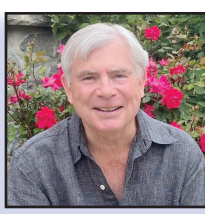




**Lynn Payne Art Exhibit
at Thistle Lounge**
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**Carnegie Hall
Fantasy Gala**
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\$1.00

Mountain messenger

Vol. XL, No. 28

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

July 15, 2023

Health Dept. reports local rabies cases

On July 11, the Greenbrier County Health Department alerted the public that a raccoon collected in Greenbrier County zip code 24931 had tested positive for rabies. The following day, a second case of rabies was reported, this time in zip code 24901. The health department said that the second raccoon was collected "within 5-7 miles" of the first case. The department also reports that a neighboring county has had a positive case.

The health department asks the public to ensure that all pets have an up-to-date rabies vaccination, and to avoid all contact with wildlife. Rabies is spread from bites or scratches, with bats and raccoons being the most common carriers. Common symptoms of rabies in animals include abnormal behavior, loss of appetite, paralysis, fever, seizures, and excessive drooling. Any animal bites should immediately be washed with soap and water and related to your primary health care provider and the health department.

Meadow River Rail Trail in need of further work

By Adam Pack

The Greenbrier County Commission met for their regularly scheduled meeting on Tuesday, Jul. 11, at 10 a.m. in the County Commission offices of the new courthouse addition to discuss, among other matters, two change orders from contractors working on the Meadow River Rail Trail.

Matt Ford was present at the meeting to explain the change orders from Court Street Construction and Lynch Construction, two of the contractors working on the trail. Change Order #4 for Court Street Construction was brought up first and totals \$17,908.25. This represents work, "which was needed due to rain, specifically last summer, in order to protect some of the work Court Street had done," Ford said. The second change order, Change Order #4 for Lynch Construction, was described by Ford as, "a change order in the amount of \$129,107.65, and it extends their substantial completion date to Sept. 1. It includes various items from installation to a wing-wall on a bridge that's already been rehabilitated that needed some additional improvement to protect it from high water, drainage repairs, and improvements to various sections of the trail."

Perhaps most importantly, Ford noted that this change order represents the need to address a rather specific problem. "[Lynch needs to] block off and make inaccessible some access roads that people have been using to get onto the trail with ATVs. [ATV riders] will try to pull up bollards, tear down signs, you name it; so we're trying to limit that access." The county commission approved both change orders.

The county also considered the authorization of a feasibility study for connecting the Lewisburg and White Sulphur Springs water systems. This would be only a study, and would not include any work to the end of connecting to the two city's water systems, and any connections between the cities would be for the use of one city during times of emergency. Though only a study, this would be a necessary step to what Commissioner Lowell Rose called, "A very good idea that I and others, engineers, have considered a good plan for some years but that certain people didn't think necessary. It just makes sense to have the major cities of the county connected and working together in the case of any emergency so

See "Meadow River Rail Trail"__ Page 2

Third Ronceverte Food Truck Festival to be held this weekend

By Stephen Baldwin, RealWV

The Ronceverte Food Truck Festival (FTF) is back this Friday-Saturday along Edgar Avenue downtown. After an enormously successful first two months, organizer Alex Degraff says this month's FTF will have more of the things everyone loves... with a few new wrinkles.

"We have been blown away with the response," Alex comments. "People from all over the local area came out to celebrate together, and it has been so special."

After beginning on one block, last month they expanded to two blocks. That will continue to be the case this month, allowing for more space and less crowding. The FTF runs for two days.

On Friday, the fun begins at 3 p.m. and runs until 10 p.m. Food trucks, vendors, games and music will be available throughout the day. On Saturday, the FTF runs from 11 a.m. to 10 p.m. with the same lineup.

Locals can expect new food trucks like Sixpence Pizza, Flavor Mutt, Friar Tuck's Pantry, Greenbrier Dairy, Kobe Asian Fusion, Made to Crave, Poppy's Gyros, The Dawg House, and Twisted Sisters BBQ.



The Food Truck Festival on Edgar Avenue in Ronceverte has been expanded to two blocks. The Festival runs Friday and Saturday.

Musical acts include Bryce George, Lawless Brown, Matt Evans, Jim Snyder, Blue Twisted Steel, and Elements of Us.

Good news for all the kiddos, the expanded Kid's Zone is also returning! Expect several bounce houses, face painting, and new games.

New businesses in town such as Lionakis Diner, Primitive Goods, and The RNCVRT also plan to open for folks to stop by and check out what they have to offer.

Edgar Avenue will be closed throughout the duration of the FTF, so drivers should plan alternate routes.

Stay tuned to RealWV and follow the FTF on social media for updates during the weekend.

White Sulphur Council meets with new live-streaming features

By Sarah Richardson

The White Sulphur Springs City Council met at City Hall last Monday for their first meeting following the June municipal elections. Newly-elected members include Mayor Kathy Glover, who formerly served as recorder, and new councilmembers Thomas Taylor, Ryan Lockhart, and Ted Humphries, who joined already-serving councilmembers Audrey Van-Buren and G.P. Parker. Mark Gillespie, who previously served as a councilmember, is now recorder.

The meeting was also the first gathering to be officially live-streamed

and archived thanks to new technology installed in council chambers and paid for by American Rescue Plan Act funding. Gillespie explained that by archiving the entirety of each meeting, nothing can be edited or misconstrued, and the public can use these features to watch meetings that they may not be able to attend in person. Visit "WSS city council" on Facebook to view live meetings and archived footage.

"We are making every effort, and making every stride to try to be as transparent as we possibly can," said Mayor Glover,

and explained that there will be a learning curve for some of the new councilmembers. She also reports that the city will be working to make their website more informative and user-friendly.

Mayor Glover reported that the city's finance committee meetings will now start at 6:30 p.m. on their regularly scheduled days rather than 6:45 p.m. It was also unanimously approved to allow the Mayor to be a voting member on council.

Standing committee appointments are as follows: Infrastructure - Mayor Kathy Glover,

Emergency Services - Ted Humphries, Finance and Budget - Ryan Lockhart, Planning and Zoning - Thomas Taylor, Parks and Recreation - Audrey Van Buren, Recycle and Beautification - G.P. Parker, and Convention and Visitors Bureau - Mark Gillespie.

Council approved a resolution approving invoices relating to the design and construction of the City of Lewisburg water line interconnection project, and authorized payment for that resolution.

The next WSS Council meeting will be held on Monday, Aug. 14, at 7 p.m. at City Hall.

Demo of True Value site continues

By Adam Pack

Demolition work continues this week at the True Value site with the tearing down of an adjacent building. However, the City of Lewisburg has confirmed that the original portion of the True Value store will remain standing.

Earlier this year, Angus Peyton of James F.B. Peyton Fund explained that, "Demolition, of course, is just phase 1 of this project. We have in the works some new municipal parking, as well as ten 'electric vehicle supercharger' charging stations." Peyton explained that overall plans for the lot include "something like a public park/parking lot hybrid. It's definitely going to be the most beautiful parking lot in all of West Virginia when we're done."



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Meadow River Rail Trail

Continued from Front Page



Matt Ford addresses the Greenbrier County Commission in their new chambers at the courthouse

that each city could use the other for a backup.” Commissioner Blaine Phillips added some recent history to underscore his approval of the concept, saying, “I remember when that tanker turned over on Route 92, the water problems that caused lasted several days, and an arrangement like this could have fixed that.” With more positive inclinations toward the notion in both Lewisburg and White Sulphur Springs recently, as noted by Commissioner Rose, the County Commission approved the feasibility study into this project.

The county then moved to take further action on the ongoing opioid distributors settlement. The county considered whether to sign documents releasing and electing to receive settlement funds from Kroger. The county approved the document signing, and Commissioner Tammy Tincher clarified, “Just so that the public is aware, this is a very long litigious process, and the counties and cities involved are still working their way through it and as of yet no funds have been distributed.”

Action was also required on the part of the commission regarding new legislation. The state association of county governments (The West Virginia Association of Counties or W.V.A.Co) has recently successfully lobbied for reform in the way county governments pay for upgrades, renovations, repairs, and other costs associated with election equipment and security, and record keeping. The state has established Funds 61 and 62, which pertain to monies available to the county for

election execution and security, and document recording purposes, respectively. Previously, Clerk Robin Loudermilk explained, “The state auditor’s office receives one third of every county’s administrative fees on things like marriages, deed recording, and things like that. Previously, I would just sign one check to the Auditor’s Office and that was that. Now, one smaller check will go to the Auditor’s Office and two will go into these new funds (61 and 62). They are only to be used for their designated purposes and require the signature of myself, the commissioners, and the sheriff.” Previously, the release of funds had to be signed off on by the Auditor’s Office in Charleston, but now funds from Funds 61 and 62 can be approved entirely locally.

In other news, the commission heard the request for hire of Crystal L. Callison from the Assessor’s Office to fill a vacancy. The commission approved this hire, as well as the re-appointment of Gregg Furlong to the Airport Authority and Kim Estep to the Board of Health, both for five year terms. Commissioner Tincher added that, “both of these individuals and everyone serving on these boards and authorities and councils are all unpaid volunteers, and work very hard, investing a lot of time, in order to make sure that this county runs well. It’s a thankless job, and I just want to take a moment to say that I for one am very grateful and thankful they’ve committed to renew their terms and continue serving Greenbrier County.”

WV’s Medicaid renewal rate near 60%

By Nadia Ramlagan for WVNS

Advocacy groups in West Virginia are working to raise awareness about the end of COVID-19 pandemic-related protections that have triggered a new review of who is on the rolls.

Sharon Carte, board president with West Virginians for Affordable Health Care, said according to the state bureau that handles eligibility, it appears that around 30,000 thousand people on Medicaid or CHIP have been retained. That’s a 60% renewal rate.

“It looks like we weren’t as high as we would like,”

she said. “But I think, you know, when we look at things like West Virginia’s unemployment rate has dropped, it might be fair to say that a lot of folks have gone back to the workforce or may have other insurance now.”

For questions about eligibility, residents can call 1-800-318-2596, or visit the West Virginia Department for Health and Human Services Bureau for Medical Services website.

Carte added many West Virginians live with chronic conditions and illnesses. Left untreated, people often end up in the emergency room or with other medical needs that result

in high medical bills.

“So, it’s really important that they make sure that they have that coverage and they don’t have a surprise situation where they ended up having to pay out of pocket,” she explained.

Marcus Robinson, president of markets for the individual and family plan business with United Healthcare, added regular doctor’s visits are critical for preventive care and screenings - especially for kids gearing up to go back to school.

“I like to point back to how important your relationship is with your physician,” he said. “And

keeping access to that relationship for your overall wellbeing is really important.”

According to the Kaiser Family Foundation, between 8 million and 24 million people nationwide are expected lose Medicaid coverage during the unwinding of the continuous enrollment provision.

PICK OF THE LITTER



ROSCO
Rosco is a one-year-old male lab mix and weighs 45 pounds



ALFRED
Alfred is a two-year-old male domestic medium hair

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

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

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

Call 304-645-4775 for more information.

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

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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.

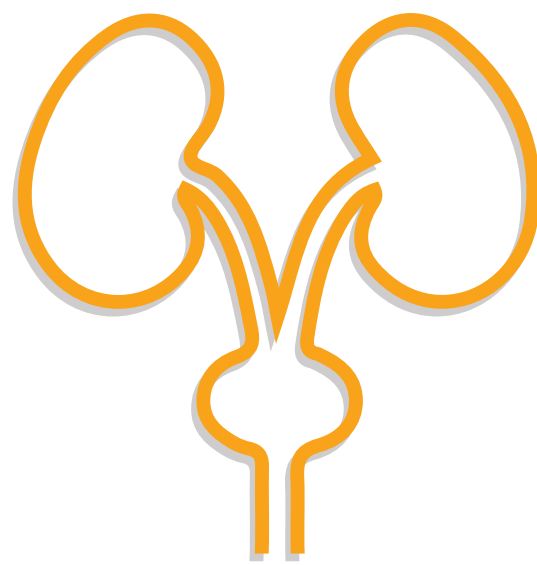
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UROLOGY



Greenbrier Valley Medical Center

Vandalia Health

Briefly

Frankford School Picnic

will be held at 12:30 p.m. Saturday, July 22 at Frankford Elementary School. Please bring a covered dish and join us. Chicken, soft drinks and paper-ware will be furnished. Anyone who attended Frankford School is welcome.

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.

Gov. Justice announces updates to comprehensive website to track and manage WV's IJA plans and accomplishments

Gov. Jim Justice announced major upgrades to the state's comprehensive infrastructure website to give Mountain State residents complete access to the state's plans and accomplishments under the federal Infrastructure Investment and Jobs Act or IJA.

West Virginia is expected to receive \$7 billion in federal funding between 2022 and 2027 through the IJA, perhaps the largest federal infrastructure investment program in history.

"We have a ton of infrastructure projects already going, with more on the way," Gov. Justice said. "This website is the most accurate and transparent way for people to keep track of how federal dollars are being spent on those projects around the state. There is a lot of money rolling into West Virginia right now, and this is how you can keep track of how it is being used for you."

The West Virginia Infrastructure Hub is designed to efficiently distribute IJA funds throughout the Mountain State. The website aims to ensure that the historic investment in infrastructure is distributed to where it is needed most.

It allows West Virginians to see precisely how the state is moving the needle, answering questions like exactly how many miles of roads are being paved, or how many new residences and businesses will have broadband access?

In the coming months, a statewide fund tracker tool will be rolled out to facilitate coordination among state and local agencies and economic development representatives, provide technical assistance and training, and support local communities across the state to secure federal funds through the IJA, the Inflation Reduction Act (IRA) and CHIPs funding.

Of approximately \$4.4 billion already announced for West Virginia, IJA projects in the state include \$3 billion in highway projects, \$506 million in bridge replacements and repairs, \$487 million toward clean drinking water projects, \$190 million for public transportation, \$100 million for broadband expansion, \$46 million to build electric vehicle infrastructure, \$44 million for airports, \$14 million for cyber security, and \$11 million for protection against wildfires.

About \$2.13 billion in IJA funding is already at work in West Virginia on transportation, broadband and environmental projects, creating 27,300 jobs. The West Virginia Infrastructure Hub will track these projects, allowing residents to see the state's accomplishments and progress.

Visit the site online at west-virginia-ija-wvinfrastructure.hub.arcgis.com.



Have a submission?

Email submission to News@mountainmedianews.com

or Contact 304-647-5724 for more information

Marriages

Derrick Steven Adkins, Rupert to Amber Jayde Wilson, Rainell
Shane Hunter Peacock, Quinwood to Kylei Brae Jones, Quinwood
Michael Lee Hoke, Sr., Union to Jeanette Edwina McGraw, Lewisburg
Brandon Walker Baker, Lewisburg to Josie Autumn Renick, Renick
Ethan Michael Osborneto, Alderson to Caitlin Alexis Cline, Clear Fork, WI

Suits

In Re: The Marriage of: William Douglas Holson and Mary Ramsey Holson
In Re: The Marriage of: Amy Blanton and Edward Blanton, Jr.
In Re: The Marriage of: Virginia Marie Ferrell and Jonathan Wayne Ferrell

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 Maxwellton. The public is invited to attend. Call 304-520-3221 for more information.

Lewisburg Public Safety Committee

will meet Tuesday, July 18, at 6:30 p.m. in the Paul R. Cooley Council Chambers in Lewisburg City Hall, 942 Washington Street West, Lewisburg. On the agenda:

- Promotion
 - Patrolman Rigoberto Rodriguez, Jr. to Corporal
- Approval of Minutes - February 10, 2023

Lewisburg City Council

will meet Tuesday, July 18, at 7 p.m. at 7 p.m. in the Paul R. Cooley Council Chambers in Lewisburg City Hall, 942 Washington Street West, Lewisburg. Also available via Teleconference. For information on how to participate on ZOOM contact Lewisburg City Hall at 304-645-2080 by 4:30 p.m. on the day of the meeting. Regular session agenda:

- Resolutions
 - Resolution 522, Public Works Building pay request #5
 - Resolution 524, Coal Severance Fund budget revision #1 Fiscal Year 2024
 - Resolution 525, General Fund budget revision #1 Fiscal Year 2024
 - Resolution 526, WV Dept. of Transportation Grant, Lafayette Street Sidewalk
- Communications from Mayor White
- Communications from City Manager
 - Arts & Humanities funding request - Carnegie Hall - 40th Anniversary celebration
 - Arts & Humanities funding request - Carnegie Hall - Taste of Our Towns Festival
- Communications from Boards and Commissions
 - Planning Commission report
 - Minor Subdivision of 1406 Washington St. East, Map 19, Parcel 125

For the Record

Deeds

Vernon P. Bender and Donna A. Bender to Ronald Jason Sparks and Crystal Sparks, Lot No. 5, The Mann Campsite Development Subdivision, Anthony Creek District

Patsy C. Wingo to Gregory A. Wingo, Lot No. 8, Section 1, Underwood Estates, Lewisburg Municipality

Dana K. Hiner and Cassie Hiner Corl to Joshua William Watson, Lot No. 33, Caldwell Addition, White Sulphur Corporate District

Ryan Pierce Russell and Diana Russell to Kaleb Hamrick and Yuen Man Tze, 0.206 Acre, City of Ronceverte

Clifford E. Midgett, Jr. and Virginia R. Midgett to Ryan Lewis and Nichole Lewis, 10.3 Acres, Anthony Creek District

Travs L. Moore to Charles Joshua Nester and Jessica A. Holbrook, 0.803 Acre, Lewisburg Dist.

James R. Cook to Cynthia Brusseau, Lot No. 15, Block 3, S.B. Mason Addition, Town of Lewisburg
Clinda J. Weeks and Sandra J. Defibaugh to Bruce Stapp and Cynthia Stapp, Lot No. 111, Rolling Hills Estates Subdivision, Lewisburg Corp
Thomas H. Johnson and Teresa S. Johnson to Cheri Ann Grigsby and Michael James Johnson, Lots Nos. 27 and 28, Greenbrier Pines Subdivision, Phase II, City of Lewisburg

Tara Lafferty to Shereen Waterlilly and Paul R. Masse, Lot No. 15, George Dickson Addition, White Sulphur Corporation

Robery Kelly Berkel to Robert Kelly Berkel and Carrie Lee Berkel, Lot No. 5, The Highlands Subdivision, White Sulphur Springs District

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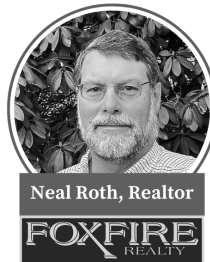
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- Communications from City Council Members
- Communications from Chief of Police Teubert
 - Promotion Patrolman Rigoberto Rodriguez, Jr. to Corporal & related salary increase
- Communications from Fire Dept. Fire Chief Thomas
- Communications from Council Committees
 - Finance Committee Report
 - Kroger - WV Local Government Election & Release opioid claim
 - Mylan Pharmaceuticals, Inc. - WV Local Government Election & Release opioid claim
 - Amneal - WV Local Government Election & Release opioid claim
 - Arts & Humanities Funding Request - Lewisburg Literary Group! Inc.
 - Water System Improvement Project - Change Order 10-1 Pro Contracting, Inc.
 - Public Works Building Change Order #2
 - Public Works Building Construction purchase of fill dirt
 - Employee appreciation luncheon facility rental
 - Employee appreciation luncheon food cost
 - Public Works Department report from Director
 - Approval of Minutes - regular session, June 12, 2023; Board of Canvass, June 21, 2023; organizational session, June 30, 2023; special session of Council, July 11, 2023
 - Visitors' reports: (5-min. limit per subject not on agenda)

Greenbrier Public Service District #1

will meet Friday, July 21, at 7 a.m. at the District Office, 9035 Seneca Trail South, Fairlea. On the agenda:

- Approval of Minutes - June 16, 2023
- Financial Report
- Manager Report
- Field Report
- Engineering Report
- Phase B extension project
 - Payment resolutions
 - Other Phase B project-related business brought before the Board
- Phase C extension project
 - Payment resolutions
 - Other Phase C project-related business brought before the Board
- Adoption of Budget for Fiscal Year 2023-2024
- Discussion on sewer service, O'Brien property, Seneca Trail South, Fairlea
- Other business brought before the Board

Greenbrier County Magistrate Court Convictions

Amanda Lynn Kyle, Lewisburg, driving while license suspended or revoked, GP, fine \$100

Markis T. Crawford, Hinton, speeding, NCP, fine \$14
Zachary Wayne Whetzel, Beckley, speeding, NCP, fine #18

Justin Allen Carter, Alderson, no PDF, GP, fine \$25
Thomas Lee Martin, Gap Mills, no PDF, GP, fine \$25
Christopher W. Hulmes, Lewisburg, speeding, NCP, fine \$10

Emily Marie Pacheco, Appalachia, VA, dog not leashed or controlled, GP, fine \$25

Robert C. Hornsby, Beaver, speeding, GP, fine \$5
Branson Seth Blankenship, Renick, driving revoked for DUI, NCP, fine \$100, Home Confinement 45 days with credit for 2 days served
Richard Floyd Stanley, Rupert, 1) obstructing an officer, guilty verdict, fine \$50; 2) accidents involving damage to a vehicle, fine \$25

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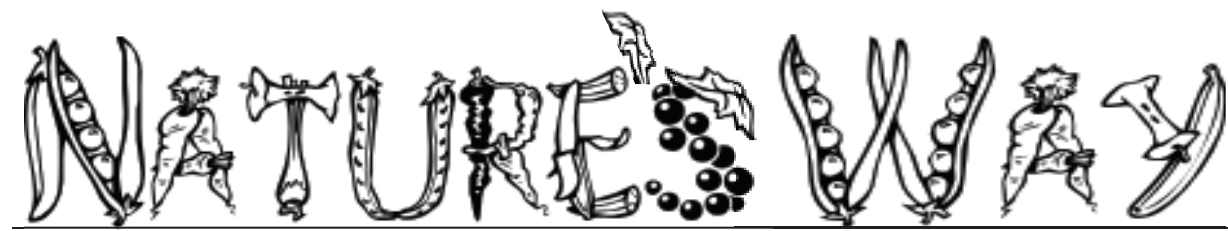
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A Grain of Salt

By Karen Cohen

Take everything with a grain of salt. Where did that ancient proverb come from? Basically, it means that everything tastes better with a grain of salt. Is that what inspired this saying? Research tells us that in 77A.D. Pliny the Elder, you remember him... (I don't) any who, he prescribed a grain of salt as a remedy for poison. Many countries have used this saying over the centuries and presently it means that you may not believe something completely, so "take it with a grain of salt." I guess that makes anything edible or acceptable, in theory.

We have heard all the expert TV chefs talk about a pinch of salt for flavor. Notice I said a "pinch" of salt. I've seen people adding salt like it was going out of style, (another crazy witticism). Too much salt will inflict misery to your taste buds, ruin a good meal, wreak havoc on your body, and make you extremely thirsty or dehydrated! Animals and plants need small amounts of salt to survive as do our bodies; we need sodium for muscles and nerves to work properly. Only about 500 mg per day keeps us healthy; more than that and we end up battling high blood pressure, heart disease and a possible stroke.

Now for the good news! Before you toss out that salt in your cupboard, did you know that you can use salt as a preservative? Most of us have made or eaten pickled beets, ramps, garlic, beans, and cukes in vinegar, salt, and water. Have you tried a very old traditional way of "putting" food up for long winter months in salted water? This method was used before refrigeration came into households. Salt keeps foods from spoiling and prevents bacteria.

In the old days when summer was over and the crops were harvested, some veggies were placed in large crocks to brine over time in salted water. An elder in my rural neighborhood had a large crock sitting right in her kitchen pantry that was filled with whole cucumbers immersed in salted water-brine. She would offer us a "pickle" whenever we visited. I've seen and tasted the same type of pickle in the New York deli's of-

fering "house cured" pickles. Adding garlic to the salted brine will give a real zip to the flavor!

How do you make pickles in a brine? A standard recipe would be one tablespoon of kosher or sea salt to one cup of non-chlorinated water. Spring water tastes best. The water doesn't have to be boiled but stirring the salt until it dissolves in the hot water is mandatory. I pack a sterilized mason jar with cucumbers, I slice them into spears, or I cut them into 1/2 inch round chunks. Then I add some fresh dill, 8 peeled garlic cloves, a few tablespoons of real pickle juice to get the process jump started and top off everything with my salted water. Be sure to cover all your cukes, (we grew a ton of cucumbers this summer), entirely with water to the top of your container to prevent any rot and mold from setting in. I use a weight to keep those cukes from floating to the top, an upside down small glass jar or small ramekin will suffice. Do not use plastic.

I leave my cukes brining in salt water with a glass weight and light cover, not a tightly sealed container which may burst with the fermentation process, in the fridge for about 2 months before I start to fish one out. Three to four months might be the ideal time but taste them to see how you prefer them. Brining takes longer than pickling/canning foods. The salt basically removes all the water from anything in it and keeps it from decaying. If a whitish skin forms on top of your brine, toss everything out, consider the process ruined or scrubbed!

Why kosher salt? This type of salt has no iodine added. Iodine is used in most table salts and adds a bitter taste to food products so switch over to kosher salt or sea salt for the best flavor in all your foods.

"There must be something strangely sacred in salt. It is in our tears, and in the sea." —*Khalil Gibran*

(Karen Cohen is an organic gardener using chemical free, natural practices in growing food, herbs, and flowers. Please email your comments, tips, and questions to: natureswaykaren@gmail.com and Happy Gardening!)

Humanities Council seeks grant proposals

The West Virginia Humanities Council is seeking proposals for its upcoming Sept. 1 grant deadline. Four grant categories will be offered to nonprofit organizations that support educational humanities programming. Applicants may request up to \$20,000, and must allow 12 weeks between the September 1 deadline and the start of the project. A description of each category follows:

Major grants: This category supports public humanities programs including, but not limited to, lectures, school projects, symposia, panel discussions, reading and discussion series, exhibits, reenactments, and conferences.

Media grants: This category supports the planning, scripting, and production of audio or video materials, websites, or a newspaper series addressing humanities topics.

Publication grants: This category supports the production phase of completed manuscripts on West Virginia topics in the humanities, or manuscripts by West Virginia authors on any subject in the humanities. Only recognized nonprofit and academic presses are eligible to apply.

Teacher Institute grants: This category is available to colleges, universities, and the West Virginia Department of Education to develop summer seminars

on humanities topics suited to the teaching needs of elementary or secondary teachers. For more information about the West Virginia Humanities Council grants program, contact grants administrator Erin Riebe at 304-346-8500 or via email at riebe@wvhumanities.org. Grant guidelines and applications are available on the Humanities Council website, wvhumanities.org.

Publication grants: This category supports the production phase of completed manuscripts on West Virginia topics in the humanities, or manuscripts by West Virginia authors on any subject in the humanities. Only recognized nonprofit and academic presses are eligible to apply.

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High visibility speed enforcement begins July 14

The West Virginia Governor's Highway Safety Program (GHSP) is teaming up with the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) to remind motorists and motorcyclists to slow down and obey posted speed limits when traveling on West Virginia's roads. Speeding is a dangerous, illegal, and aggressive behavior responsible for more than one-quarter of all traffic-related fatalities nationally and nearly one-quarter of roadway fatalities in West Virginia.

The GHSP and NHTSA are working to put an end

to this unsafe and preventable driving behavior during a nationwide speed prevention campaign taking place this month. Targeted high visibility enforcement will begin on July 14, 2023 and will continue through July 30, 2023.

Speeding has become a focus of highway safety professionals both nationwide and in West Virginia due to an increase in risk-taking and careless driving over the past few years. In 2021 alone, 12,330 people were killed in speeding-related crashes nationwide. That same year, 64 people died on West Virginia's roads due to crashes involving speeding.

Speed limits are not a suggestion; they are the law. Obeying posted speed limits keeps drivers and passengers safe.

Speed limits are set for clear, sunny weather and dry road conditions. If roads are wet, snowy, or icy, drivers should reduce their speed to maintain safe control of their vehicle. Although improvements in vehicle safety and passenger protection have made incredible strides over the past few decades, it is still the driver's responsibility to control their speed and maintain control of the vehicle when behind the wheel.

Much like impaired or distracted driving, speeding is a selfish choice that can have deadly consequences for the driver, other drivers, vehicle passengers, bicyclists, and pedestrians.

The message is clear: Speeding Wrecks Lives. Please slow down.

To learn more about speeding, go to nhtsa.gov/risky-driving/speeding.

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

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Answer

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

Super Crossword

Answers

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

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NOTICE

NOTICE: The Frankford School Picnic will be held at 12:30 P.M. Saturday, July 22nd at Frankford Elementary School. Please bring a "covered dish" and join us. Chicken, soft drinks and paper-ware will be furnished. Anyone who attended Frankford School is welcome.

NOTICE

Notice: FREE 2 old firing kilns. Both need repairs. 304-647-4106.

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

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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

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WOULD LIKE TO INTRODUCE



Dr. Jessica 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.

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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 schedule.

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

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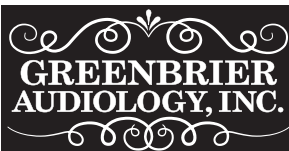
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Dear Recycle Lady

Dear Recycle Lady,

On your Bad News for the Environment note last week you said that an Oceana report estimates that Amazon's plastic packaging waste in 2021 totaled 354,500 tons. Currently, there is an ongoing petition on Change.org asking Amazon to offer a plastic-free packaging request when orders are placed. This petition is available at www.change.org/p/amazon-com-get-amazon-to-offer-plastic-free-packaging-options.

For Plastic-Free Packaging

Dear For Plastic-Free Packaging,

Thanks for the information about the Change.org petition. We can all make a difference by signing this petition requesting that Amazon offer a plastic-free packaging option. There are several biodegradable and/or recyclable materials available today that are as effective as, and similar in price to, plastic and bubble-wrap. The goal of Change.org is to get one million signatures and 772,370 persons have already signed the petition. I would encourage all readers interested in helping the environment to sign the petition asking Amazon to provide a plastic-free packaging option. It will take only couple minutes as it requires only your first and last name and email address.

Dear Recycle Lady,

I just made my first visit to our county landfill. I noticed that several

cells have been covered. Are there any plans for a baseball field, a park or walking trails?

Landfill Visitor

Dear Landfill Visitor,

Visiting the Greenbrier County Landfill is an interesting thing to do. All visitors are welcome and will be given a tour complete with explanations. The landfill was first opened in 1976. It consists of 80 acres of land, which has a life expectancy of approximately 85 years. Currently, there is one cell open, and a new cell is being opened that spans five (5) acres and is 100 feet deep. When opened, this cell will have a life span of approximately 5 years. Additionally, there are one and a half cells that have been capped and cannot be reopened. When all 80 acres of the landfill have been used and all cells have been capped, by law this property must remain unused, but state maintained, for the next 30 years. Consequently, there have been no plans made for the future use of this property!

Dear Recycle Lady,

Does the Endangered Species List really make a difference in the comeback of an endangered species or does the species listed become extinct?

Concerned

Dear Concerned,

Yes, the Endangered Species List does make a difference. In 1978, the American Bald Eagle, our national bird, was placed on the En-

dangered Species list. Loss of habitat, hunting and the toxicity of DDT had reduced the Bald Eagle population down to some 800 birds by the 1950's and 1960's. In 2007, after 35 years of protection, the Bald Eagle was removed from the Endangered Species list when officials counted at least 10,000 mating pairs of Bald Eagles. According to the New York Times, there were 30,000 Bald Eagles living in the US in 2007. Now, it is estimated that there are more than 50,000 Bald Eagles living in Alaska and the lower 48 states. Hawaii is the only state that does not have a Bald Eagle population. The really good news is that in 2019, a study by the Center for Biological Diversity found that the Endangered Species Act has saved 99 percent of protected species from extinction.

Interesting Information: The Earth is teeming with a remarkable diversity of life, but when it comes to the majority of life on Earth, nearly 95% of it is found in the ocean. We're truly living on a blue planet, one that we need to love and take care of. (fto.com)

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

A Look Back



By William "Skip" Deegans

Pictured above on a Piedmont Tobacco baseball card is Jack Warhop, one of the first players from southern West Virginia to break into the Major League. Warhop grew up on Powley Creek near Hinton. He was a locomotive fireman on the Chesapeake & Ohio (C&O) Railroad and also pitched for Hinton's C&O baseball team. He attracted the attention of scouts and began playing for semi-pro teams. In 1907, the Detroit Tigers drafted him to play for the Williamsport (PA) Millionaires that went on to win the Tri-State League. In 1908, he was traded to the New York Yankees. In 1910, he took the train home to Hinton to pitch a game for the C&O team when it played the Cincinnati Reds.

While he was a fair pitcher for the Yankees and later for the St. Louis Cardinals, he is best known for pitching for the Yankees when Babe Ruth of the Boston Red Sox hit his first two home runs (out of 714) in 1915. After leaving the Major League, Warhop pitched and managed several minor league teams before he retired to Illinois. When he died in 1960, he was the last remaining player of the original New York Yankees.

Photo courtesy of the West Virginia University Regional History Center.

Sources: Hinton Daily News, Hinton Independent-Herald.

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Funds announced for Head Start Projects, Public Health Assistance, Medical Research

U.S. Senator Shelley Moore Capito (R-W.Va.), Ranking Member of the Senate Appropriations Subcommittee on Labor, Health and Human Services, Education, and Related Agencies, today announced \$27,072,343 in federal funding from the U.S. Department of Health and Human Services (HHS) to support Head Start Projects across West Virginia, two public health initiatives regarding hospital preparedness and youth immunization, and funding two public health research projects at higher education institutions in West Virginia.

"I am glad to see HHS invest in these programs and initiatives, which will ultimately help create healthier communities across West Virginia," Ranking Member Capito said. "This funding will not only strengthen child health services and strengthen hospital preparedness procedures, but it will also support health research at WVU and Bluefield State. These resources will also aim to help improve early childhood education in West Virginia."

Local funding includes:
 - \$1,329,982 — Head Start funding for the Greenbrier County Board of Education (Lewisburg, W.Va.)
 - \$920,866 — Head Start funding for the Monroe County Board of Education (Union, W.Va.)

CLUB & CHURCH



Barbara Tuckwiller and Sue McKinney.

Lewisburg House and Garden Club meets

The Lewisburg House and Garden Club met on June 28 at the lovely country home of Sue McKinney. Sue and Mimi deOilloqui served as hostesses, along with the help of Barbara Tuckwiller.

Arborist George Pliasecki presented a very informative program on plant health. He emphasized "good bugs and bad bugs," which included enlarged photos of several insects.

Reunions

Estep-Jones Family Reunion

We will be having our annual family reunion on Saturday, July 15, 2023 at the Asbury Community Center Building at 1 p.m. Bring a covered dish and hope to see you all there.

Church Bulletin

Benefit Gospel Sing for Atwell Family

There will be a benefit gospel sing on Saturday, July 15, at 6:30 p.m. at Grace Baptist Church, 304 W. Main Street, White Sulphur Springs. A love offering will be received for the Randy and Autumn Atwell family. Everyone is welcome, bring a friend!

LEGAL

"NOTICE OF PUBLIC MEETING"
 The West Virginia Department of Environmental Protection has scheduled a public meeting on July 27, 2023, at 9:30 a.m. to discuss the **Draft Fiscal Year 2024 Intended Use Plan** for the Drinking Water Treatment Revolving Fund Program (DWTRF). A part of the Intended Use Plan is the Fiscal Year 2024 Comprehensive Project Priority List. The meeting will take place in person at the WV DEP's Headquarters in Charleston, WV. An option to attend remotely or call-in is below. A copy of the draft Fiscal Year 2024 Intended Use Plan is available, and may be requested by calling, writing, or sending an email request to the address below. The plan can also be viewed on DEP's web site.

Contact
 Kathryn Emery
 WV Department of Environmental Protection
 Division of Water & Waste Management
 601 57th street, SE
 Charleston, WV 25304
 (304) 926-0499 Ext. 43830
 Kathryn.D.Emery@wv.gov
 Video call link: <https://meet.google.com/tjy-fznu-gwr>
 Or dial: (US) + 1 419-945-6029
 PIN: 803 176 620#

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

Surmise
CONKER

Prickle
GENTIL

Released
ACUSAL

Fling
BEING

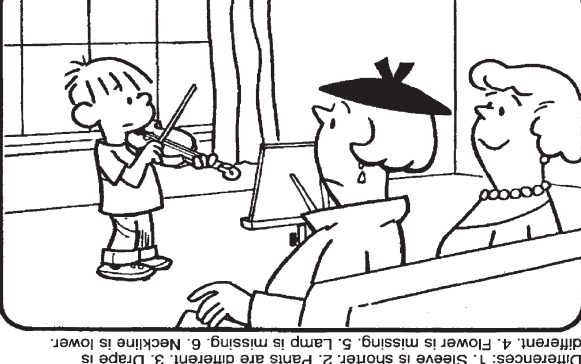
TODAY'S WORD

... And don't forget. A pencil and pad for Mr. and Mrs. Stuart—they're not "they're not"!

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sleeve is shorter. 2. Pans are different. 3. Drapes are different. 4. Flower is missing. 5. Lamp is missing. 6. Neckline is lower.

Weekly SUDOKU by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!

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Offer for new and qualifying former customers only. 3-year price guarantee requires credit qualification and 2-year commitment and covers core programming, local networks, and equipment. Early termination fee of \$20/mo. remaining applies if you cancel early. Offer ends 4/12/23. 99% signal reliability based on data from set-top boxes. Not a guarantee of signal in all weather conditions. *Thursday Night Football: internet-connected Hopper and a Prime Video subscription required.

Super Crossword NINE FLEET

- ACROSS**
- 1 By means of
 - 4 Seizes suddenly
 - 9 Niche religion
 - 13 Cousins of rumbas
 - 19 Noah's craft
 - 20 Zellweger of "Bee Movie"
 - 21 Assistant of Frankenstein
 - 22 Mount where the 19-Across landed
 - 23 1987 comedy starring Nicolas Cage and Holly Hunter
 - 26 Set fire to
 - 27 Streisand musical film
 - 28 Diner relative
 - 29 Portion (out)
 - 31 Part of "GWTW"
 - 32 Mosque God
 - 35 Black-and-yellow stinging insect
 - 39 1993-2004 Chrysler sedan
 - 43 Thing to fly in the wind
 - 44 Pertaining to
 - 45 Seat in a bar
 - 46 Seat in a church
 - 48 Things
 - 52 Give new weapons to
 - 54 Fluctuate wildly
 - 56 Cole — (shoe brand)
 - 59 Curious pet
 - 60 Gift label
 - 61 Pro- (some tournaments)
 - 64 Sport fish also known as "little tuna"
 - 68 "Them's the breaks!"
 - 71 Title word before "Inferno" or "Peak"
 - 72 Came to rest
 - 73 Atlanta daily since 2001
 - 77 "Game of Thrones" actress
 - 78 Charlotte — (Virgin Islands capital)
 - 79 Turning out
 - 80 Windy City airport
 - 84 Adobe Acrobat file
 - 85 "— believer!"
 - 88 Almond-hued
 - 89 Actress Olin
 - 90 Plaintiff
 - 92 Turns toward
 - 94 Darling child
 - 96 Perceive
 - 99 Imitated a sheep
 - 102 — -pedi
 - 103 "It's My Turn" singer Diana
 - 106 Small, floating cephalopod
 - 109 Device used in cardiology
 - 113 Actress Eve
 - 114 Everything
 - 115 Venus de —
 - 116 9-to-5er's shout
 - 118 Of a junction point
 - 122 Gazed angrily
 - 124 Principle of capitalism
 - 129 Showing on TV
 - 130 Work to make
 - 131 Second-largest city of India
 - 132 — out a win (just prevail)
 - 133 Distant
 - 134 Californie, par exemple
 - 135 Stellar hunter
 - 136 Abbr. that can precede nine key words in this puzzle
 - 2 "Dies —" (Mass hymn)
 - 3 Similar
 - 4 Car radiator covering
 - 5 Toon pal of Stimpy
 - 6 "The Ice Storm" director Lee
 - 7 Plastic pail or shovel, say
 - 8 Toxin fighters
 - 9 Form a rough judgment of
 - 10 Vanity
 - 11 With
 - 15-Down, flimflamming guy
 - 12 "Lady and the —"
 - 13 Rum cocktail
 - 14 Evita's land
 - 15 See 11-Down
 - 16 Big name in faucet filters
 - 17 Solemn vows
 - 18 Expensive
 - 24 Veteran
 - 25 Casual statement of sympathy
 - 30 Comic shriek
 - 33 Fleur-de- (iris)
 - 34 Kitchen pest
 - 36 Fabric flaw
 - 37 Bardic verse
 - 38 Rainy
 - 39 Juicy gossip
 - 40 Draft-eligible
 - 41 Coercing
 - 42 Edifice topper
 - 47 "Let's suppose ..."
 - 49 Like the study of habitats
 - 50 County in the Bay Area
 - 51 "Undo" mark
 - 53 Bryn —, Pennsylvania
 - 55 Info that's not up to date
 - 57 Pub spigot
 - 58 Preposterous
 - 62 Domestic household
 - 63 Hit hard, as the brakes
 - 65 Airline to Copenhagen
 - 66 Apnea-treating doc
 - 67 Abel's brother
 - 69 Blacklisting org. of the 1940s-'50s
 - 70 Petting zoo animals
 - 73 2008-12 Mets pitcher
 - 74 Roman 151
 - 75 Suffix with planet
 - 76 Petty quarrel
 - 77 Eight: Prefix
 - 81 Doled-out share
 - 82 French inn
 - 83 2021 is one
 - 86 Diner list
 - 87 Sale rack caveat
 - 91 Pursued speedily
 - 93 Key related to C major
 - 95 Bungle
 - 97 Lead-in to center or dermis
 - 98 Do lunch
 - 100 Gift for music
 - 101 Clunker
 - 104 Wee bit
 - 105 Note above fa
 - 107 Very strong
 - 108 One of a bowler's targets
 - 109 "Horrible" cartoon Viking
 - 110 Actress Kemper
 - 111 Fire alert
 - 112 Credit card lure
 - 117 — -Chinese
 - 119 God, to Gigi
 - 120 Inquires
 - 121 Some blue jeans
 - 123 Brazilian city, in brief
 - 125 Hamelin pest
 - 126 Slice of time
 - 127 Yale attendee
 - 128 Pi-sigma link

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

High schoolers visit WVSOM campus to study anatomy, lifestyle medicine



WVSOM faculty member Thomas Gannon, D.O., presents anatomical structure to students at the school's Clinical Anatomy Summer Experience (CASE) camp.

Two summer camps for high-school-aged students - one new, one established - brought groups of young people to the West Virginia School of Osteopathic Medicine (WVSOM) campus for activities designed to educate and encourage aspiring health care professionals and scientists.

The inaugural Clinical Anatomy Summer Experience (CASE) camp took place June 26-30. Ten high-schoolers and rising college freshmen from West Virginia, Ohio, Tennessee, and Virginia visited WVSOM's Lewisburg campus to learn about the human body, investigate clinical correlations and discover how the osteopathic medical approach encompasses care for the mind, body and spirit. Lectures by Karen Wines, a member of the school's biomedical sciences faculty, and current WVSOM student Aubrey Hanes were accompanied by experiences in WVSOM's gross anatomy lab, in an expansion of the Anatomy Lab Educational Program the school has hosted for many years.

Through daily focuses

on different areas, attendees surveyed the entirety of the human body during the week-long camp. Wines explained that understanding the body's form lays a foundation that's vital for learning to recognize when a disorder is present and how to treat it.

"We need to know anatomical structures because when something isn't working, it's important to understand what other structures are related to it and what clinical conditions can occur as a result," said Wines, who planned and oversaw the camp. "We're trying to give these students some background before they head into more advanced classes with anatomical structures and their clinical correlates. We're selecting structures in each of the different regions that are the most prominent and have the most clinical impact."

Participants also heard presentations from school administrators and faculty. James W. Nemitz, Ph.D., WVSOM's president, detailed the events that led him from his position as an anatomist to the leadership of West Virginia's largest medical school, urging

students to let their passions guide their professional paths. Thomas Gannon, D.O., spoke about what makes osteopathic medicine unique, and Chelsea Feger, D.O., outlined some of the careers available in the health care field.

Alyssia Ratliff, a rising senior at Lewisburg's Greenbrier East High School and a member of Health Occupations Students of America, attended the camp and said she enjoyed the hands-on nature of its activities.

"It was really fun. I already had a baseline knowledge of the anatomical terms, so it was good to be able to put images to the things I've learned about, to view anatomical structures in person and see how interconnected everything is," Ratliff said. "I loved being a part of the camp's first year, and I hope they continue doing it so that more people have the opportunity to experience it."

From June 19-23, WVSOM hosted its 11th annual Just Say KNOW camp. The theme for this year's event was "Just Say KNOW to Lifestyle Medicine," with a focus on culinary medicine, nutrition and exercise. Campers studied the basis of nutrition and the physiology behind a healthy diet. They learned to cook meals such as rainbow cabbage slaw and roasted asparagus in the Clingman Center for Community Engagement kitchen, and exercised in the WVSOM Founders' Activity Center while monitoring their heart rate and other metrics via armbands.

Among other activities during the week, attendees learned to take blood pressure readings, practiced yoga techniques and spoke with Bob Foster, D.O., WVSOM's

assistant dean for osteopathic medical education, who discussed his efforts to live a healthful life.

Crystal Boudreaux, Ph.D., of the school's biomedical sciences department, oversaw the camp, which was taught by WVSOM student interns and undergraduate interns with assistance from several members of the school's faculty. She said the camp utilized some of the initiatives for which WVSOM has received honors.

"Our Exercise is Medicine and culinary medicine programs are nationally recognized and are part of the school's curriculum. Just Say KNOW provides an opportunity to showcase these programs through practice," Boudreaux said.

Just Say KNOW closed with a virtual quiz about topics covered during the camp, allowing students to compete against WVSOM faculty and with family members and friends who participated via teleconference. Campers received certificates commemorating their completion of the event.

It was the fourth year attending the camp for Sarah Angell, of Springfield, Ohio, a recent high school graduate who plans to study pre-medicine at Athens, W.Va.'s Concord University. She said she especially enjoyed studying why some foods are nutritious and others are unhealthy.

"It was cool to learn about the impact food has on your body. You hear people say, 'This is a healthy food,' but you don't know what makes it healthy. Learning the structure of food is informative, and I think if people had more of that education, we would eat differently in America," Angell said.



High-school-aged students cook a meal at the Clingman Center for Community Engagement during WVSOM's Just Say KNOW to Lifestyle Medicine camp.

Local teacher participates in Shepherd University seminar for re-visioning civics, history teaching

Shepherd University's Robert C. Byrd Center for Congressional History and Education welcomed 30 middle and high school teachers and education majors to its summer workshop, "People Powered: Civic Action, Community Engagement, and American Representative Democracy." The Claude Worthington Benedum Foundation awarded the Byrd Center \$136,250 grant for the initiative, which is designed to expand civics education in West Virginia.

Participating teachers attended sessions either virtually or in-person that covered topics such as handling discourse across differences, experienced-based learning in the classroom, and how to use resources at the Byrd Center in their lessons. Each teacher was awarded a \$1,000 professional development stipend to use toward classroom materials and resources.

Lowell Galford, a teacher at the West Virginia Schools of Diversion and Transition at Davis Stuart in Greenbrier County, participated.

"We hope the People Powered concepts of civic engagement will be translated into West Virginia's classrooms," said Dr. Sylvia Bailey Shurbutt, project director. "The goal is to

Skilled Trades courses offered at MGCC

Four courses focusing on professional trades and industry have been scheduled by the Mountain Gateway Community College Division of Workforce Solutions and Community Education this fall.

Drastically reduced tuition fees for all of the courses are available through the FastForward Program, which provides short-term training to eligible Virginians for in-demand jobs.

"If you're looking for a new career or job opportunity, now is the time to register in a FastForward program at MGCC," says FastForward Career Coach Robin Jennings. "With an abundance of financial assistance funding opportunities available, our FastForward programs have never been more affordable. It's a wonderful opportunity to complete your training and obtain a new job in a high-demand occupation quickly."

All of the courses prepare participants to sit for industry-recognized credentialing exams. The course offerings include:

- **Intro to Skilled Trades:** Introduction to Skilled Trades, or NCCER Core Curriculum, is a 12-week hybrid course that covers basic knowledge and requirements needed in the construction and industrial trades. NCCER (National Center for Construction Education and Research) awards nationally recognized credentials. Topics include safety, construction math, hand and power tools, construction drawings, rigging and materials handling, among others. Completion of this course will provide basic skills needed to continue on for certification in any NCCER craft and is a prerequisite for the first levels of Electrical, HVAC and Industrial Maintenance Mechanic. This course is being offered in three locations: at the new MGCC Workforce Center, located at 2045 Forest Ave in Buena Vista, Aug. 21 - Nov. 13; on the MGCC main campus in Clifton Forge, VA, Aug. 22 - Nov. 14; and the Greenfield Education and Training Center in Daleville, VA, Aug. 24 - Nov. 16. David Shofstahl, who serves as MGCC's Apprenticeship Coordinator, is the instructor at all three locations.

- **Electrical (Level 1):** Electrical Level 1 is a 15-week hybrid course that covers safe working practices and basic electrical theory. Students must have completed or be enrolled in a NCCER Core Curriculum (see above) course. Class will meet at the new MGCC Workforce Center in Buena Vista, VA, Aug. 22 - Dec. 19, with MGCC electrical instructor Rick Colwill.

- **Industrial Maintenance Mechanic (Level 1):** Install, build, tear down, maintain and report manufacturing plant equipment and production line systems in businesses and factories. IMM (Level 1) is a 15-week hybrid course that will meet Aug. 24 - Dec. 14 on the MGCC main campus in Clifton Forge, VA, with Jay Hooper, who retired recently as Electrical and Instrumentation Program Head at MGCC as the instructor. Students should have completed or be enrolled in a NCCER Core Curriculum course.

- **Heating, Ventilation and Air Conditioning (Level 1):** HVAC (Level 1) is a 20-week hybrid course that will meet on at the new MGCC Workforce Center in Buena Vista, VA, Aug. 23 - Dec. 16, with HVAC instructor Floyd Wood. Topics include trade math, basic electrical safety and fundamentals of heating and cooling systems. Students should have completed or be enrolled in a NCCER Core Curriculum course.

More details about all of the courses may be found on the MGCC web site at <https://www.mgcc.edu/workforce>.

To register for a preferred class and financial assistance funding, contact Jennings at 540-863-2899 or email rjennings@mgcc.edu.

WVSOM accepting registrations for annual Resource Fair

The West Virginia School of Osteopathic Medicine (WVSOM) is accepting registrations from local organizations and businesses for its annual Resource Fair, intended to introduce incoming Class of 2027 students and their families to the services available in Lewisburg and surrounding areas.

The event will take place from 4 to 5 p.m. on July 25 in the Conference Center on the second floor of WVSOM's Student Center as part of orientation for first-year students. Tables and chairs will be provided.

Organizations interested in welcoming students to Lewisburg by participating in the Resource Fair can request a registration form by contacting Georgette Morton at 304-647-6422 or gmorton@osteo.wvsom.edu. Forms must be returned by July 21. There is no cost to register.

In past years, Resource Fair participants have included retail establishments, banks, insurance companies, healthcare providers, childcare centers, churches and nonprofit organizations, as well as individual departments within WVSOM.

Greenbrier County Schools start dates, Open House events, enrollment dates announced

The new school year will begin on Monday, Aug. 28, for Greenbrier County students in grade 1 - 12. Kindergarten students begin on Sept. 5, and Pre-K starts on Sept. 7.

Before the school year gets underway, the principals and staff of Greenbrier County Schools (GCS) look forward to welcoming students and families back to school at open house events that are unique to each site. Activities vary at each school and may include facility tours, classroom assignments, and presentation of important school information for students on the following dates:

- Aug. 21: Smoot Elementary - 4 to 5:30 p.m.
- Aug. 23: Alderson Elementary - 4 to 5:30 p.m., Frankford Elementary - 4 to 5 p.m., White Sulphur Springs Elementary - 4 to 5:30 p.m., Western Greenbrier Middle - 4:30 to 6 p.m.
- Aug. 24: Crichton Elementary - 5 to 6 p.m., Rainelle Elementary - 4 to 5:30 p.m., Roncerverte Elementary - 4 to 5:30 p.m.,

Rupert Elementary - 5 to 6 p.m. and 6 to 7 p.m., Eastern Greenbrier Middle - 3 to 6 p.m., Greenbrier East High - 6 p.m. (Freshman Orientation), Greenbrier West High - 6 p.m. (Freshman Orientation)

- Aug. 25: Lewisburg Elementary - 4 to 5:30 p.m.

New student enrollment events will be held from 10 a.m. to 4 p.m. on Wednesday, July 12, at Roncerverte Elementary School and on Thursday, July 13, at Rupert Elementary School. New enrollees should bring the following information:

- Official State issued birth certificate (not a copy)
- immunization record
- copy of health check exam
- copy of most recent dental exam
- two proofs of residency
- Social Security card of child
- relevant custody order, if applicable

To learn more about enrolling your child in Greenbrier County Schools, please call Nancy Hanna at 304-647-6470.



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give students a sense of pride and encourage engagement in democratic processes that will become lifelong habits."

There are two parts to the People Powered Project—participation in this summer workshop and a capstone presentation and competition in April 2024 where participating teachers will present what they've done during the school year to transform their history and civics classrooms. The winner will bring back a \$5,000 prize, while two runners up will win second prizes of \$2,500, to be used to enhance programs at their schools and provide resources and materials that foster excellence in teaching.



Lily Burr of Rainelle named to Berea College Dean's List

Lily Burr, a resident of Rainelle, has been named to the Spring 2023 Dean's List at Berea College.

A student is named to the Dean's List who achieves a GPA of 3.4 or higher while passing at least four total credits, a course load equivalent to 16 semester hours.

Berea College is distinctive in higher education. Offering bachelor's degrees in

34 majors, including arts and sciences and select professional programs, as well as independent majors designed by students to mirror approved majors at other colleges, Berea College awards four-year tuition scholarships to all its students, who because of financial circumstances cannot otherwise afford a high-quality, residential, liberal arts education.



HEALING CONFERENCE

*Healing: Awakening To
The Divine Within*

SATURDAY, SEPTEMBER 2, 2023

10:00 am - 5:30 pm

Location: 10716 Hollywood Glace Road; Union, WV 24983
(Formally - Enota Location)

Presenters:

- 10:00 - Bob Baker Reiki Master
Experiencing Your Own Energy
- 11:15 - Augustus Saldana Natural Born Shaman

Demonstration:

Experiencing Your Inner Shaman

- 12:30 Lunch Bring a Packed Lunch / Picnic Area Available
- 1:30 - Sheila Carey James Astrologer
Astrology Healing
- 2:45 - Sherry McLaughlin Intuitive Healer
Divine Mother Energy Messages
- 4:00 - Alaina Hower Farmer/Florist
Reconnecting with Nature
- 5:15 - Closing Circle

COST: Pre-Registration - \$65 - Before August 1, 2023
Door Registration - \$70 (Closes 9:45 September 2, 2023)

To Register, email or call
Carol (merriamna@msn.com) 484-459-3810

*Sponsored by: Leah Krista Stansell;
Sandy Stormer; & Merriamna*

STEPPIN' OUT

Thistle Lounge art exhibit by Lynn Payne

There will be an art exhibit by Lynn Payne at the Thistle Lounge at the General Lewis Inn from Aug. 1 through Oct. 3, with a meet and greet with the artist on Saturday, Aug. 26, from 5 to 7 p.m.

Lynn Payne lives in Charleston, WV, with her husband, photographer Steve Payne, and their daughter, Georgia. She received training in illustration and design from the Art Institute of Fort Lauderdale and paints daily in her Charleston studio. Her art show in Lewisburg will feature eight oil paintings displayed in the Thistle Lounge at the General Lewis Inn.

Payne's art is representational with touches of impressionism inspired from her travels, people, and home surroundings including the West Virginia hillsides. Her colorful paintings have appeared on greeting cards, book covers, and needlepoint canvases, and most recently exhibited in the 2023 Best of West Virginia juried art show at Tamarack in Beckley.

The General Lewis Inn is open daily for visitors, guests, and

friends.

The Thistle Lounge at the General Lewis Inn is open daily for beverages from 5 to 11 p.m.

This art show is curated by Karen Cohen as part of her rotating art shows for local artists. All artwork is available for immediate purchase at the General Lewis Inn.



Lynn Payne painting in her art studio (Photo by Sara McDowell)



Peonies by Lynn Payne

DINING & entertainment guide

Dutch Haus Restaurant
Lewisburg Elks Country Club at 368 Brush Rd., Lewisburg

BEST STEAKS IN TOWN

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Seafood Platter
Served with Potato, Vegetable, Salad & Bread

Open For Breakfast Saturday & Sunday 8:30-11:00
Mon - Fri 11 am-9 pm, Sat & Sun 8:30 am-9 pm • 304.645.2723

Carnegie Hall Calendar of Events



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 27: West Virginia Jazz Orchestra - Carnegie Hall's 2023 Ivy Terrace Concert Series continues Thursday, Jul. 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, Jul. 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. For more information, please visit carnegiehallwv.org, call 304-645-7917, or stop by 611 Church Street, Lewisburg.

Rotating Galleries:
Old Stone Room Gallery - Galleries are closed in July. Up next - Ellen Fisher
Museum Gallery - Galleries are closed in July. Up next - Nan Morgan, Jom Mork, and Donna Toney
Lobby Gallery - Galleries are closed in July. Up next - Jeanne Breneman
Permanent Exhibit:
Arts from the Ashes: The History of Carnegie Hall - The exhibit features memorabilia, photographs, artifacts and more of Carnegie Hall since its construction in 1901. Located on the second floor. Free admission.
 Carnegie Hall is open Monday - Friday, 10 a.m. to 4 p.m. For more information, please visit carnegiehallwv.org, call 304-645-7917, or stop by 611 Church Street, Lewisburg.

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July 15, 2023
10 am - 5 pm
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Jim Snyder ~ 11 am
Rampson Roux ~ 2 pm

★
★
★
★
★

July 16, 2023
10 am - 5 pm
Live Music
David Sharp ~ 11 am
Front Porch Pickers ~ 2 pm

Artisan Demonstrations and Arts & Crafts
Locust Hill Restaurant will be open 10 am - 6 pm

STEPPIN' OUT

Carnegie Hall Guild appoints new President



Liz Wickline (right) will serve as the new President of the Carnegie Hall Guild.

After five years serving as President of the Carnegie Hall Guild, Mary Leb has decided to turn over the gavel. Liz Wickline will be assuming the presidency this next fiscal year and is excited to be part of the opportunities and challenges that lay ahead. Liz hopes to continue the dynamic leadership of Mary Leb.

Leb became President of the Carnegie Hall Guild in 2018. She emphasized membership, coordinated fundraisers, and worked hard to accomplish the Carnegie Hall Guild's mission in promoting, volunteering, and supporting Carnegie Hall. All through the challenges of Covid Mary was able to maintain membership and keep communication active between members. During her tenure, the Carnegie Hall Guild raised funds for the recorders and the symphony for the annual Link-up symphony program, new hammers for the Steinway, electrical upgrades for the Ivy Terrace, a portable PA system, wireless microphones for the Hamilton auditorium and upgraded chairs for meetings, receptions, and the Second Stage Series. She will be missed. Fortunately, Mary Leb has assumed the responsibility as Performance Director for Carnegie Hall and plans to remain very active in the Carnegie Hall Guild.

Liz Wickline brings a long and active relationship with Carnegie Hall to her new responsibilities as President of the Guild. She has been a patron member of the Carnegie Hall Guild since its inception. Liz was on the Carnegie Hall Board for 15 years and just completed a three-year term as President of the Board. She is also currently chairperson of the Carnegie Hall building committee.

The Carnegie Hall Guild is fortunate to have her energy, administrative abilities, and commitment to lead the Carnegie Hall Guild into the future.



Carnegie Hall's 40th Anniversary Celebration to feature local teaching artists

Carnegie Hall's 40th Anniversary Celebration Open House & Block Party on Saturday, July 29, will run from 5 to 9 p.m. and will showcase the many aspects of the arts organization and historic building. Whether it be history, performance art, architecture, music, food and drink, or demonstrations of the many art forms that are taught by Carnegie's teaching artists each year, the 40th Anniversary Celebration will have something for everyone. The event is free and open to the public.

An open house featuring live art demonstrations, performances by local musicians, and archival exhibits throughout the historic building will take place from 5 to 7 p.m., followed by an outdoor evening party starting at 6 p.m. with music by Irresistible Groove. Food, drinks, local beer, and wine will be available for purchase.

Artists will be set up all over the building and

grounds demonstrating their craft. Artists will include Dave Buhrman (astronomy), John Coffey (plein air watercolor painting), Luke Davis (leather), Amie Durman (clay), Sharon Ginsburg (origami), Brenda Harman (broom making), Sean O'Connell (raku pottery), Theresa Philzen (glass mosaic), Tommye Rafes (soap making), Jennifer Spencer (woodburning), Kathy Talley (basket weaving), and the West Virginia Woodturners Association (woodturning).

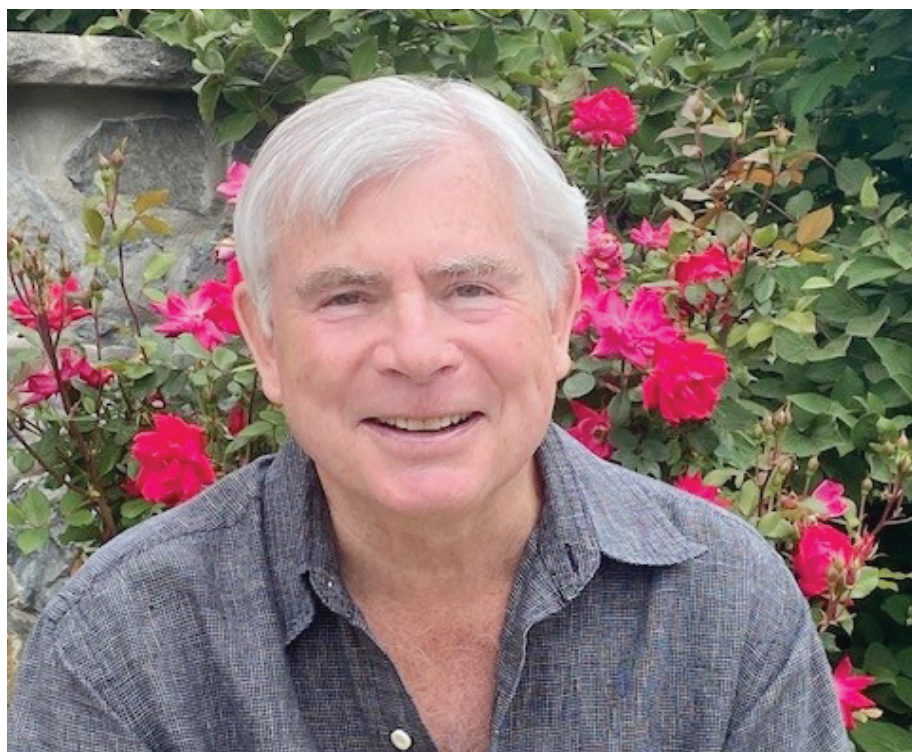
But that's not all. The Greenbrier Artists will be set up in the Art Studio. The Fiber Arts Network will be in the Weaving Studio. Permanent Carnegie resident Heart Strings Studio will open its doors as well. Other surprises are in the works, so look for future announcements.

"We are so excited to showcase our teaching artists at the Open House," states Education Director Harmony Flora. "Carnegie

Hall's roster of teaching artists is the cornerstone of our educational programming and provides arts-based enrichment to thousands of students of all ages every year. Our teaching artists have a deep commitment to cultivating an appreciation for creativity and excellence by providing the community with opportunities to pursue lifelong learning through the arts. Instructors continuously strive to educate people of all backgrounds by encouraging collaboration, the exploration of self-confidence and self-expression, and the advancement of the creative arts."

For more information, please visit www.carnegie-hallwv.org/40th-anniversary or call Carnegie Hall Box Office at 304-645-7917, visit www.carnegie-hallwv.org, or stop by at 611 Church Street, Lewisburg. Carnegie Hall Box Office is open Monday through Friday, 10 a.m. until 4 p.m.

Carnegie Hall's Fantasy Gala: Rubies & Rhododendrons honors Angus Peyton



Angus Peyton

Carnegie Hall is pleased to announce that Angus Peyton will be honored at the Fantasy in Rubies & Rhododendrons, as the popular annual fundraiser returns. The event will take place Friday, Sept. 1, at 6:30 p.m. on the Colonial Terrace at The Greenbrier. Tickets are \$195 per person, and tables of 10 are available for \$1,950.

Angus Peyton is a local philanthropist and donor advisor for the James F.B. Peyton Fund, a Special Initiative at The Greater Kanawha Valley Foundation. His heart has always been in Greenbrier County, and he has family ties to the community dating to the 1930's. Since he was eight years old Angus has wanted to make Greenbrier Valley his permanent home. He made that dream come true in 2017 when he retired from Smith Barney as a Financial Advisor and moved from Charleston, WV to Lewisburg.


Carnegie Hall Development Director Sally Bray noted that Carnegie Hall owes a "special thanks to Angus for being a

part of our community, for always lending a helping hand, and for supporting Carnegie Hall's vision of Bringing the Arts to Life!"

Fantasy Gala guests will enjoy a strolling dinner, a complimentary drink, a cash bar, live entertainment by Irresistible Groove, and live and silent auctions. The Greenbrier is offering Gala guests complimentary casino access and a special discounted nightly room rate of \$399 for the weekend. Call 877-935-0423 to reserve before Aug. 1.

For tickets or more information, please visit www.carnegiehallwv.org, call 304-645-7917, or visit the Carnegie Hall box office at 611 Church Street, Lewisburg. Fantasy sponsorship opportunities are available. Please contact Development Director Sally Bray at development@carnegiehallwv.org.

Proceeds from this event support Carnegie Hall's arts education initiatives and world-class performing/visual arts programming.



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Monday, July 24, 6 - 7 p.m.
Tuesday, July 25, 6 - 8 p.m.



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to register:
email hub@highrocks.org
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the hub

Grant support provided by the West Virginia Department of Arts, Culture, and History and the Benedum Foundation.

#Watchout for next month's

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The Mountain Messenger, July 29