

Mountain messenger

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County Commission hears presentation on plans for Residential Education Center in Ronceverte

By Adam Pack

Amy Hubbard and Lisa Carter spoke to the Greenbrier County Commission at their latest meeting about West Virginia Helping Hands, which is located in Ronceverte. Formed in January 2021 in response to what Hubbard described as growing crises in our community for families and children, the organization's mission is to "address and recognize the struggles in disadvantaged families, especially for those with inconsistent living arrangements and persistent family issues." The organization has recently entered an agreement to buy the old hospital in Ronceverte and renovate it into a "residential education center." Hubbard explained that such a center would provide "job training, education, and recognizing whatever situations are in people's path that are keeping them from being independently successful" for those who "don't have a secure place to live."

Hubbard made sure to point out that this project is not a 'homeless shelter,' but rather a transitional facility which will provide "temporary housing to people who do not have it, while working diligently with existing programs and services to help this person to the end goal of being independently successful. We want to work with people to solve their issues and discover what it is that's keeping them from being independent." She emphasized, "We do not want to harbor a culture of victimhood. We will have security, residents will be vetted, and we are not going to handle drug use or offer drug abuse counseling, nor do we intend to take that on. That being said, we will help anyone that comes," but that may mean referral to other programs. However, "if they still need help after having dealt with their drug abuse and or withdrawal issues, we will be happy to take them in."

Hubbard broke down the center's planned services by floor. "The first floor will be family residences and the second floor will be for adult individuals. We'll also have a kitchen and a culinary program run by our own Lisa Carter, who has been such an asset to us." Hubbard concluded by saying that the planned center "is not a bandaid. This is not a shelter where you get a bed and a bowl of cereal in the morning and nothing else. This is a resource, an opportunity to look at why people are in the scenarios they find themselves in and help them get past that."

In other news, Dean Meadows, Director of the West Virginia 911 Council, spoke to the Commission about retirement funds available to retired 911 center employees. Currently, those funds are not folded into the RS (rescue services)/EMS (emergency medical services) retirement fund that police, fire, and EMS service retirees have access to, and Meadows and his colleagues are currently lobbying to pass legislation which would change that. "The ER/EMS retirement fund is a much better one, and the legislature passed legislation last year to move new employees onto the RS/EMS plan. If county commissions sign a resolution

See "County Commission" Page 3

Portion of Meadow River Rail Trail leading to Rainelle nearing construction

By Adam Pack

Matt Ford was proud to be at Greenbrier West High School on Monday, May 22 to present to the public the culmination of his and the Greenbrier Environmental Group's Spring 2023 edition of their collaboration with students of Greenbrier West High School. For months, students at West have been learning, alongside members of Greenbrier Environmental's "Meadow River Rail Trail Team," headed by Ford, multi-disciplinary skills in marketing, public speaking, research and development, and other valuable, marketable skills in association with the design and ultimate arrival of Meadow River Rail Trail access in their area.

"We've been meeting with students now once a month for a semester to help them sort of shadow people in environmental engineering, marketing, environmental science, and several other fields of work that have their hands on this project," said Ford. "We just want to expose them to as much as we can vocationally and show them maybe something they haven't thought of."

This was the first year of the collaborative program, and Ford believes that it will continue to bear fruit and inspire Greenbrier West students for the next two or three years, as the project continues. This presentation coincided nicely with the approaching finalization of the design for Phase III of the trail's course, a roughly eight-mile portion from the end of the trail's Phase II construction into Rainelle.

Project Manager Todd Schoolcraft of E.L. Robinson Engineering explained that once they complete

See "Meadow River Rail Trail" Page 2



Work by artist Earl Gray. Gray has worked with E.L. Robinson engineering on artisanal carvings along trails in the Huntington, WV area.



According to Project Manager Todd Schoolcraft, boulders and outcroppings much like the one pictured above are planned to be marked for unique artisanal carvings.

Greenbrier River Trail work complete, trail reopened in time for Memorial Day Weekend



Mayor White is pictured alongside representatives from both state and local government and entities, as well as contractors who have been working on what all who spoke called incredible work. Further up the trail, a new parking lot is currently under construction. (Copy and photo by Adam Pack)



Representatives from both state and local government entities pitch in to remove the sign blocking access to the Greenbrier River Trail. The trail is done eight months early, much to the surprise and excitement of all the various officials involved. Shortly after the ceremonial removal of the fence, the first unobstructed rider takes off down the newly opened portion of the Greenbrier River Trail. (Copy and photo by Adam Pack)

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Lewisburg ranks #12 on USA Summer Travel List

Travel Lemming ranks Lewisburg #12 on its summer list of 150 best things to do in the USA. The annual project highlights hidden gems and emphasizes human-curated recommendations over AI chatbots.

Lewisburg, West Virginia, has been named #12 among the 150 best things to do in the United States this summer by Travel Lemming. The annual list aims to help Americans discover unique and diverse attractions around the country and in their own backyards.

Lewisburg is the single West Virginia attraction to make the list of 150 top things to do, alongside varied attractions including a hot air balloon festival and the largest musical instrument in the world.

The article highlights Lewisburg as a place that “gives you the feel of storybook America.” It praises the downtown area as being, “filled with charming local shops and restaurants” and notes its active arts scene.

Sheena Pendley, VP of Marketing, Lewisburg Downtown Busi-

ness Association reacted: “Lewisburg is so glad to be featured alongside so many other wonderful towns and attractions. We see our town as a hidden gem among the mountains and we always love when it’s recognized across the board.”

Echoing Pendley’s comments, Travel Lemming Senior Travel Writer Lea Rose Albaugh said, “Lewisburg is the kind of town that makes you feel like you’ve stumbled upon a hidden gem. It’s charming, lively, and surrounded by peaceful, green scenery.”

The top ten entries on Travel Lemming’s list are:

1. The Wild Animal Sanctuary (Keenesburg, Colorado) - an open air sanctuary home to rescued animals, including 39 tigers once owned by Tiger King’s Joe Exotic and 9 lions airlifted from Ukraine.

2. Leavenworth (Washington) - a Bavarian-themed town offering a taste of Germany in the Cascade Mountains.

3. Valley of Fire State Park (Nevada) - a 46,000 acre crimson oasis of desert outcroppings, petro-

glyphs, and petrified forests.

4. Pilsen (Chicago, Illinois) - a culturally-rich Latino neighborhood featuring vibrant art, music, and mouthwatering food.

5. Luray Caverns (Virginia) - a 400 million-year-old network of caverns, home to the biggest musical instrument in the world.

6. Sensorio (Paso Robles, California) - a whimsical lightshow installation featuring 100,000 stemmed spheres.

7. New Jersey Lottery Festival of Ballooning (Readington, New Jersey) - a festival featuring 100 colorful hot air balloons from July 28-30.

8. Brewery Hopping (Asheville, North Carolina) - an everyday activity available in America’s “Beer City.”

9. Dead Horse Point State Park (Utah) - an overlooked state park featuring 16.6 miles of singletrack mountain biking trails.

10. Olympia (Washington) - an underrated state capital home to a vibrant artistic community and



Lewisburg (Photo credit Lea Rose Albaugh – Travel Lemming)

nearby natural attractions. The full list of 150 best things to do can be found at: <https://travellingemling.com/best-things-to-do-in-usa-2023/>.

Each year, Travel Lemming’s team of two dozen writers and editors hand-picks the list, with the goal of highlighting the USA’s many hidden gems.

Abigail Bliss, editor at Travel Lemming, commented: “Many believe

that international travel is key to experiencing different cuisines, art, history, and ways of life. But each region of the US emanates a unique culture and is rich in new experiences - which are often more economical and easily accessible.”

“These activities are based on expert travelers’ first-hand human experiences. AI-generated suggestions can’t replace the

authentic advice of locals who have eaten at these restaurants, felt the energy of these festivals, and seen America’s magnificence.”

Travel Lemming is an online travel guide with more than 10 million annual readers. It publishes guides written by local and expert travelers who have first-hand experience in destinations across the United States and the world.

Greenbrier County waterfall added to WV Waterfall Trail

Nation’s first statewide waterfall trail gets nine new stops

Just in time for Memorial Day weekend, Gov. Jim Justice announced a major expansion of the popular West Virginia Waterfall Trail. The trail now has nine new stops, bringing the total up to 38 for those looking to explore cascades across the Mountain State. Since its launch last June, the statewide wonder has received over 35,000 participant check-ins with visitors from 49 states and 15 countries.

The trail has received rave reviews which inspired the Department of Tourism to ask West Virginians to help identify new waterfalls. Those nominations led to the addition of several new falls, which will allow those who have already started their adventures to keep exploring.

One of those dedicated “waterfall wanderers” - as the Department of Tourism calls them - is Veronica Lewis. Veronica, a mother of two from Jackson County, has visited more than 20 falls with her two daughters.

“I’ve had the joy of exploring many of West Virginia’s waterfalls and thanks to the Waterfall Trail, my love of exploring the outdoors is something I’m able to share with my daughters as a family,” said Lewis. “Governor Justice’s expansion of the Waterfall Trail will be a great way for more families to take advantage of every bit of the natural beauty and wonder available to us throughout Almost Heaven.”

Visitors can now explore 38 jaw-dropping cascades throughout the Mountain State while winning exclusive prizes along the way. Prizes include a West Virginia Waterfall Trail branded sticker, water bottle, and T-shirt - all exclusively available through this program. With the addition of these new waterfalls, the West Virginia Department of Tourism has also commissioned Base Camp Printing Company in Charleston to create a limited-edition waterfall art print that will be mailed to the dedicated waterfall explorers who check in at all 38 cascades along the trail.

Checking into the Waterfall Trail is a simple process made possible by Bandwango, a travel technology platform that makes checking in at each location quick and easy. To get started, visit WVtourism.com/waterfalls and register to have the West Virginia Waterfall Trail passport delivered straight to your smartphone. Those who have already registered and want to restart their adventures can text “resend waterfall trail passport” to 1-888-921-5333 to be connected with a support agent.

New Waterfalls

- **Loopemount Waterfall** - Located near mile-marker 8.1 on the 78-mile Greenbrier River Trail, the Loopemount Waterfall is one of the most remote waterfalls in Almost Heaven. Park near the Harper Road trailhead and walk north. Meander for a little over 2 miles along the lush rail trail to find this Greenbrier County gem. This wide waterfall is the strongest during the springtime, but you can discover a gentle stream during the warmer months.

- **Westerly Falls** - This charming, short-dropped waterfall spans Paint Creek in Fayette County. With water plummeting from 5 to 7 feet high, Westerly Falls is one of the more subtle, yet dynamic falls in West Virginia. Tackle the short and moderately steep walk from the roadside pull-off to creek level for a closer view.

- **Pipestem Falls** - With a 30+ foot drop on Pipestem Creek, Pipestem Falls is a hidden gem located along Route 20, approximately 11 miles south of Hinton. Follow the wooden steps by the pull off and let the roaring waters guide the way, as the summer leaves hide the falls from the road.

- **Falls Mill** - Just off U.S. Route 19 on Pleasant Hill Road in Braxton County is a photogenic and wide cascade spanning the entire width of the Little Kanawha River: Falls Mill. Embrace the view from the roadside overlook to catch a truly panoramic snapshot of this expansive waterfall.

- **Parkinson’s Waterfall** - Nestled in Bethany College’s leafy and historic campus, this waterfall is a familiar feature to students and a delightful surprise for visitors. Make your way along Campus Drive until you come upon a trailhead sign near the Steinman Fine Arts Center, marking the Waterfall Trail. The Waterfall Trail and Sutton Trail form a loop that is approximately one-mile long.

- **Mann’s Creek Falls** - Enjoy sightseeing the many layers of cascading waters at Mann’s Creek Falls in Babcock State Park. Begin your journey at the Narrow Gauge trailhead located on the service road below the park’s campground. The splashing of the tiny, but mighty, plummeting falls make for a soothing experience after getting some steps in on the Narrow Gauge Trail.

- **Sugar Camp Run Falls** - Sugar Camp Run Falls is one of a handful of beautiful waterfalls at Babcock State Park. Water rushes between several angular boulders, creating a unique flow - especially after heavy rainfall. Babydog visited the waterfall earlier this spring and word has it that this is the English Bulldog’s favorite cascade. Parking in the historic Glade Creek Grist Mill lot provides easy access to the Old Sewell Trail.

- **Flanagan Branch Falls** - Flanagan Branch Falls is tucked away on the Old Sewell Trail at beautiful Babcock State Park. You can park near the historic Glade Creek Grist Mill and begin your waterfall venture on the Old Sewell Trail.

- **Tucker Falls** - Located at Mason-Dixon Historical Park near Morgantown, Tucker Falls is a 14-foot hidden gem. This park borders the Mason-Dixon line, making Tucker Falls one of the most northern waterfalls in Almost Heaven. Take a stroll along the banks of Dunkard Creek on Green Trail and cross over to Orange Trail for a combined one-mile walk.

Meadow River Rail Trail

Continued from Front Page

the design drawings the job will be ready to go out to bid. Schoolcraft expects that the work will take one year, but is glad that the project is fully funded via a \$2,000,000 grant from the West Virginia Department of Environmental Protection’s Abandoned Mine Reclamation Pilot Program, as well as a \$75,000 legislative grant. Schoolcraft spoke for both he and Ford when he said that this trail portion could bring opportunity to the region. “Just think of all the kayak liveries, white-water rafting, fishing, and trail riding that people will be doing, as you’ve basically got a land and water companion trail on your

hands here. Then those people will want amenities, restaurants, and accommodations. It could be a really big boost for such a wonderful town that’s still working hard to recover from the flood,” said Schoolcraft.

He feels that the potential of the area is almost limitless, comparing it to the Smoky Mountains. “You go up there and those mountains are so steep, and yet entrepreneurs and businesses have gone up there and put cabins and roads where it doesn’t even look like they can go. Here, the mountains are much more easily sloped and could

accommodate any number of ventures like they have in eastern Tennessee, and more maybe.”

Schoolcraft and E.L. Robson have also taken great care to design aesthetically appropriate and appealing features along the trail, including benches which Schoolcraft describes as having, “a rustic, railroad tie style to them that will blend well with the railroad and timber industry of the area,” and even plans to, “select rocks along this last phase of the trail, and commission an artisan to carve whimsical original rock carvings tucked away in different places along the trail.”

PICK OF THE LITTER



RIP
Rip is a one-year-old male Feist mix and weighs 37 pounds



NADIA
Nadia is a five-year-old female domestic shorthair

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.

DON'T SHOP • ADOPT!

Briefly

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. **Dance May 27 will feature the Eade's Mountain Boys** from 7 to 10:30. 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.

Bones & Cones

located at 21287 Seneca Trail N, Frankford, opens this weekend serving ice cream and yogurt to people & pets.

Republican Club to meet Jun. 1

The Greenbrier County Republican Club will conduct its monthly meeting Thursday, Jun. 1, at the Old Stone Presbyterian Church Fellowship Hall (entrance on Foster Street). President Gordon Campbell will begin promptly at 6:30 p.m. The scheduled program is WV Auditor and gubernatorial candidate, J.B. McCuskey, who will discuss his campaign and answer questions. This is the first in a series of Republican candidate introductions with a question and answer period. Attendees are urged to visit the candidate's website prior to the meeting. Additional scheduled appearances are: Thursday, Jul. 6, Rashida Yost; Thursday, Aug. 3, Chris Miller; and Thursday, Sept. 7, Mac Warner, current WV Secretary of State. All have announced their candidacy for governor. Mike Stuart, a WV senator and announced candidate for Attorney General will speak at a date to be determined. Everyone is welcome to attend the meetings. Membership is not required, but certainly appreciated.

Memorial Day commemoration

American Legion Post 100 will host a Memorial Day commemoration at the Monroe County Courthouse at 2:30 p.m. on Monday, May 29. The public is invited to join in this solemn occasion in memory of our nation's war dead. Veteran's groups wishing to lay a wreath or make remarks please contact Post 100 at AL.Post100.Union.WV@gmail.com or Scott Womack at 304-992-4405 or via Facebook Messenger. The American Legion is nonpartisan and open to veterans of any branch of service and era, including those currently serving. The American Legion supports veterans and their families, patriotism, and youth education. Come join us!

Entries open for State Fair

Entries are officially open for the 98th Annual State Fair of West Virginia's livestock and home, arts, and garden competitions. All rules and regulations, as well as registration instructions are posted on the State Fair's website. The deadline to enter is July 14.

Elder Abuse Awareness Walk set

The Family Refuge Center will host an Elder Abuse Awareness Walk at the CAMC Greenbrier Valley Hospital Track on Jun. 15 from 11 a.m. to 1 p.m. Come dressed in purple; this event helps to raise awareness surrounding abuse later in life. For more information call 304-645-6324 or email kenskey@familyrefuge-center.org

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.

Lewisburg Planning Commission

will meet Thursday, June 1, at 7 p.m., 942 Washington Street West. Also available via Teleconference. For information on how to participate on ZOOM, contact Lewisburg City Hall at 304-645-2080 by 4 p.m. on Thursday, June 1. On the agenda:

- Approval of Minutes - May 4, 2023
- Comments from the Public
- Public Hearing for Conditional Use Permit, Byron and Julia Black, 372 Dwyer Lane - approval of three (3) plus bedrooms for Air BnB
- Public Hearing for Storm Water The Gardens of Blackbird Village
- Site Plan Review, The Gardens of Blackbird Village
- Comments from Planning Commission members
- Comments from Planning and Zoning Officer

The next regularly scheduled Planning Commission meeting will be held Thursday, July 6, with a deadline of noon June 15.

Renick Town Council

will meet Monday, June 5, at 7 p.m. at Renick Town Hall for their regular monthly meeting: Agenda items include:

- Community comments
- Approval of Minutes
- Financial reports
- Committee reports
- Old and new business
- Other business

Historic Landmarks Commission

will meet Monday, June 12, at 5 p.m. at City Hall, 942 Washington Street, West. Also available via Teleconference. For information on how to participate on ZOOM contact Lewisburg City Hall at 304-645-2080 by 4 p.m. Monday, June 12. On the agenda:

- Approval of Minutes - May 8, 2023
- Comments from the Public
- Jennifer Hamilton, 413 Randolph Street East - paint House Benjamin Moore Hancock Gray (HC-97), windows and door casings Sherwin Williams Pure White (SW 7005), exterior door and shutters Sherwin Williams Tricorn Black (SW 6258), decorative molding over windows will be Sherwin Williams Oyster Bar (SW 3507)
- Lexanne Meldrum, 1223 Washington Street East - remove old metal and shingles, install underlayment and Black Standing Seam & Trim Metal Roofing
- Jessica Hall, 1599 Washington Street East - siding, wood trim and roofing on detached garage
- Tammy White, 971 Washington Street West - exterior painting

Rotary to host Meet the Candidates Forum in WSS

The White Sulphur Springs chapter of Rotary International will host a Meet the Candidates Forum on Monday, Jun. 5. Voters will hear a 2.5-minute statement from each mayoral, recorder, and city council candidate followed by an opportunity to mingle and ask questions one-on-one.

The Forum will be held in the White Sulphur Springs Community Center at 138 Hanna Lane (behind Methodist Church) from 6 to 7:30 p.m. All candidates for office in the upcoming City election have been invited and voters are encouraged to attend. Doors open at 5:50 p.m.

Election Day is Tuesday, June 13.

Greenbrier Co. CVB Sponsorship Program open for applications

Greenbrier Valley Festival and Event Sponsorship Program (GVFESP) Cycle Two is now open for applications. Overseen by the Greenbrier County Convention & Visitors Bureau (CVB), the GVFESP provides marketing and advertising assistance to Greenbrier County festivals and events.

"In the first cycle of 2023, we sponsored nine events. We're happy to continue this program and provide additional marketing dollars to help local organizations promote the Greenbrier Valley," President and CEO Kara Dense said.

Nonprofits or multi-partner collaboratives that host events or festivals can apply for up to \$2,000 for direct advertising or promotional materials funding reimbursement per project. An organization may apply for multiple projects, but each must be submitted on a separate application. The CVB recommends that events happening between August 2023 through March 2024 apply for this cycle.

The CVB will host a required information webinar at 9 a.m., June 1, for those interested in applying. Cycle two applications are due at 5 p.m. on June 30. For more information regarding the GVFESP visit <https://greenbrierwv.com/cvb-grant>.

Justice declares Juneteenth 2023 as State holiday in WV

Gov. Jim Justice recently issued a proclamation, officially declaring Juneteenth 2023 as a State holiday in West Virginia. Juneteenth, which is recognized on June 19 each year, celebrates the ending of slavery in the US.

The Juneteenth State holiday this year will be observed on Monday, June 19, as a full-day holiday for all public employees of the State.

Gov. Justice also reminds West Virginians that the Herbert Henderson Office of Minority Affairs is hosting a Juneteenth Celebration on the Kanawha Boulevard lawns of the West Virginia Capitol Complex on Saturday, June 17, from 5 to 9 p.m. The event is free and open to the public.

As part of the celebration, Dru Hill is performing and will feature all current and former group members.

Comeback Orthopedics to open in Lewisburg

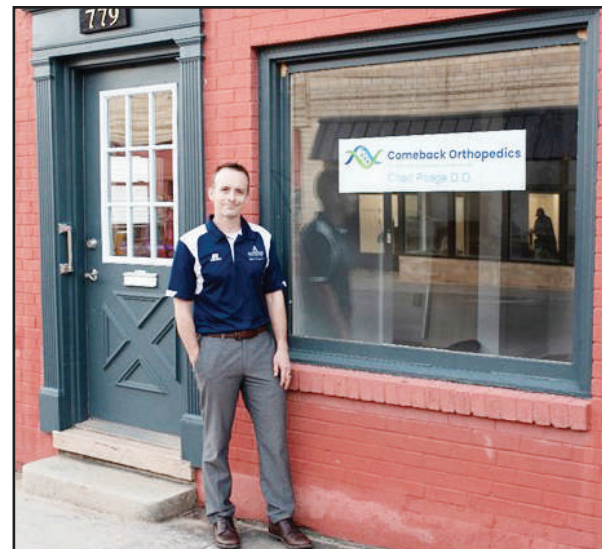
Chad Poage, D.O. is pleased to announce the opening of his new practice, Comeback Orthopedic Sports and Regenerative Medicine, at 779 S. Court Street in Lewisburg. Here he will offer a full spectrum of evaluation and treatment options for musculoskeletal conditions, including orthopedic exams, injections, Osteopathic manipulation (OMM), fracture care, and Platelet Rich Plasma therapy, also known as PRP. PRP is placed into an area of injury or degeneration and is useful for promoting healing using the body's own cells. Patient Suzanne says about her PRP therapy "My knee feels brand new after years of arthritis pain!"

Dr. Poage is extensively trained in orthopedic surgery, sports medicine, orthopedic evaluation, and management of musculoskeletal disorders. He is passionate about seeing patients restored back to their "pre-injury" state, whether that refers to an acute activity-related injury or dealing with the pain and dysfunction accompanying chronic diseases like arthritis.

A graduate of the West Virginia School of Osteopathic Medicine, Dr. Poage completed his residency in Orthopedic Surgery at Western Reserve Hospital in Cuyahoga Falls, OH. He then completed a fellowship with world-renowned sports surgeon Dr. James Andrews in Gulf Breeze, FL, where he had the opportunity to care for world-class athletes while learning from the best in the business.

Dr. Andrews fondly remembers Dr. Poage's time at the Andrews Institute and states, "It is with great enthusiasm that I make this recommendation for Dr. Chad Poage. Following his orthopedic residency, he did a fellowship with me at Andrews Institute in Gulf Breeze, FL from 2014-2015. He was an exemplary fellow and is extremely well-trained in both orthopedics and sports medicine. His thoroughness, attention to detail, organizational skills, and analytical thinking are above reproach. It is for all these reasons that I recommend him highly."

Dr. Poage's training and experience have made him well-equipped to provide care for the people of his home state of West Virginia. He has a conviction that it's time to get back to the basics of quality patient care. "Rather than focus on production, numbers, and all the things that detract from the patient experience, our focus is excellence of care, providing world-class care with a small-town feel," said Dr. Poage. As a part of that philosophy, Comeback Orthopedics offers home visits for those patients who may have mobility or transportation problems, and in most cases can provide same day or next day appointments. To learn more about Dr. Poage's approach or make an appointment visit: www.comebackortho.com and click on appointments or call/text 304-900-0997.



Dr. Chad Poage, Comeback Orthopedics Sports and Regenerative Medicine

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County Commission

Cont. from Front Page

allowing new (911 center) employees to draw from the RS/EMS funds they can, but we're trying now to get all existing 911 center employees eligible to move over to the ER/EMS accounts. The more counties that sign on to the current system, which allows any new 911 center employees to opt into the RS/EMS account, the better it will look in Charleston for further legislation," said Meadows. A bill to that effect was submitted in the most recent legislative session but did not pass due to "some technicalities some legislative lawyers found," according to Meadows, and he is hoping the bill will pass in a special session. Meadows added that, "Mike Honaker, by the way, has been working hard and really helping us with that."

The resolution to allow new 911 center employees to draw from ER/EMS accounts, described by Meadows as "a great recruitment and retention tool," would cost the county 0.5 percent more if passed. The County Commission took the resolution to allow new 911 center employees to opt into the ER/EMS retirement account and will review it with counsel before taking action at a later date.

In other news, Greenbrier County student Lydia Jackson of Eastern Greenbrier Middle School was given an honorable mention by the state Association of County Commissions for her essay submission on the topic, "How My County Commission Makes Life Better." Jackson, whose accompanying teacher was Mr. Michael Anderson, both are receiving monetary awards for their selection.

The 4-H Extension office took on a new hire; Olivia Simms. Simms, who applied for 4-H Program Assistant, has gone through the interview process with the Extension Office and meets all requirements through WVU Extension. The County approved the hiring of Simms to 4-H Program Assistant.

The bid for work to the exterior of the home confinement office was opened at the meeting, as well. The building, located in Ronceverte, was bid on by one company: Adam Whanger Contracting. Work detailed included scraping, painting, caulk, and other exterior maintenance on the building. The bid total was \$7,950. The bid is now pending review by the county's legal counsel.

The county also read the updated Greenbrier County Floodplain Ordinance for the first time. The county will read the updated Ordinance the second time at their next meeting, at which time they will take action regarding passage of the ordinance.

The Greenbrier County Commission will meet again on Tuesday, June, 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, as times and dates are subject to change.

OPINION



Pass It On

By: Karen Cohen

Do Americans care where our food comes from? If you are interested in growing your own food, whether it be done in the backyard or front yard, we can encourage young people to GYO, grow your own! We pass on all kinds of traditions to our children. Holidays, prayers or chants, family stories, fitness regimens, and eating habits.

When I lived in DC for years, many of the grocery store's afterschool checkout staff were older teens and young adults. I was surprised how many of them could not identify vegetables such as eggplants, zucchinis, and some fruits like papayas. They never ate these at home, so how would they know? Fast food restaurants never served any veggies except french fries and a hard, non ripened tomato, and salt was the main flavoring ingredients for most fast foods. A veggie platter with ranch dip was never presented in school either. Salty snacks such as pretzels and potato chips are often common in kids and their parents' diets.

USA studies show that only ¼ of adults eat veggies three times a day, and we know that obesity is on the rise for kids. Can you add a ripe tomato or avocado slice on toast and an egg in the morning, light salad with mixed greens and sandwich for lunch, and steamed or sauteed broccoli, asparagus, carrots, string beans, for dinner? It's easy and the benefits are worth it. The flavors are natural!

Healthy eating can make a big difference in lives, young and old. Food can affect moods. Sit around sipping on a sugary soda all day shot up with caffeine and it is guaranteed to send you down into a spiral when your blood sugar first spikes with sugar and then dips with none. It is hard to get off the sugar train. Withdrawal, as with any drugs, can be difficult. There are tasty alternatives to soda. If you want the kids to wean off of caffeinated beverages, first off, you have to set the example. Chicory, matcha tea, and green tea can be healthy substitutes. And for an energy boost, try peanut butter on celery sticks. It sounds strange but is really good.

With both parents nowadays holding down jobs, home cooking for some families has gone extinct. It's much easier to pick up a bucket full of chicken and hand it out to everyone for dinner. And there's

no dishes to wash either! Convenience has replaced nutrition in our society. Home economics classes were removed from many school agenda's years ago and cooking skills are not taught at all. It used to be that you learned how to cook from your mom or grandma who passed on their recipes.

The trend that really seemed to kick in the desire to cook again at home was the popularity of TV cooking shows. Emerald, Anthony, Bobby, and Gordon were men who knew how to cook, serve, and eat good food. They became role models and men donned their man aprons and set out to the grill with passion! My nephew wanted to go to culinary school after he graduated high school. He never stood in the kitchen once in his life preparing his own food. Having his own TV show was his goal!

We get lessons through to kids by making things fun rather than boring and tedious. Do you enjoy cooking? A fun family food adventure is to focus on one cookbook per month and let the kids pick out recipes that appeal to them and cook them together. Make a goal to try one new food item per week. Try making eggplant parmesan or zucchini casserole together. Start a wall chart and write down your new menu and have the kids vote on whether it rates high or low on the "Eat again" grocery list.

Growing some new veggies in your garden can be another fun family project. Potatoes, corn, and tomatoes when home grown taste better than store bought, we all agree on that. Adding kale, spinach, and lettuce greens to your own garden and you will add a nutrition and flavor boost. Why not add fresh herb plants to your garden, too, such as basil, dill, and chives. You can even eat some flowers in your salads, like nasturtiums or chive blossoms!

A valuable resource for families to learn about healthy eating can be found at <https://extension.wvu.edu/food-health/nutrition/fnp>. This is the Family Nutrition Program offered by the WV Extension. Topics such as Teen Cuisine and Healthy Lunches give tips and great info for the whole family.

(Karen Cohen is a home gardener, food preserver, seed saver and avid explorer. Please send your tips and comments to natureswaykaren@gmail.com and Happy Growing!)

Commentary

Buckle Up and Save Your Life

Governor's Highway Safety Program Promotes Click It or Ticket Enforcement

The West Virginia Governor's Highway Safety Program (GHSP) reminds drivers and passengers to buckle their seat belt during the *Click It or Ticket* high visibility enforcement campaign and every day of the year. The statewide heightened enforcement is ongoing and runs through Memorial Day weekend. The U.S. Department of Transportation's National Highway Traffic Safety Administration's (NHTSA) national seat belt enforcement mobilization runs May 22 through June 4.

"We want West Virginians to make the smart choice to buckle up every time they travel in a vehicle," said Gov. Jim Justice. "Seat belts save lives, and it's worth the two seconds it takes to buckle up."

As reported by NHTSA, in 2021, 11,813 unbuckled passenger vehicle occupants were killed in crashes in the United States. In that same year, 57% of passenger vehicle occupants killed at night (6 p.m.–5:59 a.m.) were not wearing their seat belts. That's why one focus of the *Click It or Ticket* campaign is nighttime enforcement. Participating law enforcement agencies will be taking a no-excuses approach to seat belt law enforcement, writing citations day and night. In West Virginia, the penalty for a seat belt violation is \$25 with no added court costs or fees.

In 2021, 280 people lost their lives on West Virginia roads. Passenger vehicle fatalities totaled 184 people, with 74 of them confirmed as being unbuckled/unrestrained.

"A lot of people think that driving a pickup truck or sitting in the back seat is enough protection should they be involved in a crash. This is not true," said GHSP Occupant Protection Program Coordinator Amy Boggs.

"Sixty-one percent of pickup truck occupants who were killed in 2021 were not buckled up. Compare that data to passenger car occupants: forty-seven percent of the people killed in passenger cars were unbuckled," Boggs continued. "Forty-nine percent of all front-seat passenger vehicle occupants killed in crashes in 2021 were unrestrained, but 57% of those killed in back seats were unrestrained."

"Regardless of the vehicle type or seating position, buckling up is the single most effective way to stay alive in a crash," Boggs said.

West Virginia's seat belt use rate climbed to 92.5% in 2022, the highest use rate recorded in West Virginia. At the current seat belt use rate, preliminary data shows unbuckled West Virginians are 18.21 times more likely to die in a crash than those who are properly restrained.

"Our ultimate goals are 100% seat belt use and zero roadway fatalities," said Bob Tipton, GHSP Director. "Just one fatality is too many, especially in the framework of your own family and friends. Speak up and ensure everyone in the vehicle is properly restrained. Make sure your children are in the right car seat for their height and weight. Give your family and friends the best chance at surviving a crash. Buckling up will save your life."

For more information about the West Virginia Governor's Highway Safety Program, visit highwaysafety.wv.gov.

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Commentary

Monongahela National Forest offers tips for safe and sustainable recreation



Photo courtesy <https://www.fs.usda.gov/detail/mnf/learning/history-culture/?cid=FSEPR0690569>

Staff on Monongahela National Forest would like you and your family to have a safe and enjoyable Memorial Day Weekend. "We have seen increased visitation on the Forest the past few years and we expect the same this year," said Forest Supervisor Shawn Cochran, "And that is a wonderful thing. We want to make sure everyone has the information they need to be safe and have fun while enjoying their national forest this Memorial Day holiday and all summer long."

Memorial Day is the traditional kick-off for summer recreation, and many popular areas may be extra busy this year. Keep these tips in mind to protect yourself and others during your visit:

- Check the Forest website to see the latest safety alerts and closures at <https://www.fs.usda.gov/alerts/mnf/alerts-notices>.
 - If the parking lot is full at the location you want to visit, have a backup plan for another place to visit. Visit this webpage for ideas: <https://www.fs.usda.gov/recremain/mnf/recreation>.
 - Carefully monitor campfires. Never leave a campfire unattended. Extinguish your fire completely. Keep pouring water on it until all remains are cool. If it is too hot to touch, it is too hot to leave.
 - If you plan to visit a designated Wilderness on the Forest, educate yourself on what that means: <https://www.fs.usda.gov/detail/mnf/specialplaces/?cid=stelpdb5084288>. You might be surprised to learn that you need to be self-sufficient. There are no bathrooms, trails are often unmarked, cell service may be unavailable, and group sizes are limited to 10.
 - Be considerate of others. Pay attention to your surroundings. Obey all signs and posted restrictions. Pack it in, pack it out. Follow the Leave No Trace 7 Principles © 1999 by the Leave No Trace Center for Outdoor Ethics: www.LNT.org.
 - Cell service is spotty across the Forest and if you get into trouble you may be on your own for a while before help can reach you. Be sure to always tell someone where you are going and when you plan to be back. Be aware that you are responsible for your own safety and for the safety of those around you.
 - Enjoying the water? Wear a lifejacket. According to the U.S. Army Corps of Engineers, 85% of all boating-related fatalities were not wearing a life jacket. Life jackets save lives.
 - Be prepared for all types of weather, and check weather conditions often. Sudden storms are common in the mountains of West Virginia and may cause flash flooding. Take action and move to higher ground if needed.
 - Swimming is not permitted at lakes on Monongahela National Forest, except for the designated swimming areas at Lake Sherwood and Blue Bend. Even in those locations, lifeguards are not provided, so never swim alone and always monitor children.
- For more tips about recreating responsibly and safely, visit: <https://www.fs.usda.gov/visit/know-before-you-go/responsible-recreation>.



Commentary

Flag Etiquette: Hoisting, Lowering, or passing of Flag

The following is the last in a series of articles sponsored by American Legion Post 100 in Union on the proper etiquette towards the U.S. Flag. The information comes from U.S. Code Title 4, also known as "The Flag Code." This week's installment describes the appropriate conduct during hoisting, lowering, or passing of the U.S. Flag. The Post will hold a brief Memorial Day ceremony at the courthouse in Union on Monday, May 29 at 2:30 p.m. The public is invited.

Section 9: During the ceremony of hoisting or lowering the flag or when the flag is passing in a parade or in review, those present in uniform should render the military salute. Members of the Armed Forces and veterans who are present but not in uniform may render the military salute. All other persons present should face the flag and stand at attention with their right hand over the heart, or if ap-

plicable, remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Citizens of other countries should stand at attention. All such conduct toward the flag in a moving column should be rendered at the moment the flag passes.

Post 100 and the local JROTC Maverick Battalion are collecting unserviceable U.S. Flags for an annual respectful retirement ceremony held each May. Citizens wishing to turn in their unserviceable U.S. Flags may mail or bring them to James Monroe High School, c/o JROTC, at 142 James Monroe Drive, Lindside, WV 24951 or place them in the drop box in the courthouse in Union. Contact Scott Womack via email at swomack@k12.wv.us or via Facebook Messenger, or call the JROTC office at 304-753-6906 to arrange a drop-off of your unserviceable U.S. Flag.

OBITUARIES

Leta Dorene Patton

Caldwell-Leta Dorene Patton, 84, passed away Wednesday, May 17, 2023 at Lewisburg Healthcare Center in Ronceverte.

She was born May 6, 1939 in Ronceverte, the daughter of the late Curtis Waugh and Maragret Shope.

Dorene was a member of Highland Park Methodist Church.

Other than her parents she was preceded in death by her husband, Richard Patton; sister, Glenda Gale Bostic; and niece, Mercedes Loudermilk.

Surviving are nephews, Henry Saylor and Russell Loudermilk; cousins, Robert Shope, Ray Saylor, Jerry Saylor and Tony Saylor; great-niece, Elizabeth Shelton; and great-great-nephews, Russell and Blaine Shelton.

A celebration of Life for Mrs. Patton was held on Sunday, May 21, at the Highland Park Community Church where Pastor Freddie Bostic officiated. The family received family and friends before the service.

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

Mary Louise Looney

Ronceverte and Gap Mills-Mary Louise Looney, 93, passed away Wednesday, May 10, 2023 at Stonerise Lindsie formerly Springfield Center.

Born Nov. 22, 1929 in Greenbrier County, she was a daughter of the late Nellie Katherine Burns and John Kelles Massey. She was preceded in death by her husband, Marion E. Looney; her daughters, Joan O'Brien and Judy Boggs; two sisters, Nellie Longanacre and Virginia Ide; and three brothers, Richard Massey, Gordon Massey and Frank Massey.

She is survived by a grandson, Jason O'Brien (Julie) and four great-grandchildren, one niece, and ten nephews.

There will be no service or visitation.

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

Ernest Edward Williams



Lewisburg-Ernest Edward "Ernie" Williams, 68, passed away peacefully, Wednesday, May 24, 2023, at the Peyton Hospice House.

Born May 22, 1955, in Lewisburg, he was the son of the late Oretta Faye Williams Franke.

Ernie had worked for True Value for 20 years. He was a member of the Enon

Baptist Church.

In addition to his mother, he was preceded in death by a brother, Dale "Kenny" Williams.

Survivors include his loving wife of 45 years, Jeanne Morgan Williams; sons, Corey Williams of Frankford, and Casey Williams of Morgantown; stepfather, Richard Ernst Franke; special niece, Laura Martin (Adam) of Mason, OH; and several other nieces and nephews.

Funeral service will be at 2 p.m., Friday, May 26, at the Morgan Funeral Home Chapel, Lewisburg. Visitation will be one hour prior to the service, Friday, at the funeral home. Burial will follow the service in the Morgan Cemetery, Ronceverte, WV.

The family would like to thank the staff of the Peyton Hospice House for the wonderful care provided.

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

Joan Carol Massie



Lewisburg-Joan Carol Massie, 79, passed away Saturday, May 20, 2023, at Lewisburg Healthcare Center in Ronceverte.

Born Sept. 8, 1943, at Fort Spring, she was a daughter of the late William Harvey Carter and Mary Arretta Highlander Carter.

Joan was a member of Rhema Christian Center. She was a homemaker, dedicated mother and grandmother who shared her love unconditionally.

In addition to her parents, she is preceded in death by her husband, Robert "Sonny" Massie on Apr. 22, 2019; son, Tracy Massie; sisters, Anna M. Bishop, Marjorie L. Fulcher and Phyllis J. Carter; brothers, James W. Carter, Harold B. Carter, C. Cletus Carter, V. Roy Carter, Lloyd A. Carter, Floyd A. Carter, and Michael Lee Carter.

She is survived by her son, Jeremy Massie and wife Heather Loudermilk Massie; sisters, Patty Rothe and Joy Satterwhite both of Lewisburg; and brother, Richard Carter of Lewisburg.

A graveside service was held on Wednesday, May 24, at Mount Vernon Cemetery where family friend and Pastor Stewart Farley officiated. The family received friends at Rhema Christian Center in Fairlea before the service.

Active pallbearers were Jason Massie, T.J. LaRue, Robert Dolan, Josh Blankenship, Ryan Nuckoles and David Lee.

In lieu of flowers, the family requests memorial donations made in memory of Joan to Greenbrier Valley Academy, 235 Court Street, North, Lewisburg, WV 24901.

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

Raymond Neal Hopkins



Williamsburg-Raymond Neal Hopkins, 95, passed away Monday, May 22, 2023 at his home in Williamsburg.

Born Mar. 20, 1928 in Huntington, WV, he was a son of the late William Curtis Hopkins, Sr. and Ina Sue Bobbitt Hopkins.

He was devoted to his wife of 67 years, Ruth, his children and the business he and Ruth started in 1952. Their business was called Hopkins Pump and Meter Service. In 1977, as their children began working with them in the business it was incorporated and became simply Hopkins Incorporated. All of their children worked at the business at one time or another and it is still being operated to this day by two of the sons.

He lived life passionately. He enjoyed racing cars, riding dirt bikes, water skiing and flying to name a few of his endeavors.

He had a strong passion for community service. He enlisted in the Navy where he finished high school. He and Ruth were in the citizen portion of the Civil Air Patrol, while young, and very active in their community after retirement. He was a Ruritan, a member of the American Legion, was a member of the Williamsburg Community Action Committee, served as Deacon in his church, Andrew Chapel United Methodist Church, he served on the Board of Directors of the Williamsburg Clinic, and was a member of South Eastern Beekeepers. He continued his community participation until his final days.

Raymond was preceded in death by his wife Ruth; his parents, W. C. Hopkins, Sr. and Ina Bobbitt Hopkins; his three sisters, Anna Pullen, Sara Dassing, and Sue Backus, and their husbands, George Pullen and Edwin Dassing. He was also preceded by his three brothers, W. C. Hopkins, Jr., Floyd and Fred, and their wives, Betty, Joanna and Kay.

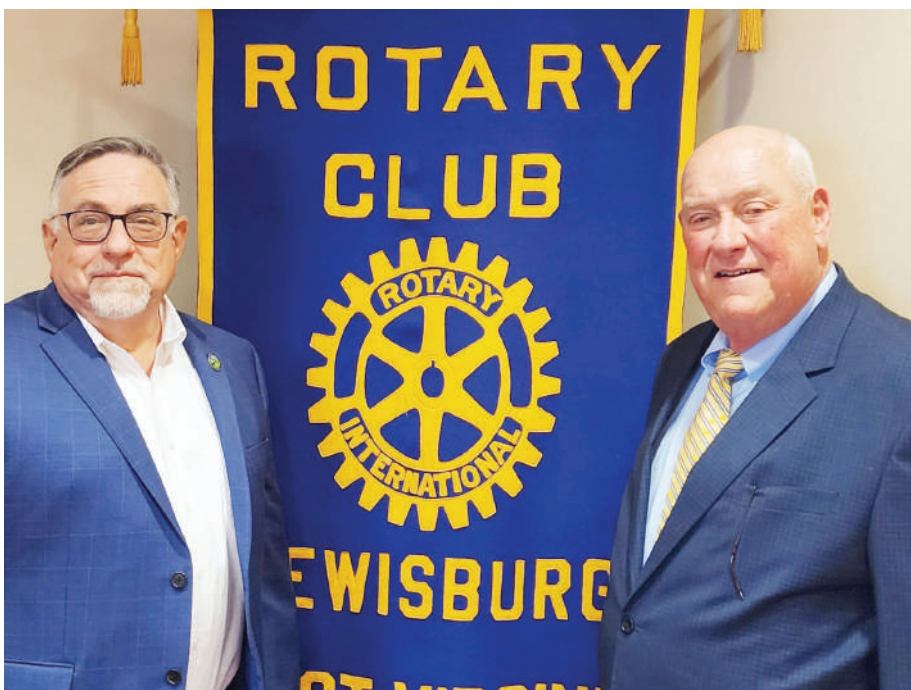
Survivors include his daughters, Ina "Rudi" Rucker (John) and Robin Pitchford (Mike); three sons, Curt Hopkins (Cathy), Ron Hopkins (Helen) and Ed Hopkins (Angela); 12 grandchildren, 19 great-grandchildren and 3 great-great grandchildren.

Funeral services will be at 3 p.m. Sunday, May 28, at Andrew Chapel United Methodist Church in Williamsburg, with Pastor Katie Knotts officiating. Burial will follow in the church cemetery. A visitation will be held one hour prior to the service on Sunday at the church.

The family suggests that in lieu of flowers, donations of sympathy be made to Andrew Chapel United Methodist Church, P.O. Box 110, Williamsburg, WV 24991 or to Williamsburg Community Action, P.O. Box 185, Williamsburg, WV 24991.

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

Lewisburg Rotary Club learns about area history



Lewisburg Rotary Club President David Hammond (left) and Stephen R. Crislip

At the regular lunch meeting of the Lewisburg Rotary Club on Monday, May 8, the Club hosted Stephen R. Crislip, a lawyer with the Charleston law firm of Jackson Kelly PLLC.

Crislip has conducted extensive research of the history of the Greenbrier Valley as the one-time "Western Frontier" of the United States. The strategic location of the Greenbrier Valley just west of the Allegheny Mountains has led to many important events following European settlement of the land that became the United States.

In his presentation, Crislip covered topics including the use of the area as a hunting ground by Native Americans, the historic healing springs throughout our area and the development of White Sulphur Springs, the importance of the arrival of the railroad, and the use of The Greenbrier as a military hospital and internment center for foreign diplomats during World War II.

Also, at the May 8 meeting, Club members heard about the Rotary District 7545 conference and plans for upcoming service projects and other programming. The Lewisburg Rotary Club welcomes new members who are dedicated to community service and who want to make an impact around the world.

Williamsburg CEOS Club asks: Is it a herb or a spice?



"Many individuals use the terms 'herbs' and 'spices' interchangeably, but there is a distinct difference between the two."

The Williamsburg Community Outreach Service Club (CEOS) learned about this and how to grow, dry, and cook with fresh herbs at their May club meeting. The WVU Extension service lesson "Growing, Drying and Cooking with Fresh Herbs" was presented by club member Laura Ann

Tiller. Participating members were Loretta Shirley (hostess), Linda Spencer, Barbara Deeds, Denver Tiller, Cassandra Perkins, Shela McComsey, and Laura Sevy.

Upcoming events include County Achievement Day on May 24, Community Service Projects, and the June club meeting at noon on June 13 at the Williamsburg Historical Foundation with program "Where Did I Put That? Personal Plan-

ning for Today."

Learn what information to keep, how to organize important documents, and keeping personal information safe.

All lessons come with information developed by the West Virginia Extension Family and Community Development Service. All are invited to participate. For more information contact the WVU Greenbrier County Extension Service Office at 304-647-7408.



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ESTATE SALE

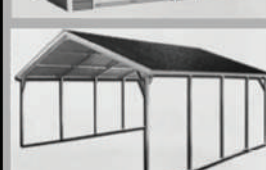
ESTATE SALE: May 27,28,29 . Antiques, small furniture, pottery, misc. purses, shoes size 8, women's clothing size small, holiday decor, knick-knacks, household, something for everyone. Also small yard sale with nice boys' clothing (sizes 6-7) & shoes. 9 am-5 pm. No early birds. 5 miles west of Lewisburg on Rt.60. Look for a white tent. (GPS- 27799 Midland Trail E, Lewisburg).

MOVING SALE

BIG MOVING SALE: Saturday, June 3rd, 8-5, 1444 Chestnut Flats Road, Lewisburg. Rain or shine. Cash, Venmo or Zelle accepted. Housewares, home decor, tools, motorcycle lift, Amsoil, Harley gear, Vectra Pro home gym, Keys 3500 treadmill, & much more! 219 N to Savannah Lane (turn left past Daves Farm Supply, stay on Savannah), right on Carol Hill, left on Chestnut Flats Road about 1.3 miles on right. 321-948-7100.

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Auctioneer Note: Great selection of items at this estate sale, come be with us and ready to buy your items you have been looking for. See you there!

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GREENBRIER VALLEY

Lewisburg House and Garden Club gives sunflower seeds to RES students



Marit Withrow is pictured with students from Mrs. Wolfe's first grade class.

On May 23, Marit Withrow, president of the Lewisburg House and Garden Club, and club member Townley Hamilton visited Ronceverte Elementary School to distribute sunflower seed packets to each student.

Each student was given a zip-lock baggie with sunflower seeds and planting instructions to take home. In the fall, students will bring in the sunflowers that they have grown for a friendly "Biggest Sunflower" contest. The yearly contest is a conservation project sponsored by the Lewisburg House and Garden Club.

Students bring in the largest sunflower that they grow from the seeds provided, and members from the Lewisburg House and Garden Club come in and measure each sunflower. The largest circumference is the grand prize winner, but each entry receives a prize.

"The students were excited about taking their seeds home and researching when to plant them," stated Mrs. Johnson, second-grade teacher.

A few of the goals of the LHGC are to teach nature's cycle; to interact with the members of the club; and to call attention to the value of feeding the area's birds, along with the impor-

ance of having bees in our community. As a non-profit organization LHGC works to benefit our community through such activities as the planting and maintenance of public gardens, a strong scholarship program, free monthly educational presentations and the support of local and regional like-minded organizations. They grow, individually and as a group, as they learn about gardening, horticulture, conservation and environmental issues. They enthusiastically share their knowledge with each other and with the community at large.

"Our Home and Garden Club has been working with local schools since the 1950's. My favorite part about this activity is getting to interact with the students and teaching them about conservation," said club member Townley Hamilton.

Ronceverte Elementary would like to thank the Lewisburg House and Garden Club for continuing this amazing tradition and involving our students each year in this community-based project.

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SCRAMBLERS

solution

1. Browser 2. Entity;
3. Stake; 4. Episode

Today's Word

YARDWORK

Weekly SUDOKU

Answer

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

Super Crossword

Answers

ES	A	A	U	A	L	T	O	I	O	N	A	L	L	A	S
W	T	R	R	E	E	A	N	G	E	H	A	R	D	I	O
I	D	E	H	E	R	S	U	S	A	N	T	L	S	O	N
E	A	T	H	E	N	S	R	A	N	T	L	S	O	N	A
S	H	E	L	L	B	E	L	I	E	A	K	A	Z	O	N
H	A	B	O	O	K	E	R	T	E	A	W	A	S	H	I
B	A	L	S	A	S	T	A	R	A	J	I	E	A	H	E
B	O	T	T	L	E	D	E	A	C	L	A	R	K	E	S
A	R	K	E	R	E	N	E	L	L	S	D	E	L	E	T
B	A	B	A	D	A	V	I	D	O	W	E	S	E	L	Z
S	L	O	P	E	A	R	E	V	E	L	I	C	T	E	E
S	E	X	Y	E	I	E	M	S	A	L	L	A	I	A	M

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Spirit Riders 4-H holds May meeting

The Spirit Riders 4-H group met on May 4. President Stokes began new business by announcing that she would be moving at the end of the week which led to Vice President Fitch-Simmons being appointed as president with the unanimous consensus of the members. An election was then held with C. Ellison being voted in as the new vice-president.

Next the club continued with the previous meeting that included the high tunnel operations and status of the market lambs and goats. E. Jones, the student in charge of high tunnel operations, reported that the automatic watering system is functioning as intended. The plants are growing well with some still needing to be transplanted. The community sponsor will be bringing in the flowers next week. Adult leader Mr. Galford reported that two of the market lambs have been here since last week and the other four lambs and two goats should arrive next week. He reminded everyone of responsibilities toward the livestock and signs that would need to be monitored as feed levels are increased.

Members C. McCourt and J. Fitch-Simmons presented an educational program on "What to Look for When Selecting a Market Lamb." The program helped all members complete an activity in their project book.

Afterwards the members reviewed aerodynamics principles from the previous meeting and assembled and flew Styrofoam gliders.



Townley Hamilton (center) with second grade students in Mrs. D. W. Johnson's classroom: Samuel Shirley (left), Harper Morgan, Leela Porter, Patrick Perry and Zayden Cosby.

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Dear Recycle Lady,

Dear Recycle Lady,

How many kinds of recyclable plastics are there? Are there some non-recyclable plastics?

Plastics are Confusing

Dear Plastics are Confusing,

There are four types of recyclable plastics and three types of non-recyclable plastics. The four types of recyclable plastics are PET, HDPE, LDPE, and PP.

1. **Polyethylene Terephthalate or PET or PETE (#1 plastics)** PET is the most commonly recycled plastic and the easiest plastic to recycle. They can be melted, cooled, and reheated multiple times as they are 100% recyclable. Single-use clear plastic water, beer, and soft drink bottles are made of PET plastics. These bottles should not be reused as they absorb bacteria and flavors and are difficult to clean. PET plastics are made into new containers, carpets, furniture, fillings for cushions, fleeces, and polyester fabrics.

2. **High Density Polyethylene or HDPE (#2 plastics)** HDPE plastics are very strong, durable, and widely recycled. HDPE comes in two forms – soft plastic (freezer bags, plastic bags, and food packaging) and rigid plastic (milk jugs, household cleaners, and detergent bottles). HDPE plastics can be clear or colored and don't transmit chemicals into food. Kids toys, outdoor furniture, hard hats, wire & cable covers, and plastic wood composites are all made of HDPE plastics. During World War II, Polyethylene was used to protect underwater cabling and as an insulating material for radar on airplanes.

3. **Low Density Polyethylene (LDPE) (#4 plastics)** LDPE plastics are soft flexible plastics that are made six-pack rings, chemical tank linings, automobile parts, and packaging for computer hardware. LDPE plastics can be recycled in some locations, but not locally.

4. **Polypropylene or PP (#5 plastics)** PP plastics are a tough, rigid crystalline thermoplastic. Like the LDPE, it can be recycled in some locations, but not locally. Plastic straws, packing tapes, medical components, crates, garden rakes, brooms, and brushes are made of PP plastics.

The three non-recyclable plastics are PVC, PS, and OTHER plastics.

1. **Polyvinyl Chloride or PVC plastics (#3 plastics)** PVC plastics are available in two categories: flexible and rigid. Cling film, plastic pipes, hoses, and credit cards are made of PVC plastics. PVC plastics can be a health hazard as they release toxins that cause respiratory problems when ingested.

2. **Polystyrene or PS plastics (#6 plastics)** PS plastics also pose health hazards as they have a high percentage of toxic chemicals. PS plastics include all form products like Styrofoam and some hard plastics. PS plastics are commonly used to make plastic utensils, meat trays, insulations, and refrigeration trays.

3. **OTHER plastics (#7 plastics)** OTHER plastics include bioplastics and plastic-coated wrapping paper. They also include polycarbonates that contain the industrial chemical bisphenol-A (BPA), which is used to harden plastics. Some research suggests that exposure to BPA may lead to health problems as it leaches into food, beverages, plastic water bottles, and food containers. Acrylic, nylon, and fiberglass are made with OTHER plastics. The safest way to store food or leftovers is to use glass or silicon containers.

Kudos to Costa Rica that has made it illegal to fish for hammerhead sharks. Hammerhead sharks are mostly fished for sport or to harvest their fins to use in shark fin soup. (fto.com)

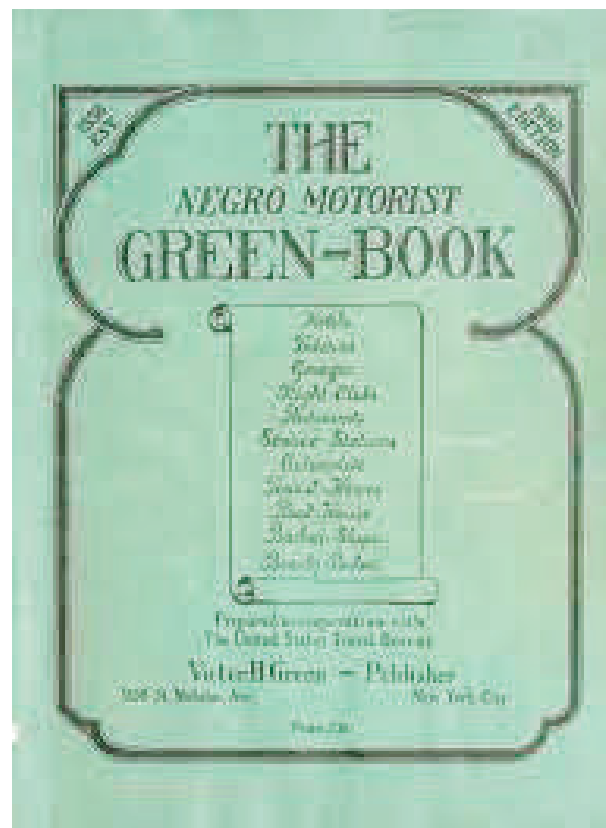
Have questions about recycling, or interesting information about recycling? Send questions or requests to recyclelady@greenbrier-swa.com. Dear Recycle Lady is sponsored jointly by the Greenbrier Recycling Center and Greenworks Recycling.

A Look Back

By William "Skip" Deegans

In Greenbrier Valley Theatre's recent production of Alabama Story, Joshua Moore - an African-American ginger ale salesman - drove his Buick from Detroit to Montgomery, Alabama where he volunteered as a civil rights worker. The story takes place in 1959, a time of segregation when African-American travelers could not stay in most hotels or eat in most restaurants. Moore told his childhood friend, Lily Whitfield, that he used the Green Book to enable him to find lodging during his drive back and forth to Montgomery.

First published in 1936, the Green Book listed by state and city lodging, the restaurants and some services that would accommodate African-Americans. Most lodging consisted of guest houses. Greenbrier County's listings included three guest houses in White Sulphur Springs: Brooks and Haywood Place, both on Church Street, and Slaughter's on Virginia Avenue. It is likely these three guest houses provided lodging for drivers and other servants of guests at The Greenbrier. The only restaurant listed was the Traveler's Inn



in East Rainelle. The Green Book was published annually, and in the 1950 edition, the editor wrote, "There will be a day sometime in the near future when this guide will not have to be published. That is when we as a race will have equal opportunities and privileges in the United States. It will be a great day for us to suspend this publication for then we can go wherever we please, and without embarrassment."

African-Americans were not the only travelers who were challenged to find safe and welcoming accommo-

dations. In 1917, "The Jewish Vacation Guide" was first published. Printed on the cover was "Hotels, Boarding And Rooming Houses Where Jews Are Welcome." It was this vacation guide that inspired publication of the Green Book.

In 1964 President Lyndon Johnson signed the Civil Rights Act that banned segregation in restaurants and hotels. The Green Book ceased publication in 1967.

Cover photo from Wikimedia Commons.

Sources: Green Book, Merrimack Valley Harvest, National Park Service.

SCRAMBLERS
Unscramble the letters within each rectangle to form five ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the page.

Internet
WROBERS
Being
NITTEY
Wager
TAKES
Chapter
POSIDEE

*Wish you'd develop some outside interests — like

TODAY'S WORD

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Sneaker is different. 2. Sleeve is shorter. 3. Paper is smaller. 4. String is missing. 5. Sail is different. 6. Log is missing.

Weekly SUDOKU
by Linda Thistle

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

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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Super Crossword

- ACROSS**
- 1 Jacob bought his birthright
 - 5 City in Pennsylvania
 - 12 Hooting avian
 - 15 Factory type
 - 19 Pibb — (soda brand)
 - 20 Kenya's capital
 - 21 Foot digit
 - 22 Vicinity
 - 23 U.S. president ordering steeds to turn right?
 - 26 Have a strong desire
 - 27 Ending for cyan-
 - 28 Turns sharply
 - 29 Winter footwear item
 - 30 Styx and The Stones
 - 31 More suspicious
 - 33 Inclined positions
 - 35 "Da Ali G Show" star — Baron Cohen
 - 36 Taken in food
 - 37 Women's suffragist keeping an apiary?
 - 42 I, to Freud
 - 44 Speak wildly
 - 45 "Absolutely not!"
 - 46 "Dallas" actress fancying blue birds?
 - 53 Lumber tool
 - 54 Underworld
 - 55 Disprove
 - 56 Otherwise called, in brief
 - 57 Some city planners
 - 60 Big, ornate cupboard
 - 62 Send off
 - 63 Historic time
 - 64 Tuskegee University founder steeping beverages?
 - 71 Kitten's call
 - 72 Gal pal, in Paris
 - 73 Receptacle in a kitchen sink
 - 75 Trees with very light wood
 - 78 Performed
 - 79 Car parker
 - 82 Road runner
 - 83 Fruit drink
 - 84 "Hidden Figures" actress growing podded vegetables?
 - 87 Placed in a carafe
 - 91 "Point taken"
 - 92 — Lanka
 - 93 Sci-fi writer going on cruises?
 - 98 Split-off religions
 - 102 New Hampshire city
 - 103 Quiet spells
 - 104 Govt. aid for a start-up
 - 106 Ballet dancer's rail
 - 107 Lamarr of old films
 - 108 Coup — (overthrow)
 - 110 Rosemary player
 - 111 "SOS" quartet
 - 112 "Gone With the Wind" producer piling up debt?
 - 116 Hog's food
 - 117 "Is" pluralized
 - 118 One ousted
 - 119 Have a strong desire
 - 120 Voluptuous
 - 121 Have a strong desire
 - 122 Deep bows of respect
 - 123 They precede omegas
- DOWN**
- 1 Many an alimony recipient
 - 2 Sports domes
 - 3 Haul in
 - 4 Old Egypt-Syr. alliance
 - 5 Year, in Paris
 - 6 Pilsners, e.g.
 - 7 Arena section
 - 8 Mined metals
 - 9 "Ni-i-ice!"
 - 10 Spurs' gp.
 - 11 Website for finding homestays
 - 12 Lazy or useless
 - 13 Refuses to support
 - 14 Table
 - 15 Old Testament prophet
 - 16 Steam locomotive, in old lingo
 - 17 Listen supportively
 - 18 Dawdles
 - 24 Show clearly
 - 25 Heap affection (on)
 - 30 Swung sticks
 - 32 Generational treasures
 - 33 "— talk?" (Joan Rivers catchphrase)
 - 34 Prefix with discrimination
 - 35 — -cone
 - 38 Europe-Asia border river
 - 39 If not — didn't warn you!"
 - 40 Runner or writer Packer
 - 41 Conifers with red arils
 - 43 Israelites
 - 46 Old TV's "— Na Na"
 - 47 Basil or sage
 - 48 Sailor's saint
 - 49 Razz
 - 50 Tibetan monk
 - 51 Pair for the slopes
 - 52 Sacred vow
 - 57 Summits
 - 58 Assns.
 - 59 Novelist Hawthorne
 - 61 Big furniture retailer
 - 62 She baas
 - 65 "And there you have it!"
 - 66 Muslim ruler
 - 67 Verdi opera
 - 68 It's a thought
 - 69 Musical work
 - 70 Post-WWII alliance
 - 74 Prefix with discrimination
 - 75 "Ali — and the Forty Thieves"
 - 76 Cutely nerdy, in slang
 - 77 Format for presenting films in video form
 - 79 Stamps on passports
 - 80 Copycat
 - 81 Onion relative
 - 84 NFL goals
 - 85 Jack's hill-climbing partner
 - 86 Counterfeit
 - 88 Remedial regimen
 - 89 Debussy's "Clair de —"
 - 90 Before, to Browning
 - 94 High dice roll
 - 95 Quattro carmaker
 - 96 Astronomer Tombaugh and aviator Cessna
 - 97 Value highly
 - 99 Funnies
 - 100 Meditative Chinese martial art
 - 101 Some reptiles
 - 105 Cubes of hay
 - 106 Perch's kin
 - 107 Rabbit's kin
 - 108 Ten: Prefix
 - 109 This, in Spain
 - 112 24-hour span
 - 113 Lab eggs
 - 114 Actor
 - 115 Short snooze

1	2	3	4		5	6	7	8	9	10	11		12	13	14		15	16	17	18		
19					20								21					22				
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83							84					85						86				
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111												113	114								115	
116																						119
120								121														123

LEGAL

NOTICE OF CALL FOR BIDS

The Greenbrier County Board of Education, 391 Judyville Road, Lewisburg, WV, will accept sealed bids for the provision of school bus seat repair/replacement, installed. Request as follows:
 Furnish & Install for International & Thomas Buses
 Furnish & Install High Back Covers; Furnish & Install High Back Foam;
 Furnish & Install 39" Cushion Cover; Furnish & Install CE White Cover & Foam as Needed; Weld & Repair Seat Frame; Replace Seat Board as Needed;
 Refasten Loose Back Covers; Furnish & Install Driver Seat Back;
 Furnish & Install Driver Seat Cushion, Driver Seat Belt Inspection (replace as needed)
 Remove old cover, replace with new cover, NO DOUBLE COVERS
PRICES QUOTED REQUIRE AND SHALL INCLUDE:
 A. All work performed at our facility, Judyville Road, Lewisburg, WV and/or Greenbrier East High School.
 B. Vendor provision of all tools and equipment needed.
 C. A work list for each bus before work begins and updated as completed.
 D. Work must be completed June 12-July 14 or July 24-August 4; once work starts it must be completed.
 E. Use of only state and federal approved materials.
 F. Materials matched to manufacturer's colors for all models 2001-2024.
 G. Invoice submitted upon completion of work with billing net thirty (30) days from invoice. Preferred method of payment by VISA.
 H. Bus interiors and work areas will be left clean (as found) condition.
 I. Seat bottoms must be secured properly.

Mail bids to: Greenbrier County Schools
 Attention: George Brooks II, Office of Operations
 391 Judyville Road
 Lewisburg, WV 24901

DEADLINE FOR BIDS: 10:00 a.m. June 7, 2023

BID INSTRUCTIONS
 Greenbrier County Board of Education
 School Year 2023-2024

For: Unleaded Gasoline - Minimum Octane Rating 87 - 20,000 gals.
 Fuel Oil - #2 heating oil 45,000 gals.
 Ultra Low Sulphur Diesel Fuel 140,000 gals.
 *estimated 60,000 gals. with winter additive (time period October 1 -March 30)
 *estimated 80,000 gals. without additive
 Pre-mix Nitrite free OAT Extended Life Coolant (ELC) - approx. 500 gallons. To be delivered in 55 gal. drums as needed. Successful bidder must furnish pump FREE OF CHARGE.
 Anti-Freeze Red 50/50 Pre-mix with DCA Additive for diesel engines - approx. 55 gals. To be delivered in 55 gal. drums. Successful bidder must furnish pump FREE OF CHARGE.
 CK4 15-40 oil-must meet all diesel specs. Approx. 1,100 gals. bulk.
 Successful bidder must furnish tank, pump, reel and meter nozzle FREE OF CHARGE.

Bids Must Specify As Follows:

Bidders shall submit the current rack price from their supplier and their markup fee listed separately. Markup fee will be a fixed rate throughout the school year.

Any decrease or increase in prices shall be pursuant to Greenbrier County Board of Education, Policy 6320, Submission of Sealed Bids: J (enclosed)

The successful bidder shall furnish copies of invoices or other official notifications from his supplier to the Greenbrier County Board of Education to verify price changes as they occur. Fax daily rack prices with markup included. **SUCH NOTIFICATION SHALL ACCOMPANY INVOICES AT EVERY BILLING.** Also, you will find enclosed a "Non-Collusion Affidavit", which must accompany each bid and be signed. Product:

Product will be accepted based upon item meeting referenced standards and specification. The board reserves the right to cancel contracts if the product bid does not meet specification or delivery is unsatisfactory. Only the amount of product actually required will be purchased, even though such need may be more or less than the approximate stated in the specification section.

Also, successful bidder on HEATING OIL MUST RECORD THE TANK NUMBER ON EACH INVOICE and NAME OF SCHOOL/FACILITY where delivered.

All bids must be in the Transportation Department, 391 Judyville Road, Lewisburg, WV, by 10:00 a.m. on June 7, 2023.

LEGAL

"NOTICE OF PUBLIC MEETING"

The West Virginia Department of Environmental Protection has scheduled a public meeting on June 15, 2023, at 9:30 a.m. to discuss the Draft Fiscal Year 2024 Intended Use Plan for the Clean Water State Revolving Fund Program (CWSRF). A part of the Intended Use Plan is the Fiscal Year 2024 Priority List. The meeting will take place in person at the WV DEP's Headquarters in Charleston, WV. An option to attend remotely or call-in is below. A copy of the draft Fiscal Year 2024 Intended Use Plan is available, and may be requested by calling, writing, or sending an email request to the address below. The plan can also be viewed on DEP's web site.

Contact

Katheryn Emery
 WV Department of Environmental Protection
 Division of Water & Waste Management
 Clean Water State Revolving Fund
 601 57th street, SE
 Charleston, WV 25304
 (304) 926-0499 Ext. 43830
 Katheryn.D.Emery@wv.gov
Google Meeting information
<https://meet.google.com/tkd-hsoo-arb>
 Dial in number: 1-910-302-3018
 PIN: 104 878 179#

LEGAL

ADVERTISEMENT

Notice is hereby given that WARRIOR ENERGY RESOURCES, LLC, 111 FREEPORT RD, PITTSBURGH, PA 15215 has filed an application with the Department of Environmental Protection (DEP), 1159 Nick Rahall Greenway, Fayetteville, WV 25840 on Permit No. S301114 located near Crichton in Meadow Bluff District of Greenbrier County.

Written comments on this application shall identify the applicant and application number and will be received by the Inspection and Enforcement Supervisor at the DEP address above until 6/26/23, or thirty days from date of publication.

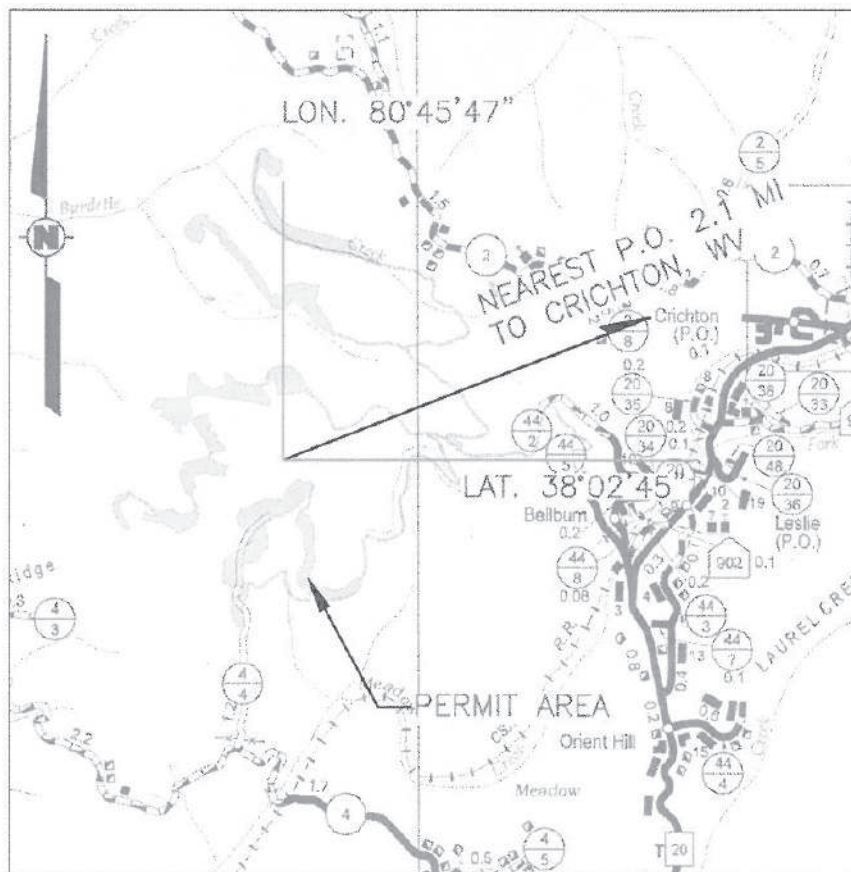
A copy of the request will be available until 6/26/23, or thirty (30) days from date of publication in the DEP Regional Office located at the address and is available at:

http://apps.dep.wv.gov/WebApp/_dep/Search/ePermitting/ePermittingApplicationSearchPage.cfm

The above link can be accessed from a computer at all West Virginia public libraries.

DEP Telephone No. 304-574-4465

Include location map in accordance with 38-2-3.2(b)(2)



LOCATION MAP

PERMIT NO. S-3011-14 NPDES NO. WV1028685

TAKEN FROM WEST VIRGINIA DEPT. OF HIGHWAYS
 GREENBRIER COUNTY MAP 3 OF 5
 NEAREST POST OFFICE: CRICHTON, WEST VIRGINIA
 MEADOW BLUFF DISTRICT OF GREENBRIER COUNTY
 CORLISS AND QUINWOOD 7.5' USGS QUADRANGLE
 SCALE: 1" = 1 MILE

DRAINAGE RECEIVING STREAMS: UNNAMED TRIBUTARIES
 OF/AND MEADOW CREEK OF THE MEADOW RIVER OF
 THE GAULEY RIVER.

NEED TO PUBLISH A PUBLIC NOTICE?
 EMAIL THEM TO LEGALADS@MOUNTAINMEDIANEWS.COM

Carnegie Hall announces 40th season schedule and ticketing dates



(Top to bottom, left to right) Artrageous!, Haunted Illusions, Reduced Shakespeare Company, WWSO, Get Ready!, Rhythm of the Dance, TAKE3, Michael Cleveland & Flamekeeper

Carnegie Hall is excited to announce its 2023-2024 Performance Series schedule as it prepares to celebrate its 40th season of "Bringing the Arts to Life." This season has something for everyone, with a lineup that includes comedy, art, theatre, dance, music, and much more.

New Season Subscriptions go on sale Monday, June 12. Individual tickets go on sale to Carnegie Hall Members on Saturday, July 15 and to the general public on Saturday, July 29. The free Mainstage Lounge Preshow Reception in the Board Room will open one hour prior to each show.

The season kicks off on Saturday, Jul. 29, from 5 to 9 p.m., with the Carnegie Hall 40th Anniversary Free Block Party. There will be an open house from 5 to 7 p.m. featuring demonstrations, exhibits, and tours. At 6 p.m., Carnegie Hall will host a block party on Church Street (adjacent to the building) with food vendors and live music by Iresistible Groove.

The first Main Stage Series performance will be by avant-garde theater troupe Artrageous! on Thursday, Sept. 28, at 7 p.m. (all 2023/2024 performances will begin at 7 p.m. unless otherwise stated). Artrageous! live performances feature multi-talented performance painters, world-class singers, recording artists, highly trained dancers, audience motivators, and veteran musicians. Their high energy performance is a combination of all arts on one stage, combined with humor and interaction in a frenzy of movement and color.

Get into the Halloween spirit early with the second Main Stage Series Performance "Haunted Illusions" on Saturday, Oct. 21. Treat the family to an evening of mind-blowing magic and comedy that gets the whole audience into the act. Audiences are stunned and amazed as master illusionist David Caserta has people levitating, disappearing, and reappearing right before their eyes with never-before-seen illusions created just for this show.

The Reduced Shakespeare Company (RSC) presents The History of Comedy (Abridged) on Friday, Nov. 3. From cavemen telling "Rock Rock" jokes to Will Smith upset at Chris Rock's jokes and everything in-between, the bad boys of abridgement leave no joke untold as they deconstruct the

entire history of comedy in 90 rollicking minutes. RSC is an American touring acting troupe that performs fast-paced, seemingly improvisational condensations of different topics. The company's style has been described as "New Vaudeville," combining both physical and verbal humor, as well as highbrow and lowbrow.

Back by popular demand, and what has now become a holiday tradition, the West Virginia Symphony Orchestra (WWSO) will perform on Friday, Dec. 1. WWSO is West Virginia's premier performing arts organization, presenting classical, pop, and chamber-music concerts annually throughout the Mountain State. WWSO performs primarily at the Clay Center in Charleston, West Virginia, performs over 50 concerts annually around the state, and has a nationally award-winning education program.

Get Ready! A Motown Experience will take the stage on Friday, Feb. 16, 2024. The show features international touring and recording sensation Nina Skyy. When she's not onstage at BB King's Orlando (where she is a regular headliner), Nina performs in theaters throughout the U.S. and on cruise ships sailing the Caribbean. In this Motown experience, Nina is joined onstage by three spectacular male singers and dancers who each shine in their own rite. The whole performance is driven by the infectious groove of a great live band. This is a warm and witty show that covers all the Motown bases, then throws in a few surprises along the way.

Changing pace, the Hamilton Auditorium welcomes Rhythm of the Dance for an afternoon show on Sunday, Mar. 3, 2024 at 3 p.m. Rated as the most popular Irish Dance production touring the world, Rhythm of the Dance creates a new era in Irish entertainment. This extravaganza celebrates all elements of Irish culture with champion step dancers and innovative choreography, first rate Irish musicians and singers, and storytelling that is centuries old and yet utilizes the latest in stage technology to celebrate the Emerald Isle in the 21st century.

On Saturday, Apr. 13, 2024 the Hall presents TAKE3. With a flair for the wild and unexpected, the genre-defying trio,

TAKE3, brings the refinement of a rigorous classical music background and infuses it with rock-star charisma. Trained at the world's top conservatories, TAKE3 has expanded their repertoire from Bach and Beethoven to Bieber and The Beach Boys. Known for their infectious and down to earth onstage personalities, this threesome leaves their indelible mark on captivated crowds around the country performing their arrangements of top pop hits, Americana, and their signature classical mashups.

The final Main Stage Performance brings it all back home with a bluegrass show by Michael Cleveland & Flamekeeper on Friday, May 17, 2024. Michael Cleveland is an accomplished musician having won Bluegrass' Fiddle Player of the Year a record 12 times and having been nominated for a Grammy Award. He is also blind and partially deaf. In 2019, he won a Grammy for his album Tall Fiddler, and his band Flame keeper is a five-time Instrumental Group of the Year.

Carnegie Hall will also bring back two performance series for the 2023-2024 season - Second Stage Series at Carnegie Hall and the Carnegie Classics Series.

The Carnegie Classics Series will once again present three performances hosted by Steinway Artist Barbara Nissman and feature special guests. The concerts will take place in Nov. 2023, Jan. 2024, and Mar. 2024. (Dates to be announced). Carnegie Hall's Classics Series is designed to introduce classical music and Carnegie Hall to new audiences, as well as inspire and entertain current classical music enthusiasts.

Second Stage Series at Carnegie Hall will present five special events in more intimate settings at the Hall. Dates will be announced.

Carnegie Hall will offer two subscription packages, the Main Stage, and the Classics Series, which may also be combined to create a Full-Season Subscription. Carnegie will also offer a new Carnegie Passport program and Family Pricing program which will allow patrons to choose individual performances at a discounted price. Stay tuned for more information

CLUB & CHURCH

GV Hellbenders Youth Mountain Bike Team to host information sessions



Members of the Greenbrier Valley Hellbenders cheer on teammate Annabelle Holt

The Greenbrier Valley Hellbenders Youth Mountain Bike Team invites new and returning families to upcoming information sessions. The next meeting is Thursday, June 1, at 6 p.m. at the WV Ascend office (774 Court Street South, Lewisburg), families interested in learning more about youth cycling opportunities and the Greenbrier Valley Hellbenders Team are invited to meet some of the coaches and team.

A second information session will be held on Sunday, June 25 at 3 p.m. at Greenbrier State Forest near the playground and picnic pavilions. This

information session will be followed by a fun ride open to riders of all levels. Helmets and signed waivers required.

Youth entering 6th through 12th grade are eligible to join the Greenbrier Valley Hellbenders Youth Mountain Bike Team regardless of cycling experience or financial circumstance. Practices, which begin July 2, are held at the Greenbrier State Forest and include basic on-the-bike skills training as well as single-track trail riding. All skill levels are welcome, and racing is not a requirement for participation. Loaner bikes are available for stu-

dents.

Interest meeting attendees will learn about the WV Interscholastic Cycling League, league culture and rules, requirements of participation, practices, and race week-end details. The Greenbrier Valley Hellbenders, now in its fifth season, is one of 18 teams located throughout the state.

About WVICL

The West Virginia Interscholastic Cycling League is a chapter of the National Interscholastic Cycling Association (NICA). As one of 31 leagues across the country, WVICL organizes a mountain bike racing league for middle

and high school student-athletes. Above all, WV-ICL is a youth development organization with the mission to build strong bodies, strong minds, and strong character in student-athletes, with an unwavering focus on inclusivity and equity.

For more information, email Sarah Elkins at sarah@sarahelkins.com or visit Max Hammer at Hammer Cycles Bike Shop at 723 Main Street East in White Sulphur Springs, WV, HammerCyclesWV.com. Learn more about the West Virginia Interscholastic Cycling League at www.westvirginiamt.org.

Progressive CEOS meet at The Seasons

The Seasons welcomed members of Progressive CEOS to their independent living facility for their May 10th meeting. Two long time members of the club are now residents at The Seasons and were able to attend for the first time since the Covid pandemic.

President Patty Gray began the meeting with "The Leadership Garden" inspirational reading. Susie McCree presented the lesson on Point Pleasant - History Meets Mystery. Early settlers and native Americans inhabited the region, sometimes in peace and sometimes at war. Cornstalk and General Andrew Lewis were foes who eventually agreed to a peaceful settlement. Mad Anne Bailey saved the day in 1791 when she

made the horse ride from Fort Lee to Fort Savannah in Lewisburg to obtain ammunition. More recently Moth Man made an appearance and has become a legend that draws tourists to the area. In 1967 tragedy struck when the Silver Bridge collapsed and took the lives of 46 people.

Betty Jo McNeel gave the Health Motivator lesson on summer squash, a tasty variety of vegetable rich in nutrients. Jean Foley was honored on her 97th birthday.

Greenbrier County CEOS Achievement Day will be May 24 at the WVU building at the WV State Fair Grounds. Registration begins at 9:30. The program will feature information on pollinators presented by Master Beekeepers.



Barbara Shiley and Kitty Loudermilk (seated) look over wheelchair and walker caddies made for residents of the Seasons.

The Progressive's June 13 meeting will be at Hart's Run State Forest.

Members are invited to bring a bag lunch and enjoy the outdoors.

American Legion Midland Seneca Post 69 to pay respects at area cemeteries

On Sunday, May 28, The American Legion Midland Seneca Post 69 will again visit the following cemeteries and pay our respects to those comrades who, served our country and have passed from this life. The following schedule will be adhered to as close as possible. Family and friends of the departed are invited to join in at the cemeteries for these memorial services.

All veterans and volunteers wishing to assist in the placing of the flags will meet at the Emory E. Sweet Memorial Hall, 816 South Jefferson Street at 8:15 a.m.; the services will begin at Calvary Church Cemetery at Richlands 8:45 a.m.; Roach Cemetery at 9:15 a.m.; Falls Cemetery at 9:45 a.m.; Coffman Cemetery at 10:30 a.m.; the Confederate Cemetery at 10:45 a.m.; the Memorial Gardens at 11:00 a.m.; and the Lewisburg Cemetery at 11:15 a.m. Flags will be placed on graves in the Rosewood Cemetery be-

fore lunch, then there will be a break for lunch at Shoney's.

Services at Rosewood Cemetery will be at 1 p.m.; Clifton Cemetery at 1:30 p.m.; Neal Chapel at 1:45 p.m.; Lewis Chapel at 2:15 p.m.; Henning Church of God at 2:35 p.m.; Enon Baptist Church at 2:50 p.m.; and the last site will be the Frankford Cemetery at 3:15 p.m.

Should a service person's burial site in these cemeteries be missed, please contact the American Legion Post 69 and a flag will be provided for that fallen soldier. All veterans who wish to help show their respects are invited to join in and assist in this Memorial Day Service.

For information concerning this event please contact Richard L. Duncan, Commander at 301-712-5513 or Joe Hendricks, Adjutant at 304-497-3212.

LEGAL

2023 MUNICIPAL ELECTIONS IN WHITE SULPHUR SPRINGS

White Sulphur Springs Municipal elections will be held on Tuesday, June 13, 2023. The voting polls will be located at White Sulphur Springs Elementary School and will be open from 6:30 a.m. until 7:30 p.m. for all registered voters in the White Sulphur Springs Municipality to cast their vote for Mayor, Recorder, and five (5) Council Members. Early voting will begin on May 31, 2023 and will be held through Saturday, June 10, 2023. Early voting will be at City Hall, 589 Main Street West, White Sulphur Springs. Hours for early voting will be Monday - Friday from 7:30 a.m. until 4:00 p.m. On Saturday, June 3 and Saturday, June 10 the hours will be 9:00 a.m. until 5:00 p.m. on both Saturdays.

OFFICIAL BALLOT
MUNICIPAL ELECTION
City of White Sulphur Springs, WV
June 13, 2023

To vote for a candidate mark an "X" in the square opposite to and at the left of the name
In order to cast a WRITE-IN vote, you may write the name and office of the candidate in any location on the front side of this ballot.

FOR MAYOR
(Vote For ONE)

MICHAEL MACK MCINTIRE

ERIN LOVELL

KATHY L. GLOVER

FOR RECORDER
(Vote For ONE)

PENNY FIORAVANTE

MARK GILLESPIE

FOR CITY COUNCIL
(Vote For Not More Than FIVE)

RYAN L. LOCKHART

JENNIFER ANDREWS

THOMAS TAYLOR

GEORGE "GP" PARKER

MELANIE D. ARGYRAKIS

TED HUMPHREYS

NANCY MARSHALL

AUDREY BURNS VANBUREN

Church Bulletin

Annual Meeting - Woodland Cemetery will be held Saturday, May 27 at 10 a.m. in the Community Room at Woodland Church. Board meeting to follow.

Rosary Recitations set Memorial Day weekend at five area cemeteries

The members of the Greenbrier Valley Council 8689 Knights of Columbus will be leading Rosary Recitations at five area Catholic Cemeteries on Memorial Day weekend.

The first is scheduled at Mount Lorretta Cemetery at St. Charles Borromeo Catholic Church in White Sulphur Springs on Sunday, May 28, at 8:30 a.m.

On Sunday, also, the Knights will lead the Rosary at Sacred Heart Cemetery at Sacred Heart Catholic Church in Springdale at 11 a.m. which will be followed by the annual reunion Mass at 11:30 a.m., the blessing of the graves and then a covered dish luncheon, a tradition on Memorial Day weekend at Springdale.

On Memorial Day, the Rosary recitation will be held at 9 a.m. at St. John of God Cemetery at Sam Black Church; at 10:30 a.m. at Immaculate Conception Cemetery near Williamsburg; and at 5 p.m. at St. John, the Evangelist, new Cemetery behind the Catholic Chapel at Sweet Springs in Monroe County.

The public is invited to all Rosary recitations. For additional information and directions to the cemeteries, telephone the office of the Catholic Churches of the Greenbrier Valley 304-536-1813 or the Knights of Columbus at 304-645-1373.

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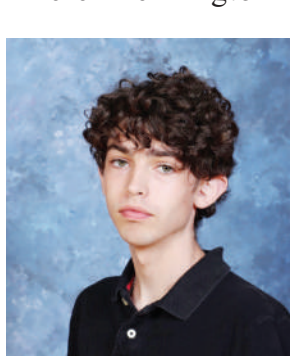
Jasmine Pinson



Olivia Plybon



Mallory Podsiadlik



Ivan Polk



Forest Pondexter



Breana Porterfield



Rosemary Ragan



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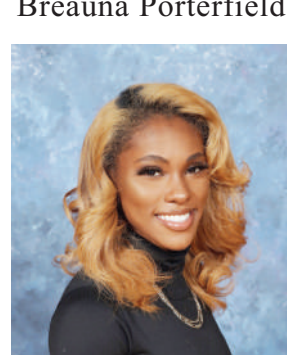
Jason Ream



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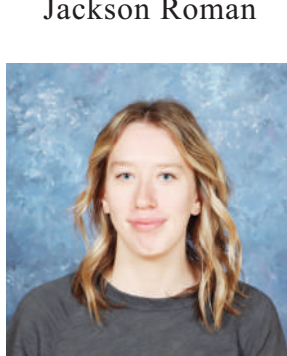
Madison Seal



Adam Seams



Brookelyn Sears



Kailee Short



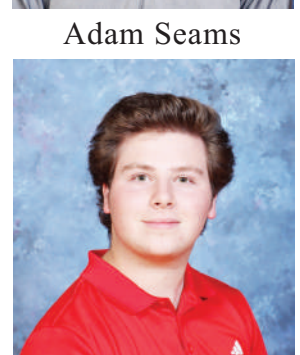
Christopher Sinclair



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Emily Grace McKenna Hughes



Ethan James Martin



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SCHOOL

County Commissioner's Association of WV announces Essay Contest winners

A student from Greenbrier County is among the top finishers in this year's essay contest held by the County Commissioners' Association of West Virginia (CCAWV). Nine other students from different counties also received awards ranging from first place to honorable mention.

Lydia Jackson of Eastern Greenbrier Middle School was one of four students to receive honorable mention honors in the contest. Jackson received help from teacher Michael Anderson in submitting the entry.

Finley Carpenter of Belington Middle School took first place in the contest that the association holds annually for eighth-grade students. The winning entry was among more than 230 essays submitted from 40 classrooms in 25 counties. The teacher who helped submit the winning essay is Sarah Harris.

"I'm very impressed with the participation in this year's contest," Meagan James, program coordinator for the association, said. "It surpassed expectations. I want to thank all the teachers involved for

taking valuable classroom time to encourage their students to learn about the county commission. I'm looking forward to the future and seeing the contest continue to grow. Congratulations to the winning students."

During April, which was National County Government Month, the CCAWV encouraged students to learn about the role of county commissioners and write essays of up to 500 words on the topic, "How does my county commission make my life better for me?" Winning students receive monetary prizes and are honored by their county commissions.

The top 10 finishers:
First Place
 Finley Carpenter - Barbour County. Winning Teacher: Sarah Harris. School: Belington Middle School
Second Place
 Kawner Cusack - Putnam County. Teacher: Jack Runion. School: Hurricane Middle School
 Russell Adkins - Cabell County. Teacher: Jevon Hayes. School: Huntington East Middle School
Third Place
 Olivia Toney - Mason County. Teacher: Fran-

ces Blake. School: Hannan Jr/Sr High School
 Julia Murdock - Wayne County. Teacher: Rachel Aldridge. School: Buffalo Middle School

James "Brody" McDaniels - Upshur County. Teacher: Kayce Wooten. School: Buckhannon Upshur Middle School

Honorable Mention
 Lorelei Williams - Marshall County. Teacher: Kim Ghaphery. School: Moundsville Middle School

Abigail Keen - Tucker County. Teacher: Elspeth DeLeurere. School: Davis-Thomas Elementary Middle School

Scotlyn Forney - Morgan County. School: Warm Springs Middle School

Lydia Jackson - Greenbrier County. Teacher: Michael Anderson. School: Eastern Greenbrier Middle School

Alexis Herndon - Braxton County. Teacher: Lori Dittman. School: Braxton County Middle School

Samantha Cales - Summers County. Teacher: Jeremy Wood. School: Summers County Comprehensive High School



There's a new vet in town

Congratulations to Sarah Edmond of Lewisburg for completing her eight-year education to be a Doctor of Veterinary Medicine. Sarah was a graduate of Greenbrier East High School and then went on to attend Wesleyan College in Buckhannon for her first four years of advanced education. For her last four years she attended The Ohio State University. She will begin her full time job as Dr. Sarah at the Fairlea Animal Hospital where she has been employed part time for the past several years.



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SGA Members, GVEDC, and County Commission representatives in discussion.

JMHS Student Government provides input to community development

The James Monroe High School (JMHS) Student Government Association (SGA) met with Ms. Ruthana Beezley, the Executive Director of the Greenbrier Valley Economic Development Corporation (GVEDC), and Mr. Melvin Young from the Monroe County Commission at JMHS on May 10. The intent of the meeting was to establish an ongoing dialogue on future economic development in Monroe County.

The students provided the perspective of the future citizens and workforce in our community and laid the foundation for further opportunities to contribute to the planning process. Participants included the 2022-2023 SGA Student Body President Michael Fraley, Student Body Vice President Luke Jackson, Senior Class President Braydie Carr, Senior Class

Vice President Luke Fraley, Junior Class President LeiAnn Richmond, Junior Class Vice President Cole Thomas, Sophomore Class President Gavin French, Sophomore Class Vice President Brady Baker, Freshman Class President Cole Fogus, and Freshman Class Vice President Conner Dillon.

The JMHS SGA appreciates the GVEDC and County Commission's willingness to include its newest citizens in their work and looks forward to remaining an active part of the community through efforts such as these. If your organization is interested in connecting with them please contact the SGA advisor, Dr. Scott Womack, at swomack@k12.wv.us or via FaceBook Messenger.

Carnegie Hall Calendar of Events

Spring 2023 Classes & Workshops: Carnegie Hall offers learning opportunities starting in February and continuing through May. Classes and workshops include woodturning, hand crafting tea pots and mugs, sausage making, salt-rising bread making, soap making, making Appalachian Medicinals, guided ceramic projects for all ages, painting,

drawing, printmaking, basket weaving, fiber arts, craft jewelry, and leather craft. To register or for more information visit carnegiehallwv.org.

Friday, June 2: Second Stage Lounge - Join Carnegie Hall for the Smooth Ambler Second Stage Lounge Bare Bones preshow reception in the Old Stone Room at 6:30 p.m., Friday, June 2. Free

admission. Cash bar available.

Friday, June 2: Bare Bones - The Smooth Ambler Second Stage Series presents Bare Bones on Friday, June 2, at 7:30 p.m. Join Carnegie Hall in the Old Stone Room as a Capella trio Bare Bones performs. Tickets are \$15.

Thursday, June 8: Blue Twisted Steel - Carnegie Hall's 2023 Ivy

Terrace Concert Series kicks off on Thursday, June 8, at 6:30 p.m. with Blue Twisted Steel, a husband/wife lead band based in West Virginia. Ivy Terrace Concerts take place outside in front of Carnegie Hall and are free to the public. Concertgoers are encouraged to bring a lawn chair or blanket and pack a picnic. Concerts are over at 8 p.m.

See "Carnegie"

CONT. ON PAGE 19

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STEPPIN' OUT

Need a reason to leave work early? National Leave Work Early lands on First Friday, June 2



June 2nd Free Music - Awesome Food - Shopping Specials - and More! Free Music! In the Greenspace enjoy musical guest Matt Evans from 5 to 8 p.m.

Humble Tomato is partnering with **Big Timber Brewing** to bring you an outdoor tap bar! We will be set up outside, on the outdoor dining area, offering four draft beers: Double Bit IPA, Overcast Hazy IPA, Mexican Lager, & Key Lime Pie Gose. You don't wanna miss this! (855 Washington Street W, 681-318-3788 @thehumbletomatowv)

Stop by **Greenbrier Valley Dye's** (@greenbriervalleydyes) popup shop on Court Street from 4 to 7 p.m. Meet the talented local Sonya M. Shafer, and shop her latest one-of-a-kind tie dye creations on Friday from 4 to 7 p.m. and Saturday from 11 a.m. to 2 p.m. at **Sheena Pendley's Photo Studio** (enter 848 N Court Street Storefront). (304-646-9452 @sheenapendleydp)

June 2 is also National Donut Day! **Aggie's** will serve glazed donuts dusted with Bourbon Smoked Sea Salt from Bourbon Barrel Foods. (979 Washington Street W, 304-645-4063 @aggieslewisburg)

Head over to **Bella** to experience a Taste of Italy. New products are on the shelves from aperitif to dessert. There will be something on the tasting table to celebrate National Leave the Office Early Day to suit your fancy! Follow us @BellaGourmetwv for more details! (1017 Washington Street East, 304-520-4921)

Edith's store will sample Taali Water Lily Pops. Popped water lily seeds are slowly and carefully roasted to perfection, giving them a naturally crunchy texture. Taali Foods promises that their products are made of whole, natural ingredients that you can pronounce and spell. Taali's mission is to create products that spread love, togetherness, and of course high fives. No SuperFood ever tasted this good! (1035 E Washington Street, 304-645-7998 @edithshealthstore)

Little Black Box will be open late to celebrate National Leave Work Early Day! Spend \$150 or more and receive a free gift. (818 Jefferson Street S, 304-645-6646 @littleblackbox)

A New Chapter will have Tarot Card readings. It's fun! (922 Washington Street West 681-318-3501 @newchapterbookswv)

Sweet Cedar will be open late to celebrate National Leave Work Early Day, treat yourself to a complimentary Bubbly Bath cocktail and some amazing handmade self care products! (975 Washington Street, 347-450-7837 @sweetcedarandco)

Warm weather is coming and the **Americana Thrift Shop** is ready - are you? Visit the little building at the corner of Court and Foster for gently used summer items at amazing prices! The American Thrift Shop is owned and operated by the Presbyterian Women of Old Stone Church, and all proceeds benefit our community.

The **Greenbrier Valley Visitors Center** invites

you to stop by to view two unique Art in the Valley displays. "She is the Wind and Stars," a collection of spiritual, playful, and feminine oil pastel and oil paintings by Jorn Lynae Mork, will be featured in the Gallery. The Art Alcove will be filled with beautiful, handmade baskets by Sheila Maxey. Sheila has been creating baskets since 2004 and has shared her talent by teaching classes. Both artists will be in the center during the event and their works will be for sale. Music throughout the evening will be provided by G.R.O.U.P., a local ukulele band under the direction of Bob DuCharme. Representatives from the upcoming Greenbrier Historical Society's "Home Among the Hills" Home Tour will be on hand with information about the June 10 tour. Purchase a pack of Savannah Garden Club's note cards, which helps fund the hanging begonia baskets that grace downtown Lewisburg. Don't miss the fun! (905 Washington Street W, 304-645-1000)

Patina will have live traditional Celtic music by Patrick O'Flaherty. Complementary beverages and Girl Scout cookies! (1046 Washington Street, 304-520-4962 @patina.lewisburgwv)

Stardust Café is always excited for Prime Rib night personally prepared by Chef Dan Perry, every First Friday. Stardust is working with Mountain Steer to bring some of the best Greenbrier Valley has to offer. (1023 Washington Street E, 304-647-3663)

Enjoy the nightlife at these favorite places: **The Washington Street Pub**, **Briergarten**, and **The Asylum** has Jason Jobe playing from 8 to 11 p.m.

Later this month: Join GVT for a feel-good nostalgia trip starting on June 16. Forever Plaid will usher in smooth harmonies of the 1950's and 60's. A blast from the past, this musical will keep you laughing and singing all night long. Visit gvtheatre.org or call (304) 645-3838 for ticket information.



Carnegie Hall's Museum Galleries feature John Coffey

Carnegie Hall's Spring Exhibits continue with three galleries featuring the works of regional artists. The Museum Galleries feature works by artist John Coffey. The galleries are adjacent to the auditorium.

John Coffey is a watercolorist specializing in landscapes and buildings, primarily in and around southern West Virginia. He grew up in Monroe and McDowell Counties, WV and currently lives in Mercer County.

See "Coffey"

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"Carnegie"

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Thursday, June 22: The Thomas Taylor Band - Carnegie Hall's 2023 Ivy Terrace Concert Series continues Thursday, Jun. 22, at 6:30 p.m. with The Thomas Taylor Band playing your classic country favorites. Ivy Terrace Concerts take place outside in front of Carnegie Hall and are free to the public. Concertgoers are encouraged to bring a lawn chair or blanket and pack a picnic. Concerts are over at 8 p.m. For more in-

formation, please visit carnegiehallwv.org, call 304-645-7917, or stop by 611 Church Street, Lewisburg.

Rotating Galleries: Old Stone Room Gallery - William Todd Gambill. Running through June 30

Museum Gallery - Up next - John Coffey. Running through June 30

Lobby Gallery - Up next - Dana Wheelles. Running through June 30

Permanent Exhibit:

Arts from the Ashes: The History of Carnegie Hall - The exhibit features memorabilia, photographs, artifacts and more of Carnegie Hall since its construction in 1901. Located on the second floor. Free admission

Carnegie Hall is open Monday - Friday, 10 a.m. to 4 p.m. For more information, please visit carnegiehallwv.org, call 304-645-7917, or stop by 611 Church Street, Lewisburg.

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STEPPIN' OUT

Cody Johnson set to play at Fairgrounds this weekend

DINING
& entertainment guide

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CODY JOHNSON
Friday, May 26th

with special guest
RANDY HOUSER

the State Fair of West Virginia
Traditions You Treasure

Photo Courtesy: <https://statefairwv.com/event/cody-johnson-with-special-guest-randy-houser/state-fair-of-west-virginia/lewisburg-west-virginia/>

Country-music superstar Cody Johnson is coming to the State Fair of West Virginia on May 26 for a special performance featuring special guest Randy Houser and Tyler Booth! The show is set to begin at 7 p.m., with doors opening at 6 p.m.

“We’ve been patiently waiting for this date to get here, and it is almost time,” State Fair CEO Kelly Collins stated. “If you are on the fence about tickets, don’t wait too long, only a few remain.”

To kick off the evening, a special Pre-Show Party will be open to the public starting at 3 p.m., located in front of the Underwood Building on the Fairgrounds. Drinks and food will be available for purchase, and local talent Caden Glover will be playing.

Patrons who have not purchased a VIP parking pass are asked park in the free parking lot across 219 South and enter through the tunnel.

Tickets for this show may be purchased by visiting www.statefairwv.com or by calling 1-800-514-ETIX (3849).

Other information:

- The Lot for VIP on grounds parking opens at 12 NOON. Please enter through Gate 6, the Carnival Gate. This lot is SOLD OUT. No passes will be sold day of.
- Pre-Show event starts at 3 p.m.
- Food and drinks will be available for purchase.
- Free parking will be in the fair’s main parking lot on 219 South.
- Metal detectors will be in use for this show. Weapons/firearms/knives are not permitted and will be confiscated. Alcoholic beverages not provided by the State Fair of WV are not permitted.
- Bag checks are conducted at all Grandstand events. Bags must be 5”x9.” No large/oversized bags, coolers, backpacks, etc. Diaper Bags are permitted but are subject to search.
- Professional video/photo equipment not permitted.

“Coffey”

Coffey majored in art at Concord College in the 1960s but didn’t teach himself to watercolor until the late 1980s. Coffey is 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 been


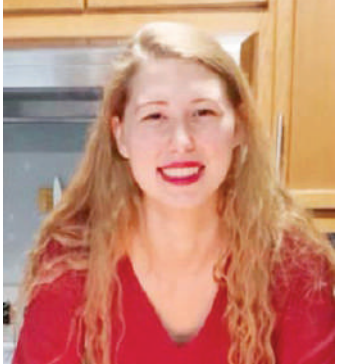
awarded Tamarack’s Best of West Virginia show 2011 - Award of Merit; Beckley Art Group / Cynthia Bickey Gallery, West Virginia Memories Show - Best of Show, and various other Beckley Art Group shows. The exhibits are free and open to the public, Monday through Friday, 10 a.m. to 4 p.m., and run through June 30. For more information, please visit

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carnegiehallwv.org, call 304-645-7917, or stop by the Hall at 611 Church Street, Lewisburg. Carnegie Hall programs are presented with financial assistance through a grant from the West Virginia Department of Arts, Culture and History and the National Endowment for the Arts, with approval from the West Virginia Commission on the Arts.

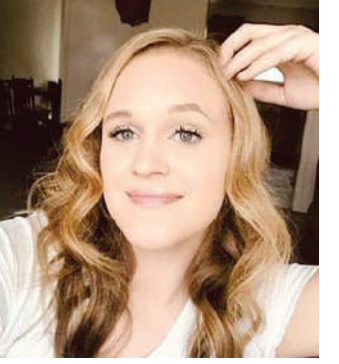

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