running flower show in our nation, the Philadelphia Flower Show in Pennsylvania. Along with my experienced gardening friend, a professional orchid grower, the two of us were stunned into complete silence by the multitudes of floral displays, creative competitions and award winners, and then there was the vendor section...for sale items. Jaws dropped.

With one day to complete the world's largest indoor flower show, we hustled about cutting through crowds, though they weren't all there at the same time, thank goodness. We came prepared for walking... and walking. First, we entered the Garden Electric gardens, the moniker for the show. Hanging from a very high ceiling were flowerpots, large and full, and turned upside down. That's right, double take! We wondered how the flowers, dirt, and moss were held in the pots, bottoms up! All I can say is, I won't try that trick at home.

Purple and blue strobe lights flashed across an array of flowers and plants; I could hear the Bee Gees singing somewhere, Stayin' Alive, was it? We had the urge to break into a disco dance, so we did! Two ole hippie chicks dancing around doesn't really draw much attention, not when there are more beautiful things to look at, like the flowers!

For a low ticket price of \$40, we certainly got our money's worth. My friend scooped up a bucket full of assorted bags of peony tubers, buy five get one free! Prices for those ranged from \$13 a bag to \$125. I couldn't resist buying from a vendor whose name was Peony's Envy! I bought a layered pink and cream peony called Sorbet for \$28 which promises many blooms per stem along with fragrance. Oh, la la.

Peonies are perennials and very easy to grow. If you are having trouble growing these, it may be that you planted the tuber too deep. They will not flower if you do. Dig them back up carefully, not to break the roots and dig a shallow 1 1/2-2" deep trench, lay the tubers in and cover with just about 1-2 inches of loose soil; let the "eyes" face upwards and even poke out of the soil. It's best to put them into the garden in late fall so they can establish themselves over the winter and that's the same time to divide them to replant. Since I bought mine in March, I put them in the fridge till the cold soil outside unfreezes and then I will plant them. No need to add fertilizer because they require low nitrogen. It may take 2-3 years for these to flower but when they do...they do put on a show!

We also visited the netted tent called Butterflies Alive! Hundreds of butterflies of all shapes, colors, and sizes were flitting about, landing on everyone's heads, shoulders, and shoes. We were warned to be careful not to crush any! It was so much fun to hold out your hand and have one perch on your fingers. Of course, cell phones were snapping away like mad.

Artwork, garden art, gardening tools, armchairs, wind chimes, bath bombs, herbal olive oils, and bird houses



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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

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are just a handful of the many goodies to peruse and take home. Let's not leave out the oodles of attractive house plants. Even if you don't have a green thumb, I promise you, you can adopt certain plants for inside your home. I look for low light plants that like consistently warm temperatures, such as Philodendrons or Tradescantia Nanouk (also called Fantasy Venice). These are both easy to care for. Just hang these up in a window, even the bathroom window for indirect light, and let them grow wild and free. A light watering once a week or only when the soil feels dry is all that is needed to keep these vines sprouting more green leaves. Both of these will thrive indoors for many years! If you are a beginner, I wouldn't purchase a bonsai tree; these require attention and careful pruning.

For novices with a desire to indulge your non-green thumbs, buy an air plant. Yes, there is a plant which requires really nothing but air, light, and very little water. With strange names like Aeranthis or Brachycaulos, these plants are epiphytes and can produce flowers and offshoots. Lifespan is about two to five years but a single plant if properly treated can last indefinitely.

Treat your senses to flowers and plants, all things live! It really will perk up a long drawn out winter and will guarantee you to liven up!

(Karen Cohen grows flowers and vegetables organically and loves to explore the woods! Seed and plant lovers can sign up for the seed/plant swap gathering in Lewisburg by emailing natureswaykaren@gmail.com. And happy growing!)

Commentary

Ukraine

The snow falls softly in the night upon the ravages of war and upon a people yearning only to dine on the blessed ordinariness of lives they once took for granted. As do we.

And taste once again the sweet wine of freedom. But at least the snowfall is silent, Unlike the thunderous roar of the rockets That now engulf their very unordinary lives. One year into the relentless carnage there are no conquering heroes here; only heroes who refuse to be conquered. How long must they endure? For some, forever comes swiftly, Their fight ending in a heartbeat. While others are left to mourn them, knowing their own forever may be only a heartbeat away. And they gaze at each other and whisper "May your skies be silent tonight."

*Louise (Lee) Fraley
Covington, VA*

Commentary

AG Morrissey reminds consumers to research tax prep services

It's that time of the year again, so West Virginia Attorney General Patrick Morrissey is reminding consumers to be cautious and to protect personal information when preparing and filing their federal and state income taxes, particularly since some tax preparers offer remote/online assistance.

The federal and West Virginia tax filing deadline this year is Apr. 18.

If opting for a remote or virtual transaction, make sure you're dealing with a legitimate tax preparation service. Also, make sure the tax preparer uses a secure portal to receive sensitive information involving income, Social Security numbers, finances, birth dates, addresses and other items scammers could steal.

"Tax season is in full swing and so are scammers who are busy trying to steal your personal information," Attorney General Morrissey said. "That's why it's imperative for consumers to be mindful of how they handle tax information and who processes tax-related documents on their behalf. Make sure you work with the right person or business. Research their reputation, qualifications, and be on guard for any phony or dishonest preparer who would jeopardize your personal information."

Consumers can greatly reduce the risk of fraud by filing their return well before the April 18 deadline. This gives thieves less time to file a false return since Internal Revenue Service records would show a filed return in the consumer's name. Consumers also should use a secure internet connection, and never file their return via publicly available WiFi.

Consumers should ask for the Preparer Tax Identification Number (PTIN) and check the IRS list found at <https://irs.treasury.gov/rpo/rpo.jsf>.

Legitimate tax preparers will ask for records and receipts. Additionally, they will never ask a client to sign a blank tax return. If they suggest as much, it should raise an immediate red flag.

Consumers should also ensure their tax preparer signs and includes his or her IRS Preparer Tax Identification Number. Federal law requires paid tax preparers to take both steps. See "Tax Preparer" ___ Page 5

House passes SB-577 to cap copays on insulin

By Matt Young, WV Press Association

West Virginia took another big step toward lowering its cap on copays for insulin and other diabetic-devices on Friday, with the House of Delegates passage of Senate Bill (SB) 577.

Addressing SB 577, Gaylene Miller, state director for AARP-WV, said, "There has been really good support for the idea of reducing the copay cap on insulin." AARP WV has been one of the main proponents of the legislation.

Miller noted that similar legislation was proposed last year, but "didn't make it across the finish line."

"This year, we are cautiously optimistic that it's going to make it across that finish line to the governor's desk, and get signed," Miller added.

SB 577 seeks to reduce the insulin copay cap, from the current limit of \$100 to \$35. Insulin delivery devices would also be covered by a \$100 copay cap. In addition, the bill allows for the purchase of diabetes testing equipment without a doctor's prescription. SB 577 was passed in the Senate on Feb. 23 by a vote of 32 to two.

"Addressing the high cost of prescription drugs has been a priority of AARP for my entire career, and I've been with AARP for more than 20 years," Miller said. "It's an ongoing issue that we've tried to address."

"It's sort of like the old adage, 'How do you eat an elephant?'" Miller noted. "One bite at a time."

Despite the legislation's failure to make it to the governor's desk in 2022, Miller remained committed to its necessity.

Miller's first "bite" of the 2023 legislative session came on Jan. 19, while testifying before the House Committee on Senior, Children and Family Issues. When referencing a recent AARP member-survey, Miller told the committee, "Nearly 70% of our survey respondents want lawmakers to take action to lower the cost of insulin, and other prescription drugs, during this year's session."

As explained in the text of the bill: "It is estimated that over 240,000 West Virginians are diagnosed and living with type 1 or type 2 diabetes and another 65,000 are undiagnosed. The medical cost related to diabetes in West Virginia is estimated at \$2.5 billion annually."

SB 577 further explains that the costs associated with insulin and other diabetic equipment and supplies, as well as the cost of insurance copays, has "increased astronomically." The bill estimates that West Virginians living with type 1 or type 2 diabetes have a monthly out-of-pocket expense "in excess of \$1,000."

"I believe it was in 2020 our state passed a prescription drug transparency law thinking that if pharmaceutical companies had to provide information about why they were raising their costs, perhaps that bit of accountability would make them think twice," Miller said. "That's up and running in our state now, and we're really proud that we have that continuing focus on transparency."

"Lowering out-of-pocket costs is a big deal," Miller continued. "Increasing access and affordability is something that AARP has been advocating for for a number of years. We were pleased to see the federal government to take the first step and lower or cap copays for insulin for Medicare beneficiaries. That's a significant part of the population, but certainly not all diabetics are covered by Medicare."

"We know that - at least in West Virginia - 20% of the market has private insurance," Miller noted. "So, that's what this bill (SB 577) is intended to address. It puts a cap on copays for folks who are on private insurance."

Miller also noted that pharmaceutical manufacturer Eli Lilly and Company, on Friday, announced that they would be implementing a \$35 copay cap for insulin, before adding, "That's welcome news, but they're not the only manufacturer of insulin."

"But I also think it's a signal that lots of states are passing these copay caps and I think it's putting pressure on the manufacturers to do something about it," Miller noted. "There are 23 states that have a cap on insulin for copays. West Virginia is one of them, but right now our cap is one of the highest in the country."

SB 577 was returned to the Senate for consideration.

OPED piece submission guidelines:

To submit an OPED piece to the *Mountain Messenger* it must comply with the following rules:

1) OPED pieces may contain constructive criticisms, thoughts, or observations, which we publish on an individually approved basis.

2) No name-calling, hate speech, or other derogatory language is permitted. We do not publish letters containing "bashing," personal attacks, and the like. However, we do appreciate mindful concerns, assessments, and thoughts.

3) All letters must be signed by the author and include the city in which they reside.

Please note all submissions are subject to individual editorial approval. Please do not mail or hand-deliver letters, email news@mountainmessenger.com

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OBITUARIES

Anna Marie Knighton



Ronceverte-Beloved mother and grandmother, Anna Marie "Ann" Knighton, 76, passed away after a short illness Saturday, Mar. 4, 2023, at the Carilion Roanoke Memorial Hospital, in Roanoke, VA. Ann was born Sept. 27, 1946, in Quinwood, WV., the daughter of the late Orval C. and Sylvia M (Guinn) McClung.

Ann was preceded in death by husbands, Patrick L. "Pat" Knighton (2022) and David M. Patterson (1991).

Ann retired from Rhema Christian Center after 30 years of meaningful service. She was a proud member of Rhema Christian Center.

Ann is survived by three children, Melissa Patterson, Michael Patterson (Charity), Dale Patterson and stepdaughter, Kim Behrens (Kurt); grandchildren, Faith Gordon (Aaron), Matthew Patterson, Andrew Patterson and Reece Patterson; great-grandson, Brantley James Gordon; and brother, Jerry McClung.

Ann's memorial service will be held on Sunday, Mar. 19, at 2 p.m. at Rhema Christian Center, Lewisburg. Pastor Stewart Farley is officiating. The family will receive guests from 1 to 2 p.m.

In lieu of flowers, please make donations to Rhema Christian Center or to the Peyton Hospice House.

We encourage you to visit our Tribute Store to plant a beautiful memorial tree in memory of Anna Marie "Ann" Knighton.

Wallace & Wallace Funeral Home in Lewisburg is in charge of arrangements. Please send online condolences by visiting www.WallaceandWallace-FH.com

Julie Ann Weikle Hamm



Mrs. Julie Ann Weikle Hamm, 58, passed away Tuesday, Feb. 21, 2023, at Hospice of Union County in Monroe.

Born Apr. 21, 1964, in Covington, VA, she was the daughter of the late Harold Weikle and Sarah Foster Weikle.

In addition to her parents, she was preceded in death by a brother, John Weikle.

Mrs. Hamm is survived by brother, Marshall Weikle of Mooresville; and her beloved dog, Roscoe.

A memorial service will be at 3 p.m. on Saturday, Mar. 18, at the Grace Baptist Church, White Sulphur Springs, with Pastor Kenny Baker officiating. Family and friends can gather one hour prior to the service at the church, Saturday.

Online guestbook may be signed at www.morganfh.net. Arrangements by Morgan Funeral Home, Lewisburg, WV.

Harry Lee Massie

Ronceverte-Harry Lee Massie, 78, passed away on Sunday, Mar. 12, 2023, at Peyton Hospice House in Fairlea, WV.

Born Apr. 11, 1944, at Ronceverte, he was a son of the late Susie Olie Massie.

He was also preceded in death by a sister, Henrietta Carter and two brothers, Danny Massie and Harold John Massie.

Harry was a member of Greenbrier Baptist Church. He was a veteran of The United States Air Force having served in Vietnam. He was a retired industrial mechanic working for a contractor at Westrock in Covington, VA.

He is survived by his wife, Brenda Gale Terry Massie; one sister, Mary Massie Terry of Roanoke, VA; and also several nieces and nephews.

Funeral services will be at 2 p.m. on Sunday, Mar. 19, at Wallace & Wallace Funeral Home in Ronceverte with Pastor Craig Terry officiating. Burial will follow in Greenbrier Memorial Gardens in Lewisburg, WV.

Visitation will be from 1 p.m. until time of service at the funeral home.

Wallace & Wallace Funeral Home in Ronceverte is in charge of arrangements. Please send online condolences by visiting www.WallaceandWallace-FH.com

Deloris Ann Arnold



White Sulphur Springs -Deloris Ann Arnold, 76, passed away Thursday, Mar. 9, 2023, at her home from a sudden illness.

She was born Nov. 11, 1946, in Virginia, the daughter of the late Delos C. and Lucille Princess Carter Marion, Sr.

Ann was retired from The Greenbrier Hotel with 35 years of service. She was a member of the House of Prayer in White Sulphur Springs.

Other than her parents Ann was preceded in death by her husband, Wilbur C. Arnold, Sr.; great-grandchild, Mattox; sisters, Peggy Miller, Mary Brandon and June Marion; and her brother, Delos "Sheep" Marion, Jr.

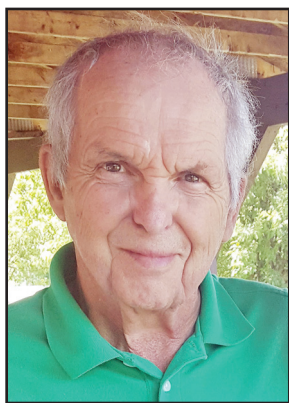
Those left to cherish her memory are her daughter (whom she made her home with), Nannette Arnold; sons, Wilbur Arnold, Jr. of White Sulphur Springs, Michael Arnold of Denver, CO, John Arnold (Kristen) of Lewisburg and Tony White of Roanoke; granddaughters, Tasha Arnold (Spencer), Kristina Ward (Chad), Jaqueia Dickerson, Jasmine Smith, Aryadna and Desiree Arnold; great-grandchildren, Colton, Leo, Gunner, Kyler, Koah, Max, Nick, Ezra, Jayanah, Kali and Kyro; along with several cousins, nieces and nephews.

Visitation for Mrs. Arnold was held Thursday, Mar. 16, followed by funeral services at the Wallace & Wallace Funeral Chapel in White Sulphur Springs where Pastor Yvette Wilmer officiated.

Her wishes were to be cremated after her services.

Wallace & Wallace Funeral Home in White Sulphur Springs is in charge of arrangements. Please send online condolences by visiting www.WallaceandWallaceFH.com

Robert Gene Ruckman



Leivasy-Robert Gene Ruckman (Bob) passed away peacefully on Wednesday, Mar. 8, 2023 at the age of 83.

He is survived by his daughter, Gale (Rick) and son, Rick (Helen); his granddaughters, Rachel, Rebecca, Robyn, and Lexie; and his sister, Vicki Dove.

He was preceded in death by his wife, Julie; his devoted parents; and his sister, Beulah Arbaugh.

Bob was born in Richwood, WV, to Dwight and Mae Lanham Ruckman on Mar. 13, 1939. After high school, Bob moved to Illinois where he began his career in the automotive industry. In 1972, Bob moved his family back to Leivasy, built his house on Grassy Creek Road and began his lifelong career in trucking.

After several years as an Owner Operator truck driver, Bob and Julie founded Happy Trucking, Inc. and eventually Ruckman Truck Repair. They grew their operation into one of the largest independently owned trucking businesses in the area. Bob retired from the business in 2021 after being recognized by the American Truck Historical Society with the Golden Achievement Award for 50 years of service to the trucking industry. Trucking was Bob's passion and life and he shared that passion with many in the community through employment and service.

Bob was a kind and giving man, always ready to help those less fortunate or in need. Everyone that knows Bob has benefited from his generosity at some point over the years. Always willing to share, he never sought credit or notoriety. Despite having contracted Polio as a child, he never asked for a hand, however, he was always ready to extend his to others. Bob was a pillar of the community dedicated to making wherever he lived a better place. While living in Illinois, he was a founding member of Grace Baptist Church in Downers Grove established to serve a growing Baptist Community. He was a catalyst in the installation of public water lines on Grassy Creek Road in Leivasy in 1973 promising not to shave until they got public water. He was a founding member and life-long servant of the Nettie Volunteer Fire Department providing expertise on the recovery of large trucks involved in accidents.

Bob was always genuinely happy with a smile on his face. Always the optimist, Bob saw sunshine in the midst of

clouds, ease while facing adversity and HAPPY when others were down. He was always happiest on the road, behind the wheel or up to his elbows in grease.

A wake will be held from 6 to 8 p.m. on Friday, Mar. 24, at the Nettie Fire Department Bingo Hall (State Road 20 S) in Nettie, WV. The memorial service will be held at New Prospect Baptist Church, 159 New Prospect Road, Leivasy, WV, at 11 a.m. on Saturday, Mar. 25.

In lieu of flowers, please make donations at gideon.org to support a cause close to Bob's heart providing Bibles to spread the word of God.

Wallace & Wallace Funeral Home in Lewisburg is in charge of arrangements. Please send online condolences by visiting www.WallaceandWallace-FH.com

Luther Darrell Farley



Alderson-Luther Darrell Farley, 93, passed away peacefully on Saturday, Mar. 11, 2023, at the Glasgow Health and Rehabilitation Center in Glasgow, WV.

He was born Jan. 9, 1930, in Coal City, WV, the son of the late George Dewey Farley and Lessie Cannandy Farley.

After graduating Stoco High School in 1949, Luther went on to proudly serve his country in the United States Marines Corps during the Korean conflict. He worked for McLean Trucking until his retirement. He was a member of the Sharonville Ohio Masonic Lodge 204 F & AM, and a 32nd Beni Kedem Shine. Luther enjoyed traveling, camping, watching sporting events, especially the NFL. His favorite things included attending military functions and his Marine Corps reunions. But most of all enjoying time with his family over the holidays.

He is survived by his sons, Michael Darrell Farley and wife Lynda of Beaver, and Gregory Keith Farley of Alderson; his grandson, Justin Darrell Farley and wife Allie of New York; his sister, Helen Hilton of Alderson; and many loving nieces and nephews.

In addition to his parents, he is preceded in death by his granddaughter Michelle Farley; his brothers, Junior Farley and Verl Farley; and his sisters, Patty Minnick and Shirley Allen.

In keeping with his wishes, Luther will be cremated and Lobban Funeral Home is honored to be assisting the family with the arrangements.

Online condolences and memories may be shared with the Rakes family at www.lobbanfh.com

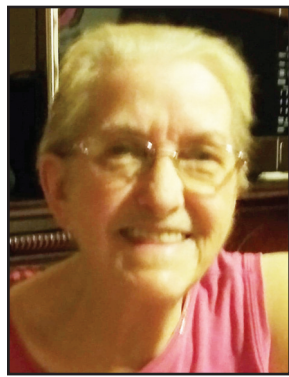
Local Author Remembered

Brenda May Clark who died Feb. 18, 2023, will be remembered and her life celebrated at a memorial service for her at Wallace & Wallace Funeral Home from 2 to 4 p.m., Sunday, Mar. 19. All who knew her are invited and encouraged to share their remembrances of her. Lite refreshments will be served.

Wallace & Wallace (304-645-2060) is located at 884 Jefferson Street, North in Lewisburg.



Gloria Jean Mann Smith



Gloria Jean Mann Smith, 82, passed away peacefully on Monday, Mar. 13, 2023, at her home following a short illness.

She was born Aug. 6, 1940, in Beckley, a daughter of the late Henry A. Mann and Lucy Wisman Mann.

Gloria was a graduate of Greenville High School and of the Baptist faith. She went on to work for BF Goodrich where she proudly retired after 23 years of service. She will be remembered as a loving mother, grandmother, and great-grandmother. Her favorite things included reading the bible, singing gospel music, crocheting, sewing, playing games on her tablet, mowing her yard, and taking care of her flowers in her garden. But most of all, spending time with her friends and family. She will be deeply missed.

Those left to cherish her memory include her sons, Marvin Edward Smith and wife Kathy of Tal-

cott, Randy Smith and wife Lisa of Hilldale, and Eddie D. Smith, of Lynchburg, VA; her daughters, Brenda L. Fox and husband Tim, of Talcott, and Debra A. Smith, of Creamery; her 11 grandchildren; her 10 great-grandchildren; and many loving nieces and nephews.

In addition to her parents, she is preceded in death by her loving husband of 62 years, LeRoy Walton Smith whom she married on Mar. 21, 1960; her sisters, Beatrice Rollyson, Edna Blake, Dolly Syner, and Maxine Smith; her brothers, Ronald Mann, William Mann, Glen Mann, and Carl Mann.

Funeral services were held on Thursday, Mar. 16, at the Lobban Funeral Home Chapel in Alderson, where Pastor Eddie Harris officiated. Burial followed in the Campground Cemetery, at Creamery. Friends called Thursday, Mar. 16, at the Lobban Funeral Home in Alderson.

Serving as pallbearers were Marvin Smith, Randy Smith, Eddie Smith, Marvin Smith, Jr., Ronnie Mann, Tim Fox, Mikey Smith, Blake Smith, and Timothy Fox.

Lobban Funeral home is honored in being entrusted in the arrangements.

Online condolences and memories may be shared with the Smith family at www.lobbanfh.com.

BOE

Continued from Page 2

declare March as Greenbrier County School's "Music in Schools Month." In a declaration drafted for the occasion, the board stated that March "from henceforth be Music in Schools month in Greenbrier County Schools." Superintendent Jeff Bryant was happy to remind the public that Greenbrier County has music specialists in every school in the county, "which is not the average or normal for this state or even the country." As such he and the board would like to encourage the public to show appreciation to music educators every day, but especially this month.

The Board had a large portion of their meeting dedicated to Time Out for Applause for several groups of county students. However, due to the cancellation of school for inclement weather, students were not encouraged to attend and will instead be honored at a ceremony prior to next month's Board of Education meeting. Due to the sheer number of students to be recognized, next month's regular meeting of the board will be held at the auditorium at Eastern Greenbrier Middle School on Tuesday, Apr. 11, at 6 p.m. The public is encouraged to attend.

Interested parties should call 304-647-6470 to confirm meeting time and date prior, as they are subject to change.

Tax Preparer

Continued from Page 4

Other tips to consider if hiring a tax preparer:

- Research tax preparers online and/or seek a trusted friend's recommendation.
- Make sure the tax preparer offers e-file. Anyone who prepares and files more than 10 returns for clients generally must do so electronically.
- Make sure the tax preparer will be available after filing the return should any questions arise about the filed tax return.
- Taxpayers who file through traditional mail should use caution and consider taking the mail to a local post office - tax identity thieves have been known to steal tax documents from mailboxes.

Consumers who believe they may be the victim of tax-related identity theft should contact the Attorney General's Consumer Protection Office at 800-368-8808, or file a complaint online at www.ago.wv.gov

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THANK YOU FOR READING THE MOUNTAIN MESSENGER

Dear Recycle Lady,

Dear Recycle Lady,

I heard that there are some mushrooms that eat plastic as their entire diet. Can this possibly be true?

Doubting Thomas

Dear Doubting Thomas,

Yes, a mushroom does exist that eats plastic. According to Wikipedia, the *Pestalotiopsis microspora* is a species of endophytic fungus that can break down and digest polyurethane, better known as plastic. Originally identified in 1880, its ability to break down plastic and turn it into organic matter wasn't discovered until 2010 when a group of student researchers were in the Ecuadorian Amazon rainforest as part of Yale's annual Rainforest Expedition and Laboratory. It has the potential to be a candidate for bioremediation projects involving large quantities of plastic. It could also potentially be used to clean up landfills.

Dear Recycle Lady,

Some plastic bags and wraps don't have a number on them. Can these plastic bags and wraps without numbers be put in the drop-off bin at stores like Kroger or Walmart?

Can't Find a Number

Dear Can't Find a Number,

Yes and no. Kroger accepts plastic bags and wraps that are packaging for Kroger products, regardless of whether they have a #1, #2, or a How-

2Recycle label on them. However, if your plastic bag or wrap is packaging for another product and has none of these labels, it must go in the trash. When in doubt, throw it out. Plastic bags and wraps without labels may have ingredients in them that can contaminate the plastic recycling process. Before placing any plastic bag or wrap in a Kroger, Wal-Mart, or Lowes bin, be sure the bag or wrap is clean and dry. Also, be sure to remove any food or receipts and cut off any paper labels. Plastic labels are okay.

Dear Recycle Lady,

While shopping for eggs, I noticed that eggs come in cardboard cartons, plastic cartons, and some even come in styrofoam cartons. Can any of these egg cartons be recycled?

Egg Head

Dear Egg Head,

In this area, only the cardboard egg cartons are recyclable. They are made from molded paper pulp, so they can be recycled with cardboard. There are other uses for these molded paper pulp egg cartons besides recycling. They are biodegradable and will decompose quickly in your backyard compost bin. Farmers who have chickens and sell eggs will appreciate your passing on any of these egg cartons to them. There are uses for all kinds of egg cartons, including sorting and storing small items,

starting seedlings, or using them for an assortment of craft projects. There are many interesting suggestions on the web. Just Google egg cartons to find a large number of creative and useful projects. In larger cities, plastic egg cartons can be recycled in the grocery store bins. For example, these cartons can be used to make license plate frames, foam utensils or packing peanuts. Please consider these packaging options when you buy your eggs and be kind to our environment.

Kudos to RBS employees and volunteers who cleaned up trash from a makeshift tent city on the banks of the Greenbrier River in Caldwell and thanks also to the Greenbrier County Landfill for their help. We are blessed to live in Greenbrier County where people volunteer to help others and are willing to work to keep our community clean.

Dear Readers,

May your blessings be many, your troubles be few, and nothing but happiness come unto you. Happy St. Patrick's Day!

Have questions about recycling, or interesting information about recycling? Send questions or requests to recyclelady@greenbrier-swa.com. Dear Recycle Lady is sponsored jointly by the Greenbrier Recycling Center and Greenworks Recycling.

A Look Back



By William "Skip" Deegans

Shown in this 1942 photo is Rainelle's regiment of the West Virginia State Guard, more commonly called the Home Guard. Rainelle's regiment was commanded by Capt. A. J. Boso. Other commanding officers were first lieutenant Richard H. Bowman and second lieutenant James E. Decker.

The Home Guards were authorized by the West Virginia Legislature in 1941 and created the following year by Governor Neely after the West Virginia National Guard was called into active service in World War II. The objective was to have one Home Guard company in each county. Two companies of African-Americans were organized - one in Charleston and one in Welch.

The purpose of the Home Guard was to provide defense should the United States be invaded and to serve in emergencies. Men between the age of 18 and 62 were eligible to enlist. The physical requirements of the regular army were relaxed for the volunteers. The men were issued regular army field uniforms, and they drilled one evening a week with shotguns instead of rifles. Ammunition, rifles, machine guns, and ammunition were kept at the capitol and could be dispatched when needed.

Locations of Home Guards were sometimes determined by the need to protect local industries important for the war efforts. Rainelle may have been chosen because it was home of the Meadow River Lumber Company and the Nicholas, Fayette and Greenbrier Railroad operations that were important for transporting coal as well as lumber. While largely forgotten in most of the country, the Home Guard continues in some states, like Texas, as a form of state militia.

Photo: Courtesy of Greenbrier Historical Society, George Collins Collection.

Sources: The Raleigh Register, Hinton Daily News.



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LEGAL

WEST VIRGINIA DEPARTMENT OF TRANSPORTATION
Division of Highways
NOTICE TO CONTRACTORS

Bids will be received electronically by the West Virginia Department of Transportation, Division of Highways through the Bid Express Bidding Service (www.bidx.com) and by sealed proposals (only when prequalification is waived) being received at its office in Building 5, Room 843, 1900 Kanawha Boulevard East, Charleston, West Virginia, until May 09, 2023 at 10:00 AM (Eastern Standard Time). The bids will be downloaded and/or opened and read publicly thereafter for the constructions of the following project(s):

Call	Contract	State Project	Federal Project	Description
005	2021000740	S399-STR/IP-23. 02	NHPP-2023(244)D	PAVEMENT MARKINGS INTERSTATE STRIPING STATEWIDE COUNTY: GREENBRIER, HARDY, HAMPSHIRE, HANCOCK

DBE GOAL: 10% OF CONTRACT BID AMOUNT. BIDDER MUST PROVIDE WRITTEN ASSURANCE OF MEETING GOAL ON FORM IN PROPOSAL.

REMARKS: Proposals will be received from prequalified and West Virginia licensed contractors only except that on Federal-Aid Projects a contractors' license is not required at time of bid, but will be required before work can begin. Registration is required with the Department of Administration, Division of Purchasing, in accordance with Chapter 5A, Article 3, Section 12 of the West Virginia Code. All contractors submitting bids on project(s) must include one of the following forms properly executed with each proposal: Proposal Guaranty Bond, Cashier's Check, or Certified Check for \$500.00 or 5% of the total bid, whichever is greater.

The West Virginia Department of Transportation, Division of Highways reserves the right to defer, delay or postpone the date for receiving and publicly opening proposals for any project designated in this advertisement, without the necessity of renewing such advertisement. The deferment, delay, postponement, and the date that proposals will be received and publicly opened will be available on www.bidx.com.

The West Virginia Department of Transportation, Division of Highways hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, religion, sex or national origin in consideration for an award.

LEGAL

WEST VIRGINIA DEPARTMENT OF TRANSPORTATION
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Call	Contract	State Project	Federal Project	Description
008	2018001099R1	U313-LEW/IS-1.00	TAP-2017(183)D	ContWrkTyp US 60 S Lafayette US 60 S Lafayette Sidewalk Improvements COUNTY: GREENBRIER

Proposals will be received from prequalified and West Virginia licensed contractors only except that on Federal-Aid Projects a contractors' license is not required at time of bid, but will be required before work can begin. Registration is required with the Department of Administration, Division of Purchasing, in accordance with Chapter 5A, Article 3, Section 12 of the West Virginia Code. All contractors submitting bids on project(s) must include one of the following forms properly executed with each proposal: Proposal Guaranty Bond, Cashier's Check, or Certified Check for \$500.00 or 5% of the total bid, whichever is greater.

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Call	Contract	State Project	Federal Project	Description
008	2021000702R1	S389-STR/IP-23 00	STP-2023(108)D	PAVEMENT MARKINGS ROADWAY STRIPING DISTRICT WIDE COUNTY: FAYETTE, GREENBRIER, NICHOLAS, SUMMERS

DBE GOAL: 10% OF CONTRACT BID AMOUNT. BIDDER MUST PROVIDE WRITTEN ASSURANCE OF MEETING GOAL ON FORM IN PROPOSAL.

REMARKS: Proposals will be received from prequalified and West Virginia licensed contractors only except that on Federal-Aid Projects a contractors' license is not required at time of bid, but will be required before work can begin. Registration is required with the Department of Administration, Division of Purchasing, in accordance with Chapter 5A, Article 3, Section 12 of the West Virginia Code. All contractors submitting bids on project(s) must include one of the following forms properly executed with each proposal: Proposal Guaranty Bond, Cashier's Check, or Certified Check for \$500.00 or 5% of the total bid, whichever is greater.

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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 page!

Spy
TANGE [] [] [] [] [] [] [] []

Think
PONIE [] [] [] [] [] [] [] []

Please
MARCH [] [] [] [] [] [] [] []

Cherish
ARODE [] [] [] [] [] [] [] []

"Here's one from your _____, dear."

TODAY'S WORD [] [] [] [] [] [] [] []

Weekly SUDOKU
by Linda Thistle

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

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!

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HOCUS-FOCUS
BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Poster is missing. 2. Fireplug is missing. 3. Arm is moved. 4. Headset is missing. 5. Belt is missing. 6. Light strip is missing.

Super Crossword

- INTERNAL IDENTIFICATION**
- ACROSS**
- 1 Pop's partner
 - 4 Hooded serpent
 - 9 Bygone ruler
 - 13 Tavern seats
 - 19 Nuptial promise
 - 20 Popular typeface
 - 21 Possesses, in the Bible
 - 22 Is unable to
 - 23 "Cocoon" co-star
 - 25 Red gem
 - 26 Singer Keys
 - 27 Talk formally
 - 28 "Never on Sunday" star
 - 31 Suckerfishes
 - 34 Tickle pink
 - 35 — -do-well (idle sort)
 - 36 She voiced Elsa in "Frozen"
 - 39 Piggens
 - 42 "Desperate Housewives" character
 - 43 Dickens' "Tiny" lad
 - 46 Conclude
 - 47 By means of
 - 50 18th Constitution addition
 - 57 Tehran dweller
 - 58 Restroom, informally
 - 59 "— -ching!"
 - 60 1983 Streisand title role
 - 61 Popular Toyota model
 - 64 Person decorating
 - 68 Brain product
 - 69 Eden woman
 - 70 It's south of San Diego, California
 - 74 "Nunnery" has three
 - 75 Tee off
 - 77 Political activist — X
 - 78 "No, No, —"
 - 80 "Find — and fill it"
 - 82 Of a maritime mil. branch
 - 83 Lofty poem
 - 86 These, to Gabriela
 - 87 Swede transplanted to the U.S., say
 - 93 In position
 - 94 Tycoon
 - 95 Olympic code for Quito's country
 - 96 Roman 2,051
 - 97 Earp of Tombstone
 - 99 "Desk Set" actress
 - 106 Me, myself —
 - 109 Stay
 - 112 Way to watch a film at home
 - 113 Rapid transit system of a large Spanish city
 - 118 Footways
 - 119 First-year athlete
 - 120 Use a wand reader on
 - 121 Jim Croce hit that's apt for eight answers in this puzzle
 - 124 Current flow measure
 - 125 Comic Idle
 - 126 Arctic
 - 127 Gun, in slang
 - 128 Magoo's title
 - 129 Concluded
 - 130 "It was — and stormy night ..."
 - 131 — -cone (cold treat)
 - 6 Pen brand
 - 7 2011-19 Chicago mayor — Emanuel
 - 8 Away from the wind
 - 9 Feel great excitement from
 - 10 Basking box
 - 11 Baseballer's turn to hit
 - 12 Poetry devices
 - 13 Wound mark
 - 14 Soft powder
 - 15 Big Mac components
 - 16 As if scripted
 - 17 Longest French river
 - 18 Step
 - 24 Heaps
 - 29 Spike of film
 - 30 Lauder of perfumery
 - 32 Prefix with -dextrous
 - 33 Certain Slav
 - 37 Pop singer Diamond
 - 38 Greek Z
 - 40 Small hotel
 - 41 Small vortex
 - 44 Shared, as interests
 - 45 Phil of skiing
 - 47 Bitter feud
 - 48 Determined to do
 - 49 Map books
 - 50 Division of Canada
 - 51 Very unusual achievement
 - 52 Yoko of the avant-garde
 - 53 Sword handle
 - 54 Ana who won the 2008 French Open
 - 55 Cat with no tail
 - 56 "Tell — was dreaming!"
 - 57 Glacier or floe
 - 62 Maximum or minimum: Abbr.
 - 63 Steely Dan album with the hits "Peg" and "Deacon Blues"
 - 65 NFL's Cowboys, on scoreboards
 - 66 German "a"
 - 67 Hitachi rival
 - 71 Arm bone
 - 72 Living in — (oblivious to current events)
 - 73 "Dedicated to the — Love"
 - 76 Swampy area
 - 79 PC key
 - 81 6/6/44
 - 84 Accurse
 - 85 Austen novel
 - 88 Lyricist Gershwin
 - 89 Part of TNT
 - 90 Group of spectators
 - 91 "Tickle Me" Muppet
 - 92 French for "nothing"
 - 97 Arch used in croquet
 - 98 Tightened up
 - 100 QB's error: Abbr.
 - 101 Area for mobile campers
 - 102 Johnson who directed "Star Wars: The Last Jedi"
 - 103 Pets' jinglers
 - 104 Golfer Tom who won the 1996 British Open
 - 105 Be beaten by
 - 106 James — Garfield
 - 107 Actress Watts
 - 108 Rain units
 - 110 PC shortcut
 - 111 With full force
 - 114 St. Pat's isle
 - 115 Satyrical look
 - 116 TV host Kelly
 - 117 Psalm starter
 - 122 Suffix with pay or boff
 - 123 Road goo

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18				
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128																					131

BUSINESS

Jason Hattersley named District Ranger for Gauley and Marlinton-White Sulphur Districts of Monongahela National Forest



Jason Hattersley

Forest Supervisor Shawn Cochran has selected Randolph County native Jason Hattersley to serve as the district ranger for the Gauley and Marlinton-White Sulphur Districts of the Monongahela National Forest.

“Jason brings more than 20 years of natural resource experience and a diverse set of skills to Monongahela National Forest,” said Cochran. “I’ve enjoyed working with him on our management team in previous temporary positions and look forward to seeing all that he will accomplish as a district ranger.”

Hattersley will oversee the

management of more than 400,000 acres of National Forest System lands in four counties, including Greenbrier, Pocahontas, Nicholas, and Webster. In this new role, he will work with communities, landowners, and other organizations on the shared stewardship of Monongahela National Forest.

“I’m honored to serve the American public and the Forest Service as the district ranger for the Gauley and Marlinton-White Sulphur Districts,” said Hattersley. “It has been a pleasure to engage with employees and the communities we serve, and I

consider it a great privilege to manage and care for this spectacular landscape.”

Hattersley spent his formative years in Mill Creek, West Virginia, and later moved to Lexington, Virginia, where he resides with his wife Tamara and two children. He is a graduate of Dabney S. Lancaster Community College with a degree in forestry. Hattersley began his federal career as a firefighter before transitioning into timber management where he served as a timber marker, sale administrator, and timber program manager on the George Washington & Jefferson National Forests.

The mission of the USDA Forest Service and Monongahela National Forest is to sustain the health, diversity, and productivity of the nation’s forests and grasslands to meet the needs of present and future generations. The agency manages the 193 million acres of National Forest System land, provides stewardship assistance to non-federal forest landowners, and maintains the largest forestry research organization in the world.

For more information about Monongahela National Forest visit www.fs.usda.gov/mnf.

CLUB & CHURCH

Church Bulletin

Women’s ministry to hold spring Bible study

The women’s ministry of the First Baptist Church of Fairlea invites ladies of all ages to join them in their spring Bible study. This is a seven-session study, meeting on Monday evenings from 6:30 to 8 p.m. starting Mar. 6.

WSS Tilapia Dinners continue for Lenten Season

The traditional Lenten fried or baked tilapia dinners, served in the White Sulphur Springs Community Center behind Emanuel United Methodist Church downtown, began Feb. 24 and will continue each Friday through Mar. 31 from 4 p.m. to 7 p.m. The meal consists of tilapia, scalloped potatoes, cole slaw, hard rolls, and your choice of drinks and desserts.

“We held the price down as much as we could, considering inflation,” notes Andrew Wrzosek of Waitesville, grand knight of the Greenbrier Valley Council 8689 Knights of Columbus, the sponsoring organization.

Eat in or to-go dinners are available at \$15 for adults, \$8 for children 12 and under, and under 5 years old are free. “We are offering an extra piece of tilapia for an additional \$5,” he added. “This is the first time we have offered eat in dinners since the Lenten season in 2020, offering take out only for past two years and we are pleased to offer these methods of service once again.”

Proceeds from the dinners go to the community, youth, church, and service projects of the Greenbrier Valley Council which consists of members from Pocahontas, Greenbrier, Monroe, and eastern Fayette counties.

The most recent major project was purchasing and distributing 96 new children’s winter coats in the four county area, in cooperation with the Family Resource Network of Pocahontas County; the Wellspring of Meadow River Country, Family Resource Network of Monroe County; Alderson Elementary School, Smoot Elementary School, White Sulphur Springs Elementary School, and gently used winter wear through Wellspring, Family Resource Network of Monroe County; Lewisburg/Fairlea Food Pantry; and the Donald Davis Memorial Toy Fund of Summers and western Greenbrier County.

For further information and directions to the dinners, telephone the office of the Catholic Churches of the Greenbrier Valley 304-536-1813 or Knights of Columbus 304-645-1373.

New Growth Group at Rhema Christian Center

It turns out, giving up your “right” to be offended can be one of the most freeing, healthy, simplifying, relaxing, refreshing, stress-relieving, encouraging things you can do. It’s a radical, provocative idea that - We’re not entitled to get offended or stay angry. The idea of our own “righteous anger” is a myth.

In the Unoffendable study you will learn these ideas of immeasurable value:

- A concrete, practical way to live life with less stress
- How to adjust your expectations to fit human nature
- Replace perpetual anger with refreshing humility and gratitude

This study seeks to lift religious burdens allowing us to experience the joy of gratitude, perhaps for the first time, every day of our lives.

Join Judy Tucker and Terri Beavers for an in-depth study and discussion of Brant Hansen’s book Unoffendable Thursdays at Rhema Christian Center from 6 to 7:30 p.m. beginning Mar. 30. For more information and to register please visit therhemalife.com or call the church office at 304-645-6999.

Elder Abuse Awareness Committee meets

The Greenbrier County Elder Abuse Awareness Committee (GCEAC) is comprised of volunteers and local organizations whose mission is to promote community participation in a network designed to increase awareness and knowledge about resources that strive for prevention, identification, intervention, and legal justice for victims of elder abuse.

Elder Abuse is defined a single or repeated act, or lack of appropriate actions, which causes harm, risk of harm, or distress to an individual 55 years or older and occurs:

- within any relationship where there is an expectation of trust; or
- when the targeted act is directed towards an elder person by virtue of age or disabilities.

Elder abuse includes but is not limited to physical, psychological, emotional, or sexual abuse, neglect, abandonment, and financial exploitation.

The Greenbrier County Elder Abuse Awareness Committee was initially formed in response to the death of a local elderly woman who was neglected by her relative caregivers. The committee was comprised of a small number of community members whose sole focus was to become educated on the abuse of elders and to begin expanding their membership. Today, the GCEAC has more than twenty Committee members consisting of volunteers and professionals in Greenbrier County who work with and/or are concerned about the welfare of the elderly community.

Under past grant opportunities, the GCEAC was able to form an Elder Abuse Training Team. This team was comprised of a Law Enforcement Officer, an Assistant Prosecuting Attorney, a Victim Advocate, and an Adult Protective Services worker. The Elder Abuse Training Team provided training to law enforcement agencies and victim service providers within Greenbrier County to identify signs of abuse and ways to prevent abuse in the future.

Today, the GCEAC through grant opportunities can revive the previously established Elder Abuse Multi-Disciplin-

ary Investigative Team, connect victims of elder abuse to the Abuse in Later Life Advocate employed by Family Refuge Center, conduct cross-training for law enforcement agencies, prosecutors, health care providers, population specific organizations, victim advocates, faith-based leaders, courts and

first responders to better serve elder victims, and improve outreach, services, civil and criminal justice responses, prevention, and support for victims of abuse.

For further information about the Greenbrier County Elder Abuse Awareness Committee, how to become a member, or to seek services

for elder abuse, please contact Family Refuge Center at 304-645-6324. If you wish to make a report of elder abuse, you may do so by contacting Centralized Intake with WVDHHR or the crisis line at 1-800-352-6513.

“Take a stand against Elder Abuse, Advocate Awareness.”



Kim Estep (left), Cara Baldwin, Stephanie Moore, Tyranda Martin, Gloria Martin, Kensley Shannon, Vicki Dove, Kristi Hicks, Carma Korman, and Karen Thompson

FREE FOLK ARTS AND CULTURE WORKSHOPS

presented by High Rocks in partnership with Berea College, March 18 – May 13, 2023

Maple Magic Saturday, March 18th, 9 a.m. – 11 a.m. at Fort Warwick, Green Bank

Learn how this sweet mountain treat is made during Mountain State Maple Days!

Trout to Table Saturday, March 25th, 11 a.m. – 1 p.m. OR 3 p.m. – 5 p.m. Knapps Creek Trout Lodge, Marlinton

Learn to prepare and cook freshly caught trout! Limited slots available – please call to register for this free event.

Ramp up at High Rocks Saturday, April 1st, 3 p.m. – 5 p.m. at the High Rocks Lodge, Hillsboro

Join High Rocks and learn how to identify, sustainable harvest, and prepare this mountain delicacy!

Value Added Products: Ramp Salt and Ramp Pesto Saturday, April 8th, 3 p.m. – 5 p.m. at the High Rocks Lodge, Hillsboro

Join us at High Rocks to sample local products and get a glimpse behind the scenes of turning locally grown and harvested materials into marketable finished products!

Seed to Skillet Thursday, April 13th, 5:30 p.m. – 7:30 p.m. at Ruby Grow Farm, Hillsboro

Tour our Ruby Grow high tunnel and learn about growing your own food! Please call to register for this free event.

Morel Mushroom Workshop Friday, April 15th, 3 p.m. – 5 p.m. at the High Rocks Lodge, Hillsboro

Join us for an afternoon of food, fellowship, and fun as we go for a walk through the forest and share tips on identifying morel mushrooms.

PEPPERONI ROLLS: food of our people Friday, April 21st, 5:30 p.m. – 7:30 p.m. at The Hub, Lewisburg

Learn how to make this delicious West Virginia specialty from scratch!

Appalachian Apple Baking Friday, April 28th, 5:30 p.m. – 7:30 p.m. at the Hub, Lewisburg

Join us at the Hub in Lewisburg for an afternoon of baking with apples, Appalachian style!

CAMPFIRE COOKING Saturday, May 6th, 3 p.m. – 5 p.m. at the High Rocks Lodge, Hillsboro

Gather around the campfire! Share tips and tricks and set yourself up for success when planning a campfire meal! And of course, eat!

Innoculating Mushrooms Saturday, May 13th, 3 p.m. – 5 p.m. at the High Rocks Lodge, Hillsboro

“Plant” your own shiitakes and learn how to grow edible mushrooms on a log!



High Rocks’ mission is to educate, inspire, and empower young people in West Virginia.



STEPPIN' OUT

Learn drawing and watercolor techniques with Carnegie Hall Teaching Artist John Coffey



Watercolor by John Coffey

Carnegie Hall's Spring Classes & Workshops Series continues with Teaching Artist John Coffey leading drawing and watercolor workshops. Coffey will teach Basic Drawing on Mar. 25, Beginner/Intermediate Watercolor Painting on Apr. 29, and a new workshop, Painting Clouds and Trees in Watercolor, on May 6. Students must be at least 18 years of age and class sizes are limited.

Coffey's first class of the spring semester is Basic Drawing on Saturday, Mar. 25, from 11 a.m. to 3 p.m. This class, designed as a refresher course or for beginners, will focus on drawing and sketching techniques, materials, and methods of drawing. The class will include instruction in drawing and sketching simple still life, landscapes, and people. Although different materials will be introduced, most of the class will focus on pencil and charcoal drawing. Students are asked to bring a pad of drawing paper. All other materials will be provided. Cost is \$125/members (\$140/nonmembers), but automatic scholarships are available for students over 50 years of age, who pay

only \$85.

On Saturday, Apr. 29, from 1 to 4 p.m., join Coffey in his Beginner/Intermediate Watercolor Painting workshop. This combined class is intended for people who have no or very limited experience with watercolor painting or those looking to advance their skills. The class focuses on the basics of watercolor painting and progress to technique and composition, working mainly from photographs. Students should bring a photograph of their choice, but it must be taken by the student. Students at the intermediate level may bring their own brushes if they choose. All other materials will be provided by the instructor. Cost is \$125/members (\$140/nonmembers), but automatic scholarships are available for students over 50 years of age, who pay only \$85.

Coffey's final spring class is his new class Painting Clouds and Trees in Watercolor on Saturday, May 6, from 1 to 4 p.m. This specialty watercolor class is the second in a new series at Carnegie Hall, where classes will be taught en plein air (live, outdoor) on the Ivy

Terrace, weather permitting. Designed for beginners and the more experienced wanting to refresh their basic nature drawing skills, this class will focus on painting clouds and trees using watercolors. The class will include instruction in drawing and sketching the basic cloud types and tree shapes and will explore the different materials and techniques used in watercolor painting. All materials provided. Cost is \$75/members (\$85/nonmembers).

John Coffey is a watercolorist specializing in landscapes and buildings, primarily in and around southern West Virginia but also other parts of the world. He grew up in Monroe and McDowell counties and currently lives in Mercer County.

Coffey majored in art at Concord College in the 1960s, where he took only one watercolor course and decided the medium wasn't for him. In the late 1980s he had a change of heart and decided to teach himself to paint with watercolor. When he made the connection between drawing and watercolor, he achieved some small degree of success.

Coffey is currently a

member of the West Virginia Watercolor Society as well as being a Tamarack juried artisan and a past member of the Mahoning Valley Watercolor Society, the Appalachian Artist Association and the Beckley Art Group. He has held one-man shows at the Chuck Mathena Center, Princeton, WV; Sister's Coffeehouse, Princeton, WV; Carrington's Coffeehouse, Bluefield, WV; Neighbors Arts and Crafts, Princeton, WV and the Payne Gallery, Bluefield, WV.

His awards include Tamarack's Best of West Virginia show 2011 - Award of Merit; Beckley Art Group / Cynthia Bickey Gallery, West Virginia Memories Show - Best of Show, and various awards at other Beckley Art Group shows; Various first, second, third, honorable mention and best of show awards from Appalachian Artist Association and Mahoning Valley Watercolor Society shows.

To enroll or for a complete list of classes and workshops visit carnegiehallwv.org/classes-and-workshops or pick up a Classes & Workshops brochure at 611 Church Street, Lewisburg.



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Don't Miss This "Masterpeach"

From March 23 to April 1, Join us at Greenbrier Valley Theatre for the classic family-friendly story James and the Giant Peach. A brand new take on Roald Dahl's "masterpeach," James is sent by his conniving aunts to chop down their old fruit tree. When he discovers



a magic potion that grows a tremendous peach, it launches a journey of enormous proportions. With a gang of singing insects, James rides the giant piece of fruit across the ocean, facing hunger, sharks and plenty of disagreements along the way. Featuring a wickedly tuneful score, this story of courage and self-discovery is classic musical magic at its best.

Visit www.gvtheatre.org for tickets and showtimes.

Family Refuge Center presents second annual Poker Run

Family Refuge Center invites the community to join us for our second annual Poker Run on Saturday, July 29, with a rain delay date of Saturday, Aug. 5. The participant with the best hand gets \$300 and worst hand gets \$100. We will have a 50/50 raffle, bug splat contest and a cookout at the finish line.

Tickets are \$25 per person and may be purchased on our Facebook event page or by mailing payment to P.O. Box 249, Lewisburg, WV 24901. Registration for the event is from 9 to 11 a.m. at Family Refuge Center's main office located at 213 Coleman Drive behind Ruby Tuesday. All vehicles are welcome! Riders will return to the main office at 5 p.m. for a cookout.

The route will begin at 213 Coleman Drive, Lewisburg with stops at Pickaway Store, Pickaway; Shell Station, Rich Creek, VA; Exxon Station, Princeton, WV; Lowell Market, Talcott, WV; and return to 213 Coleman Drive, Lewisburg.

If you are interested in being a sponsor for this event, sponsorships are \$100 and will provide each sponsor with their designation on the event T-shirt as well as advertising throughout the event. All proceeds from the event will go toward services to victims of domestic violence and sexual assault.

Celtic Knot Run/ Walk set for March 25



Celtic Knot Run/Walk set for March 25

The High Rocks Celtic Knot Run/Walk is back in-person for spring 2023! The race will begin and end at the Hub, powered by High Rocks, at 232 N Lee Street, Lewisburg, on Mar. 25. Check-in and day-of registration begins at 8:30 a.m., and the race will officially start at 10 a.m.

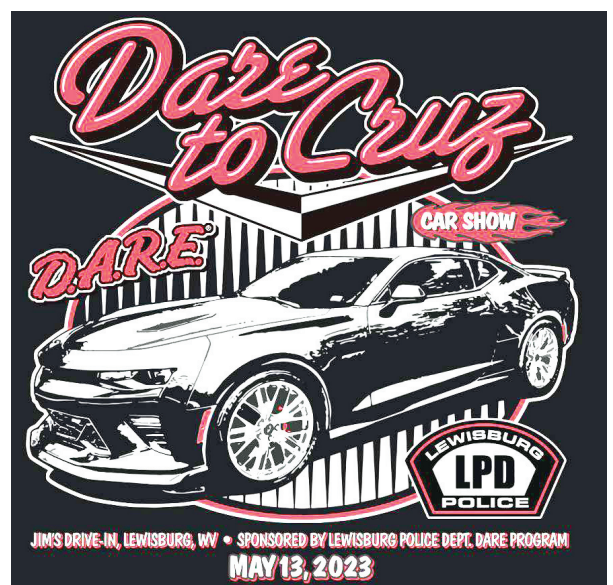
Online registration is open now. T-shirts will be provided on a first-come, first-served basis on race day, and extras can be purchased for \$8.

This year, AmeriCorps members and children aged 17 and under can register to race for free. Early registration costs \$20 for adults 18 and older, and day-of registration costs \$30.

Use this link to register online: <https://www.jot-form.com/230584639028158>.

The race map is available online at <https://tinyurl.com/57mj2bus>.

The 2023 Celtic Knot is sponsored by City National Bank, Swift Level Fine Meats, and Edward Jones.



DARE to Cruz Car Show returns May 13

The 2023 DARE to Cruz Car Show will be held on Saturday, May 13, from 10 a.m. to 2 p.m. at Jim's Drive In in Lewisburg. Come out and support the Lewisburg Police Department DARE program as we welcome Lewisburg Baptist Academy as one of our DARE programs.

The entry fee for vehicles is \$20 and includes a free shirt. Spectators are welcome as always, and Jim's will be open as they were in the Fall '22 show. If you don't have a vehicle and still wish to support the program, donations are welcome! Also, if you or your business are interested in sponsoring the program, please reach out for the sponsorship and advertisement details. We are looking forward to another great show and hope to see you there.

Please contact Lewisburg Police Department at 304-645-1626 if you have any questions or need a registration packet.

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SCHOOL



Honorary Secretaries of State Luke Jackson and Braydie Carr with WV Secretary of State Mac Warner in the WV Senate Gallery.

JMHS students named Honorary Secretaries of State

James Monroe High School Seniors Braydie Carr and Luke Jackson were recognized as Honorary Secretaries of State for their efforts in registering 100 percent of the eligible members of the Senior Class to vote. This qualified JMHS for

the Jennings Randolph Award, named for the U.S. Senator from West Virginia who spearheaded the effort to lower the voting age to eighteen. WV Secretary of State Mac Warner spoke with the students in his office and accompanied them to the

Senate chamber, where they were recognized at the behest of Senate President Craig Blair and Senators Jack Woodrum and Vince Deeds.

Registering to vote is only the first step, however. Failing to take the next step and actually vote de-

nies our community, state, and country the voices it needs to accurately reflect the population. Voter participation in our community was only 49 percent in the 2022 mid-term elections. Let's keep the momentum these young leaders have started going!

State of the School address highlights WVSOM's position as WV medical school leader

In a State of the School address, James W. Nemitz, Ph.D., president of the West Virginia School of Osteopathic Medicine (WVSOM), praised the school's status as a leader in medical education, said the expansion of WVSOM's research enterprise is an essential component of continued success, and noted the school's financial security while also cautioning about challenges ahead.

In a Mar. 9 presentation, Nemitz shared information about the medical school's 2021-22 academic and fiscal year. He said WVSOM is the leading contributor to the total number of physicians in the state, and also leads in producing rural and primary care physicians for West Virginia.

"In terms of meeting our mission, the bottom line is retention of grads in West Virginia," he said. "I'm proud that our footprint is found all through the state, in 52 of our 55 counties, and that we've also populated every single state in the U.S. with WVSOM alums."

Nemitz pointed out that the school's graduates also enter specialties that fall outside the primary care umbrella.

"It's not only WVSOM's primary care physicians who are retained in our state, it's surgeons, anesthesiologists, dermatologists. The reality is that WVSOM produces graduates in all specialties who address the health care needs of West Virginia," he said.

As scholarly activity becomes increasingly important to students' chances of matching to a residency program of their choice, Nemitz said WVSOM must make research a top priority and has requested funds from the federal and state governments to help the school expand its research enterprise.

"In the history of the school, I don't think we've ever done better in the production of publications, studies and grants in terms of our research enterprise," he said. "But there is a real need to add to our existing research facility. One of the filters to get into residencies in certain specialties is, 'Have you conducted research?' So it's important for our reputation as a medical school, and it's becoming essential for our students."

Nemitz said changes in workers' priorities following the COVID-19 pandemic mean that many employers are finding it difficult to recruit and retain personnel, and that WVSOM has implemented several initiatives as a result, including wellness activities, work-schedule flexibility and telework options. The school currently has just under 300 employees.

He praised the work of WVSOM's Office of Admissions in finding innovative ways to reach potential students and said the school's enrollment remains strong, even in the face of competition from new osteopathic medical programs at other schools as well as from existing programs that offer M.D. degrees.

"We host open houses, but we're looking at other



WVSOM's President James Nemitz gives the State of the School address earlier this month.

ways to attract quality applicants, and specifically quality West Virginia applicants. We have a tuition-discounting initiative for West Virginia students, we are growing our pipeline programs and we're doing more social media to grab the attention of students," he said.

Nemitz emphasized that the school's financial composite index is strong and that its economic future is secure.

"We are very financially sound," Nemitz said. "The West Virginia Higher Education Policy Commission has acknowledged that we're the strongest institution in the state, and we're one of the strongest in the country."

Other developments include WVSOM's recent seven-year accreditation by the Commission on Osteopathic College Accreditation, an upcoming collaboration with the University of Charleston that will allow students to pursue a dual D.O./MBA degree, and improvements to student wellness such as removing elements from the curriculum that are redundant or no longer needed, and the incorporation of "golden weekends" when students have down time.

Nemitz's presentation also highlighted WVSOM's economic impact on West Virginia and the nation.

"We're delivering more than \$133 million to the state in direct contributions. When you add the contributions of our alumni who practice in the state, the health care delivery hours that they're generating and that our students are generating, we hit more than \$1.5 billion. And nationwide, it's \$9 billion. The school has an incredible economic impact not only on the state, but throughout the country."

NRCTC Foundation accepting scholarship applications

The New River Community and Technical College Foundation scholarship application is available online from Mar. 13 through Apr. 21.

Students may apply at www.nrctcf.org for scholarship funds to help pay for college tuition, books, and expenses. Scholarships will be awarded during the fall 2023 and spring 2024 semesters.

"The New River CTC Foundation seeks to increase the number of scholarship recipients each year. The more scholarships that are awarded, the more students receive much-needed financial assistance to reach their academic and career goals," said New River CTC Executive Director of Institutional Advancement and College Foundation Michael Green.

New students, current students and graduating high school seniors are encouraged to apply. Scholarship awards are based on a variety of criteria including financial need, program of study, academic merit, and community service.

"The scholarship application is designed to be user-friendly for students to make the process as simple as possible," Green added.

For more information on scholarships at New River CTC, please email foundation@newriver.edu. For information about programs offered at New River CTC, visit www.newriver.edu, email admissions@newriver.edu or call 866-349-3739.

WV Humanities Council seeks grant applications

The West Virginia Humanities Council, the state affiliate of the National Endowment for the Humanities, serves West Virginia through grants and direct programs in the humanities. The Humanities Council budgets over \$800,000 for grants and programs each year. A variety of grants are offered to nonprofit organizations that support educational programming.

Humanities Council minigrants support projects that request \$2,000 or less, including small projects, single events, lectures, small museum exhibits, consultation needs, and planning for more complex projects. The Humanities Council offers minigrants four times per year to support educational programming in the humanities. The next Humanities Council minigrant deadline is Apr. 1.

The West Virginia Humanities Council recently awarded a minigrant to West Virginia University for their annual Callahan Lecture. This year's lecture is *That Dark and Vast Sea: A Clandestine History of Race, Capitalism and Rebel Sailors in the Afro-European Maritime World*.

For more information about the West Virginia Humanities Council grants program contact Humanities Council grants administrator Erin Riebe at 304-346-8500 or via email at riebe@wvhumanities.org. Grant guidelines and applications are available on the Humanities Council website, www.wvhumanities.org

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Thursday, March 30, 2023 11:30 am

Bill Noe Flight School
West Virginia International Yeager Airport 100 Airport
Road #175 Charleston, WV 25311

More Info and Registration: EducationAlliance.org



NATIONAL AGRICULTURE WEEK

How rising food demands affect farming

The population is growing and so is its demand for food to fuel those extra bodies. Harvard Business Review reports the global population has quadrupled over the last century. It's predicted that, by 2050, the population will exceed nine billion people.

The world is not able to feed all of its inhabitants, according to Penn State. There are more than one billion people who are estimated to lack sufficient food, and two billion who do not receive adequate nutrition. Researchers from the Institute on the Environment at the University of Minnesota concluded that, to feed the world by 2030, yields on maize, rice, wheat, and soybeans will have to rise by 60 to 110 percent. At the start of 2023, projections show them only increasing by 45 to 60 percent. There are a few reasons why food supply may not meet up with demand.

Climate change: Climate change is predicted to cause issues to crop yields, especially in portions of the world where the population is growing the fastest. For example, a recent NASA study published in the journal Nature predicts that high greenhouse gas emissions may cause corn output to decline as early as 2030, but wheat output would increase. Farmers may need to roll with the punches and shift operations to cope with the environmental changes.

Decreased commercial farming interest: Fewer people are working in farming. Land prices for expansion, new government mandates and regulations, and the impact of immigration and trade policies have made farming less attractive than it once was. Fewer commercial operations result in a diminished food commodity output.

Consumer waste: Food loss and waste (FLW) is a widespread issue, posing a challenge to food security. The World Bank estimates 30 percent of all food across the globe is wasted, amounting to 1.3 billion tons of food per year. The average global household wastes 74 kg of food each year, according to the United Nations Environment Program's 2021 Food Waste Index. Food waste is an issue that needs a solution as the world looks for ways to feed an expanding population in the decades to come.

In order to improve output, farmers have to make some changes. These can include investment in tools and technologies that enable farmers to apply nutrients more precisely and at lower cost, advises the Environmental Defense Fund. Seeds that need less water and fewer nutrients, as well as new fertilizers that are less likely to be lost to air and water, are some additional ideas. Farmers also may want to employ green practices, such as hydroponics and drip irrigation, if they haven't already, to improve efficiency and cut costs. The public also may need to petition their lawmakers to make it easier for farm workers arriving on working visas to man the fields.

Food demand continues to rise, and it has become challenging for agricultural operations to keep up.



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Did you know?

Consumers familiar with the disparity in price between organic fruits and vegetables and conventional alternatives may be curious if that difference in price pays off with healthier foods. According to a 2014 study published in the British Journal of Nutrition, it does. Researchers behind the study concluded that the antioxidant compounds in organic fruits and vegetables deliver between 20 and 40 percent higher antioxidant activity. That's a significant benefit, as the Harvard T.H. Chan School

of Public Health notes that antioxidant-rich fruits, vegetables and legumes are associated with a lower risk of various diseases, including cardiovascular diseases and cancer, and deaths from all causes. In addition, the Mayo Clinic notes that organically grown produce has traditionally had lower levels of pesticide residue than conventionally grown alternatives, though safety measures governing conventional produce and residue levels have changed in recent years and reduced that gap.

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What consumers can do to support local farmers



Farming has never been a vocation for individuals looking for easy work. Farmers typically work long hours, braving the elements regardless of how unpleasant the weather may be.

All that hard work ensures individuals who live in rural, urban and suburban communities have constant, readily available access to healthy foods. Such devotion merits support, and thankfully there are many things consumers can do to show their appreciation for local farmers.

· Buy fresh foods at your local farmers market. Farmers markets are many foodies' favorite places, but they aren't exclusive to individuals with a passion for food. Everyone needs to eat, so why not eat foods grown locally, which are generally more fresh and appetizing than imported fruits and vegetables sold at chain grocery stores? Even individuals who don't typically eat fresh fruit and vegetables can find something delectable at a local farmers market, where anything from homemade tomato sauces to locally raised fresh beef and pork might be on sale.

· Order directly from local farms. Some farmers have embraced the e-commerce revolution and begun selling the foods they grow to consumers via their own websites. Research local farms and determine if it's possible to buy directly from them. Farms may offer delivery or pick-up, and consumers can enjoy fresh foods even more knowing that they helped farmers earn higher profits by buying directly from them.

· Check labels before buying in local grocery stores. Packaging labels will indicate where fruits and vegetables came from. When possible, choose items produced by local farmers. This may include fruits, vegetables, meat, pork, or even desserts like pies. Locally produced foods often taste more fresh than items sent from overseas or distant farms, and consumers will feel better knowing they helped to support local farmers.

· Spread the word. Get the word out after a satisfying experience with local farms and farmers. Whether it's buying food from farms or taking advantage of family days that let kids enjoy a day on the farm, sharing positive experiences via social media or word-of-mouth can be a great way to inspire your neighbors to support local farmers as well.

Consumers can do much to support hardworking local farmers. In addition to feeling good about supporting their rural neighbors, consumers also might feel good when they sit down and enjoy a meal featuring locally grown, fresh foods.

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