FARMacy program gains popularity



**Steel Woods Big Draft Brewing** 



### Free community meals gain popularity in Ronceverte

**By Sarah Richardson** 

"We saw a need in the community, there are people in our region who needed a good, hot meal," says Deacon Mark Gillespie of Ronceverte Presbyterian Church. The church has been hosting free community meals since February of this year on the fourth Saturday of each month. Anyone who wishes to come enjoy a hot, nutritious meal is welcome, as there are no stipulations or qualifications to be met in order to attend.

"We try to do a well-balanced, nutritional meal," explained Gillespie. "There first time we had a community meal we just put it on our Facebook page, and we had around 110 people show up. That showed us just how obvious this need was, and we decided to keep it going as long as we can."

Meals at the church have included ham and beans, shepherd's pie, spaghetti, and chicken pot pie. Most recently, they closed the street beside the church and did a cookout with hamburgers and hot dogs on the grill. For their June 24 meal, there were over 220 attendees.

During the meals, a basket is left out for donations, "which are sustaining us," said Gillespie. "We recently had a generous donation of 300 pounds of ground beef, but we had nowhere to put it. Our Minister Stephen Baldwin posted that we were looking to purchase a freezer, and in 15 minutes a woman called and said that she would pay for whatever freezer the church picked out at Lowe's, so long as she remained anonymous."

Gillespie said that it's a team effort to cook the food, and that their congregation does the serving. "We de-

See "Community Meals"\_\_\_\_ Page 3



Volunteers from Ronceverte Presbyterian prepare the food and serve each month.



The most recent free meal was a cookout outside of the church, with over 220 people attending.

## **County Commission** moves forward with work to new Health **Department building**

The Greenbrier County Commission met briefly on Tuesday, June 27, and made decisions on the appointment of a representative to the board of the Attorney General's West Virginia First Foundation, which will oversee the distribution of opioid settlement funds, the Operations and Maintenance Agreement for the execution of the GigReady Project in Greenbrier County, and the initial administrative phases of work to the County Health Department.

The county approved the appointment of Brit Ludwig, Counsel for the County, to sit on the board of directors for the West Virginia First Foundation, agreed to contract with Citinet and Associates for the Operations and Maintenance agreement, and approved Phase I Environmental study and the commencement of negotiations with an undisclosed landowner regarding the acquisition of their property.

The Greenbrier County Commission will meet again in roughly two weeks, 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, dates, and locations are subject to change.

## God's Way Home to receive \$100,000 'rural development' grant

By Matthew Young, RealWV

"God's Way Home started a little over three years ago as a sober living facility. They realized that their residents - and the population here in western Greenbrier County in general - really needed assistance with becoming work ready."

That's what the Meadow River Valley Association's (MVRA) Dara Vance told RealWV after learning that God's Way Home had been approved for a \$100,000 federal grant. Among other things, the funding will be used to supplement the "Valley Works" program through the creation of a "drop-in center and soup kitchen" for the more than 5,000 residents of the Meadow River Valley.

"People need help overcoming barriers to employment - such as getting your driver's license or navigating the DMV system to find out if you have any fines or anything," Vance explained. "We're also dealing with a lot of individuals who are not only in recovery, but are coming out of incarceration. They have a lot of challenges with finding employment."

While some are certainly facing obstacles presented by the DMV, Vance explained that others may be in need of a safe place to shower or wash clothes before going to work or a job interview.

"It's also for the whole community," Vance said.

Sen. Joe Manchin, D-WV, announced the fundingapproval last Friday. The announcement came as part of the FY2024 Agriculture, Rural Development, and Food and Drug Administration (FDA) funding bill.

In a subsequent statement released by his office, Manchin said, "This funding bill strengthens our fight against the ongoing drug epidemic, supports a systematic approach to rural broadband deployment, and funds critical nutrition programs."

In all, the funding-requests of 22 projects throughout West Virginia have been approved in the bill, for a total of \$12,075,000.

Visit us at www.mountain messenger.com **Inside This Week** Number of Sections: 1

#### GENERAL

Briefly ...... 3 Classified ...... 6 Club/Church ......9 For the Record ...... 3 Obituaries ...... 5

#### **ENTERTAINMENT**

Puzzles 8 Steppin' Out ..... 10 Dining Guide ...... 10 Alderson 4th of July ...... 11 & 12



"We are all God's Way Home - we all operate

under the same organization," Vance noted. "But our mission as Valley Works really focuses on re-employment and economic development."

"You might ask, 'Well, what does a soup kitchen have to do with that?"" Vance added. "Well. we are ready to meet people's needs at any level - meaning that if you need a hot meal or if you need clothes, whatever you need, we're going to help you with that."

According to Vance, the drop-in center and soup kitchen will be much more than simply a place to get a hot meal, explaining, 'Let's say you're housinginsecure - or let's say you

See "God's Way Home"



Doug Tilley, James Boggs, Taylor Hiser, and Dara Vance at Valley Works in Rainelle, March 2023. (Photo by Stephen Baldwin, RealWV)

## Lewisburg mayor, councilmembers sworn in



By Sarah Richardson

Lewisburg Mayor Beverly White (second from right) and Councilmembers Sarah Elkins (left) and John Little (second from left) took their oaths of office at Lewisburg City Hall last Wednesday after being elected to serve four-year terms. Circuit Court Judge Robert Richardson (far right) administered the oaths.

## First annual Wellspring of Greenbrier fundraiser a success

Wellspring of Greenbrier would like to thank our sponsors, community partners, and volunteers for helping our first annual fundraiser to be a success. The money that was raised will go directly to our programs for the underprivileged in Greenbrier County. Thank you to everyone who came to support the organization, and we look forward to the next one!

Wellspring can be contacted via phone or email at 304-392-2095 or info@wellspringofgreenbrier.com.



Wellspring Volunteers: Susie Smead (left), Bob Selbe, Sharon Selbe, Craig Miller, Barbara Miller, and Susan Baker

## Gov. Justice, WVDNR report 19% increase in number of stocked trout in 2023

Favorable weather and improved infrastructure are helping the WVDNR produce more trout at hatcheries around the state

Gov. Jim Justice and the West Virginia Division of Natural Resources announced that the agency has stocked nearly 130,000 more trout in 2023 compared to the previous year. Between January and May 2023, the WVDNR stocked 802,481 trout in lakes and streams around the state, which is a 19% increase over the 673,148 trout that were stocked during the same period in 2022.

"Our hatchery program plays a crucial role in creating an exceptional fishing experience for anglers across West Virginia," Gov. Justice said. "This significant increase can be attributed to investments in our hatchery infrastructure and the dedicated work of our staff who make all this possible. My administration has focused on our Trout Stocking program and directed investments toward it because it pays dividends. Not only do our residents enjoy our lakes and streams, but so do a lot of tourists from all over the world who come here to enjoy our waters."

One of the most significant investments was the expansion of the Bowden Hatchery from 40 fish rearing units to 60, which allows the WVDNR to produce an additional 100,000 pounds of trout. Other improvements have been made to the Edray, Reed's Creek and Tate Lohr hatcheries to shore up fish production, as well.

In addition to hatchery facility improvements, the increase in trout production can be attributed to warmer weather during the winter months, which created ideal conditions

for trout to thrive.

"As we look ahead to fall trout stocking, we are optimistic that we will be able to achieve recordbreaking stocking numbers this year," WVDNR Director Brett McMillion said. "With more fish in the water, I want to encourage anglers all across West Virginia and beyond to get out there and enjoy a trout fishing trip this year."

It is important to note that the long-term growth of the trout population is

See "Trout Restocking"

Page 3



This year the WVDNR stocked 802,481 trout in lakes and streams around the state



Wellspring Fundraiser at Rupert Community Building with the Thomas Taylor Band performing

## PICK OF THE LITTER

#### **ROSCO**

Rosco is a one-yearold male lab mix and weighs 45 pounds



BIG TIM

Big Tim is a three-yearold male 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!



Where your health is our priority

Now Accepting Patients!

**PULMONOLOGY CLINIC WELCOMES** 

Ambra Nida, FNP

Providing care for patients with:

Lung Disease

COPD • Asthma

Chronic lung infections

Respiratory failure

Lung cancer

Sleep apnea

Other airway disorders

Ambra Nida, FNP, received her Master of Science Degree in Nursing from Radford University in Virginia, specializing in Family Practice with a Gerontology certificate. Ambra most recently worked for Greenbrier Physicians at their Covington, Virginia clinic.

CALL NOW: 304-799-1070

www.pmhwv.org





Where your health is our priority

Now Accepting Patients Monday and Wednesday!

HILLSBORO CLINIC WELCOMES

PAMELA EDENS, DNP,

APRN, FNP-BC

Providing patients with:

• Family Practice

•Wellness/preventative care

•Chronic disease

management

CDL/DOT physical exams

Women's and

children's care

Dr. Edens, or Dr. Pam, as she is known to many patients, is a West

Virginia native and has a long career in medicine. She first became a Registered Nurse in 1985 before going on to receive a Master's Degree, as well as a Doctorate Degree in Nursing Practice. She has worked as a family medicine provider since 2001.

CALL NOW: 304-799-1070



www.pmhwv.org



# 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. July 22 Dance features Johnny King & Friends from 7 to 10:30 p.m. The Music Hall is available for weddings and parties. For more information call the Music Hall at 304-645-4667; Bill Evans at 304-392-6079; Grace Poe at 304-992-5852.

#### **Democratic Executive Committee**

will meet Wednesday, July 12, at 5:30 p.m., at the Better Homes and Gardens Real Estate office in downtown Lewisburg. Anyone interested in working with our Democratic Party is welcome to attend.

#### Carnegie Hall Annual Meeting

Carnegie Hall will hold its Annual Membership Meeting at 5:30 p.m. on Thursday, July 13, in the Hamilton Auditorium. Individuals or families who contributed at least \$50 to the Hall during the last fiscal year of July 1, 2022, through Jun. 30, 2023, are considered members of the Hall and are invited to attend. The agenda includes the year-end report for FY 2022-23 and the election of new board members. Light refreshments will be served and the Ivy Terrace Concert featuring MA'AM will follow at 6:30 p.m. Please email ceo@carnegiehallwv.org if you plan to attend.

#### **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.

## Fatal vehicle accident claims life in Charmco

On Tuesday, June 27 at approximately 5 p.m., members of the Greenbrier County Sheriff's Office responded to a two-vehicle motor vehicle accident that occurred on US Route 60 in Charmco. Upon investigation deputies would determine that a 2009 Chevrolet Cobalt being driven by Dylan R. Davis, 27, of Clintonville, and a 2022 Toyota Tacoma being driven by Raven H. McClung, 20, of Rupert, were involved in a head on collision as the vehicles were traveling in opposite directions.

Unfortunately, Dylan Davis would succumb to injuries he sustained in the accident. Raven McClung was transported to a nearby hospital for what appeared to be non-life-threatening injuries.

Members of the Greenbrier County Sheriff's Office Crime Scene/Accident Reconstruction Team reconstructed the scene. The accident resulted in the closure of US Route 60 for approximately two and a half hours.

Deputy Lucas Kessler of the Greenbrier County Sheriff's Office is the investigating officer.

Members of the WV State Police, Rainelle Fire Department, Quinwood Fire Department, White Sulphur Springs EMS and Alderson EMS provided assistance.

## Fireworks prohibited on Monongahela National Forest

The Fourth of July holiday is a wonderful time to get outdoors and have fun with friends and family on Monongahela National Forest. Remember to bring your camera, but please leave fireworks at home. Possessing, igniting, discharging or using any kind of fireworks is prohibited on National Forest System lands.

"Setting off fireworks in the Forest is not only illegal, but it is also a hazardous activity that can lead to injury and wildfires," said Aaron Kendall, Fire Management Officer for Monongahela National Forest. "We encourage Forest visitors to enjoy public fireworks displays in one of the communities in and around Monongahela National Forest."

The public should call 911 for all emergencies; firerelated incidents on the Forest can also be reported via the Mid-Atlantic Coordination Center 24-hour dispatch line at (717) 980-3230.

Law enforcement personnel will be watchful again this year. The use or possession of fireworks on public lands is subject to confiscation and fines of up to \$5,000 and/or up to six months imprisonment. In addition, anyone found responsible for starting a wildfire can be held civilly and/or criminally liable.

Visit https://www.fs.usda.gov/mnf/ to learn more about Monongahela National Forest or follow us on Facebook at https://www.facebook.com/Monongahel-

## Community Meals Continued from Front Page

liver, as well, to those that can't go out," he said. "We also do a lot of carryouts, because there is a lingering stigma of people maybe not wanting to eat at the church. But these meals are for everybody." However, it's about more than just the food.

"It really is an outreach, and a way to help people,"

Gillespie explained. He said that it's important to provide a way to make connections to those in the community who might not have a good support system. "It's not just for Ronceverte, it's for anyone who lives

in our area. Everyone is welcome," he said. The church is currently accepting donations to help support the free community meals, which can be mailed

to Ronceverte Presbyterian Church, Attn: Community Meals, 261 Locust Street, Ronceverte, WV, 24970. The next meal will be held on July 22 at the church.

Church, or call 304-647-4400 for more information.

Visit their Facebook page at Ronceverte Presbyterian

## **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.

#### Council Organizational Session

The Lewisburg City Council will meet Friday, June 30, at 9 a.m. in the Paul R. Cooley Council Chamber at Lewisburg City Hall, 942 Washington Street West. The following topics are scheduled for discussion:

- Adoption, re-adoption and amendment of rules governing the official conduct of City Council and rules governing transactions of City Council business
- Appointment of City Officers & Council Committees

#### Renick Town Council

will meet Monday, July 3 at 7 p.m. at Renick Town Hall for their regular monthly meeting. On the agenda:

- Community Comments
- Approval of Minutes
- · Financial Reports
- Committee Reports
- Town of Lewisburg Water Rates
- Old and New Business
- Other Business

#### Historic Landmarks Commission

will meet Monday, July 10, at 5 p.m. in the Paul R. Cooley Council Chambers, 942 Washington Street West, to hear the following applications:

- Approval of Minutes June 12, 2023
- Jennifer Hamilton, 413 Randolph St. new hanging sign and door sign, new awning and lights, replace vinyl shutters with wood shutters to match existing
- Mike Tremann, 1621 Washington St. East replace existing shed with 12x24 side lofted shed that will have a burnished slate metal roof with a Snow Virginia Land Co., 900 Washington St. West - cedar
- ship lap siding (painted same color as rest of building, add faux brick veneer to cover cinderblock
- Jessica Chestnut-Hall, 1599 Washington St. East detached garage structure, changed siding and roofing to a metal roof, wood trim and hardy plank siding
- Colin Rose, 730 Jefferson St. South design approval for garage addition, porch and Hardiplank

The next Historic Landmark Commission meeting will be held Monday, Aug. 14 with a deadline of Tuesday,

#### **Suits**

In Re: The Marriage of: Melanie Jade Young and Calvin Clay Young In Re: The Marriage of: Amy Rachelle McClung

and Kaitlyn Leighann McClung In Re: The Marriage of: Tony Nicholas Edge and

Andrea Nicole Edge In Re: The Marriage of: Garland Hugh Harris, Jr.

## and Sharon Elizabeth Harris

#### **Marriages**

Tanner Colton Hutsenpiller, Meadow Bridge to Katherine Jane Allen, Beckley

Conner Randolph Hiatt, Baltimore, MD to Abbie Michelle Shafer, Baltimore, MD

Forrest Gene Conn, Midway, WV to Jaime Leigh

Cox, Lewisburg Grover Smith Dixon, Jr., Lewisburg to Glenda

Louise Wood, Alderson

Ryan Austin Coats, White Sulphur Springs to Victoria Dalton Honaker, White Sulphur Springs Nicolas William Thomas, Alderson to Lauren Cierra Heaster, Crawley

## Quick Essentials MINI STORAGE 3344 Houfnaggle Road Lewisburg, WV 24901 • 304-645-1304

#### FOUR SIZES TO CHOOSE FROM:

5' x 10' - \$40/mo. 10' x 15' - \$70/mo. 10' x 10' - \$60/mo. 10' x 20' - \$80/mo.

## Living The Good Life After Retirement

- Activity Rooms
- Bingo Church Services
  - Live Bands
- Parties
- Social Areas

Cookouts

Potluck Dinners

Country living With City Conveniences

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

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

LEWISBURG MANOR Independent Living

344 Court St., Lewisburg, WV 24901

#### **Greenbrier County Magistrate Court Convictions** Tucker Ray Richmond, Asbury, reckless driving, GP,

fine \$100, jail 5 days - suspended and placed on 9 months unsupervised probation

Olivia Erin Hogston, Alderson, conspiracy, NCP, fine

\$150 Joseph Monroe Keen, Ronceverte, domestic assault, NCP, jail 3 days

Windell Lee Highlander, Rainelle, no vehicle insurance, GP, fine \$200 Samuel Craig Mines, Lewisburg, DUI, NCP, fine

\$100, jail 90 days - suspended and placed on 12 months unsupervised probation Campbell M. Woods, Lewisburg, 1) driving too fast

for roadway conditions, GP, fine \$25; 2) possession of controlled substance, fine \$100 Charles Edward Gunnoe, Jr., Charmco, driving on right side of roadway, NCP, fine \$15

John Brenton Staunton III, Lewisburg, expired MVI, GP, fine \$100

### For the Record

#### **Deeds**

Gregory E. Allman and Jill W. Allman to Joel Duffett and Martha Duffett, 0.341 Acre, Ronceverte Corpo-

Wilma Jean Aleshire to Robert S. Walkup and Barbera Sue Walkup, Lot No. 3, Section A, Hanna Subdivision, Frankford District

Ronnie Pettrey to Denise Maria Endres, Lot No. 67, Ronceverte Corporate District

Brenda Sue Racey Shafer and William K. Shafer to Paul C. Sweet and Ida M. King, Lot No. 11, Maxwell Ott Subdivision, Fort Spring District

Christine A. Baksh and Sharaf Shabeer Baksh to The B and B3, LLC., Lot No. 38, Lamplighter Valley, Lewisburg Municipality Carolyn P. Boone to Zheng Xing Zheng, Lot No. 130,

Revised Addition of Drewrey Meadows Addition, White Sulphur Municipality Jacob Fraley to Alexis B. Barfield, Lots Nos. 58, 59, and 60, Villa Park Addition, White Sulphur Springs

Gloria Esperanza Martinez to Craig Martin and Frances Martin, Lot No. 6, Greenbrier Pines Subdivision Phase III, City of Lewisburg District

Robert F. Lilly and Justin Wayne Robinson, Lots Nos. 71, 72, 73, 86, 87, 88, and 89, Midland Heights Addition, Town of Rupert, Meadow Bluff District

#### Trout restocking

Municipality

**Continued from Page 2** 

dependent on various factors, including habitat, weather patterns and other environmental elements. The WVD-NR remains dedicated to preserving and enhancing West Virginia's natural resources to ensure sustainable fishing opportunities for generations to come.

All anglers 15 years and older are required to have a West Virginia fishing license, trout stamp and valid form of identification while fishing for trout. To purchase a license and stamp or to learn more about trout stocking and fishing regulations in West Virginia, visit WVdnr. gov/fishing.



#### Mountain Messenger

The Weekend Newspaper for the Greenbrier Valley

LOCALLY OWNED AND OPERATED SINCE 1985

Strengthening Community and Promoting Diversity in the Greenbrier Valley

#### Mountain Messenger's Properties & Lifestyles Our high-gloss, magazine style

featuring area real estate PUBLISHED MONTHLY .

#### www.mountainmessenger.com

to the Greenbrier Valley

The most extensive website dedicated

#### **How to Contact Us:**

Phone Fax Mail Address Web page E-mail

(304) 647-5724 (304) 647-5767 P.O. Box 429, Lewisburg, WV 24901 860 Court Street, N., Lewisburg

#### mountainmessenger.com ads@mountainmessenger.com

Subscriber Services

We accept black & white and color photos to accompany

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

#### **Editorial:** We accept submissions for the following categories:

**Photos:** 

CLASSIFIED

RENEWALS

DISPLAY ADS

• LEGAL NOTICES

• REAL ESTATE REVIEW

• ARTS & ENTERTAINMENT CHURCH NEWS

 CLUB NEWS FARM NEWS

**Advertising Opportunities** 

- GUEST EDITORIALS
- GUEST COMMENTARY • LETTERS TO THE EDITOR
- OBITUARIES PRESS RELEASES
- SPORTS NEWS

MILITARY NEWS

NEWS STORIES

- STORY IDEAS YOUTH ACTIVITIES

#### news items or to showcase the region. **Corrections:**

we have published. Please contact us to request corrections.

We want to correct errors

untain

essenger

SUBSCRIPTION PAYMENTS

**Contact Circulation for:**  CHANGE OF ADDRESS • DELIVERY PROBLEMS



#### **KVETCH**

By Karen Cohen

(Originally published June 2022) Happy Solstice! Summer is here, ah at last! Making their daily appearance are the bugs that bite your legs under the picnic table or fly straight into your pupils when you are walking in the woods. You can actually see them wiggling out of your eyeball to escape. What up with dat? So annoying. By the time late summer rolls around my legs look like I've been in a battle with some kind of varmint which chews on my ankles and calves. I don't feel bugs biting me but when I lay down at night to sleep, my feet begin to twitch with itches. That's when it becomes apparent, the bugs have been nibbling on me for their dinner.

Yes, it's nature's plan that these creatures have some fresh skin and red blood to keep them alive and so we become their unwilling victims. Everything's gotta eat, right? Just as we put chickens in a pot or fish on the grill for our pleasure, what comes around goes around. Don't mind me, I'm just trying not to hate these little no-see-ums and I refuse to use deet or other toxic bug repellents.

Natural remedies? Please share yours if you have any that really do work. Citronella candles have to be burned to release their smell and it isn't wonderful. Kinda makes me sickish and I stay away from it, just like the bugs. Lemongrass oil is safe as a spray to use even on baby's skin, at least according to the sellers of this oil. Strong scented oils like cinnamon, tea tree, or thyme oil can all be added to a spray bottle with water and sprayed directly on your skin. I assume you have lots of skin exposed since it is officially summer and temperatures have climbed to the 80's. Too much wet spray will cause warm liquid puddles to stream down your arms and torso mixing with your sweat and that ends up feeling like bugs are crawling all over you!

If you've ever had ants in your pants, you know those little suckers bite and you end up with itchy welts. I find calamine lotion or tea tree dapped onto bites will take away the itch.



In your house, vinegar added to water can ward off ants, spiders and mosquitoes if you spray it around your home's perimeter and entryways. That might be a bit of work. Often the cheap spray bottles I buy at our local box stores end up quitting before the bottle is empty leaving me pumping air. I can testify that I have dumped a one inch thick trail of Borax along my countertops where I find ants gathering. It works. I use this outside, too. It clings to the hairs on their bodies, they find it intolerable and probably deadly.

With summer here, we have lots to enjoy! Have I neglected to mention any of those things? Well, you know what you like to do and I certainly am not one to entertain thoughts on how you should or should not entertain yourselves, so go right to it. If you run into me at the green-space or at the river, you may notice a heavy peppermint-y smell, don't mind me, just warding off those evil spirits of summer.

(Karen Cohen is a Mistress of her Organic Garden and avid nature explorer. Please email comments/tips to natureswaykaren@gmail. com. Happy Gardening!)

Commentary \_\_

## Ensure your freedom this Independence Day: Drive sober or get pulled over

The West Virginia Governor's Highway Safety Program (GHSP) reminds motorists to drive sober throughout the July 4 holiday weekend. This Independence Day, safeguard your freedom, and the lives of others, by committing to sober driving. The GHSP is partnering with the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) and law enforcement agencies statewide for the Drive Sober or Get Pulled Over high-visibility enforcement impaired driving campaign. The primary goal of the increased law enforcement presence will be to help prevent tragedies previously seen around the July 4th holiday.

According to NHTSA, 13,384 motor vehicle crashrelated deaths nationwide in 2021 involved alcoholimpaired drivers. This represented 31 percent of all traffic fatalities in the United States for the year, and a 14.2 percent increase from 2020. In 2021, 65 alcoholimpaired driving fatalities occurred in West Virginia, accounting for over 23 percent of all traffic fatalities in

That same year, 538 people died in motor ve-

"God's Way Home"\_

hicle traffic crashes over the July 4 holiday alone (6 p.m. July 2 to 5:59 a.m. July 6). Thirty-nine percent (212) of those fatalities occurred in alcohol-impaired-driving crashes. With many Fourth of July festivities wrapping up in the evening or late at night, more cars are on the roads at night. Over the 2021 Fourth of July holiday period, of the 212 people who died in alcohol-impaired motor vehicle traffic crashes, 82% of those fatalities occurred in nighttime crashes (6 p.m. - 5:59 a.m.).

"During the July Fourth holiday, law enforcement officers across the state will pull over and arrest drunk drivers, showing zero tolerance for impaired driving," said Steven Jarvis, GHSP Impaired Driving Program Coordinator.

"Everyone knows that it is illegal to drive while impaired by alcohol or drugs. Unfortunately, people push the envelope, believing that they'll be okay enough to drive. That's just not true. Whether you've had 'just one drink' or have consumed an impairing substance such as drugs or certain prescription or over-the-counter medications, your ability to safely operate a motor vehicle could be impaired. If you feel different, you drive different," Jarvis said.

There are plenty of options to help impaired drivers get home safely, such as designating a sober driver or calling a taxi or rideshare. Where available, use community's sober ride program.

Remember: a few dollars spent on a ride is a lot cheaper than a DUI, which can cost up to \$10,000. Something else to consider: Don't ever be too proud or embarrassed to ask for a ride. Allowing a sober driver to help you get home safely keeps you and others safe. What's more embarrassing than drunkenly asking for a sober ride home? Spending the night in jail. Having your car impounded. Losing your job or your security clearance. Take your pick.

"Drunk driving and drugimpaired driving are selfish and arrogant choices," continued Jarvis. "It puts not only the impaired driver, their passengers, as well as other drivers and passengers who are traveling our roads at higher risk of being in a crash, possibly being injured or killed."

No one should mix drinking or drugs and driving, and no one is immune to the effects of impaired driving. If you find yourself impaired and stranded with your vehicle, give your keys to a sober driver who can safely drive you home. Remind your friends to never get in the vehicle with a drunk or drug-impaired driver. If you have a friend who is about to drive drunk, take away their keys and help them get home safely. Don't worry about offending someonethey'll thank you later. Always have a plan before you head out for the evening. If you wait until after you've been drinking to figure out how to get from one place to the next, you will already be too impaired to make the right choices.

"It's not worth the risk," Jarvis concluded.

If you see a drunk driver on the road, do not hesitate to contact local law enforcement or the West Virginia State Police.

This 4th of July and every day, Drive Sober or Get Pulled Over. For more information on impaired driving, visit nhtsa.gov/riskydriving/drunk-driving.

For more information about the West Virginia Governor's Highway Safety Program, visit highwaysafety.wv.gov or call 304-926-2509.

Cont. from Front

don't have water or electricity at your house - you can come and see us to clean your clothes, or take a shower, or do whatever it is that you need to do. Then you can get a meal and be ready to go to work."

Vance added that the drop-in center will also serve as a warming-station during the winter months, noting that, "There aren't really warming centers available on a regular basis throughout Greenbrier County."

"We own the facility that God's Way Home operates out of," Vance continued. "Across the street we have two more buildings, each one is 5,000 square feet. We also own a second home that we are going to open very soon as a second recovery facility with eight beds. The drop-in center [will be] located in one of the 5,000

square foot buildings." While Vance does not yet have a firm date that the

drop-in center will be fully operational, she noted that a team of volunteers is currently working to make it ready. Vance's expectation is that the drop-in center

will be functional, "at least in some capacity," by the winter months. "The money from Senator Manchin is going to enable us to do some hiring, so this is going to be a jobs creator as well," Vance added, in further explanation of the center's value to the community. "What receiving

these funds means is that I can look at someone who is in recovery, or who has an incarceration record, and I can hire them to help build their resume and experi-

For more information about God's Way home, read Stephen Baldwin's report at www.therealwv.com, or visit their website at godswayhome.org.



Michael Showell, Publisher Sarah Richardson, Editor Adam Pack, Writer Kathy Hunter, Business Office Debra Smith, Advertising

Chris Kincaid, Business Systems Manage Julie Sweet, Ad Design Jeanette Albaugh, Production Layout Amanda Workman, Production Layout Karen Boyd, Office Assistant Naomi Smith. Office Assistant



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

## **Subscribe to the Mountain Messenger**

#### **SUBSCRIPTION RATES:**

Mailed to Greenbrier and Monroe Counties, \$33.00 ailed, in State (WV) \$38.00; Mailed, out of State \$42

Phone (304) 647-5724 Name	
Name	
VV // // VV	
Address	
Phone Number	
Email Address	
Total Amount Enclosed	50
WE ACCEPT VISA, MASTERCARD, DISCOVER & AMERICAN EXPR	ESS
Account No.	
Expiration Date CVV #	
Signature	

#### The Mountain Messenger

Box 429, Lewisburg, WV 24901

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

## SCRAMBLERS

solution

- 1. Gentle 2. Blame;
- 3. Dawdle; 4. Hinge

Today's Word

## **BETWEEN**

### Weekly SUDOKU

Answer

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

**Super** Crossword -

LIMBOS O N P O I N T P E R U S E R W A S H E R I M P E D E ATEASE NORRIS NOWWHEREWEREWE G R A B B E D H O L D O R B S R E Y S E T L A N A S I S S Y R E B E L S B E L A M I L A I X E N A R E M I S S D A Y S L I K E T H E S E A V E R F E A R S I R E D L I L H A R D T R U T H S I C K S T O L I REMISS I A M S O M E A S U R E U P T O S M A R T I E A A R S U G G E S T T C O U L D N T B E M E E S E

I L E S O R A F O R M E R S E L F

D A C O T A N A L E E W O D T I L E S T A M P E R E V I D E N T B M I N O R A R I D N O V S T R E A M A S H M E N A S N A P A C D C F R A COEAGOG DECLARATION O F I N D E P E N D E N C E E Q U A L S M A R C E A U H O R N I N S U B T L E A S S O R T S L O S E I T T E A S E L

#### **OPED** piece submission guidelines:

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

- 1) OPED pieces may contain constructive criticisms, thoughts, or observations, which we publish on an individually approved ba-
- 2) No name-calling, hate speech, or other derogatory language is permitted. We do not publish letters containing "bashing," personal attacks, and the like. However, we do appreciate mindful concerns, assessments, and thoughts. 3) All letters must be signed by the author
- and include the city in which they reside. Please note all submissions are subject to individual editorial approval. Please do not mail or hand-deliver letters, email news@ mountainmessenger.com

## **BITUARIES**

#### **Dolores Jean Honaker Bennett**



Ronceverte - Our dear momma, Dolores Jean Honaker Bennett, passed away at her home, at the age of 85, in Ronceverte on Saturday, June 24, 2023, where she was lovingly cared for by her grandson, Evan and his wife, Kendra.

Dolores was born in Caldwell to Virgil and Mary Honaker, May 27, 1938.

She was preceded in death by her loving husband, Orlie Bennett; and siblings, Robert Honaker, Charles Honaker, Edward Honaker, Helen Mann, Gary Honaker, and James Honaker.

She was a wonderful mother not only to her three girls but to many who called her Mom and Mawmaw over the years. She enjoyed yard sales, going to the beach, and road trips but mostly she loved her family. She is survived by three

daughters, Shari Ellison of Chesterfield, VA, Donna Beavers of Ronceverte, and Tina Wingard (Thomas) of Delray Beach, FL; grandchildren, Tara Stewart, Hayley Brown, Hannah Haynes, Elijah Haynes, Kayla Weber, Brandy Barnes, Evan Beavers, Savannah Beavers and Dawson Beavers, along with 10 great-grandchildren; and two brothers, Bobby and Wayne Honaker, both of Montvale, VA.

Viewing was on Tuesday evening, June 27, at Wallace & Wallace Funeral Home, Lewisburg. Funeral service was held on Wednesday, June 28 at the funeral home. Burial followed in Adwell Cemetery. Family and friends gathered at her home after the funeral.

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

#### Leonard D. Sizemore



Ronceverte-Leonard D. Sizemore, 90, passed away Sunday, June 25, 2023.

Leonard was born on Mother's Day May 14, 1933 in Covington, VA, the son of the late Herbert and Clara Hoke Size-

In 1972, Leonard started Cherokee Termite and Pest Control Service. He was a member of the Lewisburg Rotary club and was a member of the Kingdom Hall of Jehovah's Witnesses.

Other than his parents, Leonard was preceded in death by brothers, Leo (Virginia) Woodward Sizemore and Ivan (Lou-

ise) Lassiter Sizemore. Survivors include his Juanita(Sissy) sister, Matney, of Atlanta, GA; wife, Nancy J. McClung

Sizemore of Ronceverte;

daughter, Tonya (Ronald)

R. Lambert of Mooresville, NC; sons, Van (Rose Marie Schneider) L. Sizemore of White Sulphur Springs, Jan (Justin) W. Sizemore of Roanoke, VA, and Alexander (Jenny) Leonard Sizemore of Ronceverte; grandchildren, Jared Sibert (Mary Wyrick) of Mooresville, NC, Zane Lambert of Mooresville NC, Brandon (Heather Day) Lambert of Mooresville, NC, and Summer Tucker and Andrew Tucker both of Ronceverte; great-granddaughter, Annabelle Lee of Mooresville, NC.

A gathering of Leonard's friends was held on Wednesday evening, July 5, at the Wallace & Wallace Funeral Home in Lewisburg.

A memorial service will be held for his friends and family at a later date at the Kingdom Hall of Jehovah's Witnesses in Covington, VA.

online Please send condolences by visiting www.WallaceandWallaceFH.com.

#### Rosa Stephenson



Mrs. Rosa Stephenson, 104, gained her Angel wings July 22, 2022, at The Seasons Place in Lewisburg, WV, where she had resided over the previous year. She succumbed to complications from a stroke she had suffered on July 11. She was surrounded by family. She had lived for many years, especially during the winters, with her daughter, Dr. Abigail Winters, in Lewisburg. Mrs. Stephenson was the last of her immediate family. She was the daughter of the late George Washington and America Mullins and

was born on July 4, 1918. She was preceded in death by siblings, Elbert, Mary Smallwood, Lundy, Lou Emma Wright, Georgia Byrd, Ethel Powell, George Jr., William Harvey, Juanita Chisholm, and little Barbara Ellen, lost in infancy. She was also preceded in death by her husband, L.J. Stephenson; daughter, Dorothy, and grandchildren; Rannie and Rosa Clara.

Rosa grew up in Mc-Dowell County with her 10 siblings, where her father G.W. was a successful businessman with many businesses, including a sawmill, a planing mill and a store during the Depression. She had many happy memories of her childhood. During high school, she rode the train to Iaeger. During this time, she was chosen Miss Sandy River Dis-

She married Leslie and began her family in Bradshaw. She ultimately had five children. She was always enthusiastically involved in her children's lives. While her daughters were attending Bradshaw Grade School she served as Home Room Mother and President of the P.T.A. She was a member of the Black Diamond Girl Scout Council

of McDowell County, a

Brownie and a Girl Scout

Leader, and later served as a Den Mother for the Cub Scouts. She joined the Bradshaw Sewing Club. While living in Bradshaw she became a member of the Eastern Star, as her father was a Master Mason.

Being a woman of deep faith, when the Stephensons decamped to Pineville, Rosa became deeply involved in the Pineville United Methodist Church. She was a member of the executive board, served as chairman of missions, a member of the United Methodist Women and served as chairman of the Mary Magdalene Circle. She was a district officer of the Beckley District of the United Methodist Women, served as chairperson of the Christian Social Relations. Her children remember every Sunday morning getting ready for church services, no questions asked.

She was a member of the Pineville Woman's Club and was chosen as Woman of the Year in 1976, and named a Centennial Belle from the Club. She served as vice president, chairman of the finance committee, chairman of the Public Affairs Department, cochairman of the Fine Arts Department and Conservation Department. She was active in the Cancer Crusade, Heart Fund Drive, Bloodmobile and worked in the lending li-

Rosa was a partner in the family business which owned the L & R Store and Bradshaw Home Furniture and Appliance Stores in Bradshaw, and the Pineville Fashion Shop and Pineville Mens Shop in Pineville. She grew up in the businesses of her father and loved the business life. She helped out when needed and even worked for her daughter Abigail's pharmacy when needed.

She loved The Green brier Hotel. She attended many conferences there when she represented the Woman's Club, Eastern Star and others. She never missed a chance to

visit when she could. She was an enthusiastic and prolific gardener, being a member of multiple garden clubs. She won many awards for her flower arrangements at various shows, presented a beautifully landscaped lawn, and planted flowers wherever she went. For about a decade, she tended a rose garden at her lake house of about 50 roses. Aphids were her enemy.

Rosa loved Scrabble. If no one was around to conscript into a game, she would play herself. Her enthusiasm spread to other family members, resulting in a multigenerational force of excellent Scrabble players. When her husband retired, they traveled all over the eastern seaboard

to golf tournaments. She loved the time she spent at her lakeside cabin in Virginia, beginning when her youngest was an infant. There were many years that entire summers were spent there, eschewing phone and tv. We enjoyed swimming, water skiing, sunning and bonfires with wiener roasts and s'mores. She forged deep and supportive friendships with

neighbors on all sides.

For a while, she penned an article "Claytor Lake News" for a local paper. The kids played Hide and Seek and Kick the Can in the dark. The cabin later became the location of many cutthroat Scrabble

games.

She glowed with pride for her family. She really loved the little ones and they became best friends. Her home and heart were always open and she made everybody feel special. She always wanted to feed everyone, even in her last days. She was a gardener, a bird watcher, a devout reader, Scrabble player, crocheter, and she sang or hummed all the time. She was a rock, an anchor, and an oasis of warmth. She was a proud supporter of her children's passions. Everyone privileged to know her will miss her as long as memory endures.

She is survived by her children, Dr. Judith Fast, Houston, TX, Dr. Abigail Winters, Lewisburg, Dr. Leslie Stephenson (Jim) (Judy), Raymond, ME, and George Stephenson (Paki) (Kathy), Dublin, VA; grandchildren, Stephanie Rigby, Lisa Fast, Mingo Winters, Maranda Daniels, Matoaka Winters, Siobhan Winters, Kristie Costa, Trista Gage, Jeremy Gage, Devin Stephenson, Joe Stephenson, Shanley Hypes; great-grandchildren, Ed, Jessye (and baby), Gabe, Charlie, Brighid, James, Madison, Eli, Nadine, Logan, Tais, Odin, Alessio, Owen, and Tucker. She leaves behind a plethora of loving nieces

and nephews. She lived for this: "I expect to pass this way but once - any good therefore that I can show to any fellow creatures, let me do it now. Let me not defer or neglect it for I shall not pass this way again." -Etienne de Grellet

A private memorial are planned, and in lieu of flowers, please make donations to the Pineville United Methodist Church. Also, in keeping with her servant's heart and love for children we ask that donations be made to Lunchbox276, a nonprofit founded by her granddaughter, Maranda, to combat childhood food insecurity. Donations may be made online at Lunchbox276.com or mailed to P.O. Box 178, Wise, VA 24293.

Those that knew her were blessed with her kindness, we hope you will experience a similar person in your life. She was always an Angel, now she has her wings!

#### **Opal Faye Ray**



Maxwelton - Opal Faye Ray of Maxwelton passed away at the Brian Center in Low Moor, VA, on Sunday, June 25, 2023, after a brief illness.

Opal was the sixth of eight children of the late Everette T. Lyall and Myrtle Lyall Ross.

She is preceded in death by her partner Billy Gum; daughter, Doris Gail Arbuckle; brothers, William "Carl" and George E. Lyall; sisters, Josephine Germano, Myrtle Jean Waddell, Thelma Lewis, Edith Cogar; as well as her former husband, Avery Roy

Opal was born and raised in Friars Hill. She was a member of the Clifton Presbyterian Church in Maxwelton. Opal retired from the Greenbrier County School System where she worked as an Instructional Aid. She also worked at the Bendix Corporation in the early days of electronics, but her true calling was caring for her family as a homemaker and mother, where she is remembered as being a hard worker, an excellent cook, and someone who was always ready to lend a helping hand.

She is survived by her sister, Ruth F. Lewis; children, Linda Perry (Charles), Pamela Musser (Bruce), Jerry Ray (Jessica), Gary Gum and Greg Gum; grandchildren, Carla Capps (Davis), Aaron Perry, James Livesay (Candie), Courtney Gotch (Ben); Brooke Nogueira (Kevin), and Nicole Groseclose (David); greatgrandchildren, Branson, Kennedy, and Emily Capps, Avery, Brady and Abigail Perry, Evelyn and Draven Livesay, Elijah, Georgia and Shiloh Gotch, Stella and Mila Nogueira, and Kate Groseclose; and many nieces, nephews, friends and family.

Visitation with the family will be held at Morgan's Funeral Home in Lewisburg beginning at 1 p.m. on Saturday July 1, with Funeral Services to be held in the Chapel at 2 p.m.

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

#### John Wayne Wyman



Lewisburg-John Wayne Wyman, passed away Monday, June 26, 2023 at his home in Lewisburg.

Born Feb. 10, 1947 at Elkhart, Indiana, he was a son of the late Ward and Helen (Arnold) Wyman.

John worked for the Department of Justice, and later retired as Facility Manager for several Federal Prisons. He was Director of the Senior Center of Greenbrier County, was Manager of the West Virginia State Fair Flea Market, a member of the Greenbrier Chorale and was a United States Marine Corp Veteran.

In addition to his parents, John was preceded in death by a son, Brent Wyman and a brother, DeVon Wyman.

He is survived by his beloved wife, Sue Wyman; sons, Bart A. (Joyce), John Wayne, Jr. (Susie), and stepson, Robert A. Dean (Randy); two beautiful granddaughters, Holly and Anna Wyman; and a brother, Roger Wyman.

A memorial service will be held at 12 noon Friday, June 30, at Clifton Presbyterian Church at Maxwelton with Rev. Ron Miller officiating.

Family and friends will be received one hour prior to the service at the church on Friday.

In lieu of flowers, donations of sympathy may be made to Down Syndrome Association of West Michigan, 160 68th Street, SW, Suite 110, Grand Rapids, Michigan

49548. Wallace & Wallace Funeral Home in Lewisburg is in charge of arrangements. Please send online condolences by visiting: www.WallaceandWallaceFH.com.



## The Mountain Messenger is proud to publish obituaries free of charge.



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

Well Lit Parking Lot With 125 Spaces 12 Reserved For Those With Exceptionalities Wheelchair Accessible -Modern Technology Headstones, Markers and Memorials



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



#### **Planning A Family Reunion This Summer?** Send Your Announcements In To Be Included In The Mountain Messenger

news@mountainmessenger.com or debra@mountainmedianews.com

## **Obituary Policy**

• Obituaries should be received within 30 days of death.

• The deceased should be a current or former resident of the newspaper coverage area or have family members who have lived or are living in this area.

Obituaries are accepted from funeral homes or funeral directors.

Obituaries may be edited to conform to the newspaper standards and deadlines.



176 Medical Center Drive Rainelle, WV 25962 304-438-6188 Mon.-Fri. 8 AM -6 PM



Wickline, DO to our team of professionals.

Dr. Wickline is a graduate of West Virginia University and the WV School of Osteopathic Medicine Class of 2011.

She has eleven years of experience as a physician working in a hospital setting, urgent care, and family practice.

A native of Pocahontas County, she now resides in Renick with her husband, Jamie, and two children, Levi and Macy.

Dr. Wickline is currently working at Lewisburg health Center, located at 296 Fair Street, and is accepting new patients.

Call 304-647-4747 to schedule your appointment.



# Rainelle Medical Center has a full-time position

(approximately 40 hours per week) open for a Licensed Independent Clinical Social Worker (LICSW), Licensed Certified Social Worker (LCSW), Licensed Graduate Social Worker (LGSW), Licensed Clinical Psychologist, or Licensed Professional Counselor (LPC) to work with our Behavioral Health team. The candidate will provide therapeutic services to children in elementary schools on the eastern end of Greenbrier County. Some travel will be required. Certifications in Addictions preferred. RMC promotes a healthy, family friendly work environment and work/life balance. RMC is a federally qualified health center.

176 Medical Center Drive

Rainelle, WV 25962

Mon.-Fri. 8 AM -6 PM

304-438-6188

Excellent Health Care Right at Home

JOB OPENINGS

**EMPLOYMENT OPPORTUNITY** 

LICSW, LCSW & LGSW

Please send resumes to the attention of Laura Eagle, Director of Behavioral Health: leagle@ rmchealth.org.



176 Medical Center Drive Rainelle, WV 25962 304-438-6188 Mon.-Fri. 8 AM -6 PM

## JOB OPENING

#### FAMILY MEDICINE **PHYSICIAN OPPORTUNITY**

Rainelle Medical Center is looking for a dedicated, compassionate Family Medicine Physician to work full-time on the Eastern end of Greenbrier County.

Rainelle Medical Center offers a competitive salary,

an excellent benefits package, paid time off, paid holidays, a flexible schedule to accommodate a healthy work/life balance, or a 4 day work week

Interested candidates can send a resume to the attention of Lisa Redden, Human Resources at lredden@rmchealth.org.

EOE



176 Medical Center Drive Rainelle, WV 25962 304-438-6188 Mon.-Fri. 8 AM -6 PM

## JOB OPENING

## **DENTIST OPPORTUNITY**

Rainelle Medical Center is looking for a Dentist to provide services at our Maxwelton Dental Center.

As a Federally Qualified community Health Center, located in a medically underserved area, applicants are eligible for student loan repayment. Our annual salary is competitive for the area, and our benefit package is exceptional (includes vacation, sick days, and retirement options). Continuing education time and money are available, apart from salary. Malpractice insurance is provided through the Federal Tort Claims.

For more information or to apply, email Kristi Atha-Rader at karader@rmchealth.org and/or Lisa Redden, Director of Human Resources at lredden@ rmchealth.org.

EOE

#### **ESTATE SALE**

**ESTATE SALE:** Brick House Antiques presents living estate sale for Bobbi Hoffman. Friday - Sunday, July 14 - 16. Don't miss this exceptional sale! Descriptions and pictures at estatesales. net. More to be added. For more information call 304-645-4082 or 304-6611772

#### FOR RENT

FOR RENT: Two to three bedroom farmhouse. Central air/ heat, wood stove, fenced in yard. Near Talcott. Pets OK. Background & credit check required. Available July 1st. 513-505-1500.

#### YARD SALE

**HUGE 4 DAY YARD** SALE: Something for everyone! Priced to sell! Free stuff 310 Raven View Lane, Lewisburg. 9AM-3PM, Friday 6/30 to Monday 7/3. (Rain dates: 7/7-7/10). 304-520-6746.

#### YARD SALE

YARD **HUGE EVENT**: July 4-6. 9 AM-6PM. 936 Maple Avenue West, Alderson. Pay by donations. Household donations welcome. 304-445-7700.

#### WANT TO BUY

WANT TO **BUY:** 1949-1952 Chevrolet 4 door Fleetline car. Restored or not, running or not. 540-395-2083.

#### **FOR SALE**

**HOUSE FOR SALE:** BY OWNER. Come live the good life on "Deer Haven Farm" in beautiful Greenbrier County, WV. 58.75 acres plus beautiful brick ranch-style home with four bedrooms, 3 baths, large living room/dining room, second dinina room. family room, storage room, back-up heat with propane stove, and more. New roof installed in May, 2023, newer furnace, light fixtures, stove, refrigerator, commodes, and more. Large deck, front porch, twocar garage, fenced yard, and remainder fenced, three carports, and two large storage buildings. \$1,000,000. Movein condition. 304-647-3731.

#### **WANT TO BUY**

WANT TO BUY: 1964 Ford Falcon 2 door left & right post doors. Also, 1963 Ford Falcon door hardtop doors. 540-395-2083.

#### **To advertise** in the Mountain Messenger

call 304-647-5724 or email ads@mountainmessenger.com.



**CHECK WITH US BEFORE YOU BUY!** 

304-647-8180

LOCATED ON RT. 219 NORTH IN LEWISBURG ACROSS FROM TUDOR'S BISCUIT WORLD



## **FOR RENT**

**NO WAITING LIST** 

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

#### Apply At **Hinton House Apts.**

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



## Cohenouruc



**Flatwork Construction** 

1-304-642-0200



Concrete Contractor



Specializing In Concrete

LICENSED & INSURED WV 061698

cohenourllc1@gmail.com

#### **Roberts' Tree Service** Tree Trimming & Removal • Shrub Trimming Lot Clearing • Light Excavation Work Bucket Truck Service • Chipper Service

Serving Greenbrier, Monroe & Pocahontas Counties

WV 2271-9538 LICENSED & INSURED

FREE ESTIMATES! • DISCOUNTS FOR VETERANS & SENIORS **Brandon Roberts, Owner** GRINDING Frankford, WV • (304) 661-4086 robertstreeservicewv@gmail.com

### **Employment Opportunity**

#### **Cook Positions Available Full-Time and Part-Time**

Must be at least 18 years of age and available to work holidays. Food Handlers permit required. Call for more information and apply in person.

Dutch Haus Restaurant

Lewisburg Elks Country Club at 368 Brush Rd., Lewisburg • 304.645.2723



Saturday, July 1st 9 am - 1 pm



### COLDWELL BANKER

STUART AND WATTS REAL ESTATE

174 Northridge Drive, Lewisburg 304.645.1242 Thomas H. Johnson, Broker

All proceeds go to benefit the Lewisburg City Police DARE program.

### **COGNITIVE DECLINE RISK AWARENESS & HEARING HEALTH DECISIONS**



A 25-year study shows hearing aid use can reduce the progression of cognitive decline in older adults.

> Using your hearing, just like exercising a muscle, makes it stronger and more effective. Reduced hearing stimulation due to untreated hearing loss can lead to atrophy of functional brain pathways. This can negatively impact hearing ability and speech comprehension and may increase the risk of dementia.

## THE SOONER, THE BETTER.

Many people with gradual hearing loss delay vital testing.







206 Dawkins Drive, Lewisburg 304.647.4327 greenbrieraudiology.com

Schedule your expert hearing consultation today.

## Dear Recycle Lady

#### Dear Recycle Lady,

I found this information about planting trees online. The article said: Perhaps there is one small thing that each of us could do that would have a big impact on the environment. There is a way to reduce climate warming cheaply and relatively easily. And it doesn't involve banning gas stoves, outlawing people's cars, or decimating the fossil fuel industry. We just need to plant a trillion trees! There are innovative design projects in place allowing trees and shrubbery to be planted on and around buildings in urban areas. These plants will create shade and lower the local temperature. Plus, they will simultaneously take carbon dioxide out of the atmosphere and replace it with oxygen. Also, there are with vast tracts of former forestland that could be restored. Planting one tree can make a big difference.

Food for Thought

#### Dear Food for Thought,

Great idea. Trees are definitely one of the keys to fighting climate change. One tree provides four people with a day's supply of oxygen and absorbs over 48 pounds of carbon dioxide from the atmosphere. Yet over 15 billion trees are cut down every year and thousands are destroyed by natural disasters. Some of the cut trees are replaced with seedlings, but many are not. Think of the impact local readers could have if each one planted a tree. I challenge each of you to do so. Kudos to the Lewisburg Foundation for implementing a tree replacement plan for the City of Lewisburg.

#### Dear Recycle Lady,

Yesterday I purchased a bag of sugar that was packaged in a white paper bag with a small plastic window in the front of the bag that showed the product inside. I know the white paper bag can be recycled, but must I remove the plastic window first?

Recycler

#### Dear Recycler,

The white paper sugar bag can be recycled without removing the plastic window. If the inside of the white bag is white, the bag recycles with office paper. If the inside of the white bag is brown, it recycles with cardboard. The plastic window in the sugar bag is probably easily removed, so if you want, you can remove it. Most post-consumer paper mills have systems and technology that removes plastic windows while recycling the bag. Since the plastic window is a contaminate when recycling paper, it will be removed eventually. Plastic windows are also in many envelopes that come in the mail. These windows can be removed or not, whichever you prefer. However, to increase the chance of white bags or envelopes being fully recycled it's best to remove the plastic window and throw it out.

#### Dear Recycle Lady,

What is Methylene Chloride?

Another New Name

#### **Dear Another New Name,**

Methylene chloride is an industrial solvent that is commonly used in paint and coating removers, as well as in many everyday products such as automotive cleaners, adhesives, and degreasers. Inhaling vapors from these products can cause serious harm to the central nervous system and even death. Longer-term exposure can lead to liver toxicity, liver cancer, and lung cancer.

Kudos to the talented gardener in Cancun, Mexico, who is turning piles of beached seaweed into bricks for construction. So far, 6,000 tons of seaweed, that otherwise would have been taken to a landfill, has been used to make blocks and build different structures. A creative solution he hopes will inspire others! (fto.com)

**Interesting Information:** Oceans cover 70% of our planet's surface so the ocean is, by far, the world's largest ecosystem. Oceans are vast and diverse and play a crucial role in regulating climate, producing oxygen, and supporting a wide array of marine life. Understanding and protecting our oceans is vital for the well-being of our planet!

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.



Caring com

Take the guesswork out of senior care, call

a Caring Family Advisor today.

**(** (855) 935-2903

**Greenbrier Valley Fitness** 

**Studio Classes** 

# = ALook Back =



#### By William "Skip" Deegans

Ronceverte wound up its July 4 celebration in 1948 with a midnight dance in the armory. Providing the music was Art Mooney, one of the great band leaders in the 1940s.

Born in 1911 in Lowell, Massachusetts, Mooney's family moved to Detroit where he began playing the saxophone in local bands. When he graduated from high school, he became an apprentice Linotype operator at the Detroit News but decided music was his passion. By the time he was 30 he was leading his own orchestra. He recorded five gold records, and his hits included I'm Looking Over a Four Leaf Clover, Toot Tootsie Goodbye, Baby Face, It's Been A Long, Long Time, and How Deep Is The Ocean.

During World War II Mooney lead the U.S. Army Band. After the war he organized a swing band. Sid Caesar played the sax, and Dean Martin, Fran Warren and the Ames Brothers were among his singers. In 1955, Mooney recorded Nuttin' For Christmas with six-year old vocalist, Barry Gordon. The song was a hit and reached number 6 on the Billboard's chart. After the death of Guy Lombardo in 1983 Mooney took over his band, the Royal Canadians. He recorded for films, including the sound tracts for James Dean movies East of Eden, Rebel Without A Cause, and Giant. Mooney died in 1993 at age 82.

Tickets for the dance cost \$2.50 for white patrons. Tickets for African Americans, who we restricted to sitting in the balcony, were \$1.

Photo: Courtesy of the West Virginia Daily News.

Sources: The Miami Herald. Detroit Free Press. The West Virginia News.

www.allmusic.com.

## **West Virginia Statewide Classified Network**

Featured in WVPA Newspapers Across West Virginia

#### **CAREER**

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 877-635-0244. The Mission, Program Information and Tuition is located at CareerTechnical.edu/consumer-information. (M-F 8am-6pm ET)

#### **HEALTH/MEDICAL**

CARING FOR AN AGING LOVED ONE? Wondering about options like senior-living communities and in-home care? Caring.com's Family Advisors are here to help take the guesswork out of senior care for you and your family. Call for your FREE, no-obligation consultation: 1-855-935-2903

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

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

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

info/wv DENTAL INSURANCE from Physicians

for 350 plus procedures. Real dental in-

surance - NOT just a discount plan. Do

Mutual Insurance Company. Coverage

1-855-405-3412 www.dental50plus.

#### **INTERNET/TV**

com/press #6258

FREE HIGH SPEED INTERNET FOR THOSE THAT QUALIFY. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-833-317-1335

**DIRECTV STREAM - Carries the Most** Local MLB Games! CHOICE Package, \$89.99/mo for 12 months. Stream on 20 devices in your home at once. HBO Max included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-855-656-0296

DISH NETWORK: Only from Dish- 3 year TV Price Guarantee! 99% Signal Reliability, backed by guarantee. Includes Multi-Sport with NFL Redzone. Switch and Get a FREE \$100 Gift Card. Call today! 1-855-736-4350

CONNECT TO THE BEST WIRELESS HOME INTERNET WITH EARTHLINK. Enjoy speeds from 5G and 4G LTE networks, no contracts, easy installation, and data plans up to 300 GB. Call 844-230-3640 HUGHESNET SATELLITE INTER-

NET - 25mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-877-567-2866

#### **MISCELLANEOUS** BATH & SHOWER UPDATES in as

No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call:

844-601-2044

UPDATE YOUR HOME with Beautiful New Blinds & Shades. FREE in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Call for free consultation: 877-802-8381. Ask about our specials!

SAFE STEP. NORTH AMERICA'S #1 WALK-IN TUB. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-803-1282

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

PREPARE FOR POWER OUTAGES TODAY with a GENERAC home standby generator \$0 Money Down + Low Monthly Payment Options Request a FREE Quote. Call now before the next power outage: 1-844-901-2301

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

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter pro-tection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-844-295-2840

not wait! Call now! Get your FREE Dental Infor-mation Kit with all the details! little as ONE DAY! Affordable prices -

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

Place YOUR statewide ad today any of three easy ways: Call classifieds at this Newspaper ASSOCIATION • SERVICES • FOUNDATION



3942 Davis Stuart Rd. Suite 4, Ronceverte, WV • 681-318-3341 (NORTH)

213 Coleman Drive, Lewisburg, WV • 304-645-4000

## **Greenbrier Valley EDC** to host annual dinner



The Greenbrier Valley Economic Development Corporation (EDC) has announced the return of its annual dinner on Thursday, July 13, beginning at 6 p.m. at The Schoolhouse Hotel in White Sulphur Springs.

"Our annual dinner gives businesses and partners a chance to network while learning more about us and the opportunities within the region. And it gives us a chance to provide updates on our work in our counties," says Greenbrier Valley EDC Executive Director, Ruthana Beezley.

Tonya Crist and Rob Cornwell, founders of InSite Consulting will be the keynote speakers. Crist and Cornwell have a rich background in rural economic development and site consulting. They are currently helping Greenbrier Valley EDC with their strategic planning process. They will share their perspective on the work Greenbrier Valley EDC does and can do to facilitate projects in the Greenbrier Valley region.

Individual are \$85 and may be purchased at https:// yesgreenbriervalley. com/2023-annualdinner. The deadline to

purchase tickets Thursday, July 6.

Greenbrier EDC's annual dinner is sponsored by AEP, The Bank of Monroe, E.L. Robinson Engineering, First Citizens Bank, Pendelton Community Bank and Better Homes and Gardens Real Estate Central. For more information, please contact the Greenbrier Valley EDC office at 304-497-4300 or at info@gvedc.

## FARMacy program gains popularity



On Wednesday, June 21, the Robert C Byrd Clinic kicked off their FARMacy program again in Lewisburg. The program was so successful last year that they have decided to start another site in 2023. So, on the following day (Thursday, June 22), they opened an exciting new chapter by launching a FARMacy program in Rupert, as well.

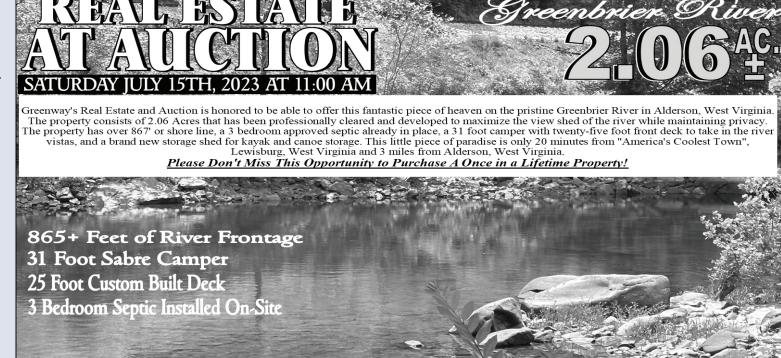
At these events, doctors "prescribe" fresh, healthy, locally grown foods to a selected group of food-insecure patients with chronic diet-related diseases. Then they provide a "prescription" entitling patients to free weekly bags of fruits and vegetables from a pop-up farmers market that will be hosted at the event. Nutrition educators provide taste-tests, recipe demonstrations, recipe handouts, nutrition education classes and discuss physical activity opportunities. The local farmers will also be on hand each week to talk about their produce. Health measurements are taken at the beginning of the event and again at the end of the event (15 weeks later) to show FARMacy participants how effective eating healthy food can be. This program works! Last year, our average patient's A1c dropped by .9%.

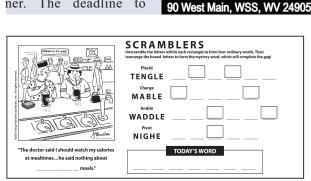
All of this would not be possible without the staff and sponsorship provided by WVU Greenbrier County Extension Service, The Courthouse Farmers Market, Vandalia Health Network, Greenbrier County Committee on Aging, On The Levels Farm, Bootstraps Farm, Aetna Better Health of West Virginia, etc.

Despite the rain this week, we had a great turn out for our first 2023 events. Our FARMacy team is excited to help a new group of patients live a healthier life.

The original program started in 2014 at a clinic in Wheeling. The course has been so successful that multiple FARMacy programs operate at hospitals and clinics around West Virginia. In addition to Greenbrier County, they now operate in Barbour, Boone, Cabell, Lincoln, McDowell, Mercer, Mingo, Roane, and Upshur County.







## **HOCUS-FOCUS** HENRY BOLTINOFF (Z)



### **ACROSS**

- 1 Dryer's
- partner 7 Neither-herenor-there
- states 13 Not straying
- off topic 20 Get in the
- way of "You may
- relax, soldier' 22 One looking something
- over 23 "The Delta
- Force" actor
- 24 Question
- after a chat interruption 26 Latched on
- firmly
- 28 Space balls
- 29 San Luis -
- California 30 Mount, as a
- jewel 31 "Diane" star
- Turner
- 32 "Carrie" star Spacek
- 35 Mutineers 37 2012 Robert Pattinson film based on a
- Maupassant novel 39 Chou En-
- 40 Fictional "Warrior Princess'

20

23

26

30

41

108

114

119

122

7

#### 41 Lax in duty 44 British

remake of "That '70s Show"

TOMMY GARTEN-WV LIC#0988 ● "DIZZY" GARTEN-WV LIC#4537 ● MATT GARTEN-WV LIC#168

WWW.GREENWAYSREALESTATEANDAUCTION.COM

- 50 Say for sure 51 Trepidation 53 Fathered, as
- a horse
- 54 Start of many rapper
- names 55 Realities that are tough to
- face
- **58** "E-e-ew!" 59 Vodka brand,

- are not!" 62 Fulfill, as
- standards
- 65 Wiseacre 69 River to the
- Rhine
- 70 Hint at
- 71 "That's
- 74 Reagan
- adviser
- units
- "... bug
- before

- 83 City in
- 78 Identity

Oklahoma

84 Trig function

- ends of eight
- turning over a new leaf
  - 119 Famed

21

- French mime 120 Interfere 121 Nuanced

**DOWN** with the 1 Hot bar food 2 Roman love 3 Fat avoider

**Super** Crossword

contents, as a package

interference

92 Key related to D major

86 Away from

the wind,

nautically

87 Non-iron

88 Revealing

club

- 94 Saharan 95 Oct.-Dec.
- link 96 Creek, e.g. 99 Garbage

- informally collectors

  61 Reply to "You 102 Very easy
  - thing
- - 104 "Back in
    - Black" band

  - 105 Italian monk's
  - title
  - 108 Runner
  - Sebastian 109 Really eager
  - impossible!"
- Edwin 76 Flooring
- feature?"
- - 114 See
- 111 With 114-Across. source of
- the phrase formed by the
- answers in
  - 111-Across
  - 118 Is identical to
- this puzzle

- Jack 4 Sage, e.g.
- 5 Items of food 6 Closes tightly

122 Places in

124 Plant

categories

with prickly

123 Flip one's lid

leaves

- again
- 7 Suburb

- Maryland

- 8 "Am late?" 9 Cries weakly
- 10 In a ribald way
  - **11** —Kosh
    - B'gosh
    - 12 Notice
    - 13 Phone button abbr.

    - 14 Novel kind
    - 15 Not absent
    - "- Gang" 17 River to the
    - Rhone 18 Stairway
    - post 19 Low cards

  - 25 Banjoist
  - Clark

11

27 Genetic helix 33 More cheeky

34 Stuff in sand

12

36 "Humbug!"

13 14

22

66 Peak in W. Turkey **67** Happý as

65 Join, as a

68 Fish eggs

37 Avian

creature

model

42 Actress

46 Vexes

Longoria

43 Sea, to Gigi

"— longa

47 Flee to wed

48 Sediments

49 Writer T.S.

52 UFO fliers

play)

60 Yank

help

table

57 Locomotive

supporter

59 Singer Bob

63 "I'm here to

64 Bit of artifice

Andronicus

69 Run out on 72 Tube lover's punishment **73** 57-Down

75 Prior to.

vehicles

74 De-feathers

poetically

15

78 Team booster 79 Exercise in a 38 Boise's home pool **40** 1960s Jaguar 80 Long time

1152 HIGHLAND TRI

**MAY THE FOURTH** 

BE WITH YOU

- 81 Leicester lav 41 Team booster 82 WWII prez
  - 84 Recoil from 85 Multivolume Brit. lexicon
  - 89 Dawber of "Mork &
  - Mindy" 90 Amazon Kindle, e.g.
- 91 Dodgers 51 Showed rage 92 Recuperation by lying down
  - **93** Asian (Shakespeare 97 Natural gift 98 Rival of Sony **99** In
- (not just sleeping) **62** Actress West 100 Big couches 101 Many future
  - kings 102 Long time 103 Tubular pasta 105 Edicts
  - 106 Esther of "Good Times" 107 Photographer
  - Adams 110 Creative work 112 CI doubled 113 Big brass instrument

**115** Sarge, e.g.

116 Sports org. with skaters

18

105 106 107

113

118

121

124

117 Scooby-

17

24 25 28 29 27 31 32 33 35 39 40 38 45 42 43 44 48 53 51 52 58 56 61 70 66 67 69 72 73 75 80 81 82 78 86 85 90 92

111

116 | 117

120

123

112

10

## Weekly **SUDOKU** by Linda Thistle

3

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

**DIFFICULTY THIS WEEK:** ◆◆◆

◆ Moderate ◆◆ Challenging

♦ ♦ ♦ HOO BOY! © 2023 King Features Synd., Inc

#### 50 55 71 76 83 88 Place a number in the empty boxes in such a way 94 95 96 97 98 that each row across, each column down and each small 9-box square contains all of the 99 100 101 102 103 104 numbers from one to nine.

109

115

110

## **WVSOM's Smith-Kelly** receives statewide '40 Under 40' honor

Jessica Smith-Kelly, D.O., an associate professor at the West Virginia School of Osteopathic Medicine (WVSOM), was a recipient of the "Generation Next: 40 Under 40" award by The State Journal, a West Virginia news publication. The publication's Generation Next program pays tribute to young professionals who work to make the Mountain State a better place to live, raise families and conduct busi-

"I am truly humbled to be honored with this award," Smith-Kelly said. "I love teaching and the opportunity to help educate future osteopathic physicians. I go to work every day with the goal of trying to be the best person and doctor I can be while helping to teach students to do the same."

Smith-Kelly teaches in the school's Department of Osteopathic Principles and Practice (OPP), taking a lead role in educating students to diagnose and treat patients using osteopathic manipulative medicine. In addition to her academic role, Smith-Kelly has a clinical practice at the Robert C. Byrd Clinic in Lewisburg, where she practices internal medicine and osteopathic manipulative medicine and supervises resident physicians.

Smith-Kelly received a Doctor of Osteopathic Medicine degree from WVSOM in 2012 and completed an internal medicine residency from Good Samaritan Regional Medical



Center in Corvallis, Ore., in 2015 and an osteopathneuromusculoskeletal medicine plus-one residency at Greenbrier Valley Medical Center in Ronceverte in 2016. Smith-Kelly joined WVSOM's faculty in July 2016.

Although Smith-Kelly isn't a West Virginia native, she now considers the state her home. She is a Greenbrier County representative on the Board of Directors of the Family Refuge Center, a community-based domestic violence project that serves West Virginia's Greenbrier, Monroe and Pocahontas counties.

"I fell in love with the state during my time in medical school, and I felt a strong pull to come back. I've always been drawn to the mountains and I love the outdoors. West Virginia is a hidden gem that offers that and so much more. I've never been a big city person and I love the slow. steady pace of the state," she said. "I love knowing that I'm able to give back to the community that has given so much to me."

## Volunteers being recruited for New River Gorge NPP Trails and Rails Program

The National Park Service is recruiting volunteers to participate in a new park initiative called Trails and Rails where participants will represent the National Park Service on Amtrak's Cardinal route as it travels through the gorge enroute from Montgomery to Hinton. Interested individuals should contact the New River Gorge National Park and Preserve Volunteer Coordinator, Adrienne Jenkins, at adrienne jenkins@nps.gov or by calling 304-465-2634.

Trails and Rails is a nationwide program already happening in other national parks including the National Parks of New York Harbor, Roosevelt-Vanderbilt National Historic Sites, Gateway Arch National Park, and others.

"Being a part of Trails and Rails is a natural fit for this park," said Superintendent Charles Sellars. "Volunteers with this program have a great opportunity to be a part of a nationwide effort to introduce national parks to train travelers, meet interesting people from all over, and get a free train ride."

Duties include answering visitor questions, distributing park maps and brochures, and presenting various onboard educational programs that relate to the park's central interpretive theme of preserving the New River Gorge. Program training will be provided on communication skills, customer service, and general New River information.

Current plans are that the Trails to Rails program will begin operating during September of 2024. The ideal volunteer will be able to

commit to a full eight-hour shift for intermittent days from mid-September into early November. Days and schedules will vary depending upon the number of volunteers recruited for the program. Other arrangements may be made for interested individuals that are willing to commit to fewer hours. Additional details will be provided later as the program develops.

The Trails and Rails program is a partnership between Amtrak, and the National Park Service that provides educational opportunities for travelers on the heritage and natural resources of a specific region while traveling by Amtrak. National Park sites across the country host teams of volunteers to help explain the passing regional historic and natural resources to the passengers. The Trails & Rails guides learn the special nuances of conducting programs using the train's

PA system, greeting passengers in the lounge car, and wandering through the train. Each volunteer must meet Amtrak's requirements for physical fitness.

More information about the Trails and Rails program can be found at www.nps. gov/subjects/amtraktrailsandrails/index.htm. More information on other volunteer positions available with the National Park Service, can be found at www.volunteer.gov.

#### LEGAL

PUBLIC SERVICE COMMISSION OF WEST VIRGINIA **CHARLESTON** 

CASE NO. 23-0298-E-P APPALACHIAN POWER COMPANY and WHEELING POWER COMPANY

Petition to Update the MBRC Rates Currently in Effect

PUBLIC NOTICE OF CHANGE IN RATES UPON APPLICATION

NOTICE is hereby given that Appalachian Power Company and Wheeling Power Company (the Companies), public utilities, have, on March 15, 2023, filed with the Public Service Commission of West Virginia a Petition to update the Modified Rate Base Cost (MRBC) surcharge revenues. The Public Service Commission's June 30, 2021, Order in Case No. 20-1012-E-P required the Companies to file an annual MBRC update in March 2022, 2023, and 2024. If approved, the increased rates will apply to electric service to approximately 462,328 customers in the counties of Boone, Brooke, Cabell, Clay, Fayette, Greenbrier, Jackson, Kanawha, Lincoln, Logan, Marshall, Mason, McDowell, Mercer, Mingo, Monroe, Nicholas, Ohio, Putnam, Raleigh, Roane, Summers, Wayne, and Wyoming.

The Companies propose to recover total incremental revenue requirements for certain rate base increases added between October 1, 2021 and September 30, 2022. The proposed increased rates and charges will produce approximately \$10.05 million annually in additional revenue, and increase of 0.58%. The average monthly bill for the various class of customers will be changed as follows:

Residential	\$1.23	0.76%
Commercial	\$2.31	0.55%
Industrial	\$1,161.04	0.47%
Special Contract	\$2,664.57	0.53%
Other	\$0.09	0.45%
ingranged requested years by	austomar aloss and austomar usage level	Individu

The increases requested vary by customer class and customer usage level. Individual customers may receive an increase that is greater or less than average. Furthermore, the requested rates are only a proposal and are subject to change (increases or decreases) by the Public Service Commission in its review of this Petition. Any increase in rates will not become effective until authorized and approved by the Public Service Commission. The Public Service Commission will conduct an evidentiary hearing at 9:30 a.m., August 30, 2023, in the Howard M. Cunningham Hearing Room, Public Service Commission Building, 201 Brooks Street, Charleston, West Virginia.

Anyone desiring to intervene should file a written petition to intervene by 4:00 p.m. May 31, 2023. Failure to intervene timely can affect your right to participate in the proceeding. Requests to intervene must comply with the Commission's rules on intervention. Anyone desiring to protest should file a written or electronic protest at any time up to the start of the evidentiary hearing. All protests or requests to intervene should briefly state the reason for the protest or intervention. All protests and interventions should be addressed to: The Executive Secretary, Public Service Commission of West Virginia, P.O. Box 812, Charleston, West Virginia 25323. A complete copy of this tariff, as well as a representative of the Company to provide any information requested concerning it, is available to all customers, prospective customers, or their agents at the following office of the Companies: 200 Association Drive, Charleston, WV 25311. A copy of this tariff is also available to all customers, prospective customers, or their agents on the website of the Companies: www.appalachianpower.com/account/bills/rates/APCORatesTariffsWV.aspx

Any customer wishing to receive a reduced-size copy of the tariff can telephone toll-free at 800-982-4237, request such a copy, and provide the necessary mailing information, and a copy will be mailed to the customer. A copy of this tariff is also available for public inspection at the office of the Executive Secretary of the PUBLIC SERVICE COMMISSION at 201 Brooks Street, Charleston, West Virginia.

APPALACHIAN POWER COMPANY And WHEELING POWER COMPANY

## Club & Church

The Progressive CEOS held their June meeting at the Greenbrier State Forest. They first started meeting there in the summer of 2020 after studying a program on WV state parks and forests. It is an opportunity to enjoy West Virginia's beautiful scenery and recreation

Following a short lesson on Afghanistan, the home of WVU Extension international exchange student, members enjoyed a lesson prepared by extension agents Natasha Harris and Jesica Sheets on Floriography: The Language of Flowers. Each month has a designated flower and meaning. For example, July is delphinium which stands for cheerfulness and goodwill.

Progressive CEOS joined other county clubs at North House Museum on June 14. Toni Ogden led the group through displays noting Greenbrier County's early history and recent efforts to include black history and the restoration of the pavilion at Blue Sulphur Springs.

The July meeting will be with Greenbrier County CEOS at the Cadle Farm in Grassy Meadow. Following a council meeting at 10 a.m., Brooke Glover from Greenbrier Valley Hospice will talk about end of life care. Members are to bring items for the auction which will go to benefit Hospice.



At June meeting at Greenbrier State Forest: Betty Jo McNeel (left) and Susie McCree

## Greenbrier Republican Club to host Rashida Yost

The Greenbrier County Republican Club will host gubernatorial candidate, Rashida Yost, at its meeting Thursday, July 6. President Gordon Campbell will open the monthly event at 6:30 p.m. in the activities room of Old Stone Presbyterian Church (entrance on Foster Street).

To familiarize yourself with Yost's platform please visit her website prior to the meeting. www.yost-4governor.org.

Club members will be able to sign-up to volunteer at the Republican Booth during the WV State Fair

Thursday, Aug. - Saturday, Aug. 19. This activity gives us a chance to interact with the many conservatives who visit the fair and to distribute candidate material. Our booth is in the West Virginia Building.

In August the club's speaker will be attorney general candidate, Senator Mike Stuart. In September, gubernatorial candidate, Mac Warner will speak. In October, Chris Miller, who is running for

governor, will join us. All interested people are welcome to join us. Membership in the club is not required but

is appreciated.

## **Annual Ketron Church and Community Homecoming**

Date: Sunday, Aug. 6, 2023 at 11 a.m.

Please join us once again to celebrate the legacy of Ketron Church, worship, and reunite with old friends. The speaker this year will be Mayford Witt of Charleston. Following the worship service will be gather at the Frank Whanger Picnic Shelter for a Carry-in lunch and a brief business meeting. Everyone is invited to attend. Paper products and utensils will be provided. Please notify Karen West of any persons you would like added to the memorial list.

Because the Homecoming was cancelled in 2020 due to COVID-19 and recent attendance has been sparse, contributions have been very low. Your donations for the upkeep of the church and cemetery are urgently needed. Current repair issues with the church must be addressed without delay. If you have loved ones buried in the Ketron cemetery and cannot attend, please consider mailing a generous donation to Ketron Church in care of the Ketron treasurer at the address listed below. Masks will be provided. We look forward to seeing you! Stay safe!

President: Doris Lovelace, 272 Lovelace Drive, Ronceverte, WV 24970

Treasurer: Karen West, P.O. Box 251, Ronceverte, WV

Secretary: Judy Reaser Merrill, 35 Bells Ridge Drive, Stafford, VA 22554 Ketron Church is located on Rockland Rd., Ronceverte.

### **Church Bulletin**

## Ronceverte Baptist Church

Invites children of all ages to a Food Truck Party - where we will be On a Roll with God at Vacation Bible School! The party includes exciting new music, creative crafts, fun recreation, delicious snacks and memorable Bible stories that will help children turn to God for all they need and join God in providing for the needs of others. The party runs from Monday, July 10 through Friday, July 14, from 6:30 to 9 p.m. at Ronceverte Baptist Church, 437 Main Street W. We will be serving dinner each evening beginning at 5:45 p.m. Anyone age 3 or younger must be accompanied by a parent or guardian. Learn more about Food Truck Party VBS by calling Dreama at 304-647-4067. If there is no answer, please leave a message and someone will return your call.

## FREE INTERNET

**Qualify today for the Government Free Internet Program** 

**YOU QUALIFY for Free** Internet if you receive Medicaid, SNAP, Housing Assistance, **WIC, Veterans Pension,** Survivor Benefits, Lifeline and Tribal.



**Bonus offer: 4G Android Tablet with one time** co-pay of \$20

**CALL TODAY (833) 317-1335** 



## Steppin' Out

"The Cat Loves" by Georgia Anne Foster

## **Local artist Georgia** Anne Foster on display at **Harmony Ridge Gallery**

Local Artist Georgia Anne Foster presents her body of work titled "Of My Own" at Harmony Ridge Gallery. Join us for an Opening Reception and viewing during July's First Friday's After Five on July 7 from 5 to 8 p.m. This is Georgia's first show-

ing in Lewisburg since graduating from Mary Baldwin University with a Bachelor of Arts Degree. Her studies included a Double Major in Arts Management and Studio Art and a Minor in Art History. On her journey she also studied with Fine Artists Michael Christie and Elyse Gerard. The underlying theme

throughout her collection is "Worship." "Worship is physical, emo-

tional and mental. It is intentional. My studio practice is connected to my worship of these created deities. In my mind, these figures exist, in that I am already living my life with their influence, or the influence of the concepts and ideals they represent. These are concepts central to my identity and to what I value. In a way these deities are self-

Please join us in welcoming Georgia for an evening of friends, fun, and art. Harmony Ridge is located at 886 Washington Street, next door to Food & Friends. Contact us at 304-645-4333 or visit us on Facebook or Instagram for

portraits," explains Georgia.

## Music this weekend at Big Draft Brewing

Friday, June 30: Free Show - Matt Mullins & The Bring **Downs** 

Matt Mullins is celebrating his new album, Monarch Sessions, at Big Draft Brewing in White Sulphur Springs this weekend! Through the years the members have toured in various other bands including, Atomic Jo, What's Left, Poor Taters, The Boatmen, From the Future, Old School Abbey and A Noted Author. But in late 2015 when these four friends got together to track what was to be Matt Mullins' solo record, they quickly took notice that this was something different that they wanted to continue doing together. Matt's solo album became a group project and since then the band has been writing new material and booking supporting of their debut album Family. Music. Beer., which was released in August 2016. With an eclectic mix of genres that have influenced the group, it's hard to classify them as just an alt-country band.

Matt Mullins & the Bringdowns are an Appalachian Rock band that have found a niche all their own. The stories in their songs are almost as diverse as the influences you hear in the music. Fueled by a driving rhythm section made up of drummer Dylan McInturff and bassist Bob Campion, Stuart Hill creates sonic tapestries with his guitar that will leave you in awe. Add to that the lyrical prowess of raspy voiced singer/guitarist Matt Mullins and you have what the group feels to be the most honest music they have ever collectively created. Doors open at 8 p.m.

## • Saturday, July 1: Free Show - Sarah White & The New

Born and raised in the two Virginias, Sarah White's musical style is as familiar as it is hard to define - not quite country, not quite rock, not quite folk - but a little bit like all of the above. A chameleon-like performer with ever changing line-ups, White has grown into a talented songwriter with a sizable body of poignant, catchy, and moving songs.

White started her career in the late 90's with two albums of mysterious, lo-fi, experimental folk-rock on the popular Jagjaguwar label. Her 1997 debut All My Skies Are Blue, was a collection of 4-track recordings pressed straight to CD. In 2000 she released her first studio album, the stunningly original Bluebird which The San Francisco Bay Guardian described as:

"A delicately bare and pretty album that ensures the singer-



The Steel Woods

songwriter a place in the company of Cat Power's Chan Marshall and Edith Frost. Yep, that good."

"Sarah's music kills me, beautifully from the ground up, no plastic." — Dave Matthews

Sarah performs solo and with the band and wields a well-worn Jumbo Gibson acoustic. She has performed with Merle Haggard, Justin Townes Earle, Earl Scruggs, Will Oldham, Dave Matthews Band Caravan and was once named Best Songwriter in her hometown of Charlottesville, VA. Doors open at 8 p.m.

 Sunday, July 2: The Steel Woods w/special guest Zach Top This show is going to be amazing! These guys check a lot of musical boxes. "Upon forming in 2016, The Steel Woods quickly made their mark with their own brand of Southern Rock, cementing themselves as a vibrant and expressive force in the genre." Then they go off and add Zach Top to the line-up. Get your tickets ahead of time online at bigdraftdrewingevents.com, because this night is going to be awesome! Doors open at 5 p.m.

• Weekly Events:

• Thursday nights: Trivia Night, Geeks Who Drink, 7 p.m. Teams of up to 6 participants.

• Wednesday nights: Open Mic Nights, 7 p.m. Open Mic Nights are hosted by Thomas Taylor and are the perfect opportunity for artists to get on stage for some practice or for someone passing through to jump up there. This is the perfect opportunity for anyone to play an original or cover their favorite songs.

## Celebrate 247 years of Independence this Friday, July 7



Enjoy free music, meet talented artists, find shopping specials, and more in downtown Lewisburg on Friday, July 7.

Free music in the Greenspace: Country Blue featuring George Piasecki and Melissa Waggy.

Free music at The Asylum! The Switch is a young, rock band from Oceana, WV. The young rockers have a unique sound, with blends of old school rock, blues, and touches of psychedelia. The Switch is all about one thing: good times! And good times will be had when they hit the stage. Your senses will be overloaded with the thunderous drums, loud guitars, and soulful belting. The Switch bring a youthful enthusiasm to both their shows and their music. Formed while still in high school, the members were bonded by their love for classic rock. Soon they took their variety of influences and molded it into their own, original sound, writing their own songs, and performing all around their home state. In 2022, the band released their debut single, Speak of the Devil, and their 2nd single, Bad Girl. Finally, in 2023 The Switch's self-titled EP was released to positive reception, available on all streaming platforms. (339 East Randolph Street 681-318-3515)

Stop by the **Shoe Box** on Court Street for Summer Sandals Galore! Purchasing customers can enter to win a pair of Teva Flip Flops! Also, test out Maui Jim sunglasses for the ultimate views and protection this summer season! (847 N Court Street 681-318-3377 (a)theshoeboxwv)

Sweet Cedar will be joined by Mendy Paxton with Permalinx. Get your very own customized, permanent bracelets. And to go with your new bling, come make your own custom perfume at the Scent Bar! We'll be offering a large roller ball perfume for only \$10! We are @sweetcedarandco on instagram. (975 Washington Street 347-450-7837)

Local Artist Georgia Anne Foster presents a body of work titled "Of My Own" at Harmony Ridge Gallery at an Opening Reception on July 7 from 5 to 8 p.m. This is Georgia's first showing in Lewisburg. She is a recent graduate of Mary Baldwin University with a Bachelor of Arts Degree. Her studies included a Double Major in Arts Management and Studio Art and a Minor in Art History. On her journey, she also studied with Michael Christie and Elyse Gerard. The underlying theme throughout her collection is "Wor-

ship." Join us for an evening of friends, fun and art. (886 Washington Street, 304-645-4333) Aggie's/Vest will be celebrating World Chocolate Day with free samples. (979 Washington Street West

304-645-4063 @aggieslewisburg) Little Black Box will be open late. Free bra fittings! Spend \$150 or more and receive a free gift. (818 Jefferson Street South 304-645-6646. @little-

blackbox)

Patina and Commonwealth Vintage have combined! Commonwealth Vintage has moved their entire inventory into Patina. Enjoy live traditional Celtic music by Patrick O'Flaherty. Complementary beverages and Girl Scout cookies! (1046 Washington Street 304-520-4962 @patina.lewisburgwv)

American Legion Post 69 is on the road this month! Please join us at the Greenbrier Valley Visitor's Center. We'll have information on upcoming Veteran's activities, cookies, coffee and iced tea available. Know a Veteran? Have them stop by our table to discuss what we have to offer by being a member of the American Legion, and how we support our Veterans here in the Greenbrier Valley.

The Greenbrier Valley Visitors Center welcomes July and an evening of art and music! The "Art in the Valley" series will feature a unique show titled "Glimpses of Glamour" by local artist and designer Thomas Ruggiero. His show will include large fashion illustrations of new age and classic silhouettes, and a collection of his clothing creations. Thomas is a resident artist at Lee Street Studios in Lewisburg. He crafts handmade one-of-a-kind garments and impasto ink fashion illustrations. Stop by to view an exhibit of memorabilia from The Skyline Bluegrass Festival "Peace, Love, and Bluegrass Music" 1976-1985. A photographic documentation of 2022's New Skyline Bluegrass Festival on the River will also be on display featuring the amazing work of WV photographer, Pat Bauserman. Pat served as the original festival's official photographer from 1976-1985. This exhibit will inspire you to attend the Second Annual New Skyline Bluegrass Festival on the River on Friday, July 14 and Saturday, July 15, in Ronceverte. Special musical guests throughout the evening's event will be local band, Distant Light, "a small community of friends" who love to play music together. They will feature original compositions covering several genres such as folk, rock, country, and jazz. Representatives from the American Legion will be on hand to give out information about their organization and the Alderson Quilt Guild will be present with tickets for their yearly raffle quilt. Don't miss the fun! (905 Washington Street West 304-645-1000)

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 East, 304-647-3663)

Enjoy a relaxing evening indoors with a guided "Sip & Stain" led by Haddix McClung at The Hub. (\*Sip & Stain at the Hub is a paid event, \$10, from 5:30 to 7:30 p.m. LIMITED SLOTS AVAILABLE!) The Hub will be offering discounted beverages and delicious treats specifically for this event! Wooden canvases, coffee stain, brushes and all the accessories will be provided! Haddix has picked out multiple designs; they will walk around and help folk complete at their own pace. Show off your creative expression by staining a unique design! Please give yourself 30-45+ minutes to complete your masterpiece; last payment taken at 7:30 p.m. (\$10) as The Hub closes at 8 p.m. on First Fridays. Contact us with questions at 304-647 4994 or haddix@highrocks.org.

Later in July at **The Greenbrier Valley Theatre**: Winner of the Pulitzer Prize and multiple Tony Awards, 'Next to Normal' is a rock musical that takes an undaunting look at the challenges of living with a mental disorder. Call 304-645-3838 or visit gytheatre.org for more information.

First Fridays is sponsored by City National Bank and the Shops & Restaurants of Downtown Lewisburg. For more information check us out online: facebook.com/firstfridaysafter5, instagram.com/first-

fridaysafter5, or visitlewisburgwv.com.



## Carnegie Hall **Calendar of Events**

July 10-14 (Week One), July 17-21 (Week Two): Carnegie Hall Kids' College - Kids' College is an opportunity to expand learning in and through the arts in a safe, nurturing environment. A primary objective of Kids' College is to instill a lifelong love of learning through the arts for its participants. THE BUILDING IS CLOSED TO THE PUBLIC DURING KIDS' COLLEGE.

Thursday, July 13: MA'AM - Carnegie Hall's 2023 Ivy Terrace Concert Series continues Thursday, July 13, at 6:30 p.m. with eclectic female duo MA'AM. 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.

Thursday, July 27: West Virginia Jazz Orchestra - Carnegie Hall's 2023 Ivy Terrace Concert Series continues Thursday, July 27, at 6:30 p.m. with the West Virginia Jazz Orchestra playing favorites from the big band era. 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. The concerts are over at 8 p.m.

Saturday, July 29: 40th Anniversary Celebration - Join Carnegie Hall for its 40th Anniversary Open House & Block Party Celebration Saturday, July 29, from 5 to 9 p.m. The Open House (5 to 7 p.m.) will feature artist demonstrations, live music, history presentations, galleries, and more. The Church Street Block Party (6 to 9 p.m.) will feature live music by Irresistible Groove, food/beer/wine vendors, etc.

**Rotating Galleries:** 

Old Stone Room Gallery - William Todd Gambill. Running through June 30. Galleries are closed in July.

Museum Gallery - Up next - John Coffey. Running through June 30. Galleries are closed in July.

Lobby Gallery - Up next - Dana Wheeles. Running through June 30. Galleries are closed in July. **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, WV.



## Alderson Fourth of July

# Celebration Returns for 62<sup>nd</sup> Year Wild, Wonderful, and Free in 2023

Every year Alderson turns red, white, and blue and hosts what has become known as West Virginia's best Fourth of July Celebration. This event features everything from a Fireman's Rodeo, to an All-American Baking Contest, to the Ducks on the River Rubber Duck Race. And, of course, a Grand Parade and a Grand Fireworks Display! So come celebrate with us in Alderson as we observe a Wild, Wonderful & Free Independence Day!

#### Friday, June 30

7 p.m. to 10 p.m.: Firemen's Rodeo - (Alderson Memorial Football Field) Free Admission, Come watch local and surrounding fire departments compete - Sponsored by Alderson Fire Department & EMS, Contact: Rick Honaker (304-445-7420)

#### Saturday, July 1

7:30 a.m. to 8 a.m.: Run for Snacks 5K Registration - (Alderson Memorial Football Field)

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

11 a.m. to 4 p.m.: Alderson Train Depot Open for Visitors - Come visit the historic depot built in 1910. Contact: Don Sutherland (804-731-9871)

11:00 a.m.: Dedication of the Blue Sulphur Springs Pavilion - (Blue Sulphur Springs Road) Contact: Margaret Hambrick (304-445-7242)

12 p.m. to 1 p.m.: All American Baking Contest - (Johnson Memorial United Methodist Church) Entries must be dropped off between Noon – 1:00 p.m. 2023 Theme: Best decorated 4th of July cake. Adult and Children Divisions. Sponsored by Sunshine Dist. Little Debbie, Crawley, WV. Contact: Brenda Gabbert (304-445-7210)

1:00 p.m.: 7th Annual Horse Show - Held at 117 Greenbrier River Estates, Alderson, WV 24910, (Glen Ray Road) Registration will start at 10:00 a.m.- \$10 Entry Fee except for class 4 and championship classes. Class 4 will be \$5.00. Class 26 bring your own dollar. Championship classes will be \$25.00. Payouts will be 1st, 2nd, 3rd, ribbon 4th and 5th. Negative coggins required. Contact: Corianna Spinks (304-520-8937), Michelle Miller (304-520-2315) or Dina Feury (304-536-2932) or (304-661-1611 cell)

Contact: Don Sutherland, Alderson Main Street (804-731-9871)
6 p.m. to 9 p.m.: Open Mic Night at the Alderson

3 p.m. to 4 p.m.: Ice Cream Social - (Alderson Depot)

Train Depot - (Alderson Depot) Contact: Don Sutherland, Alderson Main Street (804-731-9871)
7:00 p.m.: Mr. Rexroad Contest - (Rexroad Supply

Co.) A Mr. not so fabulous contest. Contact: Michelle Lunseford (304-701-0493)

#### Sunday, July 2

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

12:30 p.m.: Mud Bog (Races Start) - (117 Greenbrier River Estates, Alderson, WV, Glen Ray Road) Gates open for participants at 9:00 a.m., Tech & Registration starts at 11:30 a.m., admission: 21 and up - \$10, Under 21 - \$5, Bring your own chair - (Rain or Shine), Contact: Mitchell Thompson (304-661-4665)

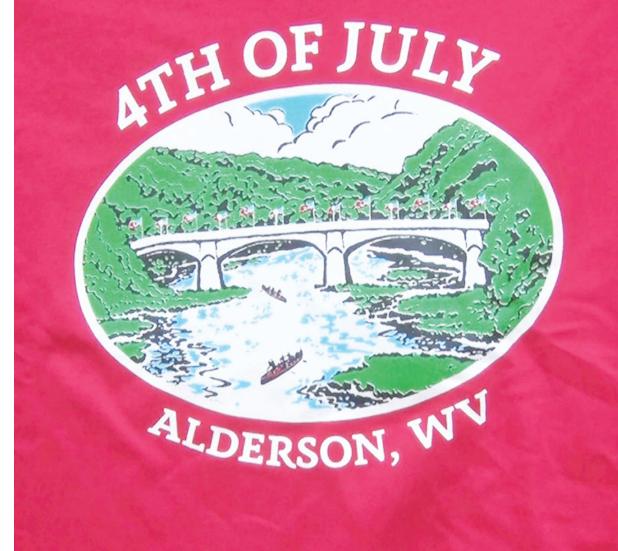
1:30 p.m.: River Events - (Alderson Mini Park) Enjoy an afternoon of fun in the Greenbrier River. Bring your own chair! Men, women, children and anything that floats races. Contact: Junior Kirby (304-646-5465)

6 p.m. to 10 p.m.: WV Inflatables - (Alderson Memorial Football Field) Bounce Houses, Water Slides, Obstacle Courses and More! \$5 wristbands per day. Contact: Tessa Mitchell (304-667-2654)

7 p.m. to 10 p.m.: Goodson Boys - (Alderson Memorial Football Field) Free Admission - Bring your own chair - (Rain or Shine), Contact: Greg Eary (304-646-1762)

#### Monday, July 3

6 p.m. to 10 p.m.: WV Inflatables - (Alderson Memorial Football Field) Bounce Houses, Water Slides, Ob-



stacle Courses and More! \$5 wristbands per day. Contact: Tessa Mitchell (304-667-2654)

7 p.m. to 10 p.m.: Mark Cline & Stockyard Parade - (Alderson Memorial Football Field) Performing 70's and 80's rock. Free Admission - Bring your own chair - (Rain or Shine), Contact: Greg Eary (304-646-1762)

#### Tuesday, July 4

8:00 a.m.: Parade Line Up - (Alderson Elementary School on Virginia St.) line up depends on arrival. Contact: Jimmy Massey (304-667-3475) 8:00 a.m. Craft & Food Vendors - (Alderson Memorial Football Field) Come & support our unique craft and food vendors throughout the day. Contact: Greg Eary (304-646-1762)

8:30 a.m.: Alderson Train Depot Open for Visitors - Come visit the historic depot built in 1910. Contact: Don Sutherland (804-731-9871)

10 a.m. to 3 p.m.: Alderson 4th of July Car Show - (Old Greenbrier Baptist Church Parking Lot) North Monroe Street. Presented by Tahoe Farm Club, Contact: Richard Morgan (304-646-4490) or Emily Alder (304-667-9285)

10:30 a.m.: 2023 Grand Parade - Queens, floats, cars, bicycles, tractors, horses and fire engines. Trophies and prizes in all categories. Something for everyone! After parade, trophies and prizes can be picked up at Alderson Memorial Football Field. Contact: Jimmy Massey (304-667-3475)

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

1:00 p.m. to 9:30 p.m.: WV Inflatables - (Alderson Memorial Football Field) Bounce Houses, Water Slides, Obstacle Courses and More! \$5 wristbands per day. Contact: Tessa Mitchell (304-667-2654)

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

4:00 p.m.: Tug of War - (Alderson Memorial Football Field) Greenbrier vs. Monroe and Kids Tug of War

\*PLEASE CLEAR THE FOOTBALL FIELD\*

7:30 p.m. to 9:30 p.m.: The Hobbs Sisters - (Alderson Memorial Football Field) Our featured entertainment, Admission \$5 per person for show and fireworks. Children 6 and under FREE. Bring your own chair - (Rain or Shine)

Gates will not open until after the fireworks

9:45 p.m.: Introduction of Miss Fireworks 2023 - (Alderson Memorial Football Field) Join us in giving a heartfelt welcome to Layla Pence, our 2023 Alderson Miss Fireworks and her spectacular court of gifted and beautiful contestants!

10:00 p.m.: Grand Fireworks Display - (Alderson Memorial Football Field) The Alderson Fire Department will put on the best show in Greenbrier County featuring a marvelous fireworks show. Admission: \$5 per person for show & fireworks. Children 6 & under FREE.

Concessions & Duck Tickets on Sale All Day - Contact Greg Eary (304-646-1762) or Pam Shields (304-992-6027)

#### Wednesday, July 5

PRESENT TO WIN

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

Rubber Duck Tickets On Sale Now & Every Day During Celebration - YOU DO NOT HAVE TO BE

Presented By: Alderson 4th of July Committee, Alderson Fire Dept. & EMS, Miss Fireworks Committee, Tri-County Fire Co. and the Woman's Club of Alderson Sponsored By: Alderson 4th of July Committee, Alderson Fire Dept. & EMS, Town of Alderson, Tri-County Fire Co. and Alderson Main Street

Please check our website or Facebook page for any changes due to weather

#### NO PETS ALLOWED

For more information, visit www.alderson4th.com, email: alderson4th@gmail.com, or visit us on Facebook - Alderson 4th of July Celebration.





WORKFORCEWV.ORG 1-800-252-JOBS



## A special twist on a classic for this year's July Fourth barbecue



The Fourth of July may not be governed by official rules mandating celebrants attend a backyard barbecue before being awed by a nighttime fireworks display, but each of those things features prominently in many Independence Day celebrations. Fireworks are best left to the professionals,

but anyone can master the art of grilling delicious burgers and hot dogs.

Traditional burgers are made with ground beef. However, curious grillmasters can explore the many ways to experiment with burgers without sacrificing flavor. This recipe for "Venison Burgers" from "Texas Favorites" (Gibbs Smith) by Jon Bonnell utilizes venison and pork in lieu of beef. The result is a mouthwatering burger worthy of inclusion in any Fourth of July festivities.

#### Venison Burgers

Serves 8

2 pounds venison meat

1/2 pound pork shoulder

1/2 pound slab bacon

1 tablespoon Worcestershire sauce

1/2 teaspoon onion powder

Pinch of cayenne pepper

1/2 teaspoon garlic powder

2 tablespoons Dijon mustard

2 teaspoons hot sauce 1 teaspoon kosher salt

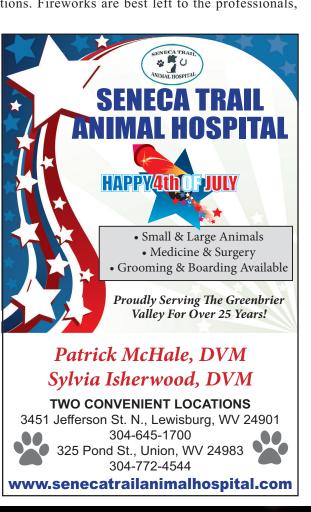
1/2 teaspoon freshly ground black pepper

172 teuspoon freshry ground oldek pepper

Optional toppings
Bacon
Cheddar cheese
Guacamole

Clean the venison well and remove any fat or connective tissue. Cut the venison, pork shoulder and bacon into large chunks. Combine all ingredients together in a large mixing bowl and let marinate for 1 hour in the refrigerator. Grind everything together using the small plate on your grinder. Form into burger patties by hand, and grill or pan-sear. Cook to medium (135 F internal temperature), then remove from the grill and top with your favorite cheese or burger toppings.







From The Staff Of The

## Mountain Messenger

P.O. Box 429 | 860 Court Street North, Suite 5 | Lewisburg, WV 24901 | 304-647-5724



ENJOY RESPONSIBLY @ 2023 ANHEUSER-BUSCH, BUD LIGHT ® BEER, ST. LOUIS, MO