

'The Noblest of Fruits', Page 15



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ike the rail trail of the West Fork or Greenbrier River State Park. Challenge yourself on miles of single track trails in the Monongahela National Forest, enjoy a drive on the Highland Scenic Highway or book a fall train excursion with Cass Scenic Railroad State Park or Mountain Rail Adventures. These are just some of the many ways to enjoy breathtaking fall foliage in Pocahontas County!

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Find Shakespeare, jazz and bluegrass at the Opera House

Vanessa Collier Friday, September 29, 7:30 p.m. \$10

Opera House is . thrilled to announce the eagerly awaited return of the esteemed musician and multi-instrumentalist Vanessa Collier. This time, she will grace the Opera House Stage on Friday, September 29, at 7:30 p.m.

Collier is renowned for her exceptional ability to seamlessly weave funk, soul, rock and blues into her performances, creating an electrifying musical tapestry.

A true virtuoso, her performances are enhanced



Vanessa Collier

by soulful vocals, master- nounce their upcoming ful saxophone skills and performances of two clasinnovative songwriting.

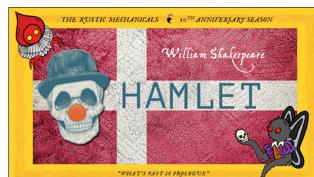
achievements, Collier is Rebels spiring others and actively "Hamlet." engages in educational outreach initiatives.

The Rustic **Mechanicals: The Age** of Rebels and Revels (Henry IV, Part One) Friday, October 13, 7:30 p.m.

sic works by William Beyond her musical Shakespeare: "The Age of and Revels" deeply committed to in- (Henry IV, Part One) and

These captivating proprograms and community ductions are scheduled for Friday, October 13, at 7:30 p.m. at the historic Pocahontas County Opera House.

"The Age of Rebels and Revels" brings to life the dent, given his own past story of King Henry IV, who faces threats from both within and outside less tragedy unfolds the The renowned theater his kingdom. As he preensemble, The Rustic Me- pares for war, the fragility chanicals, is excited to an- of his rule becomes evi-



The Rustic Mechanicals

rise to power.

In "Hamlet," the timejourney of Prince Hamlet, whose world is shattered by news aof his father's See **HOUSE**, page 5

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Cass Scenic Railroad State Park Fall 2023 Schedule of Events

Full Moon Hikes

September 30th 7:30pm October 28th 6:30pm* November 25th 6:30pm December 23rd 6pm *also Wonderfall Hike

Harvest Day

September 16th 9am to 5pm Vendors, Havrides, activities for the kids, and live music!

* Halloween at Cass

October 27th 5 to 6:30pm Costume Contest 5 to 5:30pm Trick or Treat 5:30 to 6:30pm



December 1 - 3, 6 - 10, 13 - 17 Come ride the train, visit Santa and Santa's workshop, enjoy the Christmas Market (Date TBA), and Square dance (Date TBA).

For More Information

+ Latest Schedule, Please Visit

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placed 16 "selfie swings" at state parks and other scenic areas in the state as part of "West Virginia's Most Instagrammable Views" campaign. One of those swings is at Droop Mountain Battlefield State Park. The swings and accompanying signs were handcrafted by the Nicholas County Career and Technical Center. Photo by Suzanne Stewart



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Cover: The West Virginia Division of Tourism has

HOUSE from pg 4

death. Upon returning home, Hamlet finds his familiar surroundings drastically altered, leading him to question his place in this new reality.

> **Dom Flemons** Friday, October 20, 7:30 p.m.

Dom Flemons, a celepreservationist, storyteller and instrumentalist, will grace the Pocahontas County Opera House stage Friday, October 20, at 7:30 p.m.



Dom Flemons, above; Mike Gillispie and The DC Jazz Quartet, below.

Known for his remarkable Board of Directors for the ability to breathe life into Washington, D.C Chapter forgotten folk songs, Fle- of the Recording Acadmons has garnered critical emy. acclaim, including Grammy Award, Two-Time EMMY Nomination, and the esteemed title of 2020 U.S. Artists Fellow.

Flemons exhibits virtuosity on instruments such bones.

the Steve Martin Banjo ber 4, at 7:30 p.m. Prize, Music Maker Relief

Mike Gillispie and The DC Jazz Quartet Saturday, November 4, 7:30 p.m.

Mark your calendar for as the banjo, guitar, har- a night of exceptional jazz monica, jug, percussion, music as the Pocahontas quills, fife and rhythm County Opera House proudly presents Mike He currently serves on Gillispie and The DC Jazz the Board of Directors for Quartet Saturday, Novem-

This performance pro-Foundation, and holds a mises an evening of out-Governor position on the standing musical artistry that bridges generations and styles.

Led by accomplished flutist and bass flutist Mike Gillispie, the quartet brings a rich blend of musical experiences to the stage. With performances across continents and a unique blend of musical and photographic talents, Gillispie's ties to Pocahontas County run deep, as he spent formative summers here before embarking on his full-time music

Joining the quartet are accomplished guitarist Thomas Kitchen; Dan Griffin, a seasoned bassist; and drummer **James** Deshler, whose diverse musical upbringing in Los Angeles led him to a multifaceted journey that blends jazz with molecular and cellular biology.

See HOUSE, page 6

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This engaging performance is a must-see event at the Pocahontas County Opera House

Black Mountain Bluegrass Boys Saturday, November 18, 7:30 p.m.

On Saturday, November 18, 2023, at 7:30 p.m., the historic Pocahontas County Opera House will resonate with the soulful melodies of the Black Mountain Bluegrass Boys. Led by Mill Point's own Richard Hefner. This West Virginia bluegrass ensemble, celebrating its enduring legacy of more than 50 years, is set to captivate audiences with another envigorating performance.

This year, Hefner, the seasoned bandleader and cherished local talent, has orchestrated a remarkable and diverse lineup for the group's appearance. Embracing the rhythmic pulse on the bass guitar is Hefner's fellow Mill Point resident Joanna Burt-Kinderman, while the esteemed West Virginian music ambassador Dave Bing will infuse his mastery on both fiddle and guitar. In addition, the gifted Danny Arthur will contribute his guitar prow-



Black Mountain Bluegrass Boys

ical journey for attendees. 7:30 p.m.

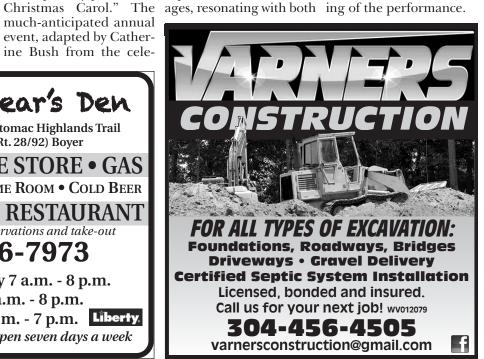
Greenbrier Valley Theater: 'A Christmas Carol' 7:30 p.m. \$10

much-anticipated annual event, adapted by Catherine Bush from the cele-

ess to enhance the ensembrated novel by Charles the young and the young ble's sonic tapestry, ensur- Dickens, will take place at heart throughout the ing an unforgettable mus- Saturday, November 18, at holiday season.

timeless narrative of Opera House are available Ebenezer Scrooge's trans- for \$10 per adult, and adformation as he confronts mission is free for atten-Saturday, November 25, the specters of his past, dees aged 17 and younthe realities of his present, ger. Tickets can be purand the ominous pros- chased at the 4th Avenue The cherished holiday pects of his future. This Gallery in Marlinton, tradition continues as inventive and enchanting through pocahontasoper Greenbrier Valley Theater production promises to ahouse.org or at the ven-(GVT) proudly presents "A captivate audiences of all ue's entrance on the even-

Tickets for the upcom-Immerse yourself in the ing performance at the



These programs are reau. made possible by the sup-Pocahontas County Con- request. vention and Visitors Bu-

Opera House perform-

port of the West Virginia ances are designed to be Division of Culture and informal, family-friendly, History, with the endorse- and accessible to all. The ment of the West Virginia venue ensures that indi-Commission on the Arts, viduals with disabilities Pocahontas County Dra- can fully enjoy the experimas, Fairs and Festivals, ence, with tailored accom-Mid-Atlantic Arts, and the modations available upon



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County Opera House Fritember 15 and 16, at 7:30 about them.

in the mid-70s who is on the surface. the verge of producing a

fter a two-year hia- blunt style. This form of The play explores the way tus, A. R. Gurney's gritty reality is at odds children must sometimes The Cocktail Hour with his parents' vision of face down their parent's will be performed on the the light and amusing en- expectations to find their stage of the Pocahontas tertainments of their era.

To make matters worse, day and Saturday, Sep- John has written a play him to write a book -

The Cocktail Hour, both to go forward but, as the

Their reactions range His father fears that new work in the modern from heartache to humor. he'll be the play's villain,

own way in the world.

Ann, his mother, wants hopefully one that will He'd like their blessing quickly be forgotten.

His sister, Nina, is funny and poignant, cen-martinis flow, resentments miffed that her character ters around a playwright and revelations bubble to in the play has such a minor role.



Cast members toast the beginning of "The Cocktail Hour" rehearsals, I to r: Rachel Fanning, Nathan Dameron, Janet Ghigo and Craig Goheen.

and John begins to doubt and a splash of that secret The language in The his own origins.

of humor, bile, warmth of families.

ingredient that unites Cocktail Hour may not be The Cocktail Hour is full even the most contentious appropriate for all ages.

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SATURDAY, OCTOBER 8 · 11 A.M. - 3 P.M.

TASTE OF OUR TOWNS (TOOT)

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FRIDAY, NOVEMBER 3 · 7 P.M.

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Literary Legends

Poll of West Virginians reveals Pearl S. Buck as the state's favorite author of all time

rarper Lee, Ernest Hemingway, Mark Twain... These iconic names are among the luminaries hailing from the United States. However, more locally, each state has produced its own homegrown authors who have left an indelible mark on literature with their diverse and significant contributions. A survey* of 3,000 respondents by StoicQuotes.com shed light on each state's most cherished authors, revealing some intriguing outcomes.

Consider Alabama.

While many might presume Harper Lee, famed for "To Kill a Mockingbird," to be the state's fa-

vored author, it was Helen subjects like reli-Keller who garnered the gion, race and majority of votes.

Born in Tuscumbia in portraying the life 1880, Keller's youth was of John Grimes, a overshadowed by an ill- young ness rendering her blind American and deaf. Yet, under Anne navigating mentorship, Keller tran-religious upbringscended her adversities, ing in Harlem. evolving into a revered author and speaker.

Throughout her jour- pected. J.D. Salinger, ney, Keller held a pro- celebrated for found affection for Ala- Catcher in the Rye," was bama, often alluding to it surpassed by Grace Metalas her treasured home- ious. Born in 1924, Metalland.

spite F. Scott Fitzgerald novel that boldly tackled Gatsby," he wasn't New them against the back-Yorkers' top literary pick. drop of a seemingly That honor belonged to quaint New Hampshire cut], for example, cham-James Baldwin, renowned for "Go Tell It on the Mountain." This 1953 semi-autobiographical novel delves into intricate

family dynamics, his unwavering identity amidst a New Hampshire's

choice was also unexious gained acclaim for In a similar vein, de- "Peyton Place," a 1956 "The Great taboo topics, juxtaposing made more predictable



Pearl S. Buck

town.

novel "The Good Earth" However, some states choices.

Nutmeggers [Connect-

pioned Mark Twain and Prize, held a special conhis "Adventures of Huck- nection to West Virginia. leberry Finn." Missis- Born in Hillsboro in 1892, residents at four months old she honored Tennessee moved with her mission-Williams, the emi- ary parents to China. Alnent playwright though much of her adult best known for life and literary career was Streetcar shaped by her experiences Named Desire." in China, her West Vir-Ernest Hem- ginia roots grounded her ingway, whose American identity. The "The Old Man juxtaposition of these two and the Sea" cultures, the American the Appalachia of her birth Pulitzer Prize and the Chinese landfor Fiction in scapes of her upbringing, 1953 and paved endowed Buck with a the way for his No- unique perspective on culbel Prize in Litera- tural intersections and ture in 1954, was the human universality.

West Virginians' second both Idaho and Florida. choice was Breece D'I Pearl S. Buck emerged Pancake, followed, in third as West Virginia's favorite place, by Louise McNeill.

Information provided by thor best known for her StoicQuotes.com

*Living authors were not in-



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clinched

author. The renowned au-



The Kenova Pumpkin House attracts thousands of pumpkin fans each year during the Ceredo-Kenova AutumnFest. The house is decorated with 3,000 handcarved pumpkins, illuminating the autumn evenings with a lovely glow.

What's with the pumpkin?

Carol Carrico Contributing Writer

pumpkin and have it all to myself, than be crowded on a taking hold. velvet cushion."

in North America producer. nearly 9,000 years woods for seasonal food zucchini,

cultivated by indigenous a fruit, not a vegetable. North Americans who

The U.S produces 1.5 orange color. ~ Henry David Thoreau billion pounds of pumpkin yearly, with the state of made pumpkin pie much raving originated Illinois being the largest differently than today.

ago, pumpkins continue gourd family, which in- with milk, honey and to grow in our neck of the cludes cucumbers and spices and baked it! watermelons and Pumpkins began being pumpkins are considered prepare the pumpkins,

grew pumpkins even be- most everyone's favorite, giving dinner in 1621. fore they grew corn and every single part of the beans. Later, they com- pumpkin is edible - skin,

bined all three crops, stems, seeds, pulp, flowers growing them together to and leaves. The fruit is an protect the cornstalks excellent source of potas-"I would rather sit on a from wind and its roots sium, vitamin A and beta preventing weeds from carotene – an antioxidant that gives pumpkins their

> Early American settlers They hollowed out the Pumpkins are in the pumpkin, filled the shell

> Native Americans cantaloupe, but taught the Pilgrims how to and they were probably a While pumpkin pies are part of the first Thanks-

> > See **PUMPKIN**, page 10

Friday Evening at Huntersville Schoolhouse

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The pumpkin was associated with the harvest season long before it became a symbol of Halloween.

Ireland began the practice of carving vegetables (turnips and rutabaga) for the purpose of using them for lanterns. Later, folks realized that pumpkins were much larger and easier to carve and the jacko-lantern was born.

Not until the mid 1800s were pumpkins even associated with Halloween. Jack-o-lanterns are said to have been named for a fellow named Stingy Jack from Ireland. Later, they became a way of scaring away evil spirits on Halloween and, now, carving pumpkins is just a fun way to celebrate the holiday carving faces, animals,



Pumpkin Cake with Cream Cheese Icing



thing one can imagine. The international rec-

80 to 90 percent water.

The West place this year October 5- free to the public. 8, and will feature a paheaviest pumpkin winner ing fall season.

cartoon characters or any- and lots of great fall foods and pumpkin ice cream.

Another fun fall event ord for the heaviest occurs around Halloween pumpkin was set in 2021 in Kenova, Wayne County, in Italy where the pump- at the Pumpkin House kin weighed an astound- where thousands of carved ing 2,703 pounds. It pumpkins are displayed at might be noted that most a family home. Volunteers pumpkins are a whopping begin weeks before, hand carving all sizes of pump-Virginia kins which are then lit up Pumpkin Festival, an an- with lights and some are nual event in Milton in set to music. The event 9x13-inch pan. Cabell County, will take lasts several days and is

rade, pageants, many carving or displaying, well. carved and uncarved pumpkins are a good and pumpkins as well as the fun staple for the upcom- spices, soda and salt and

Pumpkin Cake with Cream Cheese Icing

2 cups sugar

2 cups pumpkin

1 cup salad oil

2 tsp. cinnamon

2 cups flour

4 eggs

2 tsp. soda

1/2 tsp. salt

Grease and flour a

Preheat oven to 350°

Beat the eggs and sugar Whether for eating, together. Add oil and beat

Mix together flour,

See PUMPKIN, page 11

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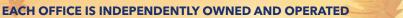


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PROGRAMS

Sat./Sun. September 9-10: Droop Mountain Studio Tour Visit us along the route of many other local artists' studios.

Free make & take crafts, and food for sale.

Sunday, Sept. 24: Pollinator Habitat Workshop, 1:30 - 4 p.m. Build and take home a bee BnB for native bees, make an origami bee, identify regional pollinators and their food source and perform in a pollinator play! All ages welcome!

Fri.-Sun., October 6-8: Women's Weekend

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PUMPKIN from pg 10

add gradually to the wet mixture, beating until smooth.

Add pumpkin, beating at low speed until thoroughly blended.

Pour into the prepared pan.

Bake for 40 to 50 minutes or until done.

Leave in pan until cold. Frost with the following

8 oz. pkg. cream cheese, room temperature

1 stick butter, room temperature

1 box confectioner's

2 tsp. vanilla or lemon

Combine all ingredients and beat until thoroughly blended.

Spread evenly over the top of the cake.

Pumpkin Cookies

1 1/2 cups pumpkin 1/2 cup butter 1 cup sugar 1/2 tsp. salt 1 tsp. vanilla 1 cup chopped walnuts 1 egg Mix together and add

gradually: 2 cups sifted flour

1 tsp. soda



Pumpkin Cookies

1 tsp. baking powder 1 tsp. cinnamon Stir in:

pkg. butterscotch 1 morsels

order given.

Drop by spoonful onto

greased cookie sheet.

Bake at 375° for 12 to 14 minutes.

Raisins, pecans or coconut may be substituted Mix all ingredients in for the butterscotch chips. Yields 4 dozen.

RIVERTOWN

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The Shops at Rivertown

Staff Writer

veryone who has lived in, visited or simply driven through the town of Marlinton knows the agua colored three-story building on Main Street. It was built in 1905 and was home to C.J. Richardson Hardware for more than 100 years.

In that time, it became a landmark – a welcome sight. to those who held memories of dipping their hands into nail bins as children or the conversations they had with the late owners Charles "Googie" Richardson and his son, Terry.

When the hardware store closed in 2020, there was a fear that those memories would be lost, and new ones would never be made. from North Carolina, Marlinton was a special place to

the building and starting of her own.

space was divided into five standard every year at cream, but I use coffee in-summertime." art studios, a yoga studio, Christmas. and candy shop.

first shop is Creekside candy shop." Recreation, Bennett has could make her candy shop Farms in Arbovale. been a candy maker for a go.



Photos by Suzanne Stewart

Then, along came Revitalize Making her dream come true, Lauren Bennet, director of Pocahontas County Parks Marlinton, LLC owners and Recreation, has opened a candy shop on the second floor of Rivertown - formerly known as C.J. Richardson – in Marlinton, The shop, named Creekside Candy, Safrit. Though they were is home to Bennett's signature buttercream candies – in flavors like vanilla, chocolate, blueberry and raspberry – just to name a few of the delectable delights.

saw the potential for revival. my last year of college, "The vanilla buttercream ing on."

In addition to butter- and snowmen. Bennett is known for her cream treats, Bennett has Creekside Candy is open

many years and has always vanilla buttercream dipped other chocolates she pro- by Makinsey Poeppel.

of work into remodeling the moons ago," she said, specialty," she said. "A lot of ally like – a honey pecan the Greenbrier River Trail. Snowshoe and her grandbuilding - now dubbed laughing. "That was when I them are a similar recipe, nougat and some caramel," The idea was put on hold mothers, Shirley Adams and Rivertown - which has be- first experimented with the but have been altered. So Bennett said. "I'm working until after the COVID-19 Nancy Cochran, both had come home to several new vanilla buttercream. I the coffee buttercream has on my gummy bears. I'm pandemic, and until the stores. businesses and artist studios, started doing candy for been one of the most popu- hoping to have 'Creekside mother/daughter team In fact, a remnant from On the second floor of the Christmas gifts for folks and lar ones, and that's essen- Creatures,' but humidity found the right spot with Adams' store is in use at building, the wide open that kind of became my tially the vanilla butter- makes it difficult during the Rivertown.

stead of water in the recipe." While most of her candies because there's nothing like store has a very special art gallery, souvenir shop "For the past ten years, She does the same with are a bon bon shape, with ei- it in the entire county," meaning and history. I've made candy at Christ- her raspberry and blueberry ther milk, white or dark Poeppel said. "I used to "My dad and brother were At the top of the stairs, the mas and dreamed about my buttercreams. She cooks chocolate coating, Bennett work at the Visitor's Center going to build us a counter down the berries and re- also has molds she uses that and we had tourists come in for the store, and we could-Candy, owned by Lauren When the Rivertown places the water with the she will alternate depending all the time looking for sim- n't really figure out how big Bennett. Better known for shops opened, Bennett saw juice. The blueberry, which on the season. For summer, ple things like stickers and we wanted it," Poeppel exher work as director of Poc- it as an opportunity to get is a seasonal treat, features she has trout and sunflower postcards, little gifts they plained. "He said, 'I don't ahontas County Parks and her feet wet and see if she berries picked at Frostmore shapes. In the winter, she could buy."

Thursdays and Fridays, cluding postcards, stickers, noon to 5 p.m. and Satur- mugs, keepsakes, Nature's days, 10:30 a.m. to 3 p.m. Mountain Playground and Next door to the candy West Virginia clothing and shop is Mountain Echo Sou- children's clothing and toys.

venir and Gift Shop, owned Store ownership has been something of a tradition in Instead of tearing down dreamed of opening a shop in chocolate, but she has ex-duces, as well as a line of The shop was the dream the family, with Poeppel panded to include several Creekside Creatures - child of Poeppel and her being the latest of the anew, the business partners "I have made candy since different delectable flavors. gummy candy – she is work- mother, Brenda Cochran, women in the family to join. who both wanted to have a Her mother also operates They have already put a lot which was many, many is what I would say is my "I have a nougat that I re-souvenir and gift shop near The Snowshoe Hare at

Mountain Echo. The "We just wanted to do this counter at the front of the

know why you guys just will switch out to snowflakes The shop has a little won't use your mom's

Among the shops at Rivertown are artist studios where local artists can demonstrate and sell their wares. In a studio she shares with watercolorist Cyla Allison, Cris Bartlett is shown here working on her latest pottery creation – trout shaped zesters. something for everybody in- counter,' and my mom was

She said she likes to use the tool to zest lemons when making salad dressing.

confused. He said, 'the Mountain Echo is open counter she had at Cass. It's Thursday through Monday, in my mom's basement." 10 a.m. to 6 p.m., except

spent years looking for the noon to 5 p.m. counter everywhere and had Safrit's wife, Alison, has no idea that it was in Nancy Alison Pottery Gallery and Cochran's basement all that Studio and is one of two "I guess when grandma's Mountain Yoga.

store closed, my grandma In the gallery, Alison has Poeppel said.

because we have actively ter, Willow. when we saw it. We cry all and more are available at the time when we think the gallery, which is next to about it because it's just so Alison's pottery studio, crazy she had it."

The front of the counter the pottery wheel. bright blue sky in the back- cate piece of art. Being a third generation shop owner has become a reality for Makinsey Poeppel, who

It once again greets cusbination of Pocahontas County and West Virginia specific souvenirs, as well as a chil-tomers at its new location.

Cochran and Poeppel had Sundays, when it is open

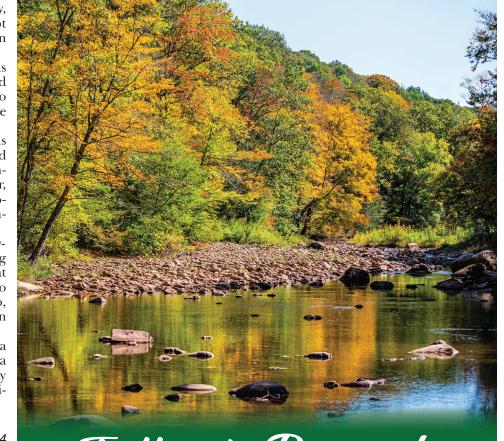
voga instructors at Little

Nancy bought this counter artwork and jewelry crafted and she had it in her base- by Appalachian artists, inment for twenty years," cluding herself, her mother, Lou Burner, and her two-"Ît's super special to us and-a-half year old daugh-

been looking for it," she Paintings, drawings, jewcontinued. "We all cried elry, pottery, woodworking where she demonstrates on

has a beautiful painting by To watch Alison throw a Adams, featuring a cottage pot or vase is like watching a surrounded by flowers and ballet – her hands expertly two looming trees with a shaping the clay into a deli-

See **SHOPS**, page 14



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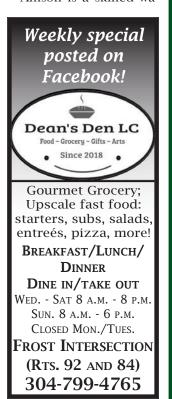
In addition to Alison's studio, there are three open studios and one photography studio operated by Makinsey Poeppel.

One studio is home to Chaos Acres, owned by Peggy Owens who makes jewelry and glass art. Her pieces are vibrant and, well, chaotic, in design. Owens' work celebrates new life for broken glass and finds the beauty in together the piecing shards.

The next studio holds a pair of artists - Cris Bartlett and Cyla Allison. Bartlett is another clay artist and does hand builds as well as wheel work. She makes bowls, plates, mugs and her newest work - trout shaped zesters.

Bartlett's pieces borrow their color scheme from the countryside - earthy browns, blues from the sky and the river, and greens from the vast fields and mountains, with a little white mixed in to remind us of all of the snowy winters.

Allison is a skilled wa-





Photos by Suzanne Stewart Alison Pottery Gallery features art by three generations - owner Alison Safrit, her mother, Lou Burner, and her two-and-a-half year old daughter, Willow. Alison is a potter and also makes mala necklaces; while her mother and daughter make jewelry.

tercolorist who draws what framing. she sees all around her, ty. She also offers custom

from structures - aban- ated by Bret and Lori be shared and made as a doned or inhabited - to Doolittle. Bret is an oil new generation of busithe flora, fauna and ani- painter, Lori is a sculptor nessowners serve the resimals of Pocahontas Coun- and both are printmakers. dents and visitors to the

at this lovely old building, The last studio is oper- memories will continue to With all the new activity community of Marlinton.





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pples are an ancient term. fruit, and one of the world.

since its beginning.

September in Pocahonin the Spring, it's time to nate here. look to our apple trees.

the fall means an abun- and neighboring Russia.

stored in the cool of the as early as 2,500 years ago cellar for use during the and were brought home

~ Henry David Thoreau and pack away the sweet known to grow at least six little globes in all their de- varieties. licious forms for the long-

most prolific and cider to applesauce, apple members of Rosaceae, the popular fruits in the butter, apple jelly and rose family. apple pie filling, canning throughout the year.

Apples may now be tas County is harvest time. thought of as "American ain, apple trees made Time to get the gardens in as apple pie," but the do-their way to the New and, if we didn't get a mesticated apple - Malus World, where crab apple killing frost or late snow Domestica - did not origi- trees had been the only

It actually originated in North America. A good apple harvest in what is now Kazakstan

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dance of apples carefully there and the near East to Rome and Greece, It's also time to process where Romans were

Odd as it may seem, the apple is a cousin of the From apple juice and rose, as apple trees are

Romans took seedlings They have been part of allows us to preserve our with them as they traveled the American experience apple crop for use throughout Europe, Britain and North Africa.

From Europe and Britapple species native to

Today, there are more than 30,000 varieties of Apples were cultivated apples being produced around the world.

Photo by Laura Dean Bennett

Practice

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See APPLE, page 16

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vantage of being edible. Here, an antique ceramic

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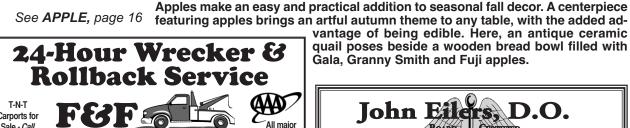
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French Jesuits thought to have first brought domesticated apples to North America near the end of the 16th century.

When the Pilgrims landed early in the 17th century, they brought with them apple seeds and tree cuttings for grafting, as did the settlers of Jamestown before them.

A variety of apple trees thrived in the colonies thanks to the pollinating powers of the honey bee, which also had not previously existed here.

Honeybees had to be brought across the ocean to pollinate the fruit trees.

Colonists who wished to secure a land grant were required to clear and improve that land before ownership was conferred. Planting an apple orchard was a relatively simple way to do so.

Although most of these early species of American apples were prolific, they were not nearly as sweet as our apples of today. Those which were the most sour were commonly called "spitters," and were used for cider.

These days, apple cider is a special treat, usually enjoyed in the fall and during the holidays.

But in early America, fermented cider was commonly served at all meals, even to children, since reliably safe drinking water was often a rarity.

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The legend of Johnny Appleseed is based on the life of a young man named John Chapman.

Having learned the apple business as a young man growing up in Massachusetts, Chapman started an apple tree business in 1801.

He brought his knowledge and his apple trees to western Pennsylvania, Ohio and Indiana, planting seedlings near creeks and rivers close to new land grants where there was a burgeoning market for apple trees needed to improve the land.

Working for 50 years throughout Pennsylvania, Ohio and Indiana, Chapman planted so many apple trees, he earned the nickname, Johnny Apple-

By the mid-1800s, nearly 14,000 varieties of apples existed across the country.

When Johnny Appleseed is said to have crossed the northern panhandle of West Virginia in the early 1800s, he may have planted the seeds that developed into West Virginia's first successful and super sweet apple, the Grimes Golden.

The second apple "discovered" in West Virginia was the Golden Delicious, found in Clay County in

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keeps the doctor away." Eating apples has been linked to many health benefits, including lowering cholesterol, improving gut health and reducing the risk of stroke, high blood pressure, diabetes, heart

state fruit in 1995.

ripen in late June and early July (Yellow Trans-

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APPLE from pg 16

But many apples that ripen in late autumn -Rome Beauties and Fall Rambos - may be stored for as long as one year.

For that kind of longterm storage, apples need to be kept completely dry and very cold – ideally, at temperatures slightly above freezing.

Apples vary greatly according to their size, color, aroma, crispness, sweetness and tanginess.

The three categories of apples are cider, cooking and dessert.

it's hard to beat Gala, Fuji, Jonathan, Golden Deli-Pink Lady.

The best apples for apquickly such as Grimes and Winesap apples. Golden, Yellow Transparent, Golden Delicious, for appetizers. Their Fuji, Honeycrisp, McIn- spicy, tart bite goes well tosh and Gala.

apple pie filling to have days. For eating out of hand, on hand when a quick pie will come in handy.

cious, Cortland, Empire, these varieties: Golden two. Red Delicious, McIntosh, Delicious, Pippin, Granny Gravenstein apples. Bakers are also fond

plesauce are freshly- of Rome, Jonagold, Gala, picked juicy varieties with Braeburn, Northern Spy, smooth flesh that cook York Imperial, Cortland canning in a glass jar or

Winesaps are also good with cheese and wine or If you like baking apple cider and they store beaupies, you'll want to can tifully well into the holi-

October brings frosty mornings and sometimes You won't go wrong with even an early snow or

It's time to savor the Braeburn, Winesap or Smith, Pink Lady or rich aroma of apple butter and the spicy tang of apple cider, served hot or Cider stores so well, by

freezing in an airtight container or freezer bag, it can then be used all year

And it's not too late to grill out a few more times. Try grilling apple slices with pork chops or assemble some chicken and apple kebabs for a healthy fall supper.

Use some of your fresh apples for baking some fall favorites.

After you've mastered apple pie, try some old fashioned apple desserts like Apple Brown Betty

See APPLE, page 16



Photo by Laura Dean Bennett Make place cards for the table by cutting leaf shapes in construction paper, add guest's name and slip the "leaf" under the stem of an apple to hold it in place.

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and apple dumplings.

Halloween brings out the little ghosts and goblins to bob for apples and enjoy traditional treats like candied or caramel apples.

As the calendar moves us into November, apples continue to shine.

Whether on the table in a centerpiece or in our cuisine, apples serve many purposes.

They partner well with game, chicken and pork dishes, and make a tasty addition to turkey dressing and countless delicious desserts.

Give your home an enticing aroma with a stove top apple potpourri.

Simmer the following in a pot on the stove; one cut up apple, the peel of an orange, one tablespoon of cloves, two cinnamon sticks, one tablespoon of vanilla, one tablespoon of almond extract and 1 1/2 cups of water.

Those not lucky enough to already have apple trees within their reach, may want to plant their new growth. own.

ested in maintaining certain cultivars, like Golden Delicious, the trees must be asexually propagated by grafting or budding.



Photo by Southern Eats and Goodies **Apple Tansey**

of a tree with a rootstock, single tree. or root system. This ensures the new trees will altension Service is an exways produce fruit with cellent source of advice on the specific characteristics growing apple trees. of known varieties.

Budding, usually completed in the late summer, involves taking a single your hand at the kinds of leaf bud from a healthy, recipes Americans were growing twig and placing baking in the 1800s. it in a similar sized cut the bud is successful, the miliar with Apple Tansey cut will heal, and the leaf and Apple John. These

For gardeners inter- pleted by many different the mid-18th century. methods, but usually in-

into both the rootstock Companion.

Both grafting and bud- and the scion wood, so ding involve combining they fit together to enthe scion or upper portion courage the growth of a cream

The West Virginia Ex-

Recipes

Perhaps you want to try

Settlers in early Virginia made on the rootstock. If would have been very fabud will start sending out popular apple desserts were brought to the Grafting can be com- colonies from England in

Apple Tansey is an old volves combining a root- recipe, first published in stock and piece of scion London in 1754 in The wood of similar diameter. Compleat Housewife: or, Ac-Zigzag cuts are made complished Gentlewoman's

an upside-down cobbler slicing. made with shortcake dough - were passed medium heat until hot, evenly over the top of the down from mother to being careful not to let the apples. Cook the tansey daughter for generations butter brown or burn. Add for about 3 minutes until before a recipe appeared in The Housewife's Cook- Fry them for about 5 minbook, by Lilla French, in utes, turning once, until under the broiler. Let it 1917.

dates of these colonial American favorites.

Apple Tansey

2-3 apples

- 3 Tbsp. unsalted butter
- 4 large eggs
- 2 Tbsp. heavy whipping
- 2 tsp. rosewater/or vanilla extract

1/4 tsp. nutmeg

2 Tbsp. sugar

Granulated or powdered sugar for garnish

Fresh lemon wedges for garnish

You will also need: a seasoned cast iron or oven-proof nonstick skillet

Preheat your oven's broiler. Core the apples, then slice them into thin rounds. If you prefer, you

apple slices to the skillet. the bottom solidifies. they soften and begin cook for 2-3 minutes Here are modern up- browning at the edges.

> the eggs together with the Use an oven mitt to recream, rosewater, nutmeg,

Recipes for Apple John can peel the apples before and 2 Tbsp. sugar.

When apples are ready, Melt the butter over pour the egg mixture

Place skillet in the oven longer until the egg mix-While apples fry, beat ture is cooked through.

See APPLE, page 19





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APPLE from pg 18

move the skillet.

Turn the apple tansey onto a large flat plate. Sprinkle it with sugar and splash it with fresh lemon juice. Serve garnished with lemon wedges or sliced lemon rounds, if desired.

Spiced Hot Apple Cider Serves 8 chilly guests

2 quarts apple cider 1 orange, thinly sliced 1 apple thinly sliced a slow cooker. 3 cinnamon sticks 6-8 whole cloves

1/4 tsp. ground allspice

1 Tbsp. molasses

apple slices, orange slices,

Optional

whipped cream

If using your stove, least one hour, or up to bring the cider to a boil in two hours. Reduce to the 2-3 allspice berries or a large pot over high heat, lowest heat setting to keep Pinch of freshly grated heat and allow it to gently cook for 30 to 40 minutes for the flavors to come togarnishes: gether.

For an easy slow cooker whole cinnamon sticks, method, combine all ingredients in a large slow

Combine all ingredients cooker. Set the slow cooker in a pot on the stove or in on high heat and cover. Leave it on high for at

Apple John **Stewed Apples** for Topping

6 cups sliced apples 1/3 cup water

1/2 cup sugar (or to 1 tsp. cinnamon

Shortcake 2 cups flour 4 tsp. baking powder 2 Tbsp. sugar 3/4 teaspoon salt 1/4 cup shortening 3/4 cup milk

water. Bring to a boil, then combine using a fork. reduce heat. Continue to simmer gently until the by spoonful on top of the apples are soft (approxi- stewed apples to cover mately 10-15 minutes).

tional water. Remove from top is lightly browned. heat and put the stewed apples in a 9 X 9 X 3-inch invert on serving plate. or similar-sized greased

baking dish or pan.

In the meantime, preheat oven to 425°. Put flour, baking powder, sugar and salt in a mixing To make stewed apples, bowl; stir to combine. Cut then reduce to the lowest warm for up to four hours. place the sliced apples in the shortening into the a large saucepan, then flour mixture. Add milk add sugar, cinnamon and and stir just enough to

Drop shortcake dough them. Bake in the oven for If needed, add addi- 20-30 minutes or until the

Remove from oven and

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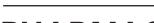
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Water Witching

The Pocahontas Times **January 21, 1965**

yater witching has on the subject. bobbed up in

months, so we began to can Society of Dowsers look for some information with members in 30 states

Did you know there is a conversations sev- fraternity of water witch- ing water is known vari-

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eral times the past few ers, known as the Ameriand Canada?

> This art or gift of findously as water witching, divining, dowsing and witch-wiggling.

> Some people consider it a gift but some modern scientists, though they can't explain it yet, believe, almost anybody can get results.

> They think there must be some peculiar reaction or current between a person and his hands and moving water under the earth. They also say it teaches humility to some budding scientists to find that the ancient art works.

A forked-slender twig is used, usually peach, but cherry, willow, apple and



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This man is using a hazel twig to find water on the land around his farm.

seems wire, even coat each hand, the stick pulls place to drill the well. hangers, may be used. As down, sometimes violently the witcher walks over a where there is water under

others are also chosen; it field, a fork of the stick in the ground. That's the

See WATER, page 22



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Well-drilling took us to the Pritt Brothers, of Droop, who do most of the well-drilling in Pocahontas County.

First we talked with Elbert Pritt, and he doesn't hold much stock in waterwitching, but he said his son, Roger, and brother, Hill, both thought it worked and used it. But he did say they all worked together and had found good water several times after Hill had done some witching -and had missed some, too. They have a big book on water witching. But it has failed at his home. They have gone down 245 feet and haven't found water yet.

Pritt, we found he thinks it puts out some sort of cur- ful there, they will take it Country, where a 200 foot near as deep. works very well.

He uses two bronze rod to pull down. welding rods, one in each but they usually hit water when he uses the rods. And he finds the rods will work for anybody. They work in towns locating water lines, or over any moving water. He says water witching is something he has heard of all his life - the county was full of people doing it and he didn't learn it from anyone in particular. He thinks that the water, being the only moving

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Join us September 2 and 3 for Make-and-Take activities and facepainting!

After-School Drawing

Thursdays, 4 pm. at Durbin Art Center

Oil Painting

Little Yellow House, Dunmore Tuesdays starting September 12 Two sessions: 2 and 6 p.m.

Adult Pottery Classes

Third Ave. Studio, Marlinton Saturday afternoons at 1 p.m., starting October 21

An Artful Tarot lournal

Location to be announced. Mondays at 6 p.m.; 4-week session

OCTOBER: Empty Bowls Halloween Trunk-or-Treat with Dead Artists!

Call 304-456-4600 or text 304-997-2153 for more information or to register.

gether when he is over a drill where the owners with it.

Talking then to Hill thing under the ground, spot; if they aren't success- Smith's in the Brush found abundant water not rent that causes the metal where they can get it. well had gone dry. They hand, and they turn to- 150 wells a year, and they won't have anything to do lie Moore's place above ways tried. Marvin Chapel, a 194 foot stream of water. He can't want them to. Some peo- Two notable successes well dried up. Three hun- plained, water witching get wood to work very well ple want it at a convenient lately have been at Joe dred feet away, the rods seems to work.

Getting good water is Some people want to found water at a little over mighty important and The Pritts drill about witch a spot, some people 100 feet nearby. At Charanything that helps is al-

Álthough it can't be ex-



6-8 PM

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