



**For Your
Consideration**
page 3



August Events
page 11



The Pocahontas Times

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THE POCAHONTAS TIMES
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‘The Friends Book ~ Recipes, Quilts and Some History from the Hillsboro Library Friends’

Jaynell Graham
Editor

The Hillsboro Library Friends group is known for hosting some interesting shindigs and soirees for the education, entertainment and betterment of the community.

Now, the members are putting it all on the table with their new cookbook, “The Friends Book.”

This little gem showcases quilts and artwork and contains a wonderful collection of recipes.

It is dedicated to the late Louise B. McNeel, who was a strong advocate for reading – for all ages – but children in particular. She was instrumental in establishing a community library early on in the Hillsboro community, and later procuring a building, books and computers that continue to serve the people

today.

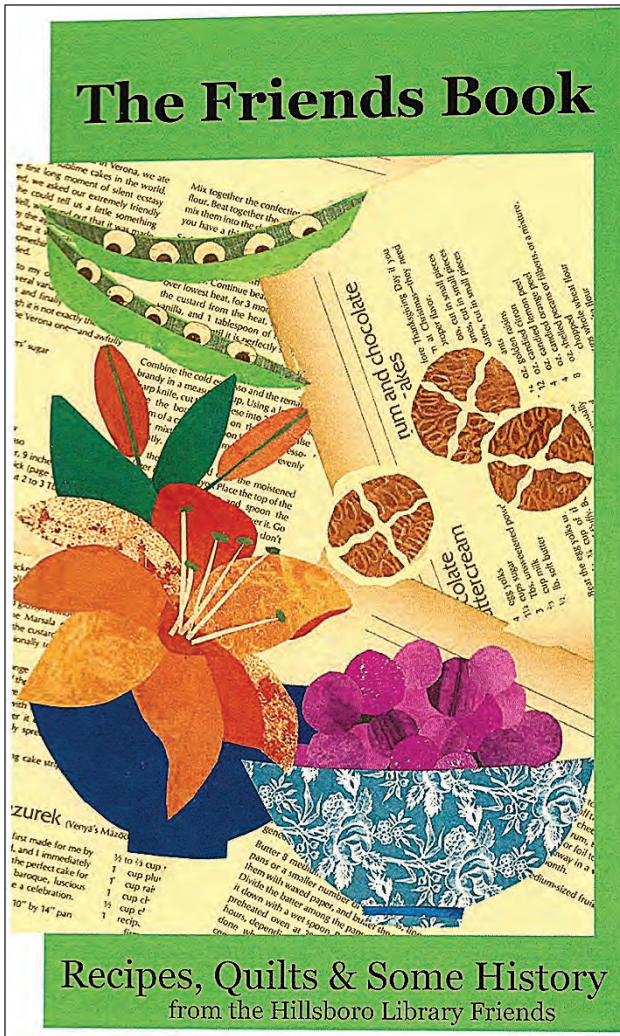
Fast forward to more recent years and the formation of the Library Friends, and you now find that the building is more than a public library, it has become the central gathering place – “the Heart of Hillsboro.”

“The Friends Book” contains tributes to the late Norma Mikesell and Virginia Kinnison, both of whom “had a heart” for the library.

Since it is a cookbook, you will also find Gwen Balogh’s recipe for Welsh Currant Cakes. How about an old-fashioned Shoo Fly Pie? Connie Zeitler tells you how to make it, while Ginger Must has you covered with it comes to Ratatouille.

Since it is that time of year, you will appreciate Louanne Fatora’s recipe for Zucchini Parmesan Fritters.

There many more recipes – from many more “friends”



Recipes, Quilts & Some History
from the Hillsboro Library Friends

– 71 wonderful cooks, to be exact.

“Susan Chappell and Eleszabeth McNeel took our Hillsboro Library history, recipes, quilts and art and shaped them into a treasure,” Hillsboro Library Friend

Mary Dawson said.

So, where can you get your copy this treasure?

It’s available at the 4th Avenue Gallery in the depot; Handmade WV Market on

see **Book pg 5**

2023 U.S. Capitol Christmas Tree selected from Greenbrier Ranger District of MNF

The staff of Monongahela National Forest announces that a 63-foot Norway spruce from the Greenbrier Ranger District has been selected to serve as the 2023 U.S. Capitol Christmas Tree this holiday season.

The tree was selected by Jim Kaufmann, Director of the Capitol Grounds for the Architect of the Capitol, and is one of eight candidate trees that he personally visited on the Forest recently.

“Selecting a tree to adorn the West Lawn of the U.S. Capitol comes with very specific requirements,” Kaufmann said. “Thanks to the pre-planning of Monongahela National Forest staff, we were able to select a very traditional and graceful Norway

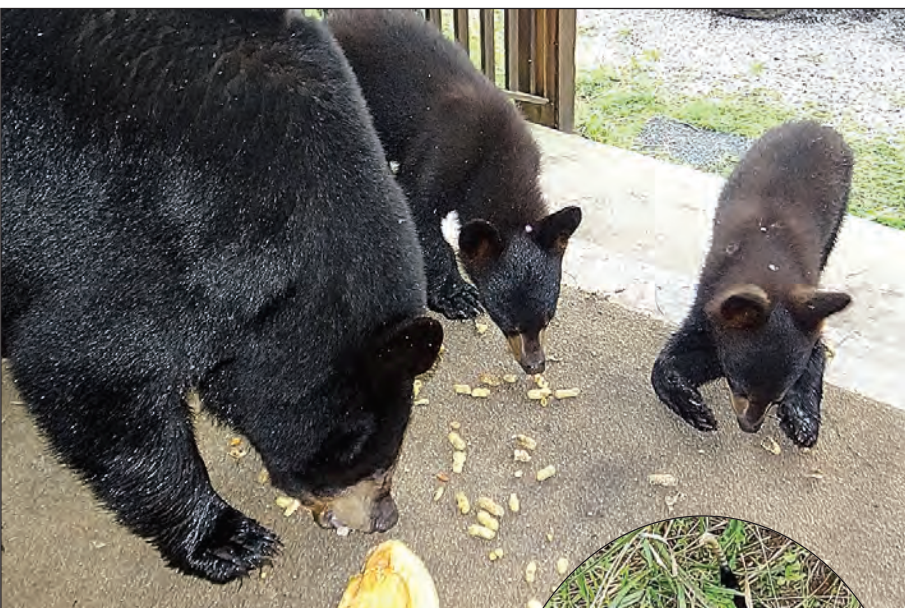
spruce to represent Monongahela National Forest and wild and wonderful West Virginia at the U.S. Capitol during the holidays this winter.”

The People’s Tree will be harvested from the Greenbrier Ranger District, which was home to the very first Christmas tree provided from the Forest Service to the U.S. Capitol in 1970, also a Norway spruce. A red spruce was provided from the Gauley Ranger District in 1976.

“It’s a great honor for our district to once again provide the People’s Tree,” said Jack Tribble, district ranger for the Greenbrier Ranger District. “Our staff is excited to be a part of the project, including the harvest and packaging of the

see **Tree pg 5**

Snacks and snakes at POV



It’s been a couple of years since we’ve heard anything about Rose, the black bear at Point of View Farm at Beard. Rose is now 13 1/2 years old, and last winter was the first time she failed to return to her enclosure at the farm to give birth.

Joel Rosenthal, animal rehabber and caretaker of Rose, was concerned that she may have met her doom during the last hunting season. However, he was greatly surprised and happy when Rose appeared on his doorstep a few weeks ago with her two most recent cubs.

In the photo above, she and her cubs enjoy a snack on Rosenthal’s porch. Just like old times, but...

Bears are not the only wildlife to be seen at Point of View, Marina Plovovich was visiting recently and encountered this “beautiful” black rattlesnake.



BEAUTIFUL WHITE CAPPED spring honey, sweet to the taste, good for the body.
M. Phillips photo

As Sweet as Honey

Melondy Phillips
Staff Writer

When I was young, clover honey was about the only type of honey available in our little country store. Now and then, when visiting larger towns, my parents could locate apple blossom honey. This was my favorite honey and a great treat to have since we were lucky to get a small bottle of it about once or twice a year.

I was an adult the first time

I traveled to Florida. While there, I saw a different type of honey for the first time – Orange Blossom. I had to try it and I quickly fell in love – my new favorite honey.

Years later, after I began raising my own honeybees, I began to discover the minute intricacies of different types of honey.

The local foliage, weather patterns, and even the health and emotional state of the bees can make a difference in the flavor, texture and color of the honey. Yes, I said

“emotional state” of the bees. I have noticed that, like people, different things will affect the happiness of my bees. Rainy days, pests, illness, uncleanliness and unwanted guests make them cranky. High honey flow, warm, clear days and a healthy laying queen produces a happy and docile hive.

While living in Virginia, our spring honey was light in color and carried a light fruity flavor from all of the

see **Honey pg 5**

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In This Issue

Local News	2	Opinion	4	Preserving Pocahontas	7	Classifieds.....	15
Calendar	4	Crossword	4	Legals	14		

Commission contribution cuts hurt Humane Society

Tim Walker
AMR Reporter

The Pocahontas County Commission held a work session in the afternoon of July 18. The stated purpose of this session was to hold a discussion and/or take action on “annual savings to County Commission budget; ambulance and ambulance authority; the Animal Shelter; and the Humane Society.”

Trish McNaull, of the Pocahontas County Humane Society, explained that the Humane Society has been receiving a \$5,000 annual contribution from the commission for years, but now that the commission has cut their annual contribution budget in half, from \$50,000 to \$25,000, and are limiting the contribution amounts

that any one non-profit organization can receive each year to a maximum of \$2,500 from \$5,000, the Society may have to cut back on their services to the community.

She explained that they are the only organization in the county that addresses the large feral cat problem here. She said Animal Control and the Animal Shelter consider feral cats to be wild animals, so they don't deal with them, and are so swamped dealing with dog issues they hardly have any time or resources to deal with domestic cats.

McNaull said their feral cat Trap/Neuter/Return program provides a valuable service to county residents, and they also provide vouchers to residents to have their domestic cats spayed and neutered, however these

services are very costly. They pay about \$50,000 annually in vet bills alone to provide these services. McNaull said besides the \$5,000 they get from the commission each year, they receive a \$24,000 annual grant from the Agriculture Department, but must pay a \$17,000 match to qualify for that grant.

McNaull also said many people believe the Humane Society is just another name for the Animal Shelter and Animal Control, but while they may work together in placing dogs in good homes, they are different.

McNaull added that the county needs a full-time Animal Control Officer available to handle animal complaints 24/7. She said the

see Cuts pg 5

NMC receives high praise, funding opportunities

Suzanne Stewart
Staff Writer

With its third year about to start in August, the Nature's Mountain Classroom program has grown leaps and bounds since its founder, Tracey Valach, created the outdoor adventures educational program.

Valach gave an update on the program at the Pocahontas County Board of Education meeting July 18, sharing parental input and the schedule for the 2023-2024 school year.

She started by sharing results from a parent survey which revealed that 100 percent of the parents who took the survey agree that the program is a good use of school time and also that their children are safe while on ad-

ventures through the program. “I work really hard to bring on people who are professionals in the area that we are recreating and also teaching to make sure that we're always keeping safety first,” she said.

Not only do the parents agree that the children are benefitting from the program, but they are enjoying the outdoors more and utilizing the recreational areas in the county, as well.

“We've also increased – by 94 percent – interest in outdoor activities,” Valach said. “This is a new one we added this year, 86 percent of parents who took this survey said that this program has inspired them to be recreating and coming back to nature, and trying adventuring again. That, to me, is just really special and not an

ventures through the program. “I work really hard to bring on people who are professionals in the area that we are recreating and also teaching to make sure that we're always keeping safety first,” she said.

“They are actually going to pay my time to do this for the county as part of a Snowshoe position, so the non-profit will stay completely separate,” she explained. “They're not changing what they've done, which is massive. A half a million dollars annually, what we get in kind and then the ten thousand dollars that they give us annually toward all the safety items all the kids received.

“The Biden Administration recently proposed a plan for the Internal Revenue Service (IRS) to establish its own tax preparation system. So-called “IRS Direct File” would disempower the American people and allow the IRS to collect more confidential taxpayer data while creating an inherent conflict of interest for the agency responsible for collecting federal tax revenue. Since when has the IRS ever had the interests of hard-working West Virginians at heart?

see Praise pg 6

Commission awards bid for reconstruction of old clerk's office

Tim Walker
AMR Reporter

After receiving no affordable bids last year for the partial reconstruction of the old County Clerk's Office in Huntersville, the Pocahontas County Commissioners recently sent out a new bid and at their July 18 meeting they awarded that new bid.

The bid was awarded to Past Respects, a construction company located in Spencer, which specializes in restoration and stabilization of historic buildings. The bid was for \$45,430 for basic reconstruction of the walls of the structure, with the optional alternatives to replace windows and the door for an additional amount. The commission included the alternatives in their bid award. In the past, the commission has indicated it was looking for the cost to be around \$50,000. Some of the cost will be shared by the Hunt-

ersville Historic Preservation Committee. Past Respects was the only bid received for this project.

The commission also opened the two bids received for core drilling at the site for the new 911 Center, located behind Pocahontas Memorial Hospital. They awarded Triad Engineering's bid of \$12,500, plus \$2,000 per day if a bulldozer is

needed. The only other bid received was from Civil & Environmental Consultants, Inc. for \$18,000, plus \$1,700 per day if a bulldozer is needed. The Triad bid was selected as it was less costly.

The commission authorized the posting of the Day Report Director's position,

see Office pg 6

Evans hired as Trail Maintenance Coordinator

Charles Evans, of Arbovale, has been hired into a new position as the trail maintenance coordinator for the Snowshoe Highlands Area Recreation Collaborative.

The Pocahontas County Convention and Visitors Bureau hired Evans into the position as part of an agreement with the USDA Forest Service and Monongahela National Forest that addresses deferred maintenance trail work on the Marlinton-White Sulphur and Greenbrier Ranger districts. The work in the agreement is funded by the Great American Outdoors Act and will contribute to the ongoing efforts to support the growing recreation economy in and around Monongahela National Forest.

“Trail maintenance is paramount to the user experience and trails are a key asset to Pocahontas County's success in a recreation-based economy,” Evans said. “The trails here are special and spectacular, they are the veins of our

forests, bringing life into our communities.”

The Snowshoe Highlands Ride Center, which is part of the Snowshoe Highlands Area Recreation Collaborative, is West Virginia's only International Mountain Bicycling Association ride center, designated an IMBA silver-level bicycling destination in 2020.

An IMBA Gap Analysis was completed in January 2022 and has set the course of actions to achieve the goal of becoming one of only seven Gold-Level ride centers in the world. Along with the Monday Lick Contemporary Trail System funded by the Appalachian Regional Commission and set to start construction this summer, continued trail development at Snowshoe Mountain Resort, and a sign plan under development, this trail maintenance program will enhance the opportunity to become the East Coast's first Gold-Level ride center.

Two trail maintenance crew leads will also be hired this summer. Apply by July



CHARLES EVANS

31 at <https://pocahontascountywv.com/jobs-employment/>

For more information contact Charles at sharccoordinator@gmail.com

This trail maintenance program is made possible through a cost-share agreement between Monongahela National Forest and the Pocahontas County Convention and Visitors Bureau through the Great American Outdoors Act, with additional support from the Benedum Foundation, Snowshoe Mountain Resort and the Snowshoe Highlands Area Recreation Collaborative.

AG files SCOTUS Brief: Restart the Mountain Valley Pipeline

West Virginia Attorney General Patrick Morrisey has filed a brief, asking the U.S. Supreme Court to uphold Section 324 of the Fiscal Responsibility Act of 2023 to restart the stalled construction of the Mountain Valley Pipeline.

The U.S. Court of Appeals for the Fourth Circuit earlier this month issued a stay of

the construction of the 303.5-mile-long pipeline—which is mostly complete—while the court considers arguments on motions to dismiss petitions that challenged permits that Congress explicitly approved in the Act to expedite completion of the pipeline, and the constitutionality of the Act itself.

The order stopped the pipeline construction of a

3.5-mile stretch in the Jefferson National Forest in Virginia, as well as several stream crossings in West Virginia.

“The Fourth Circuit court does not have jurisdiction to rule on this as Congress made it clear that the permits are approved, and any challenge to the Fiscal Responsibility Act of 2023 pertaining

see Pipeline pg 6

Protect the American People from IRS Overreach

Delegate Mike Honaker
WV House District 46

The Biden Administration recently proposed a plan for the Internal Revenue Service (IRS) to establish its own tax preparation system. So-called “IRS Direct File” would disempower the American people and allow the IRS to collect more confidential taxpayer data while creating an inherent conflict of interest for the agency responsible for collecting federal tax revenue. Since when has the IRS ever had the interests of hard-working West Virginians at heart?

The current system en-

sures that taxpayers can choose from a marketplace of tax preparation options, from hiring a tax accountant to using commercial tax software to preparing taxes themselves. Unlike these methods, Direct File would have no incentive to ensure that taxpayers receive every

possible deduction and credit to maximize refunds, especially because the plan could not feasibly incorporate state and local tax return preparation. What's more, the existing IRS Free File program and other community-based

see IRS pg 9

FREE COMMUNITY DINNER
Thursday, July 27,
at Marlinton
Presbyterian Church
Chicken Pasta Salad
and dessert
Served 5 - 6:30 p.m.
Sponsored by area churches and community volunteers.

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HILLSBORO PUBLIC HOUSE
EST. 2023

Lunch: Blair-BQ sandwich and French fries
Dinner: Indian Butter Chicken and rice.

Dine in or carry out.
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5 - 7:30 p.m.

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Daily Specials July 20 - 26

THURSDAY: Buffalo mac and cheese.	MONDAY: Jerked chicken sandwich with watermelon feta salad.
FRIDAY: Hillbilly country-fried steak sandwich.	TUESDAY: Brisket tacos, chips and salsa.
SATURDAY: Chef's choice.	WEDNESDAY: Blackened shrimp Caesar wrap
SUNDAY: Pistachio-cruste salmon with lemon sauce, broccoli, mashed potatoes and roll.	

FREE WI-FI
At the bridge in Marlinton • 304-799-7233 • www.greenbriergrille.com
Open daily 8 a.m. - 8 p.m.



'Good to the Last Drop'
The Story of Coffee

"Tumble out of bed and stumble to the kitchen; pour myself a cup of ambition." ~ Dolly Parton

Doesn't reading those lyrics make you want to hear Dolly sing that song right now?

Visit YouTube or your favorite music site, and type "Dolly Parton 9 to 5." You won't require any coffee for a day or so because you'll be as energized as if you had downed a venti cup of double ristretto with iced vanilla shot and organic chocolate brownie double espresso.

Believe it or not, that really is a coffee drink.

One billion people worldwide start their day just like Dolly. Like Ms. Parton, we stumble to the kitchen to push a little red plastic button. The coffee brewing process is underway, and we wait with our favorite coffee mug in hand. You know, the mug that says, "Alcohol may be man's worst enemy. But the bible says 'Love Your Enemy.'"

We know that coffee gives us a jolt of energy, thanks to caffeine, but what else do we really know about this beloved drink that we depend on to clear the brain fog each morning? We'll begin this discussion of the world's favorite caffeinated beverage by returning in our time machine to the actual roots of coffee, both historical and legendary.

We step out of our time machine and onto the Ethiopian plateau sometime in the early years of the first millennia. We notice a wild plant growing all around us; a small tree, actually, ranging from 6 feet to 15 feet in height. The coffee plant has shiny evergreen leaves and fragrant white flowers. Its fruit is red and is called a cherry.

Each cherry contains a pair of green seeds called

tic and fun to ponder during your next cup of ambition. Take, for example, the story of a goat herder named Kaldi.

Kaldi was a 9th-century goat herder in Ethiopia. One day he noticed his goats eating red berries from a tree – a coffee tree, as it happened. Afterward, the goats began frolicking around in the most vigorous way he had yet seen. And they continued their play through most of the night.

Assuming that the sudden surge of activity exhibited by his goats was brought on by consuming the fruit of the coffee tree, he added some cherries, beans and all, to boiling water. Soon after imbibing the bitter drink, Kaldi became energized too, and he noticed his thinking was as sharp as the blade of his knife. "Perhaps," Kaldi thought, "the abbot at the monastery may find this newly discovered drink will help keep him awake during evening prayers."

After finding that the black beverage did the trick, the abbot shared his newfound energy drink with the other monks. Soon the stimulating beverage would jump from the plateaus of Ethiopia across the Red Sea and to the shores of Yemen.

There is ample evidence that Yemen was where coffee was first domesticated and grown expressly for coffee.

That said, we can safely place Kaldi in the same bucket as Paul Bunyan regarding the origin story of coffee – a lovely story, but not the slightest bit of evidence to support it.

From Ethiopia, coffee spread quickly through the Middle East and throughout much of the world, with the notable exception of China.

For all the tea in China
I had my own experience dealing with the absence of coffee in China, which clearly demonstrates the addictive property of coffee – the chemical caffeine.

My quarters at the Beijing Language Institute, which I attended in 1988, were spartan. I lived in a cold bare concrete room about the size of a jail cell. Hot water to make tea, the only beverage available, came from a single tap located in a larger but equally frigid and bare concrete room.

The first week without



"THE WINE OF ARABY." Coffee, and its many delicious and invigorating variations. Photo courtesy of Chris with Pixabay

coffee was, as I was warned, miserable. Oolong tea didn't provide the caffeine jolt that I was used to. It was like giving up good bourbon for iced tea; the two are markedly different in taste and effect. Then there were the daily headaches and lethargy, but it only lasted about

a week, and I got used to getting up at 6 a.m. but not fully waking up until nearly noon. It was like being 17 years old again without the acne and adolescent angst.

About six weeks into my stay in the People's Republic of China, I found myself in a small mountain village in a

remote part of the country. One afternoon while walking the cobblestone streets of Baiyen, an older man, Mr. Chang, invited me to his home for dinner with his family.

see Your pg 8

Nettlefest 2023

High Rocks
EDUCATE ■ EMPOWER ■ INSPIRE

Nature's MOUNTAIN PLAYGROUND
POCAHONTAS COUNTY, WV

- Fun for all ages!
- Concessions by the Hub Café, including nettle tea, lemonade, pepperoni rolls and energy balls!
- Live music by The Black Mountain Bluegrass Boys & The Bing Brothers Band!

\$15 Suggested Donation
High Rocks Campground
195 Thompson Rd, Hillsboro WV 24946
Saturday, July 29, 2023, Noon - 4 p.m.

Grant support provided by Pocahontas County Convention & Visitors Bureau and Pocahontas County Dramas, Fairs, & Festivals

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

1. The Far East country of Siam, home of "The King and I" is known by what name today?

2. He was a Danish fairytale writer. A few of his works are "The Little Mermaid," "The Ugly Duckling" and "Thumbelina." What is his name?

3. In the U. S., we measure land by the acre, but in the International Metric System of Land Measurement, there is "this" word, which equals 2.47 acres. What is the word?

4. What words did Franklin Roosevelt use to describe Sunday, December 7, 1941, when he addressed Congress the following day?

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For more information call 304-799-7386 or email pocahontasrec@gmail.com

2023 PCFM Markets

<p>GREEN BANK BFD Green Bank Station 4676 Potomac Highland Trail (Rt. 28/92) Wednesdays 2:30 - 5:30 p.m.</p>	<p>MARLINTON Discovery Junction 3rd Ave. and 9th St. Saturdays 9 a.m. - noon and First Fridays 5 - 7 p.m.</p>
<p>HILLSBORO Across from Par Mar 7830 Seneca Trail (Rt. 219) Wednesdays 3 - 6 p.m.</p>	<p>LINWOOD Linwood Alive! Pavilion 72 Snowshoe Drive Thursdays 3 - 6 p.m.</p>

facebook.com/PocahontasCountyFarmersMarket/

Burma-Shave

A Blast from the Past

Courtesy of the Ruth Friel Estate

He lit a match...
To check gas tank...
That's why...
They call him...
Skinless frank.
Burma-Shave

The one who...
Drives when...
He's been drinking...
Depends on you...
To do his thinking.
Burma-Shave

40th Anniversary

SATURDAY, JULY 29

FREE OPEN HOUSE · 5-7 P.M.

LIVE ART DEMOS | ARCHIVAL EXHIBITS
PERFORMANCES BY LOCAL MUSICIANS

FREE BLOCK PARTY · 6-9 P.M.

LIVE MUSIC | FOOD, BEER, WINE VENDORS

MUSIC BY IRRESISTIBLE GROOVE

PRESENTED BY THE JAMES F. B. PEYTON FUND

CARNEGIE HALL

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Tree, from page 1

tree, to ensure it has a safe trip to Washington, D.C., this fall.”

The tree will be harvested in early November before making its journey through communities in West Virginia before heading to Washington, D.C., arriving at the U.S. Capitol in late November. The precise location of the tree is confidential until the harvest in early November.

The Architect of the Capitol’s team will decorate the tree with thousands of hand-crafted ornaments from the people of West Virginia. The tree will be lit sometime after Thanksgiving during a ceremony with the Speaker of the U.S. House of Representatives, part of a long-held tradition.

Non-profit project partner Choose Outdoors, along with presenting sponsor 84 Lumber and a host of partners, sponsors, and volunteers, are contributing funding and in-kind support of this project and its theme, Endlessly Wild and Wonderful.

“We are grateful for our

shared partnerships and engaged community partners and look forward to representing them on a national stage in D.C. with this locally grown Norway spruce, which will make the perfect U.S. Capitol Christmas tree,” said Shawn Cochran, forest supervisor for Monongahela National Forest.

Norway spruce are an introduced species in West Virginia and have become naturalized across the state. These trees are often raised and sold on Christmas tree farms.

The Forest Service first undertook large scale reforestation projects in Monongahela National Forest starting in 1925, just five years after the Forest was established. Norway spruce were often planted, along with other non-native and native species, as they were known for their rapid growth rate. More recently, the Forest Service has worked closely with partners such as The Nature Conservancy, Green Forests Work, and the Central Appalachian Spruce Restoration Initiative to restore native red spruce ecosystems across the national forest.

\$184,000 over the past two years by doing away with the Commission Attorney position two years ago.

Commissioner Jamie Walker asked Rebinski about plans to provide a County Ambulance in the southern part of the county, as is being done in the northern part. Rebinski said he is waiting for the Marlinton and the Hillsboro Volunteer Fire Departments (VFDs) to decide what they want to do about that. He said the southern end is in better shape because there are already two paid ambulance crew members at the Marlinton VFD who work during the daytime on weekdays, and, if available, the PMH Ambulance crew can also answer medical calls if no other ambulance is available.

Rebinski also said that he has finally heard from the DEA about getting their drug permit for the County Ambulance Authority to begin operation in the northern area.

Book, from page 1

Street in Marlinton; Hillsboro Library; and online at hillsborolibraryfriends.net

What’s Cookin’? A sampling from ‘The Friends Book’

Horseradish Pot Roast Book Lovers

2 to 3 pound beef roast
1/2 tsp. salt
1/2 tsp. pepper
2 medium onions, thinly sliced
3 carrots, cut into large chunks
6-oz. jar of prepared horseradish
1/4 cup beef broth
1 Tbsp. butter, melted
1 garlic clove, minced
1 Tbsp. sugar
2 Tbsp. flour
2 Tbsp. cold water
Place roast in slow cooker,

sprinkle with salt and pepper and top with onions. Add carrots.

In a small bowl, combine horseradish, broth, butter, garlic and sugar. Pour over roast and onions.

Cook on low 7 to 8 hours. When done, remove roast and cut into large chunks. Remove carrots.

Skim fat from cooking juices. Mix flour and water until smooth, gradually stir in juices. Return beef to slow cooker. Cook, covered, on high 15 to 30 minutes or until the sauce is thickened. Return carrots when ready to serve.

Can serve over cooked egg noodles.

Gazpacho Mary Dawson

3 cups peeled, chopped tomatoes
1 green pepper diced
1 cup celery, diced
1 cup cucumber, diced
1/2 cup green onion,

diced.
8 tsp. fresh parsley
2 tsp. fresh chives
1 tsp. minced garlic
7 Tbsp. red wine vinegar
1 tsp. Nature’s Seasons (or salt and pepper to taste)
1 1/2 tsp. Worcestershire sauce
2 cups V-8 juice
3 cups tomato juice
Chop vegetables and combine with all ingredients. Refrigerate overnight so that all the flavors “get to know each other.

Layered Squash Casserole Helena Gondry

1 yellow squash, sliced
1 zucchini, sliced
1 sweet onion, thinly sliced
3 to 4 Roma tomatoes
1 cup shredded cheddar cheese
1/2 cup breadcrumbs
Dried oregano, basil and garlic powder for sprinkling
Olive oil to drizzle

Preheat oven to 350°. In a 9x9-inch glass baking dish, repeat layers of squashes, onion, tomatoes, cheese and breadcrumbs.

Sprinkle each layer with spices and drizzle with olive oil.

End with breadcrumbs and cheddar cheese.

Cover with foil, and bake for 40 minutes.

Prep time: 15 minutes.
Serves 6 to 8

Finger Paint Goldie McClure

1/2 cup cornstarch
1/2 tsp. salt
3 Tbsp. sugar
2 cups water
Food coloring
Heavy paper for drawing
Mix all ingredients except food coloring. Divide into equal portions and add different shades of food coloring to each.
Provide paper.
Children love this.

Honey, from page 1

spring fruit blossoms. As the year progressed, the honey darkened and incorporated a slight pungent savor with a bit of tanginess. Honey taken after goldenrod bloomed contained a bitterness I did not like. To avoid the bitterness, I always harvested my honey before goldenrod bloomed. The remainder of the late season honey I left for the over wintering bees. I would still usually take a frame or two of the goldenrod honey, for those who specifically asked for it because of their goldenrod allergies. The practice of using local honey to help allergies has been observed for many, many years. Consuming honey for allergies is only one of the many health benefits discovered for this liquid gold.

Cochrane.org states, “There is high quality evidence that honey heals partial thickness burns around 4 to 5 days more quickly than conventional dressings. There is moderate quality evidence that honey is more effective than antiseptic followed by gauze for healing wounds infected after surgical operations.”

PubMed Central’s research found that, “Only the group that ingested honey showed a significant improvement in individual AR (allergic rhinitis) symptoms” and “Honey ingestion at a high dose improves the overall and individual symptoms of AR, and it could serve as a complementary therapy for AR.” For the purposes of allergies, local honey is highly sought after.

The term “local honey” can vary from place to place. One reason people search for local honey is the desire for allergy relief. That means they are looking for some honey made from the same, or similar, foliage that is around them, which can be five miles or 150+ miles away. For instance, “local” to the Blue Ridge of Virginia may extend from lower Maryland and parts of the Eastern Panhandle in West Virginia all the way down through upper areas of North Carolina. Areas in the same grow zone where an abundance of common plant life has a wide disbursement. Specialized honeys, however, like Manuka, Tupelo and Acacia, are only available from specific localities.

Another reason to seek local honey is to know the producer; to be able to talk to

the person who collected the sweet bounty. Ask them questions: when was it harvested, how was it harvested, was it heated, was anything added to it, etc. Have a supplier you can trust.

This is a multipart article

that will cover what heating does to honey and the dangers of that, about fake or altered honeys, information on a dozen different types of honey, and some facts about the honeycomb itself.

Part one of six

Cuts, from page 2

Humane Society employees sometimes get those calls from citizens in the middle of the night, and quite often she finds herself out looking for and finding loose dogs in the woods at night.

Commissioner John Rebinski said the commission might be able to make an exception to their \$2,500 contribution limit for the Humane Society. Commission President Walt Helmick, however, said his priorities are the hospital and the ambulance service in the county over taking care of animals. He said that PMH is the only county-owned hospital left in West Virginia, since all the other local hospitals have been sold off to large medical organizations such as CAMC or WVU.

Regarding budget savings the commission has created, Helmick said that the commission has saved the county

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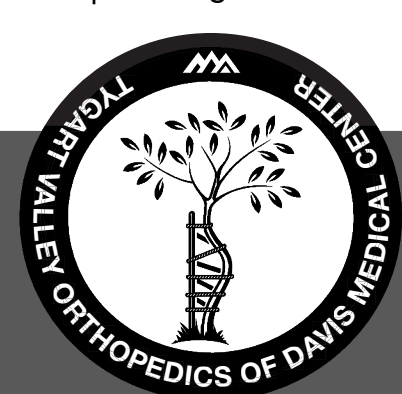
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Happy Almost 90th Birthday, R.C. Cutlip!

— Love, your family

Happy Birthday, July 30, Shelia Ann!

Love, Caleb, Ashli, Brayden and Koda

Your, from page 3

My Chinese culture training back in the States warned travelers not to decline a gift or food; doing so is a huge insult. The rural Chinese are offering you the very best they have, and they had very little at that time.

Following a sumptuous meal consisting of a half-dozen or so dishes I was asked if I liked coffee. I had not had so much as a taste of java for nearly two months, and my over-eager response was, "Yes, sir, I do love coffee."

The closest Starbucks was in Seattle, some 5,400 miles away, so I wondered where my host had obtained his coffee. I had not seen any coffee since arriving in China. It turns out that my host had served in the Korean War in 1950. He left the dining room and returned with a U.S. military container of instant coffee.

(Starbucks only had six stores in 1985 and had just begun selling espresso. Now, there are 35,700 worldwide, even one in Lewisburg.)

Although Mr. Chang did-

n't share the details about how he came into possession of C-rations, he may have taken them from an American soldier.

After proudly showing me the can, he went to the kitchen and returned a short while later with two tall glasses of steaming coffee. It was the most robust cup of coffee to ever pass over my lips; it was thick enough to stand a spoon up in. Mr. Chang, generous and hospitable as most rural Chinese, had served us the entire contents of the can in only two glasses.

I was wired for several

days afterward and had little sleep; it was likely the same for Mr. Chang.

The Wine of Araby

Muslims regard drinking coffee as a religious ritual rather than imbibing alcoholic beverages. As coffee spread throughout the Middle East, it was referred to as "The wine of Araby."

Coffee shops in Great Britain were often referred to as "penny universities." For the price of one penny, one could drink coffee over stimulating and informative conversation. Coffee shops did not replace British pubs but

offered a more cerebral experience that continues to this day.

In the next issue of *For Your Consideration*, we'll dive deeper into the topic of the world's most popular drink.

We will sample the world's most expensive coffee at \$600 per pound. And you will be shocked, not because of the hefty price, but by how the coffee beans are obtained.

One of the most common questions about coffee is the difference between Arabica and Robusta coffee. We'll

answer this question and explain why you should care if you are a real fan of coffee.

By the time you finish part two of the story of coffee,

you'll be an expert on the subject. So, percolate on that until next time.

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GRAND OPENING



Join us for the ribbon-cutting ceremony celebrating the grand opening of the state-of-the-art **Joe and Peg Greenlee Rural Health Clinic** at Pocahontas Memorial Hospital, 150 Duncan Road, Buckeye, WV

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This new facility stands as a testament to the enduring commitment of Pocahontas Memorial Hospital to serve the healthcare needs of our rural community. Named in honor of esteemed philanthropists Joe and Peg Greenlee, the clinic has been made possible through their generous donation, alongside significant support from the local community and our valued partners.

About Pocahontas Memorial Hospital: PMH has been a cornerstone of healthcare excellence in Marlinton for more than 115 years. The hospital has been, and remains, dedicated to delivering compassionate and high quality care to both the residents and visitors of our community. PMH is a 25 bed critical access hospital with a federally designated Rural Health Clinic. Through our mission, standards, and principles, Pocahontas Memorial Hospital is “Where Your Health is Our Priority.”

About the Joe and Peg Greenlee Rural Health Clinic: The Joe and Peg Greenlee Rural Health Clinic marks a significant milestone in our commitment to expand our services and enhance healthcare accessibility for all. The clinic is equipped with the latest medical technologies and staffed by a team of experienced healthcare professionals. The clinic will provide comprehensive medical services to our patients, focusing on preventive care, early diagnosis, and personalized treatment plans to improve overall well-being.



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First Friday at Discovery Junction ~ August 4

Enter an inflatable cave! Create unique art! Meet a live snake! Pet a goat! You never know what you'll find to do at First Fridays at Discovery Junction where artists, musicians, naturalists and others come together to share their love and knowledge of our mountain culture and natural heritage. Stroll, sip, dance and shop the night away. Meander downtown Marlinton and enjoy local cuisine, shopping, art displays and live music. Each event is different, but they are all fabulous. Marlinton's First Friday's ROCK!



'TheSwitch' at Rivertown ~ Friday, August 4

Rivertown, in the former C. J. Richardson building on Main Street, will host TheSwitch "Young Bucks Show" Friday, August 4, from 7 to 10 p.m. Extend your First Friday plans and head over to the Shops at Rivertown and get your groove on. This is a FREE for all ages show. Sponsored by Pendleton Community Bank.

Treasure on the Mountain ~ August 5

The Snowshoe Foundation's annual Treasure on the Mountain event is a true staple of summertime at Snowshoe Mountain Resort. Don't miss your chance to win big as they raffle off \$350,000 worth of cash, cars, trucks and much more. All proceeds help the Snowshoe Foundation support our community. This wildly popular raffle party is held on the top of Snowshoe Mountain, where you will have the opportunity to experience incredible food and drinks from many local, non-profit organizations, awesome entertainment, and the company of hundreds of excited patrons in a festive atmosphere. The MC keeps this 18 and up party going with regular and side prize drawings every five minutes throughout the entire day. You are invited to experience the euphoria. There is truly no other experience quite like the Treasure on the Mountain Raffle. The crowd on Snowshoe Mountain grows into the thousands as excited folks try their luck at winning some really great prizes. For more information or to buy tickets, visit snowshoefoundation.org. Tickets are also available from local businesses. Check out the list on the foundation website.

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Appalachian Heritage Day ~ August 5

Visit Cass Scenic Railroad State Park Saturday, August 5, for a great experience learning about mountain culture during the 2023 Appalachian Heritage Day. Enjoy the music of Sugar Run on the front porch of the Cass Company Store. Stop by the artisan demonstrations in the Cass Company Store parking lot and learn about Appalachian folk arts.

Two noted individuals of American History will be portrayed that day—Stonewall Jackson and Mark Twain.

9:30 a.m. History Alive! presents Stonewall Jackson

Born in Clarksburg, West Virginia (then Virginia) Jackson was an orphan who became a renowned name in military history. He is regarded as a tactical genius and a relentless battlefield commander. General Jackson was a devoutly religious

man whose death by friendly fire was a crushing blow to Confederate hopes for victory. Stonewall Jackson is portrayed by Doug Riley. This 9:30 a.m. presentation is open to the public and free to attend. You do not have to be taking a train ride to take advantage of this History Alive! program.

12:30 p.m. History Alive! presents Mark Twain

The West Virginia Humanities Council presents Mark Twain portrayed by Doug Riley as one of many History Alive! programs in West Virginia. Mark Twain, the pen name of Samuel Clemens, arrives at 12:30 p.m. at the depot and is portrayed by Doug Riley. Twain will also be a passenger on the Whitaker Train trip. Trains and boats were transportation that Twain often mentions in quips and stories.

Mark Twain is celebrated



DOUG RILEY WILL have the double duty task of portraying both Stonewall Jackson and Mark Twain at the Cass Scenic Railroad State Park Appalachian Heritage Day, Saturday, August 5.

as one of America's great authors and humorists. As our young country rapidly grew into an international power in the second half of the 19th century, Twain shared his observations through writing and speeches. His best-known novels are *The Adventures of Huckleberry Finn* and *The Adventures of*

Tom Sawyer, but his work included nonfiction, magazine articles, monographs, and commentaries that provide interesting insight into the American story. This presentation is a History Alive! program of the West Virginia Humanities Council and free to attend and open to the public.





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Grand Opening of the Joe and Peg Greenlee Rural Health Clinic ~ August 9

Pocahontas Memorial Hospital will celebrate the opening of the new Joe and Peg Greenlee Rural Health Clinic Wednesday, August 9. Official remarks will be shared by local officials at 11 a.m. Tours and refreshments will be available from 11:30 a.m. to 1 p.m.

Plein Air at Clover Lick Depot ~ August 9

Enjoy the great outdoors while you draw or paint the scenic surrounding around you Wednesday, August 9, from 5 to 7 p.m. Bring a chair, sunscreen and bug spray. Pocahontas County Arts Council will provide paints, pencils, oil pastels and papers. Space is limited to 10 students. For more information and to register contact pocahontasarts.org



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All classes, except cooking, will be held at Sydenstricker Cabin at Pearl S. Buck Birthplace, 8129 Seneca Trail (Route 219), Hillsboro, WV. All art classes are suitable for beginners as well as more experienced students.

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Instructor Cyla Allison • Sat., August 5, 1 - 4 p.m.

JEWEL BOX: USING FABRIC SCRAPS TO CREATE A QUILT
Instructor Lisa Gandy • Wed., August 16 - 10 a.m. - 4 p.m.

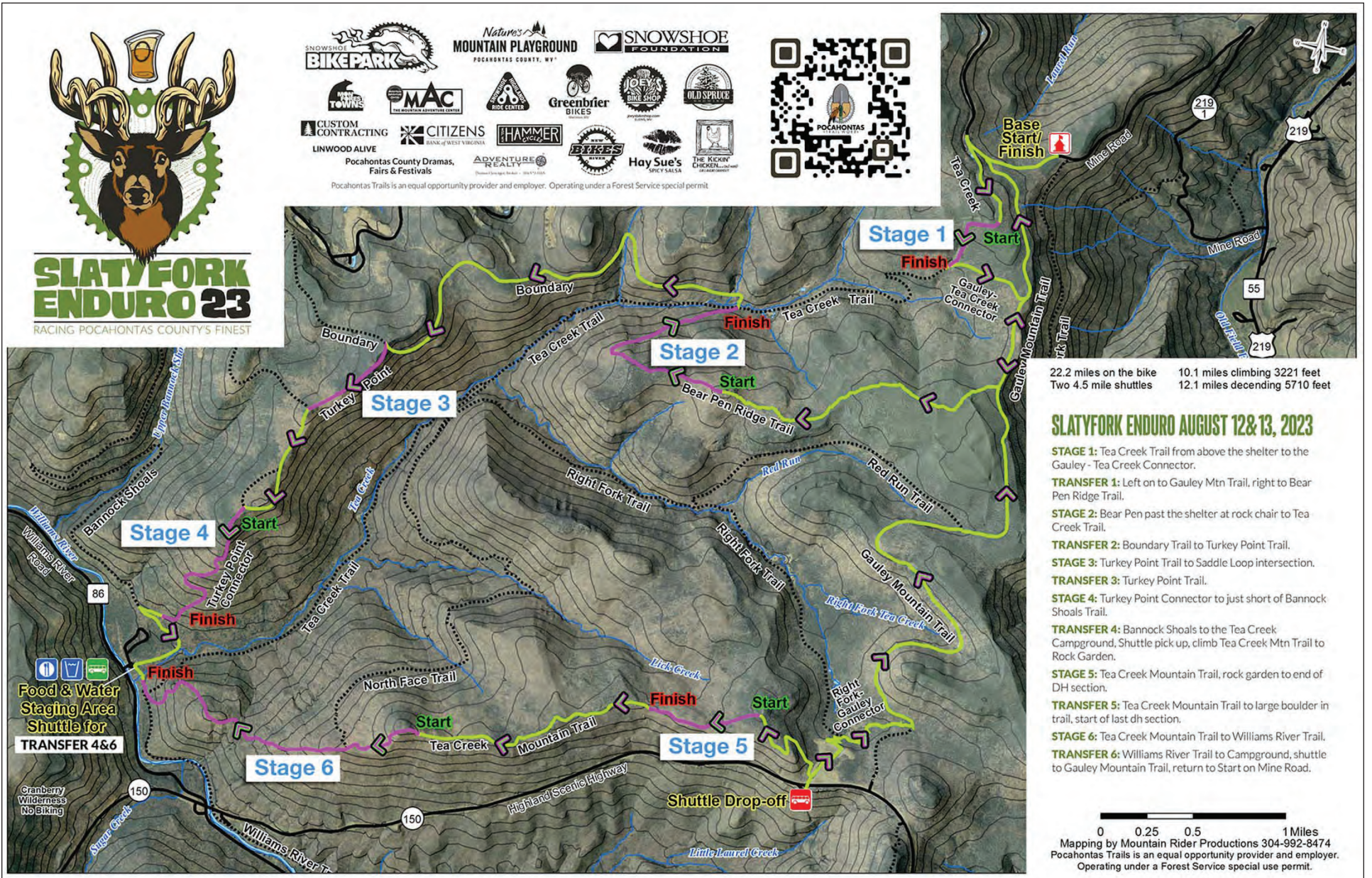
HOT TAMALES COOKING CLASS
Instructor Sally Cobb • Sat., August 19, 3 - 5 p.m.
(held in the kitchen at Hillsboro Library)

DIAMOND PAINTING
Instructor Debbie Walker • Sat., Sept. 9, 9:30 - Noon

MAKE A RESIN NECKLACE PENDANT OR COASTERS
Instructor Debbie Walker • Sat., Sept. 9, 1:30 - 4 p.m.

PAINT A WELCOME HOME SIGN
Instructor Cheryl Beverage • Thurs., Sept. 14, 5 - 7 p.m.

HERBAL MEDICINE MAKING
Instructor Kayde fen Deardorff • Sun., Sept. 17, 1 - 3 p.m.



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SLATY FORK ENDURO AUGUST 12 & 13, 2023

STAGE 1: Tea Creek Trail from above the shelter to the Gauley - Tea Creek Connector.
TRANSFER 1: Left on to Gauley Mtn Trail, right to Bear Pen Ridge Trail.
STAGE 2: Bear Pen past the shelter at rock chair to Tea Creek Trail.
TRANSFER 2: Boundary Trail to Turkey Point Trail.
STAGE 3: Turkey Point Trail to Saddle Loop intersection.
TRANSFER 3: Turkey Point Trail.
STAGE 4: Turkey Point Connector to just short of Bannock Shoals Trail.
TRANSFER 4: Bannock Shoals to the Tea Creek Campground. Shuttle pick up, climb Tea Creek Mtn Trail to Rock Garden.
STAGE 5: Tea Creek Mountain Trail, rock garden to end of DH section.
TRANSFER 5: Tea Creek Mountain Trail to large boulder in trail, start of last dh section.
STAGE 6: Tea Creek Mountain Trail to Williams River Trail.
TRANSFER 6: Williams River Trail to Campground, shuttle to Gauley Mountain Trail, return to Start on Mine Road.

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Slaty Fork Enduro ~ August 12 -13

The Slaty Fork Enduro is a two-day cycling race event located on Mine Road that takes participants on a fast-paced tour of the beautiful Gauley Headwaters and highlights Slaty Fork's classic bike trail and breathtaking landscapes, such as the Tea Creek area.

The event begins Saturday, August 12, and celebrates the famous Monongahela National Forest Trails that put our region on the mountain bike map way back in the early '90s. Participants and their families are able to explore and ride the area backcountry trails, with racer's practicing each stage as many times as they desire. Pocahontas Trails' volunteers will give guided tours and arrange appropriate shuttles for riders to view the race course. There will be a complimentary social kids race, focused on building the next generation of riders, laid out around the camping area on Saturday evening.

The WV Enduro Series sanctioned race will take place on Sunday, August 13, at 9:30 a.m. It will be a six stage race format where the winners are determined by who accumulates the lowest combined time for the timed sections. The stages will take place on technically demanding, generally descending terrain. This format typically leads to groups of riders casually transiting between timed sections – making for a more social event,



not just all-out agro racing. citing places along the Additionally, racer's family course. and friends are encouraged to congregate in various ex-

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2023 AUTUMN HARVEST FESTIVAL AND WV ROADKILL COOK-OFF
SEPTEMBER 22 AND 23 - MARLINTON, WV

FRIDAY NIGHT
•Rockin' Redneck Square Dance and beginner square dance lessons
Pocahontas County Opera House

SATURDAY
•Craft and Food Vendors
•Mountain Heritage Music - all day
•Possum Trot 5K Walk/Run and of course,

THE WV ROADKILL COOK-OFF!
Enjoy a wild game cooking competition like no other!

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Pocahontas County Chamber of Commerce

visit pccocwv.com for complete details

Community Appreciation Day ~ August 13

Snowshoe wouldn't be Snowshoe without the amazing communities that surrounds it. That's why they're hooking up locals with FREE Fun Passes for Sunday, August 13. Head to Snowshoe Mountain and enjoy some mountain fun all day. Valid for residents of Pocahontas, Randolph, and Webster counties. Includes access to Split Rock Pools, Shavers Lake activities, eurobungy and climbing wall activities, and scenic lift rides.



Pickin' and Pedalin' ~ August 18

Snowshoe Mountain will be serving up bluegrass music, brews and bike races Friday, August 18. Enjoy live music from Independent State and Bourbon Revival; local craft beers; and a bike race on the blue trails of Western Territory. Snowshoe Mountain will also be highlighting its Bee City designation. Beekeepers and honey vendors from near and far will be on the mountain to explain their professions and how important it is to keep our pollinators – pollinating. More information at snowshoemountain.com

Women's Weekend Mountain Bike Camp ~ August 26 - 27

Ladies, it's time to ride! Join women riders of all ability levels for a weekend of personal progression and skill building Saturday and Sunday, August 26 and 27. New to biking? No problem. Already killing it on gnarly roots and rocks? That's cool, too. Snowshoe will break you into groups according to skill level for one-on-one professional coaching in a team environment. Make new friends, reconnect with old ones, and sling some mud. Camp also includes yoga, chair massages, swag bags and evening socials. More information at snowshoemountain.com

More information at snowshoemountain.com

Save the dates - October 6 and 7:
Huntersville Traditions Days

Spend a weekend back in time and enjoy demonstrations of traditional cultural arts of bygone days!

Visit our Facebook page or website:
huntersvillehistorical.com

Nature's Mountain Playground

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The Enduro Race will be held on National Forest System lands.

SNOWSHOE SUMMER EVENTS

AUG 5 Treasure on the Mountain	SEPT 1 - 4 Labor Day Celebrations
AUG 13 Community Appreciation Day	SEPT 27 - OCT 1 UCI Mountain Bike World Series
AUG 18 - 20 Pickin' & Pedalin'	OCT 14 - 15 WV Enduro Race
AUG 26 - 27 Women's Weekend Mountain Bike Camp	OCT 15 Summer Closing Day

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2023 Pioneer Days Horseshoe Pitch

Participation in the horseshoe pitch included 12 Men's Singles and seven Men's Double teams. There were five Women's Singles and four Women's Double teams.



MEN'S SINGLES: L to r: Butch (John) Mitchell, Rainelle, first place; Kenny Sharp, Valley Head, second place; Chuck Smith, Marlinton, third place.

WOMEN'S SINGLES: L to r: – Tammi Barr, Marlinton, first place; Amie Weimer, Hillsboro, second place; Patty Felton, Marlinton, third place.



MEN'S DOUBLES: L to r: Charlie Brown, of Spring Dale, and Charlie Friel, of Marlinton, third place; Dave Blankenship and Damien Blankenship, both of Hillsboro, second place; Kenny Sharp, of Valley Head, and Butch (John) Mitchell, of Rainelle, first place.



WOMEN'S DOUBLES: L to r: Dorothy Morgan and Amie Weimer, both of Hillsboro, first place; Tammi Barr and Cindy Johnson, both of Marlinton, second place; Samantha Sharp and Mary Thompson, both of Marlinton, third place.

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- In-County ~\$35 • In-State ~\$43 • Out-of State ~\$43
- Online only ~\$29 • Print and Online ~\$59

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Noon - 5 p.m. Sunday

2023 Pioneer Days Food and Flower Exhibit Results

Best of Show Food – Adult: Peanut Butter Fudge – Patty Felton.

Best of Show Food – Youth: Pecan Pie – Rachel Felton.

Best of Show Flower – Adult: Single blooming African Violet – Priscilla Shoemaker.

Best of Show Flower – Youth: Calla Lily – Layken Dunbrack.

Flower Exhibits: Cut Flowers: Hydrangea: first place – Pam Moore. Marigold first place – Connie Sharp, second place – Connie Sharp, third place – Pam Moore. Pansy: first place – Connie Sharp, second place – Connie Sharp, third place tie: Lindsay Sharp and Pam Moore. Roses: second place – Connie Sharp (floribunda).

Potted House Plant: African Violet, single bloom: first place – Priscilla Shoemaker. African Violet, double bloom: first place – Connie Sharp. Succulents: first place – Melinda Moore. Succulent: first place – Casey Horton (Aloe).

Flower Arrangement: Domestic cut arrangement: first place – Douglas Bernier; second place – Connie Sharp. Wildflowers, cut arrangement, first place – Melinda Moore; second place – Connie Sharp. Garden Arrangement: first place – Melinda Moore; second place – Natalie Irvine. Petunias: first place – Anistyn King; second place – Anistyn King. Snapdragon: first place – Natalie Irvine; second place – Anistyn King. Lily: first place – Layken Dunbrack; second place – Anistyn King; third place – Natalie Irvine.

Food Exhibits: Breads, Muffins, Cornbread: Biscuits, first place – Patty Felton; second place – Pam Moore. Muffins: first place – Pam Moore. Cornbread: first place – Patty Felton. Cupcakes, Cookies, Brownies, Cakes, Cream Puffs: Cookies and Brownies: first place – Pam Moore; second place – Caroline Fleming. Cake: first place – Rachel Felton (Sour Cream Pound Cake); second place – Merrily Taylor (Lemon Pound Cake); third place – Pam Moore (Pound Cake). Candies: Soft candies, Hard candies, Fudge: first place – Patty Felton (Peanut Butter Fudge); second place, Patty Felton (Chocolate Fudge). Jams, Jellies, Preserves and Apple Butter: Jams: first place – Summer Moore (Raspberry Jam). Jelly: first place – Summer Moore (Beet Jelly). Butters and Spreads: first place – Pam Moore (Apple Butter); second place – Summer Moore (Apple Butter).

Canned Goods and Pickles: Canned Vegetables: first place – Pam Moore (Cut Green Beans), second place – Pam Moore (Tomato Juice). Pickles: first place – Summer Moore (Pickled Banana Pepper Rings); second place – Summer Moore (Pickled Beets), third place, Summer Moore (Pickled Jalapenos).

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Thursday: Beginners Yoga 4:30 - 5:30 p.m.
Saturday: Yin Yoga 8:30 - 9:30 a.m.
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Receives Scholarship



CLOEY HARDESTY, LEFT, receives the Delta Kappa Gamma scholarship for a second year. She is pictured with Lois McCutcheon.

Chloe is the daughter of Michael and Gina Hardesty. She is a 2021 graduate of Pocahontas County High School, and is a student at West Virginia University working toward a degree in Elementary Education.

TRIVIA ANSWERS:
(1) Thaland (2) Hans Christian Andersen (3) Hectare (4) "A" date family." which will live in in-



Dunz takes his game to a new level

DILLON DUNZ, OF Marlinton, was selected as a 2023 Ambassador for Cyndi O'Donnell Foundation through Callaway Junior Golf. Two females and two males from West Virginia were selected for this honor.

Dillon is the son of Brad and Jennifer Dunz, and is a junior at Pocahontas County High School.

Summer Savings

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2020 Chevy SILVERADO 1500 LT
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2019 Chevy SILVERADO 1500 LT
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2019 Chevy SILVERADO 1500 CUSTOM TRAILBOSS
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LISTINGS

6547 - Mill Point. Little Mountain Retreat, Lot B-10. Four +/- wooded acres with private access and underground electric in restricted development. Will divide. Veterans discount/owner financing. - \$22,000

6548 - Hillsboro. Lot C-1. Offering 2 wooded acres in Little Mountain Retreat with easy access. Protective Covenants apply. Near national forest and fishing. Owner financing available. - \$15,000

6546 - Mill Point. Little Mountain Retreat, Lot D-6. Offering approximately 4.5 wooded acres in restricted development. Easy access, nice building site and great views. Owner financing available. - \$15,000

4886 - Lewisburg. Lamplighter Subdivision. Lot 14. Voted the "Coolest Small Town in America!" Property is close to all the best the Greenbrier Valley has to offer! Title insurance available. - \$10,000

6214 - Mill Point. 3.3 wooded acres with fantastic views. Comes with one-year hunting lease on 400 acres. Near national forest. - \$21,000

6340 - Mill Point. 8.79 acres of mountain woodland. Home site offers excellent views. Electric, phone and septic in place. Close to the Cranberry Wilderness, rivers and national forest. - \$49,900

6545 - Marlinton. 3BR/2BA brick ranch with attached carport on 0.33 acres. Features living room with gas fireplace, built-in bookshelves, display case, china cabinet and hardwood floors. - \$189,000

5469 - Woodrow. 27 acres with gorgeous, long distance mountain views. Close to Williams River, national forest, Highland Scenic Highway and Handley Wildlife Area. - \$125,000

6532 - Rimel. Well-maintained 2BR/1.5BA camp on 2.91 acres bordering national forest. Middle Fork Anthony's Creek runs through the property. Close to fishing, hiking and hunting. - \$95,000

6544 - Huttonsville. Dilapidated trailer on 0.43 acre bordering Riffle Creek. Property has well and small shed. - \$14,900

6215 - Mill Point. 13.37 rolling acres. Private location. Nicely wooded ridge top building site. - \$52,000

6517 - White Sulphur Springs. Comfortable, 3BR/2BA, 1620 sq. ft., beautifully updated home within walking distance of the elementary school and downtown. - \$145,000

6531 - Rimel. Small farm house/camp on 4.21 acres bordering and easy access to national forest. Spring and feeder stream runs through the property. - \$110,000

6466 - Rimel. 3BR/1BA cabin on 0.46 level acre. Just steps from national forest. Near Greenbrier River and Watoga and Seneca State parks, Knapps and Anthony creeks. - \$79,000

6468 - Bartow. Little River Retreat. 2BR/1BA cabin on two acres. Close to national forest, Little River, Buffalo Mt. Lake, Cass Scenic Railroad and Snowshoe Resort. - \$105,000

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