



For Your Consideration
page 3



Wellness
page 9



Periodical Postage Paid at Marlinton, WV 24954
THE POCAHONTAS TIMES
(Post Office No. 436-640 - ISSN No. 07388373)



The Pocahontas Times

\$1.00

Serving Pocahontas County in the Endless Mountains of Appalachia

MARCH 30, 2023 VOL. 140 NO. 45

MARLINTON, POCAHONTAS COUNTY, WEST VIRGINIA 24954

visit us on the web at pocahontastimes.com

Can We Modernize the National Radio Quiet Zone?

A new Request for Information (RFI) has been issued by the National Science Foundation (NSF), taking first steps to develop effective strategies for improving communications in the National Radio Quiet Zone (NRQZ).

Established in 1958, the 13,000 square mile NRQZ was created to protect radio astronomy scientific operations at the country's first national radio astronomy observatory, now the Green Bank Observatory (GBO), and national security operations at Sugar Grove Naval Station, now the National Security Agency's (NSA) Sugar Grove Research Station. The rules of the NRQZ were defined based on the challenges of radio interference in the 1950s and 1960s. However, communications technology has transformed dramatically in the 60 years since the NRQZ was established, and its present day effectiveness, and community impact, is being challenged.

The National Science Foundation's Green Bank Telescope (GBT), the world's largest fully steerable radio telescope, is a powerful and sensitive tool for scientists to reveal the secrets of the Universe, from



THE CAMPUS OF the Green Bank Observatory. Photo credit Jay Young

the formation of black holes to the detection of gravitational waves. The GBT is experiencing growing impact from airborne and space-based transmissions, including new satellite technology providing cellular and broadband connectivity from low Earth orbit, which are not explicitly regulated by the NRQZ. At the same time, there are growing community needs for continuity of emergency communication, and cellular and broadband services, which presently have coverage gaps due to the region's mountainous topography, low rural population density, tower siting, and transmission power limits set by the NRQZ.

The NSF has issued this Request for Information to identify ways to preserve Federal facility operations while simultaneously enhancing regional safety and vitality for present and future generations. Interested organizations will identify effective strategies, and costs, to improve emergency and civil telecommunications while protecting and enhancing Federal facility operations. Recommendations will consider the immediate time period (1 year), informed by medium-term (5 years) and long-term (10-30 years) perspectives. Immediate recommended improvements will target emergency communications

coverage in Pendleton County and Pocahontas County, West Virginia. Recent headlines have shared that the NRQZ and the Pocahontas County Commission updated their agreement on radio frequency transmissions for emergency services. Specialists from the NRQZ, NSF, NSA, and public representatives for Pendleton County recently convened at the Green Bank Observatory to continue discussions around possible solutions.

"All agencies involved in the NRQZ want to provide solutions. We look forward to the in-depth research and

see Quiet pg 6



MARLINTON MIDDLE SCHOOL sixth graders Madeline Burns, left, and Julia Brown, won second place at the state science fair with their project about dogs and their dominant paws. S. Stewart photo

MMS team second at state science fair

Suzanne Stewart
Staff Writer

When it was time to choose a science fair project, Marlinton Middle School sixth graders Julia Brown and Madeline Burns looked to their four legged friends for inspiration.

The two friends called their project "Dominant Paw: Are Dogs Lefties or Righties?" and tested to see

if dogs tend to be more dominant with the left or right paws.

"We took our phones and recorded them in slow motion," Brown said. "We would throw a treat and they would either jump up to us first or they would go get it and we would see which paw they would step forward with first."

see MMS pg 5

Colonial Queen Bee



Melondy Phillips
Staff Writer

A Natural Aquaponic Ecosystem

An ecosystem is a biological community of interacting organisms and their physical environment. Incorporating living organisms into the environment around you can encourage a healthy ecosystem or damage it.

One type of manmade ecosystem, which mimics nature, is aquaponics. When a well-planned aquaponic system of bacteria, fish and plants, becomes established, the system can become almost self-sustaining with minimal effort.

There are many types of aquaponic kits and elaborate engineering plans for people to set up their very own; however, I like a simple approach to blending things into nature.

The kind of system I like doesn't contain pipes, wires,

containers of water or a complicated tubing and filtration system; it doesn't even require a power source. Think about a small mountain lake or pond out in the middle of nowhere. It isn't being cared for with chemicals and power. How does it work?

Every landscape, soil type and resource type is different. There is no "one size fits all" when creating any micro ecosystem. Nevertheless, all we need to create a peaceful water ecosystem is a year-round creek or spring of any size, the nearby soil, rocks and plants, and a bit of elbow grease to lay it out and work everything into place. When built correctly, the native aquatic life will start moving in on its own.

It's good to look at the natural landscaping, rock formations, flow of water, possibility of any flooding, and any other benefits or disadvantages of an area before

deciding on a location. Finding a tranquil stream, cascading down the rocky hillside, shepherds my mind into the possibilities of a quite hide-a-way refuge.

I want my aquaponic system to be as natural as possible. Determining the percolation or drainage rates of an area can be done by completing a simple self-administered perc test. The rate of the stream flowing into the future pond must be equal to or greater than the absorption rate of the soil. The slope of the landscaping should be gradual enough that erosion is at a minimum while new plants get established, but sloped enough to ensure a good flow of water into the pooling area so it stays filled. Overflow systems need to be built into the design of the pond to prevent flooding and wash out. A pond liner should not be needed if a good location is found.

Because of seasonal highs and lows of water flow, I would not build the pond within the direct path of a stream. Just a side note: a small hole dug out in the stream can be helpful in per-



A SMALL WATER hole, dug into a stream, can suffice as a temporary start up for a larger, nearby waterway system. M. Phillips photo

suading native fish to hang around while the main system is being constructed.

Watching how the water flows throughout the year is very beneficial when determining how close to build a pond. It is also a lot easier to build next to a stream; the water does not need to be diverted during the building process. Once the pond, overflow system, and other downstream features are completed, creating an inlet for the water to flow into the

pond is fairly simple. Careful attention should be made to the flow rate and direction. An acute angle of flow to backfill the water may help keep excess debris out of the pond while allowing adequate water fill and fish traffic. Building inlets to mitigate volume change, throughout droughts and floods, help preserve the integrity of the pond walls, features and bio organisms.

The floor and walls of the pond should have a lot of

variation in depth and slope and, if possible, some natural overhangs. A shallow beach like area can help wildlife casually get a cool drink of water from your new ecosystem. Varying stones sizes and shapes, and even tree branches, can be used to create hiding places for fish and small wildlife. In zone 4-6, the pond should have valleys at least three feet deep to sustain fish

see Bee pg 5

No Foolin'
OUR RATES ARE GREAT!
Let us save you money!

Stop by and talk to one of our Personal Bankers today!

City
NATIONAL BANK
304-799-4640 www.bankatcity.com

LENDER Member FDIC

West Virginia
Make It Shine

Fostering a litter-free world
100 Miles - \$10,000
Road Clean-up Campaign
April 22, Earth Day, through May 21
GET YOUR GROUP REGISTERED ASAP!
Registration deadline April 1
Make \$100 per mile for your Adopt-A-Highway or Civic group, community organization, 4-H club, other youth groups or businesses.*
100 miles = \$10,000 back to local groups!

This program is made possible by the WV Department of Environmental Protection and the Pocahontas County CVB.

Stop by the CVB or call 304-799-4636 for complete information

LEAVE NO TRACE *earnings for businesses and Adopt-A-Highway groups go to their designated charitable organization

Nature's MOUNTAIN PLAYGROUND
POCAHONTAS COUNTY, WV

In This Issue

Local News	2	Calendar	4	Obituaries	5	Legals	15
Crossword	3	Opinion	4	Preserving Pocahontas	7	Classifieds	17

New Pocahontas County Ambulance EMS Service might start-up in April

Tim Walker
AMR Reporter

During the March 21 Pocahontas County Commission Meeting, Commissioner John Rebinski announced that the new county ambulance service, which he said will be formally called the "Pocahontas County Ambulance EMS," is scheduled to be inspected by the state in the second week of April. He said if it passes that inspection, it will be able to start providing service in the northern end of the county, maybe as soon as April 10 or 17. Rebinski said the service will be known as Station 12. Rebinski also said he is considering two medics who have shown an interest in being part-time members of the new service. One of these medics is from Lewisburg, and the other one is from the Panhandle. According to Rebinski, the new ambulance service will begin by using a fully equipped ambulance loaned to them by the Cass Volunteer Fire and Rescue

Company, and the county will provide the insurance for that vehicle for as long as they use it. He said he is already looking at possibly purchasing used ambulances for the new service down the road.

In other matters: Beth Little announced that the Hillsboro Library Friends will hold an Earth Day Program Saturday, April 22, starting with a reception in the library at 5 p.m. followed at 6 p.m. by an open forum on community preparedness and disaster management in the county. This forum will be facilitated by Michael M. Barrick, an author and Disaster Response Expert.

The commission also voted to approve the long-term agreement with the Pocahontas County Saddle Club to allow it to use, and make improvements on the field next to the ARC building. Marlinton Mayor Sam Felton said the rodeos that the Saddle Club has been running on that site have been successful and are an economic benefit to the

town. The commission also voted to open a checking account for the old Board of Education Building Demolition Project, at the request of Donna Ward of Region 4. She also asked the commission to approve the environmental report for the PMH Roof and HVAC Project, which they did. Ward said that once that report has been discussed at a public meeting and published in *The Pocahontas Times*, the project will be ready to start.

The commission approved the 2021 Emergency Management Performance Grant. Emergency Management Director Michael O'Brien told them the grant will reimburse the county's general fund for one-half the cost of the salaries of the county Emergency Management employees. He said the county received about \$31,000 from the grant the previous year, and there are no restrictions on how the commission can use that money.

see EMS pg 13

Governor awards \$9.7 million in Transportation Alternatives and Recreational Trails Program grants

Governor Jim Justice has announced the award of 38 Transportation Alternatives and Recreational Trails Program grant projects for Federal Fiscal Year 2022, worth \$9,734,552 in total, for projects in 22 counties.

"We've learned that investing in our cities, towns and beautiful parks is one of the best ways to attract tourists and improve the daily lives of our residents," Justice said. "This program

provides millions of dollars to make some of the best places in West Virginia more accessible, which will also enhance visitation throughout the state. The positive economic ripple effects will be off the charts, and I couldn't be prouder to approve these well-deserved initiatives."

The West Virginia Transportation Alternatives and Recreational Trails Program are administered by the West Virginia Department of

Transportation (WVDOT) and funded by the Federal Highway Administration. These grants help towns and cities build and improve sidewalks, lighting, walking paths, rail trails and more.

Among the recipients: The Town of Hillsboro received \$100,000 for Hillsboro Sidewalk Design.

The Greenbrier River Trail Foundation received \$764,941.25 to re-deck the bridges on the Greenbrier River Trail.

WVU experts argue against retirement age increases, noting threats to quality of life, health care and tax bases

WVUToday

Two West Virginia University experts see threats to quality of life along with health care and tax bases in ongoing debates about increasing retirement ages in the United States and elsewhere.

Julie Hicks Patrick, professor of lifespan development psychology in the Department of Psychology, and Mandy Weirich, gerontology program coordinator in the School of Social Work, are available to discuss a move to take the retirement age from 62 to 64 in France, which has sparked protests, and to address any potential fallout that could occur if the United States followed suit with retirement age additions.

Weirich has more than a decade of experience in the rural aging field and has won several awards for her work in gerontology.

"It is always frustrating

when politicians want to adjust the retirement age, programs like Medicare and Social Security and pensions. The world has known since the 1940s, when the baby boom began, that these folks would be old someday. What we did not anticipate was that today's older adults would have already weath-

ered several stock market challenges to any retirement savings that they had accrued.

"Few anticipated that corporations and manufacturing would default on their pension obligations and we are

see WUV pg 13

Weather Balloon Launch

UPDATE: Something is still up in Pocahontas County!

After a week of uncooperative winds, the Green Bank Elementary-Middle School students are going to try for a

launch date of Thursday, March 30, for their High Altitude Weather Balloon. Timing is dependent on the vagaries of weather and lo-

gistics, but stop by the school around 10 a.m. if you want a chance to see the send-off.

Check Green Bank Observatory social media for updates.

#GreenBankObservatory

Broadband Project ~ completion date delayed again

Tim Walker
AMR Reporter

The Pocahontas County ARC Broadband Project, which is based upon a grant award of \$2.5 million from back in September of 2021, was originally set to begin construction in 2022. After several delays, the start of construction eventually moved to July 2023. However, at the March 23, 2023 Pocahontas County Broadband Council meeting, Cory Nipper, an Engineer at Thompson and Litton, Inc (T&L) said the newest timeline has construction not starting until January 2024.

Nipper explained that the initial fieldwork has been completed, and the maintenance and ownership agreement between the county and the Internet Service Provider (ISP) Citynet has been completed.

Nipper and Brian Tew, also from T&L, presented a written timeline showing what has been completed and gives estimates for completion of other required paperwork and permits such as: West Virginia Department of Health permits, Public Service Commission reviews, public comment periods, Development Office Reviews, and contractor bidding and selection still need to be completed before actual construction can begin. Nipper said he will still try and compress the timeline to complete these things as early as he can so that it is still possible construction could begin

a little earlier.

Amanda Smarr of Region 4 said the types of delays the project has been experiencing are not unusual, and in fact are very common in large projects such as this.

Nipper said the good news is that once all these paperwork requirements are finally complete, the actual construction will move forward quickly, with completion in about 125 days, so if begun on January 19, 2024, it could be completed by July 11, 2024.

The USDA's Community Connect Grant was also discussed at this meeting. Smarr said the portal for submitting these applications has finally opened, with grant applications due by June 20. Mike Holstine added that Citynet is fully committed to helping the Broadband Council with this. Smarr and Holstine said the first step in preparing an application for this grant is to meet with Citynet, Region 4 and T&L to determine where to start in smaller areas of the county. Holstine recommended that they begin with communities on Back Mountain Road for the first of these Community Connect Grant applications.

Smarr explained that Community Connect grants are limited to \$4 million each, but you can apply for one a year. She said you normally must complete an awarded grant before applying for another, but they seem to be flexible about that. Sarah Riley added that it looks like the Community Connect people seem to un-

derstand Pocahontas County has been "stuck between a rock and a hard place, so they are willing to do everything they can to help us."

Brian Tew suggested it would be ideal if the council applied for and got one Community Connect Grant per year, so that the county could remain in construction mode as the projects continued to be built around the county. John Golden questioned whether Citynet would have the capacity to do that, but Holstine said that, while Citynet does appear to be at near capacity, they have committed to only do Pocahontas County broadband projects in West Virginia.

It was brought up that while there is enough money remaining in their study grant for planning, the council should be looking for and applying for other grants to pay for design work.

Holstine was asked about the broadband installations the state parks are considering at Watoga State Park. He said they have been awarded funding through the West Virginia Office of Broadband, and are considering a system using a combination of fiber and wireless to deliver broadband at the park, although they are struggling with working around the Quiet Zone restrictions.

They also discussed setting up public broadband meetings to target certain population groups such as veterans, senior citizens, prisoners at Denmar and people with incomes below the poverty level.

Circuit Court

The following hearings were recently held in Pocahontas County Circuit Court before the Honorable Judge Robert E. Richardson:

A pre-trial status conference was held in the case the State vs Joshua Ray VanReenen, 35, of Hillsboro, wherein defense counsel related that the notices he has sent by mail to this client have been returned by the

postal service, and he had no answer to his phone call. The court found good cause to continue the matter into the next term of court due to the recent change in counsel. VanReenen is to provide his address and phone number.

A capias was issued for

Steven R. Good, 30, of Durbin, who failed to appear for his pre-trial status conference. The State asked for the capias and the revocation of Good's bond. The matter is continued to the next term of court.

The Pocahontas Times will be closed Good Friday, April 7.

2023
POCAHONTAS COUNTY
4-H & FFA ANNUAL
HAM, BACON AND EGG SALE
Saturday, April 1 • 6:30 p.m.
Pocahontas County Opera House
Ham biscuits, desserts and drinks will be available.
Call the Extension Office for more information: 304-799-4852

MIM'S KITCHEN Open Easter Sunday
9 a.m. - 3 p.m.
304-799-2240
DINE IN / CARRY OUT
Open Fri. and Sat. 4 - 7 p.m. • Sun. 11 a.m. - 2 p.m.
Best Cheesecake Around
View menu on Facebook
3756 Jerico Road, Marlinton
2.5 miles off Stony Creek Road

Rayetta's Lunchbox
Located behind State Farm Insurance/Second Avenue
Open Monday - Friday • 11 a.m. - 4 p.m.
Call for specials,
304-799-4888
or visit our Facebook page.

The Town of Marlinton has designated
April 10 - 14 as **SPRING CLEAN-UP WEEK!**
• Now is the time to get rid of the debris and garbage accumulated over the winter months.
• The town is offering special pick-up of any large items of garbage and debris - other than construction materials - during April 10 - 14. Residents should call the town office at 304-799-4315 to schedule pick-up. For convenience, large leaf bags are available at the town office.
• Contact the town office about tire collection.
• **LET'S TAKE PRIDE IN OUR HOMETOWN AND MAKE IT A CLEAN AND ATTRACTIVE PLACE!**
Please note that a fee of \$10 to \$25 will be charged per pick-up based on the quantity of rubbish.

Greenbrier Grille
facebook.com/greenbriergrille
Indoor and outdoor dining!
Daily Specials
March 30 - April 4
THURSDAY: Chicken pasta salad, and garlic cheese bread. SATURDAY: Baked spaghetti, side salad and garlic bread.
FRIDAY: Bangin' barbecue burger (with bacon, cheddar, onion ring and barbecue sauce) and French fries. SUNDAY: Meatloaf, scalloped potatoes, green beans and roll.
MONDAY: Chef's choice. TUESDAY: Tex-Mex salad.
FREE WI-FI
At the bridge in Marlinton • 304-799-7233 • www.greenbriergrille.com
Sunday, Monday, Tuesday and Thursday 8 a.m. - 6:30 p.m.
Friday and Saturday 8 a.m. - 7 p.m. Closed Wednesday.
Hours subject to change due to weather.

LOCUST HILL RESTAURANT
TRIVIA
THURSDAY = FUN AND LAUGHS!
Grab a friend or two and have a fun night out!
Trivia starts at 6:15 p.m.
Restaurant open 5 - 7:30 p.m. Pub menu.
Friday and Saturday 5 - 7:30 p.m.
Entree menu: WV Black Angus steaks, salmon, homemade crab cakes, trout and more.
Reservations recommended.
304-799-5471
Rt. 39 • Marlinton
Follow us on Facebook



Women Spies
Will the real Nancy Hart
Please stand up?

The American Revolution and the American Civil War produced two extraordinary female spies. Both served their country with fierce loyalty almost a century apart. Both possessed the requisite skills for living on the frontier.

And more importantly, both were women who answered to the name of Nancy Hart. Through the years, the escapades and character of these two women made them legends.

However, here's the thing about legends; there is always the problem of stretching the truth to a point where it gets squishy and no longer resembles the original facts. So much so that as the proverbial wine ages, it is not only reputed to taste better, but we start to believe that it does.

But we're all in on the joke; we collectively over-

look the hyperbole associated with our national heroes. We really don't believe that Davy Crockett killed a bear at the tender age of three.

We not only don't think that, when Paul Bunyan sneezed, he blew all of the birds from Maine to California; we don't even believe he existed. And, if you do, I have a bridge in Brooklyn to sell you.

Now that I've set the stage for this story of two women spies, remember that I cannot cross my heart and swear on a bible that the following contains the truth, the whole truth, and nothing but the truth. When it comes to our legends and heroes, embellishment is the rule. The more icing on the cake, the better.

We'll meet these two women chronologically, leading with the Revolutionary War spy Nancy Hart.

We'll save the Civil War spy, Nancy Hart, for the next episode of Women Spies.

This Nancy did her most memorable spy crafting near Pocahontas County.

"Rawboned with crazy red hair and possibly cross-eyed."

That is how many of the sources describe Nancy Morgan Hart. She is further described as tall, gangly and pock-marked by smallpox.

One account said she had "no share of beauty – a fact she would have readily acknowledged, had she ever enjoyed the opportunity of looking into a mirror." By all accounts, Nancy Hart was a no-nonsense woman, one not to be reckoned with, as we shall shortly see.

According to some sources, Nancy was from North Carolina. (Other researchers say New York or Pennsylvania) Most historians agree that she was born in 1735, give or take a year.

In her late 30s, Nancy married Benjamin Hart, and they eventually settled in the Piedmont area of northern Georgia. This location is important to Nancy's story because the war theater gradually moved into the southern states as the Revolutionary War progressed.

The American war to evict the British steadily came right to the Harts' front door.

Nancy was not a woman of leisure; she ran the Hart household, lock, stock and barrel. The Harts took to the biblical admonishment to



ILLUSTRATION OF NANCY Hart holding Loyalist soldiers at bay in her home. The Loyalists literally came for dinner and "hung" around. Public Domain

"go forth and be fruitful" by having eight children; six sons and two daughters.

Nancy found life on the frontier to her liking. She gained a reputation as an excellent hunter and herbalist. Her success in treating medical problems with herbal remedies was widely known and appreciated.

So when the war came to Nancy and Benjamin, they

had the incentive and mind-set to play hell with the Tories at every opportunity.

Though Nancy was not technically a soldier, both were ardent patriots and did whatever they could to aid the American effort.

Although disputed by some historians, Nancy was said to have fought alongside her husband in the Battle of Kettle Creek in Georgia in

1779. However, most of Nancy's wartime activities were more covert in nature.

She would often dress as a man and wander into a Tory military camp, acting as though she was crazy or lost. The soldiers were more than happy to help her. While walking about the encampment, Nancy gathered vital

see Your pg 8

TRIVIA – a little something to think about
Courtesy of Chuck Cornell

1. This item, discovered in 1799 and on display at the British Museum, is the key to deciphering the Egyptian Hieroglyphs. Its texts are written in ancient Egyptian Demotic Script and Ancient Greek. What is it?

2. Now, for some fine dining: It is served on bread, crackers or with veggies. It's called "The paté of the south" or "Carolina Caviar." The sandwich, made with this spread, is the signature item at The Masters in Augusta, Georgia. What is it?

3. Among his many friends, Bambi had a little buddy. It was a skunk. What was the skunk's name?

4. How about these great movie lines: "Surely, you can't be serious." And the response: "I am serious – and don't call me Shirley!" Name the movie.

Burma-Shave
A Blast from the Past
Courtesy of the Ruth Friel Estate

A beard that's rough...
And overgrown...
Is better than...
A chaperone.
Burma Shave

The hobo let his...
Whiskers sprout...
It's trains – not girls...
That he takes out.
Burma Shave.

Attention, hunters and fishermen – set your sights for the
15th Annual Hunters' Banquet
Friday, March 31 • 6:30 p.m.

Marlinton Municipal Building
709 Second Avenue, Marlinton

Aim to have a good time, great food and clean fun - Whether your tastebuds are set for fins, feathers or fur, you'll be sure to find a dish seasoned to your liking!

FREE MEAL AND PRIZES

Sponsored by Grace Baptist Church and friends
CALL 304-799-7178 FOR MORE INFORMATION

People you know. Service you expect!

Our certified pharmacy techs from the former Pocahontas Pharmacy are back behind our counter and provide the same outstanding service you remember! Stop in and see our friendly, knowledgeable team for all your prescriptions and health supply needs.

In a hurry? Use our drive-through service window!

Open Monday - Friday
8 a.m. - 6 p.m.

Local Staff
Lisa Burdette and Kelly Warner

PMH PHARMACY
WE WANT TO BE YOUR LOCAL FAMILY PHARMACY.
105 Duncan Road, Suite A • Buckeye, WV 24924 304-799-1077

Super Crossword THEATER FOOD

ACROSS

- 1 Sponsored part of a magazine
- 7 Probability
- 11 To be, in Toulouse
- 15 "Elizabeth" star Blanchett
- 19 Ripped into
- 20 Buccaneer's topper
- 22 Major Norse god
- 23 1940 drama based on a Steinbeck novel
- 25 Tri-pled
- 26 Possible reply to "Are you?"
- 27 Become indistinct
- 28 Architect I.M. —
- 29 Five doubled
- 30 Endemic to
- 31 Bed for Baby
- 33 Pas' partners
- 35 2006 Jack Black comedy
- 38 1999 Jason Biggs comedy
- 43 Psi preceder
- 44 1950s Ford
- 45 Hoped-for altar reply
- 46 Live wire
- 48 Airborne toy
- 50 Andrew Carnegie's corp.
- 54 1970 Godfrey Cambridge comedy
- 59 Discoloration
- 60 Computer since 1998
- 62 Cellular stuff
- 63 Pipe mouth
- 64 Fly apart
- 65 Jazz singer Jones
- 67 Health resort
- 69 Unprocessed
- 70 1984 horror film based on a Stephen King story
- 76 Start-up loan org.
- 78 Cheyenne's state: Abbr.
- 79 French painter Duly
- 80 Grace under pressure
- 83 Attempts something
- 86 Big ball of energy
- 89 Bawled
- 90 Observers
- 91 1987 film about a Vietnam War battle
- 94 Fruity wine drink
- 96 Alan who played Pierce
- 97 Muscles worked by doing squats
- 99 Give a massage to
- 100 Kinda
- 103 Falsehood
- 105 1988 coming-of-age film co-starring Julia Roberts
- 110 1947 romantic comedy co-starring Claudette Colbert
- 113 1099 fig.
- 114 "Va-va-—"
- 115 Dual radio designation
- 116 Siouan tribe member
- 117 Gymnastics floor covering
- 120 "I wonder..."
- 123 Manhattan sch.
- 124 New Haven school
- 125 2008 Seth Rogen comedy
- 129 "Son of —"
- 130 Expert at increasing profits
- 131 Fisher who played Leia
- 132 Schoolbook
- 133 Not fooled by
- 134 Descartes of philosophy
- 135 New York college near Hyde Park

DOWN

- 1 Upstate New York prison
- 2 Be injurious
- 3 Early baby
- 4 "Life of Pi" director Lee
- 5 Altire
- 6 List abbr.
- 7 Divisor, e.g.
- 8 Trash-talk
- 9 Fall
- 10 Not injurious
- 11 Eternally, in verse
- 12 Roofing straw
- 13 Fed's interest increase, e.g.
- 14 Botany or history lead-in
- 15 Self-assured
- 16 Cute, in slang
- 17 Stannite, say
- 18 Glossy finish
- 21 Bed size
- 24 Cougar
- 32 Part of BBC programs
- 36 Squirrel nosh
- 37 Divulge
- 39 — -Kit (face reconstructor)
- 40 Former miler Sebastian
- 41 How soda is often sold
- 42 Devour
- 49 — artery (aorta offshoot)
- 50 Kind of port for a PC
- 51 Poker great Ungar
- 52 Mocking irony
- 53 "Lucky" pilot
- 55 Eclectic fusion
- 56 "Grand" liqueur brand
- 57 Alias lead-in
- 58 Novel
- 61 Gloom-filled
- 66 Opposite of vertical: Abbr.
- 68 Animal skins
- 71 2004-09 Showtime drama, with "The"
- 72 "— Towers" (telly sitcom)
- 73 Like sandals
- 74 Reveal one's inner self
- 75 Mnemonic for rainbow colors
- 76 "Be quiet!"
- 77 Lamb's cry
- 81 — Lanka
- 82 That, to Alejandra
- 84 Reduction
- 85 Soviet prison camp
- 87 Impelled
- 88 Puck-pushers' org.
- 92 Addressee of a New Testament Epistle
- 93 Element name ending
- 95 Ellipse part
- 98 Declaration upon delivery of an item
- 100 Occupy, as a hotel
- 101 Electric resistance
- 102 Acid — (cause of heartburn)
- 104 Part of the plan
- 106 "By the power vested —..."
- 107 Ones planning city partitions
- 108 Common lawn grass
- 109 One making others laugh
- 111 Decide to play for pay
- 112 Mosque chief
- 118 On — with
- 119 Toll hwy.
- 121 Roman 1,095
- 122 Org. rating films
- 126 Brian of rock
- 127 Actor Carrou
- 128 Train lines: Abbr.

Mountain Magic presents **The 21st Annual Bath Bluegrass Jamboree** Bath County Arts Association

Lonesome River Band National Recording Artists

Southern Rail Express **Blue Ridge Thunder**

Saturday, April 8, 2023
Bath County High School
464 Charger Lane, Hot Springs, Va
(On Rt 220 4 miles north of Hot Springs)
6pm - 9pm
Emcee: DJ Willie

Admission \$15.00 Adults \$5.00 Age 13 - 18 FREE Age 12 and Under

Doors Open @ 5:00pm Food & Drink Available @ 4:30 Information: 540-839-5400 540-839-2060 ~ danny@amrmail.org

This event is a fundraiser for Allegheny Mountain Radio. www.alleghenymountainradio.org

Letters to the Editor

Dear Editor -

Maybe, things are good the way they are in Pocahontas County.

Maybe, we don't need to "keep up with the times."

I keep reading about the school getting WiFi or what to do about emergency services without cell towers.

You know what I think? I think what we have here is stronger and better than any WiFi can ever be - we have community.

If my car breaks down on the side of the road, people always stop to help. I can tell you, because I've seen in my second home, a large city, what happens when you put WiFi in schools. Little kids in kindergarten are given iPads. Kids develop habits of

spending more time on devices than interacting with others.

Today, I observed my daughter being delighted by a red cardinal feasting in our bird feeder. This is a moment I may have missed if my nose was in my cell phone. This is a moment she would have missed if I would have occupied her with a tablet.

Instead of wanting to be like everyone else, I hope Pocahontas County remains as unique as it is. I hope we don't feel like we are missing out - because we are certainly not. Neighbors talk with neighbors and strangers help strangers. Of course, every community has its problems - but more WiFi and more technology will not

make problems better - they bring more and bigger problems and, most of all, they start deteriorating the fabric of the community.

In a world that's so fast and only getting faster, let us rejoice in the oasis of peace we have here in these beautiful mountains. In a world where everyone can be reached at all times, let us celebrate that there are times when we can't be reached. The place we have here is unique. Let's not race to change it. Let's appreciate and be thankful for the oasis of tranquility that is Pocahontas County.

Sincerely,
Miriam Weber
Green Bank

Dear Editor;

I would like to extend my congratulations to the PMH Pharmacy staff for their success in providing a much-needed liaison between our local hospital and a proximate and viable pharmacy. Also, I would like to thank the PMH Pharmacy staff for their assistance in providing their services to my wife and me

They have been professional, courteous and accommodating. (And they sell a great bold blend of coffee there.)

My best wishes for their continued success!

Richard G. Bird
Marlington

Poetry Corner

JED KANE

The Gauley mail was overdue
When Jed who was to drive it through
Cheat Mountain Pass to Staunton Run
Got special word from Washington -
In which a postal clerk inquired
Why Mr. Kane who had been hired
To drive the course at posthaste rate
Was not in yet, though three months late.

And now on a high-glazed marble wall
In the postal building Jed Kane's scrawl
Hangs framed in silver: "Respected Sir,
You asked the reason and this be her -
If the gable end blew out of hell
Straight into the drifts of a snow that fell
Last fall on the ram's horn point of Cheat
It would take till Easter for brimstone heat
To melt a horse path. So I remain.
Your obdt. Svt., Jedson Kane."

~ Louise McNeill from Hill Daughter

What's Cookin'?

With Sally Cobb

Springtime Soup

1 lb. fresh asparagus
1 medium onion, chopped
3 cloves garlic, minced
1 Tbsp. olive oil
49 1/2 oz. chicken broth
1/2 cup dried orzo or other small pasta
3 cups snow pea pods
6 cups fresh spinach, torn
1/4 tsp. black pepper
1/3 cup jarred pesto (opt.)
1/4 cup finely shredded Parmesan cheese

Wash asparagus and snap off and discard woody base. Slice asparagus into 1-inch pieces and set aside.

In a 4-quart Dutch oven, cook the onion and garlic in hot oil until tender.

Add chicken broth and bring to a boil.

Sir in pasta and reduce heat. Simmer, uncovered, for 5 minutes.

Stir in asparagus and snow pea pods and return to boiling. Cook for 3 minutes.

Stir in spinach and black pepper and cook for 1 minute.

Ladle into bowls, swirl in pesto and sprinkle with cheese.

Quick Whole Wheat Hot Cross Buns

1 cup whole wheat flour
1 cup all-purpose flour
2 Tbsp. toasted wheat germ
2 1/2 tsp. baking powder
3/4 tsp. salt

1/4 tsp. cinnamon
1/2 cup raisins
1/3 cup chopped almonds
1/4 cup dried blueberries
1 egg, beaten
1 cup milk
1/2 cup sugar
1/3 cup cooking oil
1/3 cup white frosting
Preheat oven to 400°.

Grease the bottom and 1/2 inch up the sides of a 9x9x2-inch baking pan; set aside.

In a mixing bowl, combine flours, wheat germ, baking powder, cinnamon and salt.

Stir in raisins, nuts and dried blueberries until coated with flour.

Make a well in the center and set aside.

In a medium mixing bowl, combine the egg, milk, sugar and oil. Add egg mixture all at once to the flour mixture.

Stir until moistened. (Batter will be lumpy.)

Spread the batter evenly in the prepared pan.

Bake 25 minutes or until golden brown.

Cool for 20 minutes. Cut into 16 squares. Pipe a frosting "X" on top, and serve warm.

Marlington Mayor's Corner

By Sam Felton



Josh Nease came to Marlington March 20 as one of his first visits to Gateway Communities as the new Mon-Forest Towns Partnership Executive Director. Josh will be visiting all Gateway Communities as his other duties allow. An executive director with the full-time ability to keep his eye

on the ball and bring focus to the many moving parts of the 12 communities will move the program forward and bring added benefit to the entire eight-county region.

Nease is coming on-board at exactly the right time and just as MFTP contractors are producing other funding opportunities. The Conservation Fund application was

approved just as a program was opening to Activate the Natural Resource Economy. The goal was to target three regional initiatives (Georgia, West Virginia and New Hampshire) with regional impact.

Support from the Conservation Fund in FY 2022-23 was approved because the project was a priority piece of the Monday Lick Project.

This initial \$50,000 will allow the Mon Forest Towns Partnership to develop a trailhead master plan. This work will be completed by a professional firm, such as

Destination By Design), specializing in outdoor recreation planning and will set the design standards which the Partnership will seek to implement across recreation areas in the Mon Forest Towns going forward. With this plan in hand, the second year of the Conservation Fund's support in FY 2023-24 (roughly \$90,000) would be used to develop a pilot trailhead in downtown Marlington to serve the new Monday Lick Trail System, which is slated to open in 2025.

Community Calendar

PUBLIC NOTICE

Bloodmobile Tuesday, April 4, 11 a.m. to 5 p.m. at the Wellness Center in Marlington. Call for an appointment, 800-733-2767 or register online at RedCrossBlood.org

Buckeye Winners 4-H Club will take Strawberry orders until Wednesday, April 5. Pickups will be May 5 at Southern States from 9 a.m. to 4:30 p.m. and at Green Bank Elementary Middle School from 3:45 to 5 p.m. Contact Pam Burns at 304-646-1771 or a club member to order. \$25 flat or \$15 half-flat.

Pocahontas County Landfill and Solid Waste Office will be closed April 7 in observance of Good Friday.

The Pocahontas Times will be closed Friday, April 7, in observance of Good Friday.

The Pocahontas County Deputy Sheriff's Civil Service Commission will conduct competitive examination testing for entry level Deputy Sheriff position(s). The written test will be given at the Pocahontas County Courthouse Friday, April 28, 2023, at 2:00 p.m. See details in legal ad on page 16.

Green Boxes hours Sundays from 1 to 6 p.m. Wednesdays and Saturdays 8 a.m. to 5 p.m.

EVENTS

4-H and FFA Ham, Bacon and Egg Sale Saturday, April 1, 6:30 p.m. at the Pocahontas County Opera House. Ham biscuits, desserts and drinks available.

Square Dance with Mud Hole Control, Saturday, April 1, 8 p.m. at Dunmore Community Center. Suggested \$5 donation. Refreshments available. No experience necessary

LENTEN SERVICE

Mid-week Lenten Service, hosted by the Marlington Presbyterian Church, beginning at noon; 30 minute service. Bring a brown bag lunch and stay for conversation in the fellowship hall. Wednesday, April 5: "Father, into Your hands I commend My spirit." (Luke 23:46) Speaker: Pastor Lee Bailey, First Baptist Church-Huntersville.

EASTER SERVICES AND ACTIVITIES

Palm Sunday Scavenger Hunt, April 2, 1 p.m. Mt.

Olivet Church on Droop Mountain. Dinner for everyone; games and prizes for the kids.

Thursday, April 6, 7 p.m. Maundy Thursday Communion at Marlington Presbyterian Church with Oak Grove Presbyterian Church and Marlington area United Methodist churches. Everyone welcome.

Easter Egg Hunt, Saturday, April 8, 1 p.m. Eaden in the Alleghenies (AFC) Campground at Huntersville. Fun for all ages.

Easter Sunrise Service, Sunday, April 9, 7 a.m. Mt. Olivet Church on Droop Mountain. Everyone welcome.

Easter Sunrise Service at Mountain View Cemetery Sunday, April 9, 7 a.m., followed by breakfast at Marlington Presbyterian Church.

Good Friday Service, Friday, April 7, 5 p.m. at the Old Mt. Zion Church in the Hill Country. Everyone Welcome.

MEETINGS

Pocahontas County Solid Waste Authority annual public hearing on the Green Box Fee Wednesday, March 29, 7 p.m. at the courthouse. The regular monthly meeting will be held immediately following the hearing.

Allegheny Post 117 Tuesday, April 4, 6 p.m. at Arboreale Community Center.

NA meeting Tuesdays, 6 to 7 p.m. at Hillsboro Library. Call 681-418-1484 for more information. Everyone welcome.

PARKS AND REC

All activities are at the Community Wellness Center, see Calendar pg 14

BECOME A JURIED ARTIST

The Pocahontas County Artisan's Co-Op has proudly showcased the work of local artists and craftspeople for 15 years. They are now accepting applications from individuals interested in displaying and selling their artwork at their retail outlets, the 4th Avenue Gallery in Marlington and the Shops at Leatherbark Ford in Cass. The galleries display a wide variety of regional talent in media ranging from painting to leather works, photography, stained glass, jewelry, pottery and wood-craft.

Artwork for jury must be submitted by April 2. Applicants should contact Sarah Moss at 304-799-2360. To learn more about the jury process consult our website at pocahontasartistry.com

GILARDI TAX SERVICES

1346 Thornwood Road, Bartow, WV 24920
304-456-4787 gilarditaxservices@live.com
Monday - Sunday by appointment only

Let your Tax Professional help!

Receive your refund - by direct deposit,

cashier's check, or GO2 Bank Card!

Fast Cash ADVANCE available

until March 17, 2023.

Monthly/Quarterly Reports Preparation

Notary Public • Accounting & Payroll

New Accounts Welcome!

More than 30 years' experience.

References available.

PAY \$0

UP FRONT

TAX PREP

PALM SUNDAY SCAVENGER HUNT!

April 2 • 1 p.m.

Dinner for everyone;

Games and prizes

for the kids!

MT. OLIVET METHODIST CHURCH

Next to Bear Town Road, Droop

Revival
NEW HOPE CHURCH
OF THE BRETHREN
Sunday evening, April 2, through
Wednesday, April 5, 7 p.m. nightly
(Covered dish dinner Sunday, 5:30 p.m.)
Rt. 92 Dunmore • Everyone welcome!

Blake & Boone
Accounting Corporation
Certified Public Accountants & Consultants
• Business & Individual Tax Preparation
• Estate Planning
• Bookkeeping Services
Third Ave. Marlington, 2nd floor (across from Southern States) Maxwilton Rt. 219 N.
304-799-6661 or 304-497-3192

BINGO!
SATURDAY,
APRIL 1 • 6 P.M.
BFD STATION 8
GREEN BANK
(former Sheets Garage)
Tips sold, food available.
Proceeds benefit BFD
Fire & Rescue

THINK SPRING!
NOW AVAILABLE:
SEED POTATOES
AND ONION SETS
IN STOCK!
LAWN GRASS SEED
STRAW
FERTILIZER -
50 LB. AND TON BAGS
HI-MAG BLOCKS
AND MINERALS
WADE
FARM
& FEED
304-799-6468
Corporation Curve, Marlington

POSTMASTER:
Send address changes to:
The Pocahontas Times
206 Eighth Street
Marlington, WV 24954
Telephone 304-799-4973
Fax 304-799-6466
www.pocahontastimes.com

EDITORIAL:
jsgraham@pocahontastimes.com
sastewart@pocahontastimes.com
ldb@pocahontastimes.com

DISPLAY ADVERTISING:
shgiven@pocahontastimes.com

SUBSCRIPTIONS,
LEGAL ADVERTISING,
OBITUARIES AND
COMMUNITY NOTICES:
jsgraham@pocahontastimes.com

CLASSIFIED ADVERTISING:
ACCOUNTING:
clj@pocahontastimes.com

Published every Thursday.
Entered at the Post Office at
Marlington, West Virginia 24954
as periodicals ISSN 0738-8373

YEARLY SUBSCRIPTION
CHARGES
In county \$34
In state \$42
Out-of-state \$42
Online \$29
Online/In Print \$59

ADVERTISING RATES
Display: \$6 per column inch
Contract Rates Available
Classified: 35¢ per word
MICHAEL SHOWELL,
General Manager
JAYNELL S. GRAHAM,
Editor
WILLIAM P. MCNEEL,
Editor Emeritus

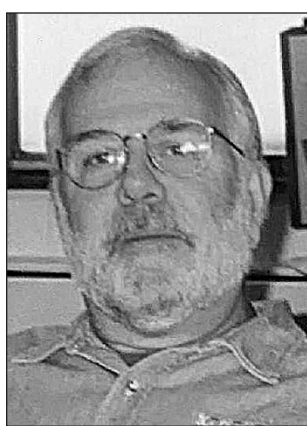
CUT OUT & COLOR ME!

HE IS Risen

Color this picture (make copies as needed) and bring it to Mountain View Assembly on Easter Sunday, April 9, at 11 a.m. for a prize! We'll have an Easter Egg Hunt for all ages immediately following the Church Service.

Mountain View Assembly of God
21742 Seneca Trail • Rt. 219, Edray • 304-799-7326
Sunday Worship 11 a.m. • Wednesday 6 p.m. • Friday Prayer 10 a.m.

Obituaries



Michael Eberbaugh

Michael Eberbaugh, 82, passed away Thursday, March 23, 2023.

Michael graduated from Charleston High School and attended Glenville State University. While attending Glenville, he was a member of the men's basketball team. In October 2022, Michael was inducted into the Glenville Hall of Fame for his basketball career. He earned a bachelor's degree in education from Glenville, received his master's degree from University of Virginia and later received his Doctorate in Education while working in Kentucky.

Michael retired from the Bullitt County, Kentucky school system in 2007, where he had served as Superintendent of Schools for 13 years. He worked as a teacher for many years in Ohio and Virginia at the start of his career. He returned to West Virginia and worked in Randolph County where he moved into an administrative position. While in Randolph County, he started the first ever football program at Tygarts Valley. After leaving Randolph County, he moved to Tucker County and began his career as the Superintendent of Schools. While there, he built the current

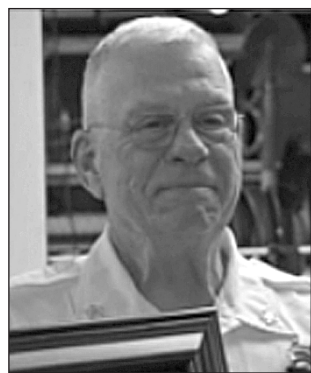
Mountain Lion High School. He later served as the Superintendent of Schools for Grant County. He left West Virginia and headed to Kentucky where he served in several counties as the Superintendent of Schools. Doctor Eberbaugh served in the field of Education in many states for 44 years. He loved his service to the public schools and has influenced and touched many lives along the way.

He was preceded in death by his parents, Robert and Helen Eberbaugh; daughter, Shawn Eberbaugh; and granddaughter, Bree Eberbaugh.

He is survived by his son, Mark Eberbaugh; daughter, Courtney Curran (partner Jayson Cain); grandson, Hunter Curran; siblings, Robert Eberbaugh (Nancy), and Barbara McLaulin (Tom); and many nieces, grand-nieces, and grand-nephews, whom he dearly loved.

The body will be cremated and the family will have a private celebration of life to spread the ashes.

Online condolences may be shared at www.WallaceandWallaceFH.com



James Estep

James "Doug" Douglas Estep, 67, of Rainelle, passed away Sunday night, March 19, 2023, at CAMC-Memorial Hospice Division.

Born November 14, 1955, in Rainelle, he was a son of the late James Arthur Estep and Mary Elizabeth Estep.

Doug was a member of Rainelle Volunteer Fire Department for 51 years, serving most recently as Fire Chief. He worked at R.C. Bottling Plant, former projector operator at local movie theaters; and was a local and long distance truck driver. He was also a funeral home attendant at Wallace & Wallace and a security guard at the Greenbrier Hotel and Casino.

His hobbies included firefighting, woodworking, camping, barbecuing and working on cars. He was also a former bass player in local rock and roll bands. He loved spending time with his family and friends. He will be surely missed.

Those left to cherish his memory are his loving and devoted wife of 47 years, Donna Gibson Estep; son, Jimmy Estep of Hickory, North Carolina; daughter, Jeannie (Bruce) Cochran, of Frankford; sister, Debbie (Calvin) Heaster, of Clintontville; grandchildren, Trey Estep, Cloie Cochran and Keira Cochran; uncle, Ray (Joanne) Estep; nieces, nephews, cousins, in-laws, extended family, co-workers and a host of friends.

Funeral service was held Saturday, March 25, 2023, at Wallace and Wallace Chapel in Rainelle. Burial was in Wallace Memorial Cemetery in Clintontville.

In lieu of flowers, the family requests memorial contributions be made to a special fund set up at Summit Community Bank in Rainelle to defray his final expenses.

Online condolences may be shared at wallaceandwallacefh.com



Senior Legal Aid

Deb Miller, JD Volunteer

For many, there comes a time when it seems appropriate to plan for future funeral needs.

In West Virginia, it is legal for a family to handle a funeral at home and burial on their property; but most people choose to work with a licensed funeral director to create their funeral and burial or cremation plans.

After establishing a budget, the next step is to select the funeral options, based on the funeral home's itemized list of services and merchandise. Generally, external costs cannot be guaranteed.

Then, paying for the chosen funeral/burial/cremation services is an option, which locks in today's costs via a pre-need funeral contract. Paying now means the funeral home cannot charge more at the time of the actual funeral. This also guarantees that the specified choices will be carried out.

There are multiple methods for paying for a funeral in advance: transferring an existing life insurance policy or buying a new one; placing funds in the West Virginia Pre-Need Funeral Trust (by a lump sum or in installments); or depositing money into a special interest-bearing account as allowed under West Virginia Code sec. 47-14-1, et seq.

The funeral director can explain the merits of each funding choice.

Using an existing life insurance policy to cover the future costs involves making a legal assignment to the funeral home for all or part of a policy's future proceeds and is the most popular option. If the full policy proceeds are not needed, the excess can be

refunded to a beneficiary or your estate. Another option is to take out a new policy for this specific purpose.

The funeral home staff is trained and licensed in making pre-need insurance sales. They are required to attend a yearly seminar to stay current in this area.

Depositing money into the West Virginia Pre-Need Funeral Trust, Inc. is another way to fund a pre-need funeral contract. The funds in the trust are invested, so check on the type of investments, history of return and fees before deciding.

It is important to note that the funds held in this funeral trust are not insured by the Federal Deposit Insurance Corporation or any federal or state agency.

The option of using a special purpose interest-bearing account held by a financial institution can also work. Confirm that the company is reputable and pays a fair interest rate.

Once completed, a copy of the pre-need contract must be given to you. Except when a privately funded insurance policy is being assigned to cover the costs, a copy will also be sent to the West Virginia Attorney General's Office.

Funeral homes are required to report every two years to the Attorney General on the appropriate pre-need contracts in its custody, and the Attorney General's Office audits those records.

Any complaints about a pre-need contract can be

made to the Attorney General's Office at 800-368-8808 or online at www.ago.wv.gov

More information from the Attorney General on pre-need planning can be found at <http://ago.wv.gov/consumerprotection/Documents/Pre-need%20Funeral%20Trust-Fold.pdf>

If appropriate, the pre-need contract can be transferred to a different funeral home as long as the second funeral home agrees to the terms of the contract.

Some choose to have no funeral and instead donate their body to science through the Human Gift Registry. There is one associated with each of the three medical schools in the state: Marshall University, West Virginia School of Osteopathic Medicine, and West Virginia University. More information is available online for each medical school.

Preparing your own obituary can be a good idea to make sure that the people, events and accomplishments you think should be included will be.

Making all of the arrangements that you feel are appropriate will assure that your wishes will be honored, and your family won't have to figure everything out at a very sad time. Pre-planning can be especially important for people who have partners or other important people in their lives who are not related to them by blood, legal adoption, or legal marriage.

Help with legal issues is available from West Virginia Senior Legal Aid at no cost to residents of the state, age 60 and over. Call 800-229-5068 to speak with the staff attorney.

Obituary Policy: Obituaries are published free of charge up to three column inches with a \$5 per column inch charge thereafter.

MMS, from page 1

The girls tested three dogs – Brown's dog, Desmond, Burns' dog, Martha, and a friend's dog named Beethoven.

After several tests, the girls determined that two of the dogs were lefties and one was a righty.

"We did some research be-

fore we did the testing, and we found out that some dogs will copy their human's behavior and I predicted that my dog was going to be a lefty," Brown said. "I'm left handed and my dog turned out to be left paw dominant."

Burns' dog is a righty, like her owner, as well.

"I wasn't that surprised," Burns admitted. "I was just curious which paw they were more dominant with. I was

kind of surprised that they really have a tendency to choose one over the other."

The duo won at the regional science fair, which led to them presenting the project at the state science fair in Charleston on March 6. The girls left the competition with second place in their category and division.

It was Brown's first time and Burns' second time competing at the state level.

Bee, from page 1

throughout the winter. Colder areas should have deeper trenches.

Consider using nearby plant life. Plants growing around the construction area are already accustomed to growing in the same conditions so transplanting a few can easily bring life to the new build. Research the plants before digging them as there are some poisonous plants you don't want to touch. Poison-hemlock "is acutely toxic to people and animals, with symptoms appearing 20 minutes to three hours after ingestion. All parts of the plant are poisonous and even the dead canes remain toxic for up to three years. The amount of toxin varies and tends to be higher in sunny areas."

Don't forget marginal plants. Plants that like growing in marshes or bogs help absorb excess nutrients on the shallow steps and ledges while their root system creates structural support of the walls and floor around them. Cattails and water irises, if already growing on the property, are free and can be relocated with little effort. What plants do you already have growing?

Algae can be problematic in still water ponds; however it is less likely to grow when

there is a constant flow of fresh water. To help combat algae growth, have a lot of plants growing in the water. These plants take in excess nutrients, robbing them from the algae. Small water lilies help block sunlight, cutting off some of the algae's food source. Water lilies also provide homes for aquatic life, such as frogs, and hiding places for fish. Don't get large leaf lilies for a small pond, they can quickly take over and kill the other plant life.

With ample plant life, and once fish become established, algae should naturally be kept in check.

Now that the water ecosystem is set up, how can we use it for growing a garden?

Planting a garden below the pond, but to the side – think about flooding, can utilize the nutritionally rich fish water flowing downhill. The ancient Egyptians developed a system of watering their crops called basin irrigation. Through a system of channels and walls they could control the water level in their fields. A similar but much smaller scale system of trenches throughout the garden, along with some flow control gates, can make watering the garden a breeze.

Some crops love water; watercress and lettuce are two examples. Setting up float beds within this system

makes growing these types of plants easy; crops grown on rafts with holes that float on the water. Watercress is an aquatic or semi-aquatic perennial herb. Forty-six states in the United States list watercress as noxious and invasive. This means it is an easily grown and repeating food source and it does well being treated as a cut and come again crop. Growing watercress in float beds will help keep it from spreading out of control.

Landscaping around the new aquaponic area can easily be done with nearby resources. Large flat rocks or slate can make an aesthetic walkway around the water. Adding walkways and small path bridges throughout a garden like this can turn a "work" space into a place to relax.

Can't you already hear the hypnotic gurgling of a mountain stream?

We're not just a funeral home, we're your friends and neighbors – and we're here to serve you.

Kimble
Funeral Home and Cremation Service
18942 Seneca Trail North
Marlinton
304-799-2500
kimblefuneralhome.com
KEITH A. KIMBLE,
L.I.C.

Wallace & Wallace, Inc.

Funeral Chapel and Crematory

Providing superior service at reasonable prices and supporting the community since 1928.

Arbovale • 304-456-4277
Lewisburg • 304-645-2060

J. L. "Rusty" Arnold, Licensee-in-Charge
www.wallaceandwallacefh.com

WOMEN'S HEALTH

Davis Medical Center

WHAT WE TREAT

- Pregnancy
- Labor & Delivery
- Abnormal Bleeding
- Fibroids
- Ovarian Cysts
- Pelvic Masses
- Menstrual Disorders
- Hysteroscopic Services
- Urogynecology
- Pelvic Floor Disorders
- Pelvic Pain
- Cryosurgery
- Birth Control
- Abnormal Pap Smears
- Hysterectomies
- Gynecologic Surgery

- Quick Appointment Times
- 5 Clinic Locations
- Focus on Health & Well-being

Women's HealthCare

CALL: 304.637.3948 TO MAKE AN APPOINTMENT

Dr. Richard Enchill, MD
Board Certified OB/GYN

Dr. Adriana Fulginiti, MD
Board Certified OB/GYN

Dr. Jeffrey Sellers, MD
Board Certified OB/GYN

Brittany Breeden, CNM
Midwifery

Morgan McKinney, CNM
Midwifery

Hannah Sulver, CNM
Midwifery

In Memory Of

DR. LAYTON H. "TONY" BEVERAGE

on his birthday.

1962 - 2014

Family and friends

The Pocahontas Times will be closed April 7, in observance of Good Friday. Have a blessed Easter weekend.

With Raccoons, Deer for Pals, Isolated Woman, 90, Happy

Skip Johnson
Charleston Gazette
October 6, 1977

FROST — Like a page out of history books, Mrs. Pearl Nelson, 90, lives alone in a remote section of Pocahontas County. She has no telephone, no television, no radio, no electricity and no running water.

Mrs. Nelson has lived on Moore Run, a remote area near Frost, for the past 57 years. Her husband died in 1941, but she stayed on. Her closest companions nowadays are three raccoons and five deer that she practically hand-feeds.

Mrs. Nelson walks with the aid of a cane and doesn't hear well, but otherwise is in pretty good health.

"I like to be by myself," she said. "I sew and crochet and mope up and down the hollow to see what I can see."

SHE HAS DECLINED offers to live with her son, Harry Nelson, 70, of Frost, who visits her virtually every day, and with relatives in Tennessee.

"I know I don't have long to live," she said, "but I've decided I'll spend the rest of my days here."

Mrs. Nelson cooks her meals on a wood stove and burns wood in the wintertime for heat. Her son keeps a good supply of freshly cut wood in an outbuilding.

She dips her water from Moore Run, a clear mountain stream that runs near her cabin.

"This is the best water in the world up here," she insisted. "That water down in Charleston isn't any good, is it?"

Mrs. Nelson insisted she doesn't yearn for television or radio or electric lights or other amenities of modern civilization. She likes to read, and finds a kerosene lamp sufficient for light.

Mrs. Nelson's cabin is three ancient logging shanties put together by her husband after the loggers moved out of the area around 1919. The front of the cabin was once cleared land, but now it is grown up in trees that hide the cabin from view except at close range.

THE 40-ACRE Nelson property borders on the Monongahela National Forest, on the Kenneth Kellys' of W. Va. 92 near Frost and on Gov. Rockefeller's 3,000 acre Pocahontas County spread.

Mrs. Kelley said she sees Mrs. Nelson infrequently. Their homes are about one-half mile apart.

Mrs. Nelson's son calls his mother "a modern-day Grizzly Adams" because of her penchant for living alone and making friends with animals. Her favorite animal visitor is a female raccoon she named "Coonie."

Once, when Mrs. Nelson had been hospitalized and returned home, she found an emaciated Coonie in the hallway waiting for her, starved both for affection and for food. She feeds her raccoons bread, jelly, jam, honey and cake.



SOLITARY LIFE IN the Pocahontas County woods appeals to Mrs. Pearl Nelson, who has lived alone in a remote area near Frost for the past 36 years. Photo by Ferrell Friend - 1977

The deer come in mostly in the evenings to eat biscuits and other scraps from a pan that Mrs. Nelson places in front of her cabin.

About a month ago, a strange animal came within several feet of Mrs. Nelson to eat from the same pan. She described the animal as having a long tail, powerful-looking head and large paws. It was black in color, she said. An article in *The Pocahontas Times* surmised the animal was a mountain lion.

During the years, Mrs. Nelson has killed dozens of rattlesnakes and copperheads, but she hasn't seen a poisonous snake near her cabin this year.

Her political affiliation is Democratic and she believes President Carter is doing a good job. She didn't vote when her husband was living because, she explained, he was a Republican and wanted her to vote Republican.

"I wouldn't do it," she said. "After he died, I voted in every election until last year."

She didn't vote last year because it was raining on election day, she pointed out.

When reporters arrived at Mrs. Nelson's home in the woods, she was out for a walk. They first saw her strolling through the trees, cane in hand and a straw hat on her head.

"I haven't combed my hair today or I'd take my hat off," she said later.

As they prepared to leave, Mrs. Nelson apologized for

not having her false teeth in place.

"I just wear my teeth when I want to look pretty," she said.

Pearl Nelson, 91, died May 23, 1979. Her funeral service was held in the Frost United Methodist Church with the Revs. Clyde Gum and David Rittenhouse officiating. She is buried near her home.

SKSRT Annual Scholarship

Spruce Knob Seneca Rocks Telephone, Inc. will award a \$500 scholarship to two graduating seniors whose parents or legal guardians are current customers of Spruce Knob Seneca Rocks Telephone, Inc.

Applicant must be a member of a current graduating class, must achieve a minimum 3.0 GPA or in the upper 1/3 of the class, and must be accepted as a full-time student in an accredited two or four year college, university, or vocational-technical school.

Applicant must have

character that is respectful of students and teachers in a manner that shows leadership, honesty, responsibility, integrity, and consideration of others.

Further information on eligibility and criteria can be obtained by calling 304-567-2121, M-F between the hours of 8 a.m. and 4 p.m. or by emailing admin@skprt.com.

Applications are available at the telephone office or can be downloaded online at www.spruceknob.net

Deadline for submission of application is April 18, 2023.

Quiet, from page 1

recommendations this study will provide to help us improve the effectiveness of the NRQZ for everyone," shares

Ashley Vanderley, Senior Advisor for Facilities in the NSF's Division of Astronomical Sciences.

The Green Bank Observatory is a major facility of the National Science Foundation and is operated by Associated Universities, Inc.



ERCC ELKINS REHABILITATION & CARE CENTER
Complete Compassionate Care

CNA TRAINING COURSE

- 6 Weeks of Classroom and Clinical Studies
- No cost to participants
- For persons interested in working at ERCC
- Class will begin soon
- Complete an application and indicate "CNA Training Course"
- Please submit applications ASAP
- Application is available at www.ercc.biz

Forward application information to:
Grace Roy, Director of Human Resources
2533 Beverly Pike • Elkins, WV 26241
or email to groy@ercc.biz

ERCC is an Equal Opportunity Employer and a Drug-Free Workplace.



Easter Dinners start here!

We have Easter hams, pork roasts, pork chops and ribeyes, plus all the accompaniments to a great meal. Steaks and chops cut to order. Call ahead.

TRENT'S GENERAL STORE

ARBOVALE 304-456-9906 • BARTOW 304-456-3228

MARCH 30 IS DOCTORS DAY, and we'd like to recognize our team of Hospitalists and Outpatient Service Providers



Rechelle Hall, PA-C,

has been a Hospitalist at PMH since 2018. She previously worked at CAMC Teays Valley and Thomas Memorial Hospital. She served Active Duty in the United States Army in Afghanistan and was in the WV Army National Guard for nine years. She received her Master of Physician Assistant Studies from Alderson Broaddus College in 2004 and is also a graduate of Marshall University.



Danielle Stuart, PA-C,

joined PMH in 2021 as a Hospitalist and is our Wound Care Provider. Danielle is a Pocahontas County native and a graduate of Mary Baldwin University with a Master of Science in Physician Assistant. Stuart has completed special training as a wound care provider and is now working toward certification as a Wound Care Specialist.



Lynn Larson, PA-C,

joined the PMH medical staff in March 2019 as Hospitalist. Larson, originally from Baltimore, Maryland, obtained her degree as a Physician Assistant at Essex Community College and has nearly 30 years of healthcare experience. Before coming to PMH, she worked at Kingman Regional Medical Center in Arizona. She also worked at War Memorial Hospital in Berkeley Springs for six years.



Christopher Lamps, MD, FAACAP,

has been providing psychiatric services to children, teens and young adults in the Rural Health Clinic since 2020. Lamps currently has a successful psychiatry practice, in its 10th year of operation, in Richmond, Virginia. Prior to establishing his own practice, Dr. Lamps worked as a Resident in Child and Adolescent Psychiatry at the University of Arkansas for Medical Sciences. He received his medical degree from Vanderbilt University School of Medicine in 1995.



Amy Mitchell, PhD, LICSW, CAADA,

is PMH's Director of Behavioral Health. Mitchell joined the PMH team in July 2022. She has eight years of in-field work experience and is a Licensed Independent Clinical Social Worker, as well as a Certified Advanced Alcohol and Drug Counselor.



Allyn Resch, MD,

has been providing Pulmonology Services for PMH since 2022. Dr. Resch is a Mississippi native and completed medical school as well as post-graduate training in pulmonary and critical care from the University of Mississippi Medical Center. During the Covid-19 crisis she traveled around the nation providing care for patients requiring ICU care.



Jeff Findling, DPM,

has been traveling to PMH for more than 10 years to provide podiatry services to our county residents. Findling practices in Morgantown and is also affiliated with Mon Health Medical Center. He received his medical degree from Temple University School of Podiatric Medicine.

Our Emergency Department is open 24 hours a day



Your Health is Our Priority

Duncan Road, off US 219 North
304-799-7400 • www.pmhww.org

Like and Follow us on Facebook
The Pocahontas Times

RON'S TREE SERVICE, LLC

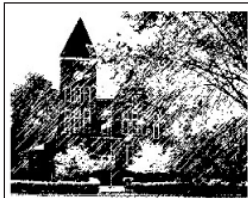
- Complete Tree Care and Removal
- Lot Clearing • Rights-of-Way
- Stump Grinding

Veteran and Senior Discounts
FREE ESTIMATES

304-799-2476
Cell: 681-298-0556
rrk24954@yahoo.com



Since 1991 WV 2226-1961



Preserving Pocahontas

B. J. Gudmundsson, Preservation Officer

Group with Farm Animals in Green Bank – circa 1912



A LARGE GROUP of men and women with a cow, a sheep and a horse in front of the old Green Bank Academy building in Green Bank, W.Va. A few of the people have been identified. You may be able to use a magnifying glass and match some of these names with the faces. William H. Wooddell, behind left porch post; Asberry Sheets, short man with mustache between cow and sheep; Jess Warwick, holding horse; Porter Kerr, with mustache leaning against left porch post; Uriah Hevener, in fur cap standing in front of left porch post; Bill Gladwell, behind cow's head; John Hevener, behind cow's back; Pat Bennett, behind man with rope; Mrs. Bill Gladwell, with book in hand between 2nd and 3rd posts; right of her is Henry Hull and Fred Moomau at rear; Frank Ashford, behind Bill Gladwell's left shoulder; Jim Wilfong, leaning against 4th post with back; Zack Nottingham, hands in pockets behind 1st post at wall; Neal Nottingham, between 1st and 2nd posts with cap on and pipe in mouth. (Pocahontas County Historical Society Collection; PHS000117)

Access the "Preserving Pocahontas" Digital Library at <http://pocahontaspreservation.org/omeka/> Visit our website at PreservingPocahontas.org

If you have historical records or photographs to be scanned for the county Historical Archive contact Preservation Officer B. J. Gudmundsson at 304-799-3989 or email info@pocahontaspreservation.org Prints of photographs are available.

Seventy-Five Years Ago

Calvin W. Price, Editor

Thursday, April 1, 1948

You Can't 'Try' Communism

One important difference between the American Way of Life and the communistic way is set forth in these words: "In America, you can always change your mind... But under Communism, you don't think. You don't talk. You don't 'try' anything – because you can't change your mind." That paragraph is taken from a booklet issued by The R. R. Donnelley and Sons Company of Chicago. The article sets forth the only ap-

proach of the communist or his fellow-traveler who siddles up to an American citizen, harassed by petty annoyances, and says: "Why don't Americans try Communism? You'd be a lot better off, and, anyway, you have nothing to lose. Try it." The headline over the Donnelley reply is, "You Can't Try Communism." In part, the article says: "You can't 'try' communism anymore than you can 'try' cyanide. You either buy Communism or you don't. If you do buy the Red Package, you have bought it for keeps. It is yours. You are stuck with it. No return of goods. You do not change your

mind. "Maybe America is not exactly heaven all the time, but at least you can holler without some party member beating your ears off. You can gripe without being liquidated. In America, you can always throw your weight around and sooner or later things get better.

"Keep an eye open for the oily comrade. When he tells you to 'try' Communism, you know the comeback. Say to him "What do you mean 'try'? Why not try arsenic or cancer or leprosy? How can you 'try' something when you cannot change your mind?"

FIELD NOTES

Henry Perkins found a newly shed antler of a great deer on Cranberry last week. There are four snags on this beam. It has a circumference of nearly six inches at the

base, and is two feet in length.

Elmer Poage, of Edray, is the proud possessor of six beautiful thoroughly domesticated wild mallard ducks. He got the start last year with eggs from Monroe County. While the fowls fly about the farm, they have been bred away from the wild enough not to have any instinctive desire to leave out for the north in the spring or the south in the fall.

The Sharp twins, Austin and Oscar, the bear hunters, for the past year or two have maintained a most important public service in the way of being on call with a pack of bear fighting dogs. The only trouble has been they could not always be reached promptly when a farmer

see 75 pg 14

100-Years-Ago in The Pocahontas Times

Calvin W. Price, Editor

Thursday, March 29, 1923

Ira D. Brill, proprietor of the Peoples Store and Supply Company, has made and is making great improvements in his store at the west end of the bridge. The room is being made larger, and much more convenient, and the light is much better. The front show window and door have been moved forward six feet or more and a large storage room is being thrown into the main store by the removal of a partition. Also, a storage room is being fitted up on one of the porches. While the tendency of our merchants has been to specialize in some particular line, the remarkable growth of Mr. Brill's business shows that there is still a field in this country for the general store with everything required on the farm and in the household.

Things are doing in and around Marlinton these days. Work is going on the new \$60,000 Methodist church, ground has been broken for J. L. Baxter's new brick garage which will have a floor space of about a quarter of an acre; also the excavation has been done for the

big garage of the Marlinton Electric Company. Waugh Bros. have commenced work on their Class A road contract from the bridge to the Kee Farm, a \$40,000 contract. The Marlin Lumber Company's plant and woods are running full time and they are building a lot of railroad besides. A number of houses are in course of construction, and Dr. Solter is greatly improving the hospital grounds by filling in a lot of low lands between the building and the river.

Dr. Bryd Prillerman, President Emeritus of the West Virginia Collegiate Institute and Superintendent of the work among the Negroes of the State Council of Religious Education, made an address to the County Sunday School Convention Friday afternoon. He was here to help in the Country Life Conference for the colored people of Pocahontas county held at Brownsburg Saturday and Sunday. In his address at the convention, he said he considered conditions more tolerable for the people of his race in West Virginia than in any state in the Union. That he preferred to raise his family here, rather than in Massachusetts. That, if there was

such a thing as the race problem, it was being more happily solved here than anywhere else. He once told the United States Commission on Education of the Negro, that he believed the school laws of West Virginia would serve as the example of how best to give the people of his race proper educational advantages...

A leader in religious work in this State says he places Dr. Prillerman in the same class with Booker T. Washington and Dr. Shepherd, the African missionary.

ONCE A NEWSBOY

He started out in life as a newsboy and bootblack, and then became in succession an errand boy, a messenger boy, a saloon swamper and a waiter in a high class bar room. One time he was fired "because he didn't know enough to grow up in the business to be a permanent asset."

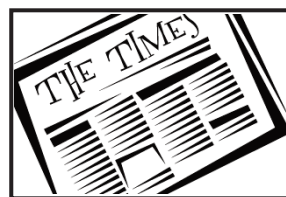
But Samuel W. Grathwell knew enough for something else. When he was 21, he entered college and worked his way through. Nine years later, he received his A. B. Meantime, he had made a wonderful record as a speaker and won membership in three honorary debating fraternities, probably an unequalled record. Perhaps he didn't know enough to be a permanent asset in the saloon from which he was fired, but he did know enough to become

a real asset to America. And in the war period his talks in industry and for the Army and Navy were so regarded.

When he speaks at the high school on Wednesday, the people of Marlinton will have an opportunity to hear a man who has risen from the most obscure beginnings and has overcome obstacles that seem insurmountable... This former street arab stands today among America's most popular lecturers...

THE NEW ROAD

By Oscar H. Adkinson
They have changed the road at the "Beecher place,"
And cut down the grade on the hill
They have abandoned the lane where I taught Dolly to pace
And galloped old Charlie to mill
They have felled the trees that shadowed the way.
And closed the river road,
Where the pioneers drove their "twos and fours
In front of their load.
The crack of the whip is no longer heard,
And hushed is the teamster's song.
The tinkling chains and the crackling wheels
Give way to the auto's gong.
The old is gone, and better ways
Have been wrought by the genius of men,
We have only memories of other days
We shall not see again.



Fifty Years Ago

Jane Price Sharp, Editor

Thursday, March 29, 1973

Marlinton Mayor Guy Fultz officially inaugurated the work on Marlinton's Municipal Building Friday afternoon, March 23, 1973, by handing the plans to Contractor Lewis Worledge and the big "headache ball" on the crane went to work breaking up the remaining foundations of the former building. Joining in the ceremony were members of the Council and Planning Commission of the Town of Marlinton: Bill Moses, Arnold Burns, Bill Clendenen, Viola Abdella, William McNeill, Inspector Columbo and Kenneth Faulkner.

TV Show

Philip Horne, Rick Woodell and Mike Smith will be on the team from Pocahontas County High School to appear April 7 on Classroom Kwiz on Channel 7. WDBJ Roanoke, Virginia.

WEDDING

At three o'clock on Saturday afternoon, March 17, 1973, in a double ring ceremony performed by the Reverend Maynard Crawford, Harriet Beverly Johnson and Richard Paul Ottaviano were united in marriage. Harriet is the daughter of Mr. and Mrs. J. Z. Johnson, of Marlinton, and Richard is the son of Mr. and Mrs. Emmanuel J. Ottaviano, of Mineola, New York.

The altar of the Marlinton United Methodist Church was decorated for the cere-

mony with an arrangement of variegated chrysanthemums and German statice, flanked by potted palms and a seven branched candelabra. The windows of the sanctuary were decorated with boxwood garlands and lighted candles...

BIRTHS

Born to Mr. and Mrs. Arlie Morgan, of Marlinton, a daughter, named Carol Ann.

Born to Mr. and Mrs. John H. and Betty J. Berry, of Buckeye, a son, named John Lee Berry.

Born to Mr. and Mrs. Richard Hill, of Hillsboro, a son, named Richard Allen Hill, Jr.

DEATHS

Mrs. Matilda B. Waugh, 78, of Minnehaha Springs, a daughter of the late Samuel Rucker and Lovina Fry Rucker. Burial in Draft Cemetery.

Charles Lee Sheets, 22, of Marlinton, a son of Clarence and Wanda Jackson Sheets. Burial in Mountain View Cemetery.

Mrs. Laura Pritt Lane, 66, of Hillsboro, a daughter of the late Abe Pritt and Betty Morrison Pritt. Burial in Oak Grove Cemetery at Hillsboro.

Mrs. Imogene Robertson Dennison, 62, of Washington, D. C. Born at Edray, a daughter of the late E. J. and Daisy Robertson. Burial in Cedar Hill Cemetery in Washington.

see 50 pg 14

Footsteps through History

The Pocahontas Times
Andrew Price, Editor

Thursday, April 1, 1898

NEW YORK NEWSLETTER

Pearl Eyttinge, the actress, has gone crazy through the excessive use of morphine. What a shame it is that in this enlightened age, so many people actually kill themselves through the use of cocaine, morphine, etc. Some of the smartest men and women of the day take these drugs to quiet pain; after awhile the habit grows, and before they are aware of it they are slaves to their use. The sale of opium, cocaine, morphine, etc. should be very strict and covered by law. The druggists make a fortune selling these drugs.

A large and disastrous fire occurred in the Bowery Sunday night. The building was known as the Bowery Mission Lodging House. Eleven men were burned to death, six of whom were recognizable. This mission was run by the proprietor of the "Christian Herald." The cause is supposed to have resulted from the stump of a lighted cigarette being thrown into a heap of rubbish. The unfortunates will be buried at the expense of the proprietor of the mission.

FOOTBALL

Frost 4; Oak Grove 1
A lively game of football was played at Frost Saturday. Frost won the toss and chose the east goal. Oak Grove forced the playing for about five minutes when Frost settled down and carried the ball back. The most terrific rushing of the whole game was now engaged in, and Upton Sharp was the man who made the lucky shot for Frost. This was the only goal scored on either side in the half.

Shortly after recommencing play, the visitor's goal-keeper fumbled a hardly pressed ball and C. Sharp drove it through. A. Sharp was the next man to score for Frost.

The Oak Grove men stood the contest very well notwithstanding some of them were completely knocked out and had to call on substitutes...

It is very necessary to the life of the game that the goal keeper sometimes fumbles the ball, public opinion to the contrary notwithstanding. Otherwise, few points would ever be scored.

French Sutton had his collarbone broken playing football Saturday. Boys, it is time to quit playing football and go to plowing.

BUCKEYE

Farmers are busy plowing and preparing to sow oats.

The debate is still progressing. Last Thursday night the program was as follows: Reading by Miss Laura Overholt, recitation by Miss Grace McNeill. Question: Resolved that we owe more to Washington for defending the United States than to Columbus for the discovery of it. To affirm, D. T. McNeill. To deny, R. E. Overholt, Earnest Weiford and Harper Adkison. Messrs. William and Winters McNeill were the judges, and the affirmative got the decision. D.T.'s colleague's were absent but he produced argument enough for all...

OBSERVER

FROST

Aron Ryder is getting ready for harvest, having bought a mowing machine. He is trying it on the road today.

see History pg 14

John Eilers, D.O.
BOARD CERTIFIED

Family Practice

BIG SPRING CLINIC
304-572-4410
Monday & Friday
8 a.m. - 4 p.m.
Wednesday 8 a.m. - Noon

DEER CREEK CLINIC
304-456-5050
Tuesday & Thursday
8 a.m. - 4 p.m.

Please call for an appointment



Buckeye Winners 4-H Strawberries for Sale - \$25/flat or \$15 half flat

To order, contact a member or Pam Burns at 304-646-1771 by April 5

Pickup date is May 5 at Southern States, 9 a.m. - 4:30 p.m. and Green Bank School, 3:45 - 5 p.m.



Your, from page 3

information about the number of soldiers, weapons, and other intel needed by the patriots.

(The British proclivity for maintaining hospitality in the most uncomfortable of situations is only exceeded by our neighbors to the north - Canada. You just can't beat a Canuck for pure geniality.)

In one highly touted exploit, American General Elijah Clarke asked for volunteers to infiltrate a British Camp on the other side of a wide river in South Carolina. All of the patriot men shamefully declined the dangerous mission, but not Nancy Hart; she eagerly stepped forward.

Of course, Nancy was the quintessential patriot, but she may have enjoyed the challenges and thrill of these types of adventures; a risk-taker if you will. Such ventures allowed Nancy to demonstrate her considerable survival skills.

Crossing the river was not a problem for Nancy; she gathered up some logs, cut ropes of grapevine, and lashed together a serviceable raft. Once on the other side of the river, she dressed as a man and did her crazy act while wandering through the British encampment.

And, as she hoped, she carried away much-needed intelligence on the camp's strengths, weaknesses and intentions.

The pecking Tory

One day while Nancy was making soap, one of her children quietly informed her mother that someone was peeking in through a hole in the chinking between logs.

Nancy's unruffled composure dictated that she act as if nothing was wrong and continued working. Then she suddenly filled a ladle with boiling animal fat and lye and threw it right through the hole and into the eyes of the British Spy.

Much thrashing about and agonized screaming ensued outside the cabin. Nancy's children, no shrinking violets themselves, set about

tying up the injured soldier. They turned the loyalist over to a patriot militia, and we may safely assume that his future was severely and mortally shortened by the noose or musket ball.

Nothing ticks off a woman like killing her prize hen. (Some sources claim it was a turkey. Either way, it is not germane to the story.)

One day a young patriot came to the Hart home asking to be hidden from his pursuers, the hated Tories. Nancy saw an opportunity to kill two birds with one stone; save the young man and confront the enemy.

She suggested to the young man that he not hide but act as bait to bring the loyalists to the Hart home. The ruse worked, and it wasn't long before six Tories showed up at Nancy's door demanding to search the house for the patriot.

One of the soldiers shot her best hen and ordered Nancy to cook it for the soldiers. The always level-headed Nancy took the chicken from the soldier and dutifully set about preparing a meal.

I can imagine Nancy's children witnessing the scene and thinking, "Mom's got something up her sleeve; these guys are in for a big can of whoop-ass."

Indeed, once the soldiers were seated, the steaming chicken and a bottle of liquor was brought forth and offered to the men. When the redcoats were liberally oiled with spirits, Nancy began sliding their rifles out through a hole in the wall except for two, which she held on the drunken men.

(Was this the same hole in the wall the British spy was peeking through when he got an eyeful of boiling soap, you ask? How would I know; I wasn't there. Just how old do you think I am?)

Once it dawned on the inebriated soldiers that the table had turned, two of the soldiers lunged for their guns. Nancy shot and killed them both. Still, revenge for killing such a fine hen was not yet satiated.

There were no further attempts at retrieving their guns, and the shocked Royalists sat there until Nancy's

husband returned home with several other patriots. Benjamin originally intended to shoot the soldiers, but Nancy insisted they hang.

(Remember, it was her prize hen, not a run-of-the-mill chicken.)

Legend has it that she wanted them all to hang, even the two she had already killed. Some historians once considered this particular portion of the story as hyperbole.

However, in 1912, railroad workers grading a rail bed near the site of Hart's cabin uncovered six skeletons, some of which had their necks broken, suggesting that they had been hanged. Not proof positive, of course, but it strongly supports the veracity of this story.

Some versions of this story have Nancy singing Yankee Doodle while the loyalists were being strung up.

After the war, Nancy Hart became what was then called a Shouting Christian, something akin to a born-again charismatic Methodist. A Georgia Governor who knew Nancy Hart wrote that she "Fought the devil as manfully as she fought the Tories."

Nancy's fidelity to the American cause and her exploits made her an icon of patriotism.

During the American Civil War, Nancy's memory was kept alive by the formation of a group called The Nancy Harts. These daring volunteers were an all-female militia of Confederate sympathizers capable of providing much-needed intelligence and, occasionally, firepower.

Nancy Hart enjoyed a long life of 95 years surrounded by generations of her family. She never ran out of stories to tell her grandchildren and their children. Such as it is with legends.

Next week we'll meet another legendary Nancy Hart that struck terror in the hearts of Union soldiers right here in present-day West Virginia during the American Civil War.

Ken Springer
Ken1949bongo@gmail.com

TRIVIA ANSWERS (1), Rosetta Stone (2), Pimiento Cheese (3), Flower (4), Airplane



2019 Chevy Traverse High Country
All wheel drive, leather, sunroof, XM, OnStar. Local trade. Loaded.
..... **\$27,995**

2018 Chevy Equinox LT
All wheel drive, heated seats, alloy wheels, remote start, XM. Local trade
..... **\$16,995**

2017 Jeep Wrangler Sport
4x4, alloy wheels, cloth top. Local trade. Great condition.
..... **\$22,995**

2014 Jeep Compass Sport
Automatic, 4-door, alloy wheels, 2.0L 4cyl. Priced to move. 89,000 miles.
..... **\$13,995**

2022 Chevy Colorado ZR2
Bison Edition. Crew cab, 4x4. One Owner. 11,000 miles.
..... **\$44,995**

2021 Chevy Equinox LT
All wheel drive, heated seats, remote start, power lift-gate.
..... **\$25,995**

2021 Chevy Traverse LS
All wheel drive, alloy wheels, power locks, power windows, third row seating.
..... **\$30,995**

2020 Chevy Trax LS
All wheel drive, 1.4L 4cyl. Local trade. 33,000 miles. Great fuel economy. Priced to move.
..... **\$19,495**

304-799-6388 • 800-799-6388
www.mitchellchevrolet.com

Sales Hours: Monday - Friday, 8 a.m. - 5 p.m.,
Saturday, 8 a.m. - 3:30 p.m.

FIND NEW ROADS

DUI CLASSES

for WV Safety & Treatment Program starting in **APRIL 2023**

Open enrollment: Tuesdays 9 a.m. - noon
Call for more info:
888.SENECA9

PRIMARY CARE CLINICS

Reliable, dependable providers - in multiple county locations!

RURAL HEALTH CLINIC AT PMH
Open Mon. - Fri. 8:30 a.m. - 6:30 p.m.
Limited same day appointments available
304-799-6200
Julie Hare, MD • J. Copley, PA-C
Donna Lidel-Burley, FNP • Karen Melton, FNP
Jennifer Beverage, DO

HILLSBORO CLINIC
at the former Browning Clinic
Open Mon. and Wed. 8:30 a.m. - 6:30 p.m.
304-799-7400
J. Copley, PA-C

MARLINTON OFFICE
304-799-0579
18102 Seneca Trail, Rt. 219
Marlinton, WV 24954
888-799-0579
SNOWSHOE BRANCH
304-572-4440
Located two miles north of Rt. 219/66
Downtown Mace

Oak Hall, Broker
Tiki Hall, Associate Broker
Sales Associates: Doris Doyle, Randy Wilfong, Sandra Stimpson, Kathy Owens, Nolan Calabro, Tom Workman, Tom Boothe, Teresa Nottinghamham, Brian Woodruff, Elizabeth Woodruff, Lisa Circle, Kathryn Stauffer, Chuck Stevens, KC Halstead, Cindy Boswell, Jamie Kellison
Office Assistant: Charles Malcom
www.property4u.com

Agents Wanted, NO MLS FEES. Call Oak Hall to apply.

LISTINGS

<p>5583 - Buckeye. 2.09 acres in Duncan's Landing, a restricted river community. Out of the flood plain. Common access to the Greenbrier River, boat landing and picnic area. - \$22,000</p>	<p>6325 - Rainelle. 92 acres of woodland with some timber. The property is located at the end of a peaceful farm valley and backs up against the Meadow River Wildlife Management Area. - \$255,000</p>	<p>6362 - Huntersville. 8.88 level, partially cleared acres with good access. Room for a few horses. Close to Watoga State Park, Greenbrier River Trail and Knapps Creek. - \$69,000</p>	<p>6463 - Brownsburg. 2BR/1BA ranch home on 9.57 acres in the country. Convenient to Marlinton and recreational venues. Close to the Greenbrier and Williams rivers and national forest. Near Snowshoe. - \$85,000</p>
<p>6200 - Mill Point. 105 +/- acres bordering Rt. 39 and just steps from huge section of national forest. Nice mountain views. Near Cranberry Glades and the Highland Scenic Highway. - \$235,000</p>	<p>5175 - Beaver Creek. 2.03 level to rolling acres of woodland. Lot 4. Nice building sites. Near Watoga State Park, Greenbrier River and Trail and Knapps Creek. Seller wants offers. - \$29,900</p>	<p>6462 - Arbovale. 2BR/1BA cabin on 1.06 acres within walking distance of national forest. Close to Deer Creek, Greenbrier River and Trail, Green Bank Observatory and Cass Scenic Railroad. - \$80,000</p>	<p>6297 - Snowshoe. 2.30 wooded acres at Sunset Mountain, a protected community. Building site and potential views. - \$7,500</p>
<p>6431 - Quinwood. 2BR/1BA home with metal roof. Has fire and water damage. Sold as is. - \$5,500</p>	<p>6386 - Huntersville. 3BR/2BA home on 11+ acres bordering national forest land. Great potential. - \$292,000</p>	<p>6387 - 2BR/2BA home at the base of Snowshoe Mountain. Overlooks the greens of Raven Golf Course. - \$255,900</p>	<p>6410 - Huntersville. Unique 4BR/1BA home and a 5BR/2BA lodge on 1.5 acres bordering national forest. Great recreational business opportunity. Close to hiking, fishing and hunting. - \$250,000</p>
<p>6519 - Arbovale. 2BR/1BA camp on 1.10 acres near national forest. Close to Deer Creek, Greenbrier River Trail, GBO, Cass Scenic Railroad and Snowshoe. - \$93,900</p>			

Wonder what your minerals can be worth? Find out BEFORE you lease. Land pools have a louder voice! Call us TODAY about how you can join. wvminerals.com



A mother's desperation

Melody Phillips
Staff Writer

Having a child with food allergies can be very trying and even scary, especially when some people think you are making it up because they haven't heard about a particular allergy.

Then it gets worse.

Years later, a dietary fad cascades to the point where people use the excuse of being allergic to certain foods so they can get special consideration for their food orders. Using the term "I'm allergic," when they are not, diminishes the seriousness of true allergies.

As the fad diet grew and became more popular, the market was flooded with new products marked "gluten free," but were they really? Sadly, not many of them were. They didn't truly understand the scope of the situation before jumping into this new area to monetize.

For those who choose to eat gluten free, these products are fine, but not to people who have true gluten allergies. Cross contamination can cause days of sickness, severe pain and take months to heal. Until the gut heals, a true celiac is not capable of absorbing all the nutrients from the food they eat because of the damage the gluten does to the villi in the intestines. This can cause vitamin deficiencies that lead to other sicknesses and health issues.

From the time my son was born, he weighed in below the five percentile on the doctor's chart. I had to routinely take him in every few weeks for weight checks. By the time he was three years old and running around the office, the doctor said he seemed healthy and must just be small for his age. What the doctors were not doing was addressing my concerns about my son. He would randomly throw up acid so strong it burned my nose to smell it. What was that doing to his throat? Several times a month he developed unexplained fevers that popped up for a day or so then went away. And that wasn't all.

I knew something was wrong with my child even when the doctors repeatedly told me, "it's just a stomach bug," "it's just a virus," "it's just..."

NO!

I didn't care about annoying the doctor as I kept pushing and pushing for an answer. My child was slowly dying. The doctors only saw him for a few moments in a small room. I was the one seeing this tiny, feeble body lying on the bathroom floor, day and night, because the cold of the floor felt good on his stomach. I was the one by his side when he threw up and wishing I knew how to help when he cringed in pain or when seeing the desperation of "help me" written across his pale sunken face as he climbed into my lap.

I would not give up on my child.

After many trips to the hospital for different tests, enough blood work that made me wonder how much blood this small child had left in him, and a ton of doctor visits, the doctor finally



AT THE AGE of seven, my son finally began to gain some weight and color returned to his skin after he started drinking fresh fruit and vegetable juices every day. *M. Phillips photos*

handed me a single piece of paper with a vague description of gluten. She said, "don't give him any gluten" and without further explanation sent us home.

All I could think about the whole way home was, "what is gluten?"

The only information on the sheet was that wheat, rye,

barley and oats all contained gluten. I guess it was a start. I stopped by the store to buy my son some rice cakes and fresh fruit, hoping they were safe for him. Once we arrived home and he settled down after the umpteenth exhausting doctor's trip, I began examining every bit of information I could find. My

blood shot eyes and drooping eyelids fought me after 10 straight hours on a dial up connection to an early form of Internet which had little to no information posted about this obscure term "gluten."

I did my best to learn all I could about gluten; what it was, what it was in, and learning to cook gluten free,



AFTER YEARS OF working with his health and although still allergic to gluten, his immune system strengthened, he became strong and healthy, and the constant pains subsided. Pictured here as an extra on *TURN: Washington's Spies*.

all while watching my child slowly die. This was both exhausting and heart wrenching. I knew his survival counted on me getting this right. Thoughts of "were the foods I'm feeding my child hurting him – or worse, killing him?"

"Was it my fault he was

dying?" So many fears and questions flooded my mind throughout each day.

Once I learned what gluten was doing to my son's intestines and that he was slowly starving to death, I bought our first juicer. I knew it was

see **Mother's pg 12**

More Interest in You.
It pays to bank local!



Kasasa Cash Back Checking

Earn 4.00% cash back up to \$8 per monthly qualification cycle
No Monthly Service Fees
No Minimum Balance to Earn Rewards
Refunds on ATM fees

Kasasa Cash Checking

Earn 4.00% APY on balances up to \$10,000, 0.10% APY on balances \$10,000 and above
No Monthly Service Fees
No Minimum Balance to Earn Rewards
Refunds on ATM fees



How do I earn rewards?

It's simple! To earn your rewards, just do the following basic banking activities in your account during each monthly qualification cycle.

- Have at least 1 direct deposit or automatic debit transaction post and clear
- Have at least 12 debit card purchases post and clear
- Be enrolled in and log into online banking

yourbank.bank | Member FDIC | Equal Housing Lender | NMLS #403498



*APY=Annual Percentage Yield. APY is accurate as of 2/8/2023. Rates may change after account is opened. Fees could reduce earnings on this account. Qualifying transactions must post to and clear your account during monthly qualification cycle. Transactions may take one or more banking days from the date the transaction was made to post to and clear your account. ATM-processed transactions do not count towards qualifying debit card transactions. If monthly qualifications are met, we will refund domestic ATM surcharge and terminal fees up to \$4.99 per transaction. "Monthly Qualification Cycle" means a period beginning one day prior to the first day of the current statement cycle through one day prior to the close of the current statement cycle. "Statement Cycle" means a period beginning on the Thursday after the second Wednesday of one month through the second Wednesday of the following month. eDocuments are a condition of having this account. If you do not receive your monthly statements electronically, you will be charged a \$3.00 fee per statement cycle. Limit one account per SSN.

Kasasa Cash Back Checking: Minimum to open is \$50. When monthly qualifications are met, you receive 4% cash back on debit card point of sale purchases (excluding returns) that post to and clear your account during monthly qualification cycle up to a total cash back of \$8.00 per monthly qualification cycle.

Kasasa Cash Checking: Minimum to open is \$50. If qualifications are met each monthly qualification cycle: (1) balances up to \$9,999.99 receive an APY of 4.00%; and (2) balances of \$10,000.00 and above earn 0.10% interest rate on the portion of the balance of \$10,000.00 and above, resulting in 4.00% - 0.45% APY depending on the balance. If qualifications are not met, all balances earn 0.01% APY.

New Antibiotic Restrictions: what you need to know

By Katelyn Stegall
NC Cooperative Extension

Proper planning is vital to running a successful livestock operation, so we want to give you a heads up for what's coming soon.

In June of 2023, all medically important antibiotics used in livestock production will be leaving the farm and feed store shelves, and will fall under veterinary oversight.

What this means for you, as a producer, is that you will no longer be able to purchase affected drugs without a prescription from a veterinarian.

Affected products will include: cephalosporins, cephalosporins benzathine, gentamicin, lincomycin, oxytetracycline, penicillin G procaine, penicillin G benzathine, sulfadimethoxine, sulfamethazine, tylosin. For clarity, this will include LA-200 and 300, Noromycin, Vetracylin, Duramycin, Terramycin, Draxxin, Penicillin, Tylan, ToDay, TomMorrow, and many other commonly used livestock antibiotics. These new guidelines will not include non-medically important antimicrobials such as coccidiostats, ionophores, bacitracins, carbadox, flavomycins and tiamulin.

While this is a big change, there is no need to panic. There are steps you can take to help ease the transition.

First things first, you should NOT try to stock up on these antimicrobials for fear of not being able to get them in the future. These products are not coming off of the market completely, and will still be readily available when the right steps to obtain them are taken. Trying to stockpile these products will lead to shortages, and producers will not be able to get the treatments they need for their animals right now. These products will also expire, so any stockpile you try to build will be unusable in the future.



What you need to focus on right now is establishing a veterinary client patient relationship (VCPR). A VCPR is "a formal relationship that you have with a veterinarian who serves as your primary contact for all veterinary services and is familiar with you, your livestock/animals, and your farm operation." The State-defined VCPR must at least address the concepts that the veterinarian:

1. Engage with the client to assume responsibility for making clinical judgments about patient health

2. Have sufficient knowledge of the patient by virtue of patient examination and/or visits to the facility where patient is managed

3. Provide for any necessary follow-up evaluation or care

A VCPR form will be filed with your veterinarian's office.

This does not mean that you must have a veterinarian come out to diagnose and treat every animal that has an issue on your farm. It simply means that you will no longer be able to run to your nearest farm supply store and pick up a bottle of LA-200. These products will still be readily available, they will just have to be purchased through the veterinarian's office you have the established VCPR with, or with a prescription in hand (obtained

through your veterinarian with the standing VCPR) at stores that still carry these products. These restrictions make the veterinarian responsible for the use of antibiotics on your farm.

There are several advantages to these new regulations. As a livestock producer, you need to have a relationship with a veterinarian. These new restrictions will ensure that you do.

Working with your veterinarian may help you discover some more effective antibiotic options for the condition that you are dealing with and veterinarians may be able to provide prevention options so that antibiotics are not even necessary. A relationship with your veterinarian will help them to be more familiar with your farm enterprise, so you can work

together to come up with the best management, prevention and treatment plans for your individual livestock operation.

It is important to keep in mind that this change is for the better. Getting some control over antibiotics will ensure that they stay useful, as the goal is to cut down on antibiotic resistance in both livestock and humans. Taking these steps helps to ensure that these products continue to do the job we need them to.

Start getting ready for this change now. Talk to your veterinarian, and establish that VCPR. If you need assistance finding a livestock veterinarian in your area, contact your local extension agent.

CAMC Telemedicine at PMH

Charleston Area Medical Center now has a telemedicine center at Pocahontas Memorial Hospital where patients can go for appointments with specialists. A telemedicine visit is the same as an in-person visit with your provider – but without the travel.

Patients can visit the CAMC Telemedicine Center for their scheduled appointments. A nurse will record vital statistics such as weight and blood pressure, talk with the patient about their health history, and facilitate a secure video visit with the provider.

Patients will have the

same dedicated time to talk one-on-one with the provider, just like an office visit. The provider will thoroughly address any health needs and concerns.

The telemedicine center is located beside Pocahontas Memorial Hospital in the PMH Pulmonology Clinic.

CAMC Telemedicine – Pocahontas
Address: 150 Duncan Road, Buckeye, WV 24924
Hours: Clinic hours are Monday-Friday 8 a.m. to 4:30 p.m.
Phone: 304-799-1061
For more information, visit camc.org/Telemedicine.

PROFESSIONAL CARE SERVICES OF ELKINS



"Because Your Life Matters"
Wendy Collins, RN
Owner/Director

Now Hiring: Caregivers in Marlinton and Dunmore areas. Full time/part time, Monday - Friday. Must have reliable transportation and pass a background check. Complete online application at procarewv.com or phone

304-591-1834
for more information

Do you have questions about INSURANCE? CALL US FOR A NO-COST CONSULTATION

Let us help!
• Health, Financial and Life Insurance
• Medicare:
Prescription Drug Plans • Supplement Plans • Advantage Plans
We are brokers working with multiple insurance providers and will work to get you the best plan, the best rate and the best service to meet your needs.

Independent Insurance Agents Charles and Esther Kinnison
KINNISON GROUP
INSURANCE & FINANCIAL SERVICES
304-614-0009
KinnisonGroup.com • Hillsboro • ins4wv@gmail.com

Congratulations, Dr. John, on 30 years of practice, and thanks to our office staff, too!

John Eilers, D.O.
BOARD CERTIFIED

Family Practice

BIG SPRING CLINIC **DEER CREEK CLINIC**
304-572-4410 **304-456-5050.**

Please call for an appointment

Helping families with their financial goals.

Good Life Financial, LLC

Call for your free consultation.

LuAnn Creager
304-456-4828

4954 Potomac Highlands Trail
Green Bank, WV 24944

Securities and investment advisory services offered through SagePoint Financial, Inc., member FINRA/SIPC. Insurance services offered through Good Life Financial, LLC are independent of SagePoint Financial, Inc. LuAnn Creager, Registered Representative



POCAHONTAS COUNTY FAMILY RESOURCE NETWORK

A welcoming place for Pocahontas County families to find support and resources as they nurture, protect and educate the next generation.

Monthly Harvest House Food Pantry
"About Babies and Children" Classes/Diaper Pantry
Healthy "Grandfamily" Classes and Support
Community Baby Shower
Snuggle and Read Events
Addressing child abuse/neglect and substance abuse
Rehabilitation for people with disabilities

821-A Third Avenue Marlinton
304-799-6847
pcfamilysourcenetwork.org

Funded by WVDHHR and the WV Bureau of Children & Families

Northern Pocahontas Community Wellness
In the Annex at Green Bank Elementary/Middle School

Yoga and Aerobics classes available; Zumba classes starting soon!

Membership is \$15/mo. and includes access to the gym at any time. Individual gym sessions \$3
If you'd like to join or volunteer contact Amy at ajhenrymorgan@gmail.com

- Stationary Bikes
- Elliptical
- Treadmills
- Nu-Step Trainer
- Universal Machine
- Free Weights
- Squat Bar

Open 7 a.m. - 7 p.m. Monday - Friday

Buckeye Hardware
Home • Farm • Lawn & Garden

Get a jump on spring with our selection of animal care products!

- LIVESTOCK FEED AND ANIMAL HEALTH PRODUCTS
- POULTRY FEED AND SUPPLIES
- FLEA AND TICK PREVENTION FOR DOGS AND CATS
- PET SUPPLIES
- PET FOOD

Rt. 219, Buckeye • 304-799-0860
Open Monday - Saturday 8:30 a.m. - 5 p.m.
Sunday Noon - 2 p.m.



GET CONNECTED!
Learn about available resources.

The mission of the Prevention Coalition is to develop school, family and community partnerships that will result in a reduction of misuse and underage drinking; and to promote a safe and drug-free lifestyle for the wellbeing of all Pocahontas County residents.

POCAHONTAS COUNTY PREVENTION COALITION

For more information and to learn about available resources, please call Anna Cassell at 304-799-6847 or email pocahontascountyprevention@gmail.com

Funded with Federal Strategic Prevention Framework for Prescription Drugs Funds administered through the West Virginia Department of Health and Human Resources' Bureau for Behavioral Health.

The journey to a HEALTHIER YOU starts HERE!

CLASSES:

Zumba • TaeKwonDo
Jiggle-Wiggle-Giggle • Yoga
Circuit Training • Chair Yoga
Intro to Modern Dance

Square Dance - Sat., April 1
Dunmore Community Center

COMMUNITY WELLNESS CENTER
Beside Marlinton Elementary School • 320 Ninth Street, Marlinton
Monday - Friday 5 a.m. - 8 p.m. • Saturday 1 - 7 p.m.
Call 304-799-7386 • email parksandrec@frontiernet.net for details, or stop by and see us!
Follow us on Facebook: PocahontasCounty Parks and Recreation

FITNESS ROOM • RACQUETBALL & BASKETBALL COURTS • GYMNASIUM • ACTIVITIES FOR ALL AGES



What is Comfrey?

Melody Phillips
Staff Writer

Article Disclaimer:
Comfrey is a controversial crop. Although I am certified in the use of herbs, I am not licensed to give medical advice. This article is for informational purposes only.

The use of comfrey is recorded as far back as 50 AD when the book *De Materia Medica*, a pharmacopoeia of medicinal plants, by Dioscorides, prescribed the herb for wounds and broken bones.

Comfrey (the knit bone plant) has a natural chemical that speeds cell replication which helps heal wounds more quickly.

A perennial shrub, comfrey is fond of moist soils, has a thick, hairy stem, grows two to five feet tall and displays whitish pink, yellow or purple flowers, blooming from a central flower stalk during the summer.

Historical Uses

Comfrey has been used worldwide for many different elements. Externally, comfrey has been used for broken bones, sprains, blunt injuries, multiple types of skin and joint issues, thrombophlebitis, gout, rheumatism, back pain and osteoarthritis to name a few. Internally comfrey has been used for ulcers, hemorrhaging, cancer, gastritis, hernias including hiatal hernias, lung issues, blood pressure, anemia, lupus, bowel issues and more.

Pros and Cons

In a clinical overview of comfrey posted on the National Institute of Health's website, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3491633/>, comfrey had a significant and clinically relevant faster initial reduction in wound size after only 2-3 days, with complete healing happening several days faster than the other test group.

According to the same NIH article, comfrey root consists of pyrrolizidine alkaloids (PAs). These alkaloids have the potential to cause liver damage. When comfrey is dried, enzymes are released and much of the alkaloid is destroyed. However, pyrrolizidine alkaloids echimidine and symplandine

are not found in *Symphytum officinale* L (common comfrey).

"One trial, in 1986, ... A subsequent harvest during the growing season had no detectable PAs in the leaf (the minimum detectable quantity was 5 ppm). The data indicated, harvest time was a critical factor in producing PA free comfrey, and that mature leaves have an even lower alkaloid content than young leaves." (<https://herbsarespecial.com.au/plant-information/herb-information/comfrey/>)

A research article posted on MDPI website, <https://www.mdpi.com/1420-3049/24/12/2272#B69-molecules-24-02272>, states, "... study was performed in 61 osteoarthritis (OA) knee patients by using a cream formulation containing comfrey root extract ... A significantly greater reduction was observed in morning/evening pain (both 28 percent) and night pain (51 percent) in the experimental group, receiving 1.7 g herbal preparation when compared to the placebo. Another clinical trial was conducted over 21 days in 220 painful knee OA patients. ... After the study period, pain in the verum group was reduced five times (reduced from moderate to mild) more than in the placebo group."

The CDC estimates that about 24 percent of people in the U.S. suffer from some form of arthritis, costing around \$300 billion in lost earnings and medical care each year.

Although oral comfrey products have been banned in the U.S. due to the possible presence of PAs, creams and ointments for external use are allowed since no adverse events have been reported.

From the book, *The Safety of Comfrey*, by J.A Pembrey, "there appear to be no cases, in medical history or veterinary records, of humans or animals showing clinical symptoms of pyrrolizidine alkaloid poisoning from the consumption of comfrey."

Cultivation

Comfrey is very easy to grow in hardiness zones 4-9. If comfrey is not contained, it can spread rapidly and become invasive, making it nearly impossible to get rid of. When grown in pots, do not place the pot on the



COMFREY IS AN easily spread perennial herb that is an excellent compost accelerator and dynamic accumulator for compost. M. Phillips photo

ground, and you should replot the plant often as the roots will quickly escape through any holes.

Comfrey is an excellent compost accelerator and dynamic accumulator for compost. Its deep root system pulls micronutrients from deep within the soil while also giving soil structure to prevent erosion.

Adding comfrey leaves to garden soil directly or by making a solution of comfrey tea is a welcome addition for plant fertilization and health. Making a comfrey tea fertilizer is as simple as placing some leaves in a bucket and covering with water. Allow this mixture to ferment for about 2 weeks or more for a strong solution (this will smell). Care is needed as this is very strong and should be diluted. This solution may burn some plant leaves and roots if too concentrated. Another option is to blend a few leaves in water and pour around plants.

Personal experience with comfrey

Several years back a relative slipped on ice during the winter and broke a rib. The pain was intense as it stabbed her side with every breath. She went to the doctor and was told there wasn't anything they could do for a broken rib.

Since the doctors had already told her they couldn't help, and this event happened after I had completed my Master Herbalist class, I was comfortable in offering an alternative. I asked if she wanted to try a comfrey poultice. Every night she put a poultice over the broken bone and fell asleep on the couch. The couch kept her in a slightly upright position since lying down caused the bone to pierce into the side of her chest; causing sharp pains and a sleepless night.

She loved to work and did not want to stop doing her several jobs. Her nearly 80-hour workweek was not light duty, it involved stocking merchandise, including 50-

pound bags of dog food, etc.

After one week of applying the poultice every night, she reported the pain had gone away but there was still a little popping from the loose bone. After about two weeks of continuing use, the popping stopped.

She continued to apply the poultice, and after the third week, she felt no discomfort and, amazingly, never missed a day of work

throughout the entire time.

This was just one of three times we used comfrey for broken bones but it is not the only way I use it.

I started making different blends of comfrey ointment more than 10 years ago, and it's the only ointment my family has used since.

There are a few other ways we use comfrey, as well.

see Comfrey pg 12

Valentine
ASSISTED LIVING

With us, you're like family!

Affordable, personalized senior care.
Private and semi-private rooms, providing quality service and care for our residents.

Now offering in-house physical, occupational and speech therapy.

Owner and administrator, Denise Campbell, RN
Contact us for more information:
304-636-3900
521 Davis Avenue, Elkins, WV 26241

Mountain Laurel Massage & Body Therapy

Certified in
• Swedish • Deep Tissue
• Hot Stone Work • Cupping
Call or text
734-925-6134 or visit
mountainlaurelmassage.com
Debbie Pennington, LMT, RN
Rt. 219, two miles south of Valley Head

VALLEY HEALTH CARE

MILL CREEK
46 TOWN CENTER PLAZA, SUITE A,
MILL CREEK, WV 26280
8AM-5PM, 8AM-8PM (WED)
(304) 335-2050

ELKINS
240 ALLEGHENY HIGHWAY
ELKINS, WV 26241
7AM-5PM
(304) 636-0133

We provide comprehensive services for all your family's healthcare needs:

Acute Care • Family Practice
COVID-19 Testing • Behavioral Health
School-Based Clinics • Pharmacy
Lab • Pediatrics • Eye Care Services
X-Ray • Women's Health
Telehealth Services Available

This health center is a Health Center Program grantee under 42 U.S.C. 254b, and a deemed Public Health Service employee under 42 U.S.C. 2832(a). Valley Health Care is a Federal Tort Claims Act (FTCA) deemed facility. Our health centers serve all patients regardless of ability to pay.

HERE FOR GOOD

Angela Hoffman MA, Licensed Psychologist

MindEase Solutions
Solution Focused Personal and Business Services

Professional and confidential mental health services for adults, children and families.

Services provided:
Individual Therapy
Family Therapy
Couples Therapy
Psychological Evaluation

Most insurances accepted, including Medicaid.

204 Eighth Street
Marlinton, WV 24954
mindeasesolutions@gmail.com
mindeasesolutions.com

304-992-7343

FREE WATER ANALYSIS!

- HARDNESS
- IRON
- SULFUR
- ODOR
- ACID H2O
- TASTE
- BACTERIAL
- CHLORINE

ECOWATER SYSTEMS
Your Water. Perfected.

YUCKY WATER? We Can Help!

Water Treatment Systems that Work...
Guaranteed! (We put it in writing)

Now available with Wi-Fi

- Sales and Service • Pumps
- We service most major brands!

LICENSED WELL PUMP INSTALLERS

CITY & COUNTY WATER, WELLS, SPRINGS & CISTERNS
HOMES • BUSINESSES • CAMPS

ECOWATER SYSTEMS USE 1/3 THE SALT AND 1/2 THE WATER OF OTHER WATER SYSTEMS, AND COST LESS THAN \$2 PER YEAR TO OPERATE.

- Bottled water quality, without the inconvenience of bottles
- 100% FINANCING

Advanced Water Treatment
WV contractors license WV#028787

1-800-985-2000
WWW.AWTECOWATER.COM

ERCC ELKINS REHABILITATION & CARE CENTER
Complete Compassionate Care

General Overview

- 111-Bed Facility
- 24-Hour Skilled Nursing Care
- Short- & Long-Term Care
- Rehabilitation & Specialized Services
- Private & Semi-Private Accommodations
- Private Pay & Private Insurance Accepted
- Medicare & Medicaid Certified
- Post-Acute & Post-Surgery Care
- IV Therapy
- Wound Care
- Veterans Administration Patients Accepted

Rehabilitation Unit

- 15 Private Rooms
- Skilled Nursing Care
- Private Living Room
- Private Dining Area
- Internet Cafe
- State-of-the-Art Gymnasium / 3,000+ sq ft

Reflections at ERCC

- 20-Bed Unit
- Memory Loss Patient Care
- Fully-Secured & Self-Contained Unit
- Private Living Room
- Private Activity/Dining Room
- Enclosed Sun Porch
- Enclosed Outdoor Courtyard
- Staff with Specialized Training
- Specialized Activities & Programs

www.ercc.biz • 304.636.1391
2533 Beverly Pike • Elkins, West Virginia

Mother's, from page 9

going to take time to re-learn how to cook and I had to get nutrients into him now.

The first juice I ran was a carrot, apple, spinach, parsley mixture. My son hated it. Honestly, so did I, but I knew his dwindling little body desperately needed the nutrients. Using a medicine syringe, I forced him to swallow a teaspoon of the juice at time. After seven days of this grueling task, his tastes buds changed and he started liking the strange mixture. Once his body felt the effects of this powerhouse drink and his energy increased, he asked for more and more juices.

Even though I was starting to get the juices into him, I knew I had a lot to learn about creating solid foods and meals. With each new homemade recipe I formulated, I recorded what was changed and the results. My poor son had to bear the brunt of these testing stages.

Twenty years ago there was not much information available, so most of what I learned came from closely watching how my son reacted to and handled everything he ate.

As I learned more about

gluten, I started seeing that it was in everything – cookies, pasta, pizza, breads, pies, gravy and anything fried. I started recognizing hidden glutes like vanilla extract, modified food starch and caramel color. I had to re-learn how to make it all, without any help.

Through trial and error, I discovered corn meal had gluten. The corn itself didn't have any but because it was processed in the same facility as wheat flour, it made my son sick every time he consumed it. I bought a flour mill and started grinding all my own flours; corn, rice, quinoa, etc. After a few years, I found out that oats were ok but contained gluten because it was a rotation crop for wheat. Volunteer stalks of wheat popping up in the oat harvest became incorporated into the oats. It was many years before gluten free oats were even an option.

Slowly, my recipes improved until we could no longer tell they were gluten free and even though it has been more than 20 years since I started grinding my own flours, I still do it. It's just a part of life now.

The fading, grey skinned skeleton, which had been on weekly allergy shots and five different medications, started

putting on weight and was growing stronger.

I was elated! After about six months of being on the juices, his little fish face cheeks filled in and color returned to his skin. He was also able to wean off all of his allergy shots and medications.

At the beginning of this journey, my son couldn't run more than about 20 or 30 steps without having an asthma attack and needing his inhaler. After several years on the new diet, he joined and became the fastest runner on a local community soccer team. He continued to play for several years.

As a mother, we are our child's first protector. They are our responsibility. They rely on us and look to us for love and guidance, encouragement and comfort.

At times, they may push back, push our buttons and make us cry, but they always notice our responses.

Do our words and actions communicate the unconditional love they so desperately need?

Comfrey, from page 11

Whenever I use comfrey root, which has a high probability of containing PAs, I use milk thistle to support my liver.

This is personal accounts and not meant as medical advice in any way.

To make a comfrey poultice

Place dried and ground comfrey leaves into a cup or bowl

Pour boiling water over comfrey so it is just covered Allow to steep about 5 to 10 minutes

Using a fork to get the comfrey, transfer the DAMP herb to a gauze pad or cloth

Fold the gauze to sandwich the herb in between Place on skin and wrap with ace bandage or strips of fabric to hold in place

Leave on a minimum of two to four hours, up to overnight

Repeat once or twice daily.

To make a basic comfrey salve (This is for a basic salve, not my full recipe):

First make hot or cold infused oil

For hot infused oil, place dried comfrey leaves in the top of a double boiler. Cover the herb with carrier oil such as avocado oil, olive oil, etc. and slowly heat for one to three hours. Do not get the oil too hot; keep it below 110 degrees Fahrenheit.

For cold infused oil, fill a glass jar about 2/3 full with dried comfrey leaves. Cover the herb with carrier oil as above. Place a lid on the jar and allow it to sit for about six weeks. Turn and rotate the jar each day to be sure

the herb stays covered by the oil; add more oil if needed.

Making the salve:

Strain and decant oil Weigh the decanted oil and place into the top of a double boiler.

Weigh the same amount of beeswax and add it to the oil. Use less wax for a softer set or more wax for a harder set.

Remove mixture from heat just before the last of the wax melts.

Allow the radiant heat to finish melting the wax.

Pour mixture into airtight containers and allow slow cooling.

<https://www.queenbee1755.com>

Visit us online at:
pocahontastimes.com

ASK ABOUT PET WELLNESS PACKAGES

Great preventative care plans for your pet and huge savings and convenient monthly payments for you! Enroll today!



GREENBRIER VETERINARY HOSPITAL

Marlinton Office • 104 Eighth Street
Thursdays 10 a.m. – 4 p.m.

Appointments appreciated –

online scheduling available at greenbriervet.com

Call 304-645-1476 or 304-799-4004 (Thurs.)

--- Main Facility • Lewisburg ---

Mon. - Wed. 8 a.m. - 6:30 p.m.; Thurs. - Fri. 8 a.m. - 5 p.m.; Sat. 8 a.m. - Noon; Sun. 5 - 6 p.m.
24-Hour On-Call Service 304-645-1476



NOW is the time to protect your pets from fleas, ticks and heartworms. CALL US - WE CAN HELP!

Monday - Friday 8 a.m. - 5 p.m.

Large and Small Animals • Farm Calls
Stacy Tawney, DVM

304-799-6803 150 Carl McCarty Drive

Farm ~ Home ~ Auto

L. JAY KNICELEY INSURANCE

Stop by our office!

818A Tenth Avenue
Marlinton, WV 24954

304-799-6243

For all your insurance needs

GET CONNECTED!

and learn about resources available.



HelpandHopeWV.org



StigmaFreeWV.org

If you need immediate help, CALL 911.



If you or a loved one are struggling with substance use or mental health issues, there is help and hope.

(844) **HELP4WV**
1-844-435-7498 or
help4wv.com
24/7 call, chat, and text line

SUICIDE PREVENTION LIFELINE
1-800-273-8255

Funded with Federal Strategic Prevention Framework for Prescription Drugs Funds administered through the West Virginia Department of Health and Human Resources' Bureau for Behavioral Health

Parasite Protection

With the wild winter we had, you can bet ticks and fleas will be bad this year!

WE HAVE WHAT YOU NEED TO PROTECT YOUR PETS AND YOUR ENVIRONMENT:



Flea, tick and heartworm protection for dogs and cats. We also sell general wormers (panacur and drontyl), household and lawn protection. Call or stop in today!



FRANKFORD VETERINARY HOSPITAL

Julie Gibson, DVM • Payton Mann, DVM

Office Hours by Appointment • Two locations:

304-799-6181

410 Second Avenue

MARLINTON

Monday and Wednesday

9 a.m. - 4 p.m.

304-497-3409

21287 Seneca Trail North

FRANKFORD

Mon. - Fri. 8 a.m. - 5:30 p.m.

Tues. and Thurs. until 7:30 p.m.

Life is for everyone.

We are bound together by a common dedication to the protection of all human life as described in our Declaration of Independence: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

"Before I formed thee in the belly I knew thee and before thou camest forth out of the womb I sanctified thee..."
Jeremiah 1:5

West Virginians for Life
POCAHONTAS COUNTY CHAPTER
wvforlife.com



Diabetes Complication Prevention Support Group

with Terry Wagner

Are you or a loved one diagnosed with diabetes or at risk to develop diabetes? Join Terry Wagner to learn about prevention methods and find support and guidance.

For a schedule and more information, please contact Anna Cassell,
304-799-6847



Funded by the WV DHHR/Bureau of Children and Families.

Thank You.

Sometimes we forget to say "thank you" until Doctors Day rolls around each year. The past few years have been challenging, and we want to express our sincere and utmost gratitude and respect for our physicians, practitioners and medical staff, both in our hospital and our community. Your dedication to healing and excellent care does not go unnoticed. THANK YOU for your tireless hours and devotion to the people of Pocahontas County.



POCAHONTAS MEMORIAL HOSPITAL

Serving the needs of the community by providing

24-Hour Emergency Care and Ambulance • Rural Health Clinic • Behavioral Health Clinic

• Radiology Services • Respiratory and Physical Therapies • Acute and Skilled Care • Full Clinical Laboratory

150 Duncan Road • Buckeye, West Virginia

304-799-7400 • pmhvv.org

Storms in life

Melody Phillips
Staff Writer

In 2018, my husband and I were able to take our second vacation alone together since the kids were born, more than 20 years before. Although I love my boys with all my heart, it is necessary in a marriage to spend time alone with each other.

We were able to take a few leisurely drives through the hills of Tennessee. The 2016 Great Smoky Mountains wildfires had happened just two years before. They stormed through the area with rage and devastated the land. As we drove though Cades Cove, areas near Clingman's Dome, and many of the nearby areas, I couldn't help but notice the trees and plants. Some were dead while others were strong and healthy. The trees with deep strong roots came back, un-

hindered by all the shallow rooted and weak ones which had been around them before. These trees were now able to flourish in the sunlight.

Some seeds require fire in order to germinate. Since these seeds had been freed from their shells they were also flourishing all around; fully filling in the underbrush so that it was hard to tell a fire had even devastated the area.

This is a reflection of our lives. In life, storms will come. Storms are not an "if," but a "when." We all have troubles; we all have trials and hard times.

Why do some people crumble while others grow stronger?

Simply put: their roots. Being deeply founded in truth, love and an unyielding faith in our Creator gives us strength, hope, peace and comfort; feeding our souls



THE FOREST AROUND Clingman's Dome, Tennessee, restoring itself to its natural beauty two years after a fire. M. Phillips photo

and keeping us alive in the fires and storms of life. When wounded to the ground, strong roots are es-

sential to survive. Growing roots in temporary things can make them shallow and weak, and may

lead to rotting due to a lack of the proper nutrients. Unhealthy roots mean there can be no restoration

and re-growth when the storms do come. How deep are your roots?

WVU, from page 2

In addition the commission:

- approved the annual inspection agreement with SecuriTech for the courthouse fire alarm system.

- increased the part-time hours for Kevin Stitzinger of the Emergency Management

Office by allowing him to work an additional 200 hours until the end of the current fiscal year, June 30, 2023.

- approved the county's annual budget for the 2023-2024 fiscal year.

WVU, from page 2

all aware of the costs of medical care. What is and is not covered by safety net programs puts many older adults at risk. This is especially true in Appalachia. Raising the retirement age or age of eligibility for benefits harms people of all ages. Younger workers can expect to work more years with fewer resources in their own pockets. Middle-aged adults may not have time and resources to save for retirement, support aging parents and help younger offspring. Older adults will not receive the benefits that they had planned for, leaving the most vulnerable especially at risk.

"We know that older adults at or below 150% of the poverty line use Social Security for the majority of their retirement, not because they were lazy or wasteful, but because they never

earned enough to be able to save even a little." — Julie Hicks Patrick, professor of lifespan development psychology, Department of Psychology, WVU Eberly College of Arts and Sciences

"Raising the retirement age in the U.S. is not about the quality of life for older adults, and certainly not for those that have spent their life in the service industry or labor-intensive industries. When Social Security was enacted in 1965, life expectancy was only 62, and now life expectancy is about 77 years of age. Social Security was not meant to sustain us for a decade or more.

"Yet, millions of Americans rely on Social Security for their only means of retirement — those who have stood on concrete floors for eight hours a day in retail environments, or worked in hot kitchens walking on greasy floors to serve us our drive-thru meals or taken care of our kids in their own home

day care and the list goes on and on. Many of these folks wait until they are Medicare-eligible to get the health care they need for chronic disease and they are just holding their breath until they can draw their Social Security. This is truer in states that have not expanded Medicaid under the Affordable Care Act. I can't speak for all rural areas, but I know when I go shopping or to fast food restaurants here in West Virginia, it is older men and women who are waiting on me. They shouldn't have to work until they die waiting on retirement.

"I used to be an adult protective service worker and I remember before the ACA, I met people in their 50s and 60s just hoping to live until they got health care. Service jobs and labor-intensive jobs without benefits eat away at your body day after day. Doing that work until you are 77 can feel like a life sentence."

Pocahontas County Senior Citizens, Inc.,

Serving all seniors of Pocahontas County, age 60+

Center locations:

Marlinton - 20626 Seneca Trail • 304-799-6337

Green Bank - 4498 Potomac Highlands Trail • 304-456-5370

Hillsboro - 7724 Seneca Trail • 304-653-4516

Weekly Activities

Lunch – Monday – Friday noon to 1 p.m., Green Bank and Marlinton

Lunch – Monday only noon - 1 p.m. at Hillsboro

Bible Study – Mondays at Hillsboro; Wednesdays at Green Bank

BINGO – Thursdays at Marlinton and Green Bank

Choir – Thursdays at Green Bank.

Special Services

- **Respite/FAIR Services** (Family Alzheimers In- Home Respite) provide care for persons with a certified diagnosis of dementia to relieve the primary caregiver for regularly scheduled times each week.

- **Transportation Service** to medical appointments and to the Senior Centers.

- **Lighthouse** provides in-home services for seniors ages 60 and older who are medically eligible.

- **Meals on Wheels** delivers meals to homebound seniors ages 60 and older.

Thank You.

This week and all year round, we recognize and honor our incredible team of physicians, nurses and staff who work tirelessly for our patients and their families each and every day. Thank you for all you do.

Pocahontas Center
5 Everett Tibbs Road, Marlinton • 304-799-7375

Genesis

Farmer owned since 1923.

THE PLACE FOR ANIMAL HEALTH

Save on products to make your herd more productive this spring:

- Dewormers
- Treatments
- Vaccines
- Antibiotics
- Minerals
- Supplements

Get your antibiotics now before regulations change June 11 - requiring a prescription!

We stock Zoetis, Boehringer and Merck products

Marlinton Co-op 719 Third Avenue, Marlinton 304-799-6523
Locally owned and operated
WWW.SOUTHERNSTATES.COM

HMC

HIGHLAND MEDICAL CENTER

Caring for the health of the Highlands

120 Jackson River Road, Monterey, VA 24465
www.ourhmc.org

540-468-6400

HOURS OF OPERATION
Mon., Wed., Fri. ♦ 8 a.m. - 4 p.m.
Tues., Thurs. ♦ 8 a.m. - 7 p.m.

TOLL FREE: 844-468-6400
AFTER HOURS: 540-468-6400
FAX: 540-468-3301

PHYSICAL THERAPY

BEHAVIORAL HEALTH CARE

ENABLING SERVICES

PRIMARY MEDICAL CARE

DENTAL CARE

PHARMACY: 540-468-6421

PHARMACY FAX: 540-468-3318

HOURS OF OPERATION
Mon., Wed., Fri. ♦ 9 a.m. - 5 p.m.
Tues., Thurs. ♦ 9 a.m. - 7 p.m.



Dedicated to Enhancing your Health and Well-Being

- Non-GMO, organic and gluten-free natural and gourmet bulk food and spices
- Locally sourced and consciously raised meats and eggs
- Nutritional supplements
- Options for restrictive diets
- Holistic and homeopathic remedies
- Quality natural skin care
- Essential oils
- Pet products
- Natural cleaning supplies.

Friendly, knowledgeable, dependable service since 1986.
Call us with your special requests – WE SHIP ANYWHERE!

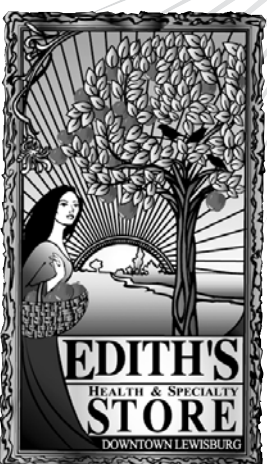
EDITH'S

HEALTH & SPECIALTY STORE

Mon. - Sat. 9:30 a.m. - 6 p.m.

Sun. 1 - 5 p.m. • EASY PARKING

1035 Washington St. East • Lewisburg 304-645-7998



A-1 PUMPING - SEPTIC TANK PUMPING & INSTALLATION DURBIN, WV • 304-456-4505



Quality Service – Affordable rates, starting at \$375 • Certified, Licensed Installation & Repairs



Calendar, from page 4

unless otherwise noted.

New 4-week Power Yoga series begins Monday, April 3, 6:15 - 7:15 p.m. Call 304-799-7386 for more details.

Chair Yoga Hybrid 4-Week Introductory Series at Green Bank Observatory/Old Touring Center, beginning Tuesday, March 21, 1:30 to 2:30 p.m. \$25. Call 304-799-7386 to reserve space.

Intro to Modern Dance, six-week class for ages 6 to 9; dance basics for ages 4 and 5, taught by Adrienne Cedarleaf, Thursdays at Hillsboro Elementary and Fridays at the Community Wellness Center in Marlinton. \$25. Pre-registration is required.

Enrichment Art and Crafts at Durbin Library Thursdays, 4 to 5:30 p.m. All ages. Free of charge.

Trillium Taekwondo, train in Korean Martial Arts, Wednesdays 6 p.m. Cost \$3 per class. Call 304-799-7386 for details.

CHURCH NOTICES

Marlinton Presbyterian Church – Sunday School, 9 a.m. Worship 10 a.m.

Arbovale United Methodist – Worship 11:15 a.m. Sundays; Bible Study 6 p.m. Thursdays.

New Hope Lutheran – Minnehaha Springs – Worship 8:45 a.m.

First Baptist Church – Huntersville – Sunday School, 10 a.m.; Worship, 10:30 a.m. Wednesday night service 7 p.m.

Seebert United Methodist Church – Sunday School every Sunday 9:20 a.m.; Worship second and fourth Sundays at 10 a.m.

Catholic Mass: St. John, Marlinton – Sunday 9 a.m.; **St. Mark, Bartow** – Sunday 11:30 a.m.

Liberty Presbyterian, Green Bank – Worship at 11 a.m.

Dunmore United Methodist Church – Worship 10 a.m. Adult Bible Study via Zoom 8 a.m.

Marlinton First Church of the Nazarene – Sunday School, 10 a.m.; Worship, 11 a.m.; Wednesday night Bible Study 7 p.m.

Marlinton United

Methodist Church – Worship at 11 a.m.

New Hope Church of the Brethren, Worship at 9:30 a.m. and Bible Study Wednesdays at 7:30 p.m.

Pine Grove Church of the Brethren, Arbovale – Sunday School 10 a.m., Worship 11 a.m.; Bible Study, Thursday, 7 p.m.

Cochran Creek Baptist Church, Rimel – Sunday School 10 a.m.; Worship 11 a.m.

Campbelltown Church, Marlinton – Worship 10 a.m.; Sunday School 11 a.m.

Cook Town Community Church, Rt. 219 – Sunday Service 10 a.m.

Edray United Church – Sunday School 10 a.m.; Worship 11 a.m.

Marlinton Church of God, Beard Heights – Sunday School 10 a.m.; Worship 11 a.m. Wednesday Night Bible Study 6 p.m. Evangelistic service 6 p.m. Sundays, April 9 and 26.

Trinity Baptist Church, Rt. 219 Buckeye Hill – Sunday School 10 a.m.; Worship 11 a.m.; Wednesday Bible Study 7 p.m. Pastor David Moore.

50, from page 7

A Gentle Man
By Herb Welch
Republican Delta of Buckhannon

Fred W. Trainer, Sr., a gentle man who never knew fear, is dead. The 53 year old superintendent of the French Creek Game Farm and Zoo succumbed March 14, 1973, to injuries he received three days earlier in a fall.

He suffered the fatal skull fracture when he fell head-first onto a rock in a small stream near Marlinton while fishing, a sport he loved...

All who knew Fred Trainer join his grief-stricken

family in mourning his untimely death. Somehow, it doesn't seem possible he's gone, not Fred.

WE REMEMBER years ago when we accompanied the veterinarian to French Creek to photograph the birth of a baby elk; how Fred quieted the frightened mother, murmuring softly to her in her pain and shackling the creature so that Dr. John R. Weimer, DVM could assist in the delivery.

WE REMEMBER Fred's tenderness with Lucky, the bear, who became the state's official mascot for West Virginia's centennial in 1963; how he and his family fed the little fellow as a cub from a bottle in the family kitchen.

WE REMEMBER Fred as he romped with Gus, the African lion he raised; how the two loved each other; how Fred grieved just a month ago when the lion died at the age of 11...

Because of Fred, we know it's true that animals instinctively love humans who love them. We know because we were privileged to watch how wild animals reacted to Fred, who indeed loved them.

And because Fred respected the feelings of people, all persons who knew him respected him, a gentleman and a gentleman, brave beyond question, but embarrassed when anyone said so.

75, from page 7

needed to report a bear raid. This has now been remedied – call Jack's Day and Night Taxi Stand in Marlinton. The directions, as ever, is for the sheep owner to call in promptly when he has found a bear has raided his flock... The sooner the hounds are put on the sign, the better for every one concerned, except the bear.

WEDDING

Mr. and Mrs. W. H. Rogers, of Buckeye, announce the marriage of their daughter, Grace Catherine, to William Dickson Workman, son of Mrs. Sol Workman, of Hillsboro, and the late Mr. Workman...

BIRTHS

Born to Mr. and Mrs. Edward J. Baldwin, of Dunmore, a daughter, named Marylyn Jean.

Born to Mr. and Mrs. Jack M. McCauley, of Marlinton, a son.

Born to Mr. and Mrs. John Tacey, of Cass, a daughter, named Karen Sue.

Mrs. Emma Kelly Bowers, aged 76 years, widow of the late William Bowers, died at her home on Knapps Creek Friday, March 26, 1948... On Monday afternoon, the funeral service was held from the Minnehaha Methodist Church... Her body was laid to rest in the cemetery on Browns Mountain.

DEATHS

Jay Buckley, aged 64 years, died at his home near Buckeye Monday morning, March 29, 1948... On Wednesday afternoon his body was laid in the family plot in Mountain View Cemetery, the service being held at the home of Mr. and Mrs. W. W. Graham at Buckeye... Mr. Buckley was a prominent citizen, long connected with the lumber industry as inspector and grader.

Robert Lee Nottingham, aged 84 years, died at his home in Columbus, Ohio, Thursday, March 25, 1948. On Sunday afternoon his body was laid to rest in the Dunmore Cemetery.

Mrs. Birdie Shrader, aged 65 years, of Cass, died Saturday March 20, 1948, at her home. On Wednesday, the funeral service was held from the Presbyterian Church of Cass... Burial was in the Arbovale Cemetery.

History, from page 7

Most people attend to their own affairs, but there are some people in this neighborhood who attend to everybody's business except their own.

Harry Gwinn and Forest Herold had a debate of their own Tuesday night, and didn't invite anybody but the "proper nouns." The question was "Resolved, that single life is more pleasant than married life." And the negative gained.

JOHN KILLMEQUICK

BIOGRAPHIC NOTES

JOHN WEBB, the subject of this biographic article, is a character about whom it may be said, as was said about Melchizedek, he was without father or mother, so far as any biographical purpose can be served. His Milesian brogue and his habit of saying not foolish things and never doing anything very wisely, tended to corroborate what he always averred that he was of Irish nativity. He had the papers showing that he was an honorably discharged soldier of the Revolution, and as a pensioner received ninety-six dollars a year. How he ever came to Pocahontas is simply conjectural; but from the fact he chose his place of rest near Mt. Zion, he must have had

some acquaintance with parties that may have been in the army when he was.

The Revolutionary veteran, tho he exposed his life for independence, never owned any land and never married. Yet, he wanted a home of his own, a place where he could lay his head and feel at home, which was very commendable in him. He received permission of Williams Moore, son of Pennsylvania John Moore, to use, without rent, as much land as he might want for a cabin, garden and "truck patch." He built himself a cozy cabin, opened up two or three acres where he produced corn, vegetables and poultry.

On this, he subsisted, with the assistance of his pension and such wages as he could earn in harvesting and haying for the farmers on Knapps Creek...

John Webb remained in his bachelor home until he became disabled by the infirmities of advanced age. Then it was the late Martin Dilley, of revered memory, took

charge of the old veteran. He built a very comfortable cabin for his use in the yard near his own commodious dwelling and cared for him until the old soldier "fought his last battle" on the borders of the unseen world. His "silent tent" is in the Dilley graveyard on the line between the Andrew Dilley and John Dilley lands...

G.C. SALES

THE BUILDING LOT



LOCALLY OWNED AND FAMILY OPERATED
CHECK WITH US BEFORE YOU BUY!

304-647-8180

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

RS ROOFING & HOME IMPROVEMENT
• LICENSED • BONDED • INSURED
WV#062157
• Free Roof Inspections
• Roof Maintenance /Repair
• 10-Year Workmanship Warranty
• 30 Years' Experience
• Familiar with all roof types
• 10% OFF ALL ROOF REPAIRS UNTIL 3/31/2023
304-642-0334
rsroofingllc@gmail.com

Roberts' Tree Service
Tree Trimming & Removal • Shrub Trimming • Lot Clearing
• Light Excavation Work • Bucket Truck Service • Chipper Service
Free Estimates! **Brandon Roberts, 304-661-4086**
Owner Frankford, WV
Serving Greenbrier, Monroe and Pocahontas Counties
robertstreeservicewv@gmail.com
Discounts for Veterans & Seniors! **Stump Grinding**
WV2271-9538

TIRES-TIRES-TIRES!
CHECK OUR TIRE PRICES – IF YOU FIND A BETTER DEAL, WE'LL MATCH IT! Our prices INCLUDE tire mounting, balancing, disposal fee AND tax! **OUT-THE-DOOR PRICING!**
New state-of-the-art computerized high speed tire changer/balancer handles all tires, especially the new rims with plastic overlays!
INTERSTATE BATTERIES IN STOCK
HILLSBORO AUTOMOTIVE
1/4 mile east of Rt. 219 on Denmar Road, Hillsboro
Mon. - Fri. 8 a.m. - 5 p.m., Saturday by appointment **304-653-4988**

POSITIONS AVAILABLE:
SNOWSHOE HIGHLANDS AREA RIDE CENTER

Summary Description: The Snowshoe Highlands Area Ride Center (SHARC) in Pocahontas County is West Virginia's first International Mountain Bike Association (IMBA) designated Ride Center, Silver Level. This designation, though primarily focused on mountain biking, should bring a significant number of tourists to the area. The major stakeholders in the area, U.S. Forest Service, Pocahontas County Convention and Visitors Bureau, Snowshoe Mountain Resort, West Virginia State Parks and Forests, Pocahontas County Parks and Recreation, Pocahontas Trails, and other community organizations have recognized the need to coordinate efforts to achieve a gold level designation. Trail maintenance has been identified as a priority need to accomplish this goal.

Position: SHARC and Trail Maintenance Coordinator

This position will serve as the Snowshoe Highlands Area Recreation Collaborative (SHARC) Coordinator/ Trail Maintenance Manager and will use SHARC's five-year strategic plan and the WV Snowshoe Highlands Ride Center Gap Analysis as a guide to achieve a gold-level designation. Now a top regional economic development priority, this designation will mark the Snowshoe Highlands Ride Center as one of the top seven mountain bike destinations in the world and will bring an additional \$24.2 million per year and 304 new jobs to Pocahontas and neighboring counties by 2028.

This position will provide coordination between local stakeholders and those of the surrounding area to ensure efforts are not competing, that priority trail maintenance needs are being met, funding is well coordinated and managed, and that information is shared between local and regional stakeholders. Though initially started as a mountain biking initiative this role may include some opportunity to work with other recreation forms such as hiking, gravel biking, road biking, horseback riding, backpacking, and bike packing.

The position is appropriate for someone with 3-5 years of relevant professional experience, with competitive salary, depending on experience. The position is full-time, year-round, with competitive benefits.

Position: Trail Maintenance Crew Lead

This position is intended to support and implement SHARC's mission to "Enhance, Promote, and Develop Outdoor Recreation in the Snowshoe Highlands region" primarily through the maintenance and improvement of mountain biking trails and supporting recreational infrastructure to enhance the visitor experience.

The Trail Maintenance Crew Lead will take direction from the SHARC Coordinator and SHARC working group and will supervise seasonal crew(s) and volunteers as a coordinated team to perform many challenging tasks. The Trail Crew Lead will ensure that safe work practices are followed by crew and volunteers and will be familiar with all regulations for each landowner. The Trail Crew Lead will be expected to exercise skills of delegation, prioritization and problem-solving, and to relate in a warm and welcoming way to the public.

The Trail Crew Lead is a full-time position, working year-round, hiking or riding, up to 40 minutes to the job site carrying gear. Work consists of heavy manual labor with hand tools including clearing organic ground layer, trees, and brush, lifting and moving large rocks, and shoveling dirt. The result is backcountry singletrack trail that will draw people into the Snowshoe Highlands region to explore by foot and by mountain bike.

The position is appropriate for someone with 2+ years of relevant professional experience, with a competitive salary, depending on experience. The position is full-time, year-round including occasional winter field work, with competitive benefits.

Interested candidates should submit letter and résumé by April 7, 2023 to:

SHARC c/o Pocahontas County CVB/Cara Rose, P.O. Box 275 Marlinton WV 24954.

Visit this link for detailed job descriptions: pocahontascountywv.com/jobs-employment/

pocahontastimes.com

Super Crossword

Answers

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

LEGAL ADVERTISEMENTS

LEGAL ADVERTISEMENTS

LEGAL ADVERTISEMENTS

ADMINISTRATION TO CREDITORS, DISTRIBUTIBLES & LEGATEES

Notice is hereby given that the following estate(s) have been opened for probate in the Pocahontas County Clerk's Office at P. O. Box 209, 900 Tenth Avenue, Suite C, Marlinton, WV 24954-0209. Any person seeking to impeach or establish a will must make a complaint in accordance with the provisions of West Virginia Code 41-5-11 through 13. Any interested person objecting to the qualifications of the personal representative or the venue or jurisdiction of the court, shall file written notice of an objection with the County Commission within 60 days after the date of the first publication or within 30 days of the service of the notice, whichever is later.

If an objection is not filed timely, the objection is forever barred. Any claims against an estate must be filed within 60 days of the first publication of this notice in accordance with West Virginia Code 44-2 and 44-3A.

Settlement of the estate(s) of the following named decedent(s) will proceed without reference to a fiduciary commissioner unless within 60 days from the first publication of this notice a reference is requested by a party of interest or an unpaid creditor files a claim and good cause is shown to support reference to a fiduciary commissioner.

First Publication Date: Thursday, March 30, 2023
Claim Deadline: Monday, May 29, 2023

ESTATE OF: LARRY DOCKERY
ADMINISTRATRIX CTA: Jennifer Dockery
414 Central Street Apt 12.
Elkins, WV 26241-3180

ESTATE OF: NANCY LUCILLE HURST
EXECUTRIX: Debra Workman
50 Beard Heights Addition Rd
Marlinton, WV 24954-7012

ESTATE OF: A. JUNE COPELIN
EXECUTRIX: LAURA HISE
14505 Browns Creek Road
Dunmore, WV 24934

Subscribed and sworn to before me on March 27, 2023.
Melissa L. Bennett
Clerk of the Pocahontas County Commission
3/30/2c

IN THE CIRCUIT COURT OF POCAHONTAS COUNTY, WEST VIRGINIA

TOP OF THE WORLD CONDOMINIUM AT SNOWSHOE UNIT OWNERS ASSOCIATION, INC., AND LEATHERBARK CONDOMINIUM ASSOCIATION, INC.
Plaintiffs

Civil Action No.: 20-C-28
Judge Robert E. Richardson

ROBERT EDWARD OWENS, a/k/a Bob Owens, CANDY L. OWENS, ROBERT DEAN CLEVENGER, ESTATE OF W. E. SINGLETON, ESTATE OF E. HATCHER CRENSHAW, JR., AND POCAHONTAS COUNTY PUBLIC SERVICE DISTRICT,
Defendants

NOTICE TO LIENHOLDERS

To all persons holding liens, by judgment or otherwise, on the real estate or any part thereof, of **ROBERT DEAN CLEVENGER, ROBERT EDWARD OWENS AND CANDY OWENS.**

In pursuance of a decree of the Circuit Court of Pocahontas County, made in a cause therein pending, to subject the real estate of the said Robert Dean Clevenger to the satisfaction of the liens thereon, you are hereby required to present all claims held by you and each of you against the said Robert Edward Owens and Candy Owens which are liens on their real estate, or any part of it, for adjudication to me, at my office in the county of Pocahontas on or before the 15th day of April 2023.

Given under my hand, this 22nd day of March 2023.
Robert P. Martin
Special Commissioner
3/30/2c

NOTICE OF TRUSTEE'S SALE OF VALUABLE REAL ESTATE

Notice is hereby given that the undersigned, MICHAEL C. DOSS, Trustee, by virtue of that certain Deed of Trust executed by Michael Hughes, and bearing date the 8th day of November, 2019, and of record in the Office of the Clerk of the County Commission of Pocahontas County, West Virginia, in Trust Deed Book 384, at page 494, the maker, having defaulted in payment of the note secured by said Deed of Trust as provided by the terms thereof, and the beneficial holder of the said note, Workman Properties, LLC, having declared the whole of the indebtedness thereunder to be due and payable; and having demanded the undersigned in writing to make sale of the real estate described in said Deed of Trust, the undersigned **Trustee will offer for sale and sell at public auction to the highest responsible bidder on the 18th day of April, 2023, at**

4:00 p.m., at the front steps of the Pocahontas County Courthouse in the Town of Marlinton, Pocahontas County, West Virginia, the premises, being and consisting of the following:

All of that certain lot, tract or parcel of real estate, including the improvements, appurtenances and easements thereunto belonging, and being more particularly described as follows:
Lot C7, Little Mountain Retreat

All of that certain lot, tract or parcel of real estate containing ± 5.66 acres, lying in the Little Levels District of Pocahontas County, West Virginia.

Commencing at the intersection of U.S. Route 219 and WV Route 39 at Mill Point, WV;
Thence, westerly along WV Route 39 for ± 2.0 miles to a private drive on the left;

Thence, leaving WV Route 39 and with said drive for ± 0.4 mile to a Railroad spike found in the centerline of said drive, a corner to that property conveyed to Sam Roberts at Deed Book 342, Page 650, Tax Parcel #13-11.1, the point of beginning.

Thence, leaving said drive and with Roberts N 55-47-57 W 498.39' to a Railroad spike found;

Thence, leaving Roberts and with the centerline of said drive for nineteen new lines through Workman Properties, LLC, Tax Parcel 13-11, N 38-13-15 E 29.01' to a point;

Thence, N 56-42-21 E 35.63' to a point;
Thence, N 66-21-02 E 42.82' to a point;
Thence, N 65-00-57 E 46.80' to a point;
Thence, N 64-05-04 E 66.64' to a point;
Thence, N 63-35-40 E 31.41' to a point;
Thence, N 63-35-40 E 50.51' to a point;
Thence, N 63-01-12 E 45.22' to a point;
Thence, N 67-42-38 E 69.96' to a point;
Thence, N 72-30-19 E 48.03' to a point;
Thence, N 74-16-46 E 88.08' to a point;
Thence, N 80-29-09 E 36.80' to a point;
Thence, S 87-32-55 E 44.74' to a point;
Thence, S 86-40-34 E 42.11' to a point;
Thence, N 75-38-59 E 81.33' to a point;
Thence, N 84-52-01 E 88.37' to a point;
Thence, S 89-28-34 E 14.68' to a point;
Thence, S 79-15-51 E 18.42' to a point;
Thence, S 63-51-05 E 17.29' to a rod found;

Thence, with the centerline of said drive partly with that property conveyed to Paul Sinnott at Deed Book 342, Page 687, Tax Parcel #13-11.11, partly with that property conveyed to Paul H. Sinnott at Deed Book 312, Page 522, Tax Parcel #13-11.7, and partly with that property conveyed to the Hamilton Family Living Trust at Deed Book 356, Page 56, Tax Parcel #13-11.6, and continuing with the centerline for sixteen lines as follows:

Thence, S 46-09-11 E 14.45' to a point;
Thence, S 26-22-40 E 14.43' to a point;
Thence, S 08-01-58 E 25.66' to a point;
Thence, S 17-32-46 W 35.55' to a rod found;
Thence, S 28-35-36 W 53.10' to a point;
Thence, S 37-18-15 W 74.60' to a point;
Thence, S 37-41-43 W 61.46' to a point;
Thence, S 40-13-25 W 87.16' to a point;
Thence, S 39-36-49 W 59.08' to a point;
Thence, S 46-23-07 W 51.60' to a point;
Thence, S 57-18-36 W 67.77' to a point;
Thence, S 66-08-42 W 47.09' to a point;
Thence, S 69-07-18 W 55.12' to a point;
Thence, S 56-20-02 W 32.85' to a point;
Thence, S 30-37-43 W 25.36' to a point;
Thence, S 06-40-22 W 29.58' to the point of beginning, containing ±5.66 acres, as surveyed by Brian L. Beverage, Professional Surveyor #2112, on October 27, 2019, and as shown on a plat of record in the Office of the Clerk of the County Commission of Pocahontas County, West Virginia.

And being the same lot, tract or parcel of real estate as acquired by Michael Hughes, by the provisions of a Deed of Conveyance from Workman Properties, LLC, said Deed bearing date the 29th day of October, 2019, and of record in the Office of the Clerk of the County Commission of Pocahontas County, West Virginia, in Deed Book 382, at page 672.

The above-described real estate shall be sold subject to any claims, liens, assessments, taxes, restrictions, covenants, conditions, and encumbrances against the same.

The Trustee shall convey title with covenants of Special Warranty. The purchaser shall pay all taxes due and payable against the said property and all taxes hereafter due and assessed against the said property.

TERMS OF SALE: Cash in hand on day of sale or prior approved credit.

CONDITION OF SALE: Said property shall be sold to the highest responsible bidder, with the right reserved to the said Workman Properties, LLC, to bid at said sale and to continue the said sale by declaration from time to time, as they may choose.

Given unto my hand this the 23rd day of March 2023.
Michael C. Doss, Trustee
921 Tenth Avenue
Marlinton, WV 24954
3/30/3c

NOTICE OF TRUSTEE'S SALE OF VALUABLE REAL ESTATE

Notice is hereby given that the undersigned, MICHAEL C. DOSS, Trustee, by virtue of that certain Deed of Trust executed by Jeffrey Kevin Johnston bearing date the 7th day of April, 2009, and of record in the Office of the Clerk of the County Commission of Pocahontas County, West Virginia, in Trust Deed Book 316, at page 135, the maker, having defaulted in payment of the note secured by said Deed of Trust as provided by the terms thereof, and the beneficial holder of the said note, Pendleton Community Bank, having declared the whole of the indebtedness thereunder to be due and payable; and having demanded the undersigned in writing to make sale of the real estate described in said Deed of Trust, the undersigned **Trustee will offer for sale and sell at public auction to the highest responsible bidder on the 18th day of April, 2023, at 3:00 p.m., at the front steps of the Pocahontas County Courthouse in the Town of Marlinton, Pocahontas County, West Virginia,** the premises, being and consisting of the following:

All of that certain tract or parcel of real estate, including the improvements, appurtenances and easements thereunto belonging, in the Huntersville District, Pocahontas County, West Virginia, situated on Secondary Route 12/1, better known as the Hill Country Road, and being more particularly described as follows:

BEGINNING at a ½" iron pipe found on the north Right-of-Way of Secondary Route 13/1, a corner to Edward Seitz & Ann Haight, from which a 26" White Oak bears N 62 E 2.40 feet, thence leaving Seitz & Haight and with said Right-of-Way for the next 4 lines

S 67-20-37 W 43.73 feet to a point on said R/W, thence S 62-32-28 W 58.12 feet to a point on said R/W, thence S 59-43-38 W 139.59 feet to a point on said R/W, thence S 61-25-22 W 224.74 feet to a ½" iron pipe set on said Right-of-Way, thence leaving said Right-of-Way and cutting through the lands of Alfred & Sharon Dilley

N 34-17-51 W passing a Electric Pole #1W5196 at 660.77 feet, continuing on same course in all 1218.33 feet to a ½" iron pipe set on the line of Jimmie D. & Sheila K. Arbogast, from which a ½" iron pipe a corner to Arbogast and on the line of Dilley bears S 59-56-18 W 168.94 feet, and a 12" Hickory bears N 30 E 2.10 feet, thence with Arbogast for the next 2 lines

N 59-56-17 E 280.73 feet to a ½" iron pipe found in a stone pile, a corner to Arbogast, thence

N 30-43-51 E 543.29 feet to a ½" iron pipe found on the line of Arbogast and a corner to Richard D. & Vicky L. Carney, from which a 9" Hickory bears N 30 W 7.50 feet, thence leaving Arbogast and with Carney for part of a line

S 22-27-46 E passing a ½" iron pipe found, a corner to Carney and Edward Seitz & Ann Haight at 412.09 feet, from which a 13" Scarlet Oak bears N 59 W 9.30 feet, continuing on same course with Seitz & Haight in all 1506.90 feet to the point of beginning and containing 17.94 acres, more or less, as surveyed by William E. Dilley, LLS, of Dunmore, West Virginia, in October 2002, and as shown on a plat of record in the Office of the Clerk of the County Commission of Pocahontas County, West Virginia, in Deed Book 281, at page 134.

And being the same tract or parcel of real estate as acquired by Kevin Johnston, by the provisions of a Deed of Conveyance from Alfred L. Dilley and Sharon Dilley, husband and wife, said Deed bearing date the 30th day of October, 2002, and of record in the Office of the Clerk of the County Commission of Pocahontas County, West Virginia, in Deed Book 281, at page 131.

The above-described real estate shall be sold subject to any claims, liens, assessments, taxes, restrictions, covenants, conditions, and encumbrances against the same.

The Trustee shall convey title with covenants of Special Warranty. The purchaser shall pay all taxes due and payable against the said property and all taxes hereafter due and assessed against the said property.

TERMS OF SALE: Cash in hand on day of sale or prior approved credit.

CONDITION OF SALE: Said property shall be sold to the highest responsible bidder, with the right reserved to the said Pendleton Community Bank, to bid at said sale and to continue the said sale by declaration from time to time, as they may choose.

Given unto my hand this the 23rd day of March 2023.
Michael C. Doss, Trustee
921 Tenth Avenue
Marlinton, WV 24954
3/30/3c

ACCEPTING BIDS FOR VEHICLE

The Pocahontas County Commission is accepting bids for a Pickup Truck for use by the Pocahontas County Sheriff's Department. All bids should be submitted in writing and placed in a sealed envelope marked "Sealed Bid - Pocahontas County Sheriff's Department Vehicle" and delivered by mail or in person to the Pocahontas County Commission, 900 Tenth Ave, Marlinton, WV 24954 **no later than April 14, 2022, at 4:00 p.m.**

Bid Specifications for the vehicle are listed below:
2023 or newer Double Cab Pickup Truck, 4 Wheel Drive, Half ton,

see Legals Advertisments pg 16

STATE OF WEST VIRGINIA DEPARTMENT OF ENVIRONMENTAL PROTECTION DIVISION OF WATER AND WASTE MANAGEMENT

PUBLIC NOTICE

WEST VIRGINIA DEPARTMENT OF ENVIRONMENTAL PROTECTION'S, PUBLIC INFORMATION OFFICE, 601 57TH STREET SE, CHARLESTON, WEST VIRGINIA 25304-2345 TELEPHONE: (304) 926-0440.

APPLICATION FOR A WEST VIRGINIA NATIONAL POLLUTANT DISCHARGE ELIMINATION SYSTEM WATER POLLUTION CONTROL PERMIT MODIFICATION

Public Notice No.: L-29-23 **Public Notice Date:** March 30, 2023

Paper: Pocahontas Times

The following has applied for a WV NPDES Water Pollution Control Permit Modification for this facility or activity:

Appl. No.: WV0023311
Applicant: POCAHONTAS COUNTY PSD
PO BOX 250
DURBIN, WV 26264
Location: SLATYFORK, POCAHONTAS COUNTY
Latitude: 38:25:47 **Longitude:** 80:00:16

Receiving Stream:
Cup Run of Big Spring Fork

Activity:
To acquire, construct, install, operate, and maintain a new wastewater collection system project to serve approximately 106 customers in the communities of Frank and Bartow. The new collection system shall produce approximately 11,000 gallons per day and convey wastewater to the Town of Durbin for ultimate treatment and disposal. The town of Durbin discharges to the East Fork Greenbrier River, approximately 0.2 miles from its mouth, of the Greenbrier River. The above mentioned extension project shall be constructed in accordance with the "Frank-Bartow Sanitary Sewer Extension Project" approved on December 10, 2019 and prepared by E.L. Robinson Engineering; 5088 Washington Street W, Charleston WV 25313; WVDEP SRF #C-544604; WV LJDC #2017S-1707.

Business conducted:
Public Service District

Implementation:
N/A

On the basis of review of the application, the "Water Pollution Control Act (Chapter 22, Article 11-8(a))," and the "West Virginia Legislative Rules," the State of West Virginia will act on the above application.

Any interested person may submit written comments on the draft permit modification and may request a public hearing by addressing such to the Director of the Division of Water and Waste Management within 30 days of the date of the public notice. Such comments or requests should be addressed to:

Director, Division of Water and Waste Management, DEP
ATTN: Lori Devereux, Permitting Section
601 57th Street SE
Charleston, WV 25304-2345

The public comment period begins March 30, 2023 and ends April 29, 2023.

Comments received within this period will be considered prior to acting on the permit modification application. Correspondence should include the name, address and the telephone number of the writer and a concise statement of the nature of the issues raised. The Director shall hold a public hearing whenever a finding is made, on the basis of requests, that there is a significant degree of public interest on issues relevant to the Draft Permit Modification(s). Interested persons may contact the public information office to obtain further information.

The application, draft permit modification and any required fact sheet may be inspected, by appointment, at the Division of Water and Waste Management Public Information Office, at 601 57th Street SE, Charleston, WV, between 8:00 a.m. and 4:00 p.m. on business days.

3/30/1c

STATE OF WEST VIRGINIA DEPARTMENT OF ENVIRONMENTAL PROTECTION DIVISION OF WATER AND WASTE MANAGEMENT

PUBLIC NOTICE

WEST VIRGINIA DEPARTMENT OF ENVIRONMENTAL PROTECTION PUBLIC INFORMATION OFFICE, 601 57TH STREET SE, CHARLESTON, WEST VIRGINIA 25304-2345 TELEPHONE: (304) 926-0440.

APPLICATION FOR A WEST VIRGINIA NATIONAL POLLUTANT DISCHARGE ELIMINATION SYSTEM WATER POLLUTION CONTROL PERMIT MODIFICATION

Public Notice No.: L-30-23 **Public Notice Date:** March 30, 2023

Paper: Pocahontas Times

The following has applied for a WV NPDES Water Pollution Control Permit Modification for this facility or activity:

Appl. No.: WV0023311
Applicant: POCAHONTAS COUNTY PSD
PO BOX 250
DURBIN, WV 26264
Location: SLATYFORK, POCAHONTAS COUNTY
Latitude: 38:25:47 **Longitude:** 80:00:16

Receiving Stream:
Cup Run of Big Spring Fork

Activity:
To incorporate the requirements relative to Title 33, Series 2 of the West Virginia Legislative Rules for the processing and disposal of sewage sludge generated by the wastewater treatment plant. Sewage sludge generated and/or processed at the permittee's facility shall be disposed of at a sanitary landfill by placing the sewage sludge in the landfill cell. Also, sewage sludge may be hauled to the City of Clarksburg's wastewater treatment plant for final processing and disposal. Further, sewage sludge may be disposed of by a septic tank truck owned and operated by the Pocahontas County PSD or by a septage hauler registered to operate under General Permt No. WVGS10000 for land application of sewage sludge or WVSG20000 for disposal sludge at a wastewater treatment facility.

Business conducted:
Public Service District

Implementation:
N/A

On the basis of review of the application, the "Water Pollution Control Act (Chapter 22, Article 11-8(a))," and the "West Virginia Legislative Rules," the State of West Virginia will act on the above application.

Any interested person may submit written comments on the draft permit modification and may request a public hearing by addressing such to the Director of the Division of Water and Waste Management within 30 days of the date of the public notice. Such comments or requests should be addressed to:

Director, Division of Water and Waste Management, DEP
ATTN: Lori Devereux, Permitting Section
601 57th Street SE
Charleston, WV 25304-2345

The public comment period begins March 30, 2023 and ends April 29, 2023.

Comments received within this period will be considered prior to acting on the permit modification application. Correspondence should include the name, address and the telephone number of the writer and a concise statement of the nature of the issues raised. The Director shall hold a public hearing whenever a finding is made, on the basis of requests, that there is a significant degree of public interest on issues relevant to the Draft Permit Modification(s). Interested persons may contact the public information office to obtain further information.

The application, draft permit modification and any required fact sheet may be inspected, by appointment, at the Division of Water and Waste Management Public Information Office, at 601 57th Street SE, Charleston, WV, between 8:00 a.m. and 4:00 p.m. on business days.

3/30/1c

LEGAL ADVERTISEMENTS

LEGAL ADVERTISEMENTS

LEGAL ADVERTISEMENTS

2.7 liter turbo engine, 430 foot lbs of torque, Gasoline Engine, Automatic Transmission, Anti-Lock Brake System, Power Windows, Power Door Locks, Power Heated Mirrors, Air Conditioning, Towing Package, Trailer Hitch, Trailer Break Controller, Locking Differential, Spray in Bed Liner, Keyless Entry, Remote Start, Rear Camera.
 Bids will be opened in the Office of the County Commission located in the Pocahontas County Courthouse, on Tuesday April 18, 2023, at 6:15 p.m.
 For further information, please inquire at the Pocahontas County Clerk's Office at 304-799-4549, Monday through Friday, between the hours of 8:30 a.m. and 4:30 p.m.
 The Pocahontas County Commission reserves the right to reject any and all bids or to continue this matter from time to time as may be necessary.

Walt Helmick, President
 Pocahontas County Commission
 3/30/2c

**POCAHONTAS COUNTY SHERIFF'S DEPARTMENT
 NOTICE OF CIVIL SERVICE EXAMINATION**
 The Pocahontas County Deputy Sheriff's Civil Service Commission will conduct competitive examination testing for entry level Deputy Sheriff position(s). The written test will be given at the Pocahontas County Courthouse on Friday, April 28, 2023, at 2:00 p.m.
 Applicants must be citizens of the United States and be between age 18 and 45. Applicants must have a high school diploma or GED. Successful applicants shall become a resident of Pocahontas County within (6) months of their hire date.
Deputy Sheriffs are full-time benefited positions, including retirement, medical insurance, vacation and sick leave. Initial annual uncertified officer salary is \$40,000, increased to \$42,500 upon completion of Academy and increased to \$45,000 after twelve months of Academy Certification. WV Certified Of-

Officers in good standing start at \$42,500 and increased to \$45,000 upon completion of twelve-month probationary period.
 Applications may be obtained from the Pocahontas County Clerk's Office or the Pocahontas County Sheriff's Office. Applications must be received by the County Clerk's Office no later than the close of business Friday, April 14, 2023. The applications may be dropped off or mailed to 900C Tenth Avenue Marlinton WV 24954.
 Pocahontas County is an Equal Opportunity Employer
 3/30/2c

NOTICE
 There will be a meeting of the Board of Directors of the Public Defender Corporation, 11th Judicial Circuit at Food and Friends located at 878 Washington Street in Lewisburg, Thursday, April 6, 2023, at 12:00 p.m. All interested parties may attend.
 3/30/1c

**Advertising
 Deadline
 is Monday
 at noon.
 Call
 304-799-4973**

**FISCAL YEAR JULY 1, 2023 - JUNE 30, 2024
 LEVY ESTIMATE - BUDGET DOCUMENT**

STATE OF WEST VIRGINIA
 MUNICIPALITY OF HILLSBORO, WEST VIRGINIA

In accordance with Code § 11-8-14, as amended, the Council proceeded to make an estimate of the amounts necessary to be raised by levy of taxes for the current fiscal year, and does determine and estimate the several amounts to be as follows:

The amount due and the amount that will become due and collectible from every source during the fiscal year INCLUDING THE LEVY OF TAXES, is as follows:

REVENUE SOURCE	
Unassigned Fund Balance	195,000
Property Taxes - Current Expense	30,818
Prior Year Taxes	500
Gas & Oil Severance Tax	1,000
Excise Tax on Utilities	13,000
IRP Fees (Interstate Registration Plan)	5,000
Dog Pound Fees	150
Contributions from Other Entities	2,550
Gaming Income	11,000
Video Lottery (LVL)	300
TOTAL ESTIMATED REVENUE (GENERAL FUND)	\$ 259,318

COAL SEVERANCE TAX FUND

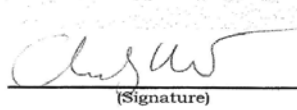
REVENUE SOURCE	
Assigned Fund Balance	\$ 50
Coal Severance Tax	1,200
TOTAL ESTIMATED REVENUE (COAL SEVERANCE FUND)	\$ 1,250

	General Fund	Coal Severance Fund
City Attorney	10,000	-
City Auditor	10,000	-
Regional Development Authority	125	-
City Hall	43,353	-
Other buildings	70	-
Contingencies	4,000	-
Fire Department	1,500	-
Ambulance Authority	1,500	-
Fire Hydrants	5,000	-
Emergency Services	3,000	-
Street Lights	6,000	-
Signs and Signals	500	-
Snow Removal	1,500	-
Sidewalks	153,000	-
Water & Sewer	900	-
Fair Associations/Festivals	-	625
Library	-	625
TOTAL ESTIMATED EXPENDITURES	\$ 259,318	\$ 1,250

**MUNICIPALITY OF HILLSBORO, WEST VIRGINIA
 Regular Current Expense Levy
 FISCAL YEAR JULY 1, 2023 - JUNE 30, 2024**

Certificate of Valuation			
	Assessed Value for Tax Purposes	Levy Rate/\$100	Taxes Levied
CLASS I			
Personal Property	\$ 0	12.48	\$ 0
Public Utility	0		0
Total Class I	\$ 0		\$ 0
CLASS II			
Real Estate	\$ 3,442,660	24.96	\$ 8,593
Personal Property	49,326		123
Total Class II	\$ 3,491,986		\$ 8,716
CLASS IV			
Real Estate	\$ 1,358,330	49.92	\$ 6,781
Personal Property	2,358,589		11,774
Public Utility	1,303,427		6,507
Total Class IV	\$ 5,020,346		\$ 25,062
Total Value & Projected Revenue	\$ 8,512,332		\$ 33,778

Less Delinquencies, Exonerations & Uncollectable Taxes	5.00%	1,689
Less Tax Discounts (use Total Projected Revenue to calculate)	2.00%	642
Less Allowance for Tax Increment Financing (if Applicable)		0
Total Projected Property Tax Collection		\$ 31,447
Less Assessor Valuation Fund (Subtracted from regular current expense taxes levied only)	2.00%	629
Net Amount to be Raised by Levy of Property Taxes		\$ 30,818

STATE OF WEST VIRGINIA
 COUNTY OF HILLSBORO
 MUNICIPALITY OF HILLSBORO
 I, Andrew Rice, Recording Officer of said municipality, do hereby certify that the foregoing are true copies from the record of the orders made and entered by the council of the said municipality on the 14th day of March, 2023.

 Recorder
 (Official Title of Recording Officer)
 3/23/2c

**FISCAL YEAR 2023/2024
 MUNICIPALITY OF MARLINTON
 LEVY ESTIMATE**

STATE OF WEST VIRGINIA
 MUNICIPALITY OF MARLINTON to wit:

In accordance with Code Section 11-8-14, as amended, the council proceeded to make an estimate of the amounts necessary to be raised by levy of taxes for the current fiscal year, and doth determine and estimate the several amounts to be as follows:

CURRENT REGULAR MUNICIPAL PURPOSES ESTIMATE

The amount due and the amount that will become due and collectible from every source during the fiscal year INCLUDING THE LEVY OF TAXES, is as follows:

REVENUE SOURCE	
Unencumbered Balance	\$ 217,206
Ad Valorem Taxes	176,728
Gas & Oil Severance Tax	5,804
Excise Tax on Utilities	44,988
Gross Sales Tax	93,000
Wine & Liquor Tax	5,324
Animal Control Tax	331
Hotel Occupancy Tax	26,349
Fines, Fees & Court Costs	463
Licenses	2,750
Building Permit Fees	5,325
Franchise Fees	8,107
Inspection Fees	111
IRP Fees	82,528
Cemetery Revenues	4,750
Rents & Concessions	22,228
Refuse Collection	176,616
Fire Service Fees	73,000
Table Gaming Revenues	7,917
Interest Earned	4,625
Video lottery	998
Miscellaneous	793
TOTAL ESTIMATED REVENUE (GENERAL FUND)	\$ 959,941

ESTIMATED CURRENT EXPENDITURES (GENERAL FUND)

Office of Mayor	\$ 16,520
Members of Council	9,267
Recorder	4,260
Treasurer	20,475
Police Judge	6,734
City Attorney	19,356
Custodial	9,741
Regional Development	433
Building Inspector	90,297
Housing Rehab	37,219
City Hall	124,918
Other Buildings	3,335
Police Department	48,259
Fire Department	77,200
Streets & Highways	88,038
Street Lights	19,108
Central Garage	17,068
Garbage Department	159,168
Parks	135,273
Visitors Bureau	13,175
Library	500
Fairs and Festivals	3,013
Beautification	15,112
Cemetery	41,472
TOTAL ESTIMATED EXPENDITURES (GENERAL FUND)	\$ 959,941

COAL SEVERANCE TAX FUND

REVENUE SOURCE	
Assigned Fund Balance	\$ 200
Coal Severance Tax	2,500
TOTAL ESTIMATED REVENUE (COAL SEVERANCE TAX FUND)	\$ 2,700

ESTIMATED CURRENT EXPENDITURES (COAL SEVERANCE TAX FUND)

City Hall	\$ 500
Streets & Highways	2,200
TOTAL ESTIMATED EXPENDITURES (COAL SEVERANCE TAX FUND)	\$ 2,700

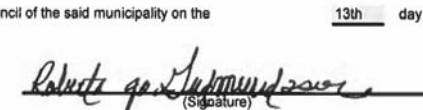
**LEVY PAGE
 FOR THE FISCAL YEAR ENDED JUNE 30, 2024**

	Assessed Values Tax Purposes	Current Expense Levy Rate/\$100	Taxes Levied
Class I Property			
Personal Property	0	12.16	0
Public Utilities	0	12.16	0
Total Class I	0		0
Class II Property			
Real Estate	11,300,760	24.32	27,483
Personal Property	34,518	24.32	84
Total Class II	11,335,278		27,567
Class IV Property			
Real Estate	18,969,950	48.64	92,270
Personal Property	11,292,485	48.64	54,927
Public Utilities	3,893,052	48.64	18,936
Total Class IV	34,155,487		166,133
TOTAL ASSESSED VALUE	45,490,765		

TOTAL PROJECTED PROPERTY TAX REVENUE	193,700	
*Less 112,113,239 (box lower left)	5%	9,685
Less 107 - Tax Discounts	2%	3,680
Total Projected Property Tax Collection		180,335
Less Assessor Valuation Fund (Subtracted from current expense taxes levied only)	2%	3,607
Net Amounts to be Raised by Levy of Property Taxes (To #301-01 on Page 4)		176,728

* 112 Uncollectable Taxes 3,228
 * 113 Exonerations 3,228
 * 239 Delinquencies 3,229

	Roll Back Value	Weighting	Weighted Assessed
Class 1	0	0.01	0
Class 2	11,329,158	0.02	226,583
Class 3	0	0.04	0
Class 4	32,208,451	0.04	1,288,338
Total RB Value	43,537,609		1,514,921
Prior total projected property tax			178,788
Amount to be raised @ 103%			184,152
			12.1559
Class 1 Rate			12.16
Class 2 Rate			24.31
Class 3 Rate			48.62

STATE OF WEST VIRGINIA
 COUNTY OF POCAHONTAS
 MUNICIPALITY OF MARLINTON
 I, ROBERTA GUDMUNDSSON, Recording Officer of said municipality, do hereby certify that the foregoing are true copies from the record of the orders made and entered by the council of the said municipality on the 13th day of March, 2023.

 RECORDER
 (Official Title of Recording Officer)
 3/23/2c

LEGAL ADVERTISEMENTS

LEGAL ADVERTISEMENTS

LEGAL ADVERTISEMENTS

**Pocahontas County Commission Levy Estimate (Budget)
2023 - 2024 Fiscal Year**

**POCAHONTAS COUNTY, WEST VIRGINIA
REGULAR CURRENT EXPENSE LEVY
FISCAL YEAR JULY 1, 2023 - JUNE 30, 2024**

	Certificate of Valuation Assessed Value for Tax Purposes	Levy Rate/\$100	Taxes Levied
Class I			
Personal Property	\$ 0	12.69	\$ 0
Public Utility	0		0
Total Class I	\$ 0		\$ 0
Class II			
Real Estate	\$ 356,520,860	25.38	\$ 904,850
Personal Property	1,690,742		4,291
Total Class II	\$ 358,211,602		\$ 909,141
Class III			
Real Estate	\$ 329,815,500	50.76	\$ 1,674,143
Personal Property	93,953,075		476,906
Public Utility	45,720,640		232,078
Total Class III	\$ 469,489,215		\$ 2,383,127
Class IV			
Real Estate	\$ 21,915,880	50.76	\$ 111,245
Personal Property	16,070,876		81,576
Public Utility	5,838,568		29,637
Total Class IV	\$ 43,825,324		\$ 222,458
Total Value & Projected Revenue	\$ 871,526,141		\$ 3,514,726
Less Delinquencies, Exonerations & Uncollectable Taxes		0.00%	0
Less Tax Discounts		0.00%	0
Less Allowance for Tax Increment Financing (if Applicable)			0
Total Projected Property Tax Collection			3,514,726
Less Assessor Valuation Fund (Subtracted from regular current expense taxes levied only)		0.00%	0
Net Amount to be Raised by Levy of Property Taxes			\$ 3,514,726

**Pocahontas County Commission Levy Estimate (Budget)
2023 - 2024 Fiscal Year**

STATE OF WEST VIRGINIA
County of: Pocahontas, West Virginia

In accordance with WV Code §11-8-10, as amended, the Pocahontas County Commission proceeded to make an estimate of the amounts necessary to be raised by a levy of taxes for the current year, and doth determine and estimate the several amounts to be as follows:

General Fund	Estimated Revenues
Fund Balance	\$ 622,300
Property Taxes Current year	3,206,766
Prior Year Taxes	202,000
Dog Taxes	8,844
Property Transfer Tax	175,000
Gas and Oil Severance Tax	17,000
Wine & Liquor Tax	30,000
Hotel Occupancy Tax	1,500,000
Federal Grants / Federal Payment in Lieu of Taxes	750,000
State Grants	85,000
Sheriff's Service of Process	5,000
Sheriff's Earnings	200
County Clerk's Earnings	45,000
Circuit Clerk's Earnings	12,000
Accident Reports	400
Motor Vehicle License Fee	2,000
Clerk Deed Fees	2,500
Rents & Concessions	6,000
Franchise Agreement	2,500
IRP Fees (Interstate Registration Plan)	30,000
Fines, Fees & Court Costs	1,000
Regional Jail Operations Partial Reimbursement	10,000
Interest Earned	3,000
Miscellaneous Revenue	15,000
Sheriff's Commission	15,000
Commissions	884
Gaming Income	40,000
Video Lottery	5,000
Refunds/Reimbursements (External Sources)	25,000
Emergency 911 Reimbursement	500,000
General School Reimbursements	30,000
Magistrate Court Reimbursements	2,000
Payroll Reimbursements	124,349

Transfers from Rainy Day Fund	250,000
Transfers Assessor's Valuation Fund	153,650
Total Estimated General Fund Revenues	\$ 7,877,393
Coal Severance Tax	Estimated Revenues
Assigned Fund Balance	\$ 374,986
Coal Severance Tax	20,000
Interest Earned on Investment	5,000
Total Coal Severance	\$ 399,986

ESTIMATED EXPENDITURES

GENERAL GOVERNMENT

	General Fund	Coal Severance Tax Fund
County Commission	\$ 542,146	\$ 399,986
County Clerk	436,388	-
Circuit Clerk	199,113	-
Sheriff - Treasurer	368,891	-
Prosecuting Attorney	425,647	-
Assessor	292,983	-
Assessor's Valuation Fund	153,650	-
Statewide Computer Network	40,000	-
Agricultural Agent	80,588	-
Elections - County Clerk	70,370	-
Courthouse	487,045	-
Regional Development Authority	7,869	-
Economic Development	9,837	-
County Clerk Operations	2,500	-
Contingencies - Not to Exceed 10% of Budget	225,000	-
TOTAL GENERAL GOVERNMENT	3,342,027	399,986

PUBLIC SAFETY

Sheriff - Law Enforcement	1,008,368	-
Sheriff - Service of Process	58,472	-
County Jail - Nonreimbursable J/C	60,430	-
Regional Jail	250,000	-
Emergency Services	86,154	-
Communication Center	647,142	-
Fire Coordinator	120,000	-
Ambulance Authority	199,349	-
Dog Warden/Humane Society	49,199	-
Flood Control	15,000	-
Local Law Enforcement Block Grant	266,005	-
TOTAL PUBLIC SAFETY	2,760,119	-

Local Health Department

Local Health Department	28,000	-
Hospital	75,000	-
Vital Statistics	200	-
TOTAL HEALTH & SANITATION	103,200	-

CULTURE AND RECREATION

Parks & Recreation	141,050	-
Arts & Humanities	15,925	-
Fair Associations/Festivals	100,100	-
Historical Commission	27,300	-
Civic Promotion	11,375	-
Visitor's Bureau	797,750	-
Library	136,500	-
Law Library	2,000	-
TOTAL CULTURE & RECREATION	1,232,000	-

Senior Citizens

Senior Citizens	100,000	-
Family Court	18,050	-
TOTAL SOCIAL SERVICES	118,050	-

CAPITAL PROJECTS

Community Development	34,989	-
County Commission	287,008	-
TOTAL CAPITAL OUTLAY	321,997	-

Total Expenditures

Total Expenditures	\$ 7,877,393	\$ 399,986
---------------------------	---------------------	-------------------

I, Melissa L. Bennett, CLERK OF THE COUNTY COMMISSION OF SAID COUNTY, DO HEREBY CERTIFY THAT THE FOREGOING ARE TRUE COPIES FROM THE RECORD OF ORDERS MADE AND ENTERED BY SAID COMMISSION ON THE 15th DAY OF MARCH 2023.

Melissa L. Bennett
(Signature)

3/23/2c

Classifieds

GET THE JOB DONE!
Buy • Sell • Trade • Rent • Hire

Advertising deadline is Monday at noon. Call 304-799-4973 to place yours now.

FOR SALE

FOR SALE - 20-ton log splitter. Runs great. \$650. 304-456-5020. 3/30/2p

FOR SALE - Four 285-70R-17 Cooper mud tires on Dodge rims. \$600. 304-456-5020. 3/30/2p

FOR SALE - Registered Angus Bulls, 14 to 24 months, fertility tested, priced for today's market, free delivery. Discounts for repeat buyers, multiple purchases and haul your own. Ginseng Angus 540-474-5137. 3/30/2c

FOR RENT

APARTMENT FOR RENT - Single bedroom apartment, \$700 per month. Utilities included except phone/Internet/TV. Call 304-456-5357. 3/30/2c

WANTED

WANTED TO BUY - Copy of History of Pocahontas County - 1981. Call 707-523-3303. (West Coast number). 3/23/4p

POSITIONS AVAILABLE

POSITIONS AVAILABLE - Cass Scenic Railroad State Park is now taking applications for the following positions: Company Store, Laundry, Maintenance, Museum Attendant and Naturalist. If interested, stop by the company store to pick up an application or call the park office at 304-456-4300. 3/23/2c

HELP WANTED

HELP WANTED - Looking for a Correctional Officer job? Testing will be offered at the Denmar Cor-

rectional Center, Hillsboro, WV, on a daily basis. Interested parties should contact Human Resources at the facility at 304-653-4201 to schedule an appointment. 1/19/tfnc

SERVICES

SERVICES - Affordable Tree Care. Trimming, removal, stump grinding and underbrushing. Tony Garretson. 304-799-6543. 6/23/tfnp

SERVICES - Ron's Tree Service, LLC. Complete tree care and removal. Free estimates. 304-799-2476. 1/19/tfn

FREE

FREE - Newspaper for your stove or pets. *The Pocahontas Times*. 304-799-4973. 12/15/tfn

MOVING SALE

INSIDE GARAGE SALE - Friday, March 31, and Saturday, April 1, 9 a.m. to 7, 864 Huntersville Road, 15th Avenue, Marlinton. 3/30/1p

The Town of Marlinton is seeking a Part-Time Seasonal Worker

This position primarily will be mowing, weed eating and trash pickup, but may also require other tasks as needed. This position will remain open until filled.

Submit applications/résumés to: Town of Marlinton, 709 2nd Avenue, Marlinton, WV 24954; or email townofmarlinton@frontiernet.net

For more information call 304-799-4315. The Town of Marlinton is an equal opportunity employer.

The Town of Marlinton is seeking a Full-Time Maintenance Worker

This position entails all aspects of maintenance work within the town, including water and sewer lines, mowing, meter reading and working with the sanitation department. Plus, doing other work as may be required. Valid WV driver's license is required.

Benefits include: paid holidays, paid personal days, furnished uniforms, accumulative sick leave, paid vacation, and health insurance.

Pay will be based on experience. This position will remain open until filled.

Submit applications/résumés to: Town of Marlinton, 709 2nd Avenue, Marlinton, WV 24954; or email townofmarlinton@frontiernet.net

For more information call 304-799-4315. The Town of Marlinton is an equal opportunity employer.

Pocahontas Producers

SPECIAL SPRING CALF SALE
Friday, April 7
7 p.m.

REGULAR SALE
Saturday, 2 p.m.
April 8,

For more information, please call PPCA Mgr. Sherry Sullenberger, 540-499-2718, or the WVU Extension Office at 304-799-4852.

**WEST VIRGINIA DEPARTMENT OF TRANSPORTATION
DIVISION OF HIGHWAYS**

NOTICE TO CONTRACTORS

Bids will be received electronically by the West Virginia Department of Transportation, Division of Highways, through the Bid Express Bidding Service (www.bidx.com) and by sealed proposals (only when prequalification is waived) being received at its office in Building 5, Room 843, 1900 Kanawha Boulevard East, Charleston, West Virginia, until **MAY 9, 2023 AT 10:00 A.M.** (Eastern Standard Time). The bids will be downloaded and/or opened and read publicly thereafter for the constructions of the following project (s):

Call: 010; Contract: 2022990095; State Project: S399-050/00-0.00; FEDERAL PROJECT: HSIP-0050(429)D Description: PAVEMENT MARKINGS, 2023 APD STRIPING; COUNTY: STATEWIDE

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

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

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

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

West Virginia Department of Transportation
Division of Highways
3/23/2c

BEAT THE RUSH - SERVICE NOW!

Now's the time for spring maintenance on all your small engine equipment **RIDING OR PUSH MOWERS, WEED EATERS, PRESSURE WASHERS, GENERATORS AND MORE**



POPES Pocahontas Outdoor Power Equipment Service
1/4 mile east of Rt. 218 on Denmar Road, Hillsboro
Monday - Friday 8 a.m. - 5 p.m., Saturday by appointment **304-653-4988**

How to survive a panic attack

By Stan Popovich

A person can experience a panic attack when they least expect it and that can cause a great deal of fear and anxiety.

Here are eight easy steps to follow when a panic attack strikes unexpectedly.

1. Take a break: A panic attack can be very uncomfortable and can affect a person's thinking. The best thing to do is to take a break in order to calm down. You don't want to do anything when you're not thinking clearly.

2. Take deep breaths: A person should take some deep breaths to help feel better and to get rid of some of the excessive fear and anxiety. There are many kinds of breathing exercises a person can learn to follow with the help of a mental health counselor. Taking some deep breaths can help a person relax right away.

3. Distract yourself: A person should try to distract themselves from the panic they are experiencing. They

could get some fresh air, listen to some music, take a brisk walk, read the newspaper, or do something relaxing that will give them a fresh perspective on things.

4. Visualize a red stop sign: A person should visualize a red stop sign in their mind when they encounter a fearful thought. When the negative thought comes, a person should think of a red stop sign that serves as a reminder to stop focusing on that thought and to think of something else. A person can then try to think of something positive to replace the negative thought.

5. Get the facts of your situation: Many people feel helpless when they experience a panic attack for the first time. The fact is that you will be ok and that it takes a few minutes for the anxiety to go away. Talk to a counselor and get the facts of what a panic attack is and what you can do when a panic attack occurs.

6. Don't dwell on your thoughts: A person must not dwell or focus on their

thoughts during a panic attack. The more a person tries to reason out their thoughts the longer a panic attack will last. Read some positive statements from your favorite self-help book to help overcome your negative thoughts during a panic attack.

7. Read some positive affirmations: Another technique that is very helpful is to have a small notebook of positive statements that make you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry with you. Whenever you feel depressed, open up the notebook and read those statements.

8. Get help: It is important to talk to a qualified professional in order to learn how to overcome panic attacks. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with any attacks that may occur in the future.

Mountain Hospice

Happy Doctors Day – March 30

"To all the physicians and support staff in our area... You are truly appreciated. It is recognized that all of you go above and beyond for others."

The Staff of Mountain Hospice

www.mountainhospice.com

Pocahontas County - Marlinton

304-799-2673 • 888-763-7789



PIONEER INSURANCE AGENCY, INC.

- Short Term Medical Plans
- Dental Plans
- Vision Plans
- Affordable Rates
- Accident Plans
- Critical Illness Insurance
- Life Insurance
- Local Agent

304-636-2300

www.pioneerinsuranceagency.net

Headquartered on the campus of WV School of Osteopathic Medicine

Robert C. Byrd Clinic

Family Medicine | Internal Medicine | Pediatrics | Pediatric Pulmonology
Physiatry/EMG Services Osteopathic Manipulative Medicine | Behavioral Health
Medical Acupuncture | Laboratory Services | Radiology | Ultrasound
Bone Density Testing | Social Services | Certified Diabetes Education
Osteopathic Neuromusculoskeletal Medicine | Culinary Medicine

DEAP Diabetes Education Accreditation Program
AADE American Association of Diabetes Educators
NCOA
WVRHA West Virginia Rural Health Association
RECIPIENT OF THE 2021 AWARD FOR EXCELLENCE IN RURAL HEALTH

CALL 304.645.3220 TO SCHEDULE YOUR APPOINTMENT TODAY.

"Reinventing" Assisted Living

Robust Activities Program
Home-cooked Meals
On-going Health Monitoring
Medication Management
Odyssey Physical Therapy
Community Pet, "Annie"

Join us today!
Call 304-636-8600, Ext. 1

Mountain Memories

Assisted Living & Retirement Center

A Subsidiary of ERCC
"Where Age is a State of Mind"

301 Wilson Lane, Elkins • mountain-memories.biz

The Blue Grass Valley Bank

Ext. 1915

WWW.BLUEGRASSVALLEYBANK.COM

(540) 468-1915
(540) 474-2430

INVEST IN YOUR FINANCIAL WELLNESS

START CREATING A PLAN

CONTACT US

FEEL SECURE IN YOUR Financial FUTURE

Member FDIC

Skip the trip

to Charleston for your next doctor's appointment!

CAMC has a telemedicine center in your community where you can go for your specialists' appointments. A telemedicine visit is the same as an in-person visit with your provider, just without the travel.

When you visit our center for your scheduled appointment, a nurse will meet with you, talk with you about your health, and facilitate a secure video visit with your provider. You will

have the same dedicated time to talk with your provider one on one, and you will get the same personalized attention and quality care without the inconvenience or expense of leaving town.

We look forward to making your health care experience easier and more convenient. Call us to ask about scheduling your next appointment here!

CAMC Telemedicine – Pocahontas

150 Duncan Road
Buckeye, WV 24924

(304) 799-1061



Charleston Area Medical Center

Vandalia Health

camc.org/Telemedicine

ONE ROOM UNIVERSITY

- New River CTC offers many degree and certificate programs in the health field.
- Find one tailored for your career goals.
- The ORU will help guide you through admissions, financial aid, and registration.
- Call, email, or message for an appointment soon!

New River
Community and Technical College
ONE ROOM UNIVERSITY
Marlinton, WV 24954
304-799-4950

Convenient, Accessible, Affordable!
Have questions? Come see us!
Alicia Tallman
atallman@newriver.edu
newriver.edu
facebook.com/1roomu

New River CTC is accredited by the Higher Learning Commission (www.hlcommission.org), a regional accreditation agency recognized by the U.S. Department of Education. New River CTC is an equal opportunity institution.

City NATIONAL BANK
Pocahontas County Commission

