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## **'How Sweet It Is'**

**Stefanie's Sweet Shop, Page 9**

## **Celebrate 250 Years**

**At Fort Warwick, Page 14**

## **Cranberry Wilderness**

**A Walk on the Wild Side, Page 21**



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# Find both sound and silence at the Opera House

## The Bing Brothers featuring Jake Krack March 2 ~ 7:30 p.m.

The Bing Brothers featuring Jake Krack will perform live at the Pocahontas County Opera House Saturday, March 2, at 7:30 p.m. This annual event is a cherished tradition, offering captivating music that includes old-time, bluegrass and traditional Irish songs.

The Bing Brothers, renowned for a hard-driving brand of string band music, have entertained audiences from Canada to Florida and from Spain and England to Australia, Ireland and Scotland. Despite their international reach, they remain committed to their West Virginia Mountain roots, creating a distinctive and dynamic sound.

Mike Bing leads the band on the mandolin, having played a key role in sustaining the Bing Brothers' passion for music over their four decades of performance. The band also includes Bob Leving on guitar, Tim Corbett on bass, and brother, Tim Bing, a 14-

time West Virginia State Champion and Appalachian String Band winner, on banjo. Jake Krack, a multiple winner of the Galax Fiddler's Convention Contest and esteemed old-time fiddler, joins them on the fiddle.

The forthcoming release of the Bing Brothers' latest album, "Just Jammin' with Friends, Vol. 1," adds to the excitement of the performance as this will allow audiences to preview their new studio album.

## The Dark Matters March 16 ~ 7:30 p.m.

A dramatic and dynamic soul-groove band, The Dark Matters, will perform at Pocahontas County Opera House Saturday, March 16, at 7:30 p.m. This concert promises an electrifying evening filled with powerful music and unforgettable experiences.

The Dark Matters, known for their energetic performance style, features horns, organ and captivating vocals in its



The Bing Brothers featuring Jake Krack



The Dark Matters

signature sound. Drawing upon influences from the profound spirit of '60s Memphis rhythm and blues, the band delivers driving bass lines, engaging drums, and gripping guitar riffs that will surely bring audiences to their feet.

The Dark Matters, who consider themselves students of music, are part of a growing movement of bands that use traditional instruments to create meaningful rhythms. They meticulously plumb

See *HOUSE*, page 5

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Cover: Fort Warwick in Green Bank has been the subject of archaeological digs since 2008. Many artifacts from the 1774 fort have been unearthed by visiting groups and local students. *S. Stewart photo*

## The Bear's Den

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**Pearl S. Buck**  
— BIRTHPLACE —



the depths of record crates to discover melodies that resonate and rhythms that unify audiences.

**Charlie Chaplin  
Silent Film Night  
March 30 ~ 7:30 p.m.**

The Pocahontas County Opera House will proudly present the Charlie Chaplin Silent Film Night Saturday, March 30, at 7:30 p.m. This cultural event features internationally renowned pianist, composer and arranger Tom Roberts, performing his original score, live for a series of Charlie Chaplin's classic silent films.

Tom Roberts, long celebrated as a leading exponent of early jazz piano, will bring the Opera



Charlie Chaplin

House alive with his illustrious skill set and passion. Roberts has been



Garth Newel Classical String Trio

acknowledged worldwide for his unique contributions to jazz. He has left his mark through performances and impeccable compositions in music hubs like New Orleans and Harlem, New York. His acclaim extends to notable work for Martin Scorsese's film *The Aviator*, NPR's *Riverwalk Jazz*, and performances with Wynton Marsalis.

In a significant nod to the storied history of the Opera House, Roberts also carries the distinct

honor of serving as the pianist and musical director for the late Leon Redbone, a notable past performer at the Opera House.

Roberts, an exceptional talent in writing for silent films, was also part of the Emmy award-winning *Nebby* series for WQED, curated by Rick Sebak. He has contributed to *Piano Today* and founded the Allegheny City Ragtime Orchestra and The Hot Club of Pittsburgh initiatives that continue to nourish

the region's musical culture.

**Garth Newel Classical  
String Trio  
April 13 ~ 7:30 p.m.**

The esteemed Garth Newel Classical String Trio is set to grace the Pocahontas County Opera House stage Saturday, April 13, at 7.30 p.m. This performance, featuring an ensemble celebrated for their electrifying interpretations of classical works, promises an unforgettable experience for concertgoers.

The trio, renowned for their spirited and passionate performances, are artists-in-residence at the Garth Newel Music Center – one of the country's leading and most dynamic chamber music organizations. They program and perform more than 50 concerts each year, employing a conversational and interactive approach, thus forming unique bonds with their audiences.

Known for enlivening both standard and new repertoire, the Garth Newel Trio's unceasing dedication to their craft and distinctive interpretations sets them apart in the realm of classical music.



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**STARTING MAY 26 - MOST SUNDAYS**

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**JUNE 30 - SCENIC DRIVE DAY**

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**Zuzu's Hot 5****April 27 ~ 7:30 p.m.**

The Pocahontas County Opera House will welcome the powerful rhythms and soul-stirring beats of Zuzu's Hot 5 for an unparalleled musical journey Saturday, April 27, at 7:30 p.m. Known for fusing traditional jazz with the infectious energy of Mardi Gras, Zuzu's Hot 5 is set to mesmerize the audience with a high-energy performance, channeling the spirit of New Orleans.

For more than a decade, Zuzu's Hot 5 has been serving up a potent mix of music, fusing the spirited jazz notes from Buddy Bolden, King Oliver and Louis Armstrong's timeless tracks with a modern flair. The ensemble is renowned for creating a vivid auditory experience shaped by thrilling trumpet calls, wailing clarinet notes and a growling trombone driven by an unstoppable rhythm from thumping strings.

Incorporating stomps, viper blues and struts, Zuzu's Hot 5 immerses audiences in the rich musical roots of New Orleans and evokes the spirit of the early days of "Jass." Expect swing dances, romantic ballads and the high-energy madness characteristic of the Gilded Age.

Much like a well-crafted cocktail, Zuzu's Hot 5 transports its audience through powerful vocals and unique charm that have become its signature.

**Ceara Conway****May 31 ~ 7:30 p.m.**

Pocahontas County Opera House is thrilled to announce the final performance of its 2023/24 series, featuring internationally acclaimed artist Ceara Conway, who will

**Zuzu's Hot 5****Ceara Conway**

appear on stage Friday, May 31, at 7:30 p.m.

Ceara, a celebrated contemporary vocalist from Ireland, joins the Opera House directly from a successful series of significant performances and exhibitions across Europe. In addition to her vocal prowess, Conway is well-known for her striking visual artistry. Her awards have been numerous, including accolades from respected bodies such as the Arts Council of Ireland,

Creative Ireland, CRE-ATE, Galway and Limerick County Council. Earlier this year, Conway was also nominated for the 2022 RTE Radio 1 Folk Awards, cementing her status in the international music scene.

With a commitment to inclusivity, all Opera House performances are designed to be informal, family-friendly, and accessible to all. The venue ensures that individuals with disabilities can fully enjoy

the experience, with tailored accommodations available upon request.

Tickets for the upcoming performance at the Opera House are available for \$10 per adult, and admission is free for attendees ages 17 and younger.

Tickets can be purchased at the 4th Avenue Gallery in Marlinton, through [pocahontasoperahouse.org](http://pocahontasoperahouse.org) or at the venue's entrance on the evening of the performance.

The Pocahontas County Opera House is grateful to receive financial support from the West Virginia Division of Culture and History, with the en-

dorsement of the West Virginia Commission on the Arts.

We would also like to extend our gratitude to Pocahontas County Dramas, Fairs and Festivals, Mid-Atlantic Arts, and the Pocahontas County Convention and Visitors Bureau for their generous support. Additionally, we are grateful for the support from the greater community who have shown their love and appreciation for our performances. We appreciate all the help that we have received from these organizations and individuals.

# Space Race Rumpus

## June 7 through 9

### Family Road and Mountain Cycling Festival, Green Bank



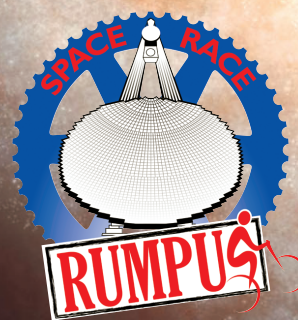
It's a festival and a race.  
It's group rides and clinics.  
It's a fundraiser. It's a tradition!

Road and mountain bike rides and races by day, live music, local brews, bonfires and tours of the night sky each night! All in a family-friendly environment with many social activities and games.

**LIVE MUSIC:**

Friday, June 7: Juanita Fireball and the Continental Drifters  
Saturday, June 8: TBA

Come! Bring your family.  
Camp in the mountains and enjoy great biking, music, good times!



[spaceracerumpus.org](http://spaceracerumpus.org)



# Mountain State Maple Days

**Saturday, March 16**

Bring your sweet tooth and tour the county Saturday, March 16, 10 a.m. to 4 p.m. Take tours of local sugar camps, dine on specialty maple dishes – and even spend a night or two.

To get an early start, come to Pocahontas County Friday evening and take advantage of lodging specials at Morning Glory Inn at Slaty Fork; Old Clark Inn in Marlinton; or Station 2 Lodging at Durbin.

**Sugar camp tours will be held at**

• Fort Warwick Farm, just off Rt. 92 near Green Bank. Take the tour and

enjoy some maple product samples.

• Hillsboro Maple Works, Sugar Bush location. Start to finish, sap collecting to sampling and buying.

• Yew Mountain Center, 9494 Lobelia Road, south of Hillsboro. Sugar Bush tours, savory and sweet maple delights and kids' educational activities.

**Dining specials and maple products can be found at**

• Almost Heaven Smokehouse at the base of Snowshoe.

• Snowshoe Hare at the base of Snowshoe Mountain.

• Station 2 Restaurant in Durbin.



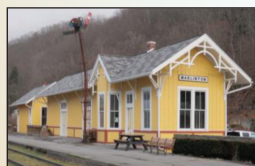
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Special events on Facebook at Pocahontas County Artisans Co-op

• Mountain State Cakes Bakery in Dunmore.

• Hillsboro Public House, Rt. 219 in Hillsboro.

• Dari-Land at the corner of Ninth Street and

Third Avenue in Marlinton.

• DirtBean Ohana on Second Avenue in Marlinton.

• Greenbrier Grille and Lodge at the bridge in

Marlinton.

• Handmade WV on Third Avenue in Marlinton.

• Rivertown Café in the former CJ Richardson building on Main Street.

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\*Pioneer Days Pageant June 2







# Great Greenbrier River Race

Can it be?

Yes ~ it's time for the Great Greenbrier River Race

The Great Greenbrier River Race is set for Saturday, April 27, beginning and ending on Main Street in Marlinton. Race time is 11 a.m.

You can experience this unique triathlon as an individual or a team (of up to four) – or as a spectator.

This family-friendly event is a run, boat, bike triathlon in scenic Pocahontas County on the Greenbrier River and Greenbrier River Trail (GRT).

The race starts with a three-mile run through Main Street and then north on the GRT for an out-and-back course. The race then continues through a transition zone into the river via kayak or canoe – or stand-up paddle board (SUP) for those adventurous enough – for four miles downstream. The final leg of the race is a 10-mile bike ride, starting at Buckeye and heading south on the GRT, then turning back and heading north, finishing in Marlinton.

This is the 30th year of

this race, and it is a great way to kick off the spring season.

Part adventure, part race and all fun.

Awards ceremony and a catered lunch await the participants at the end of the line!

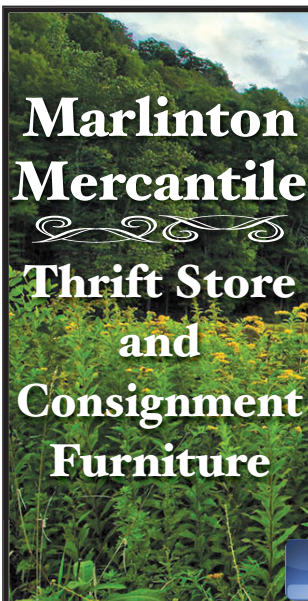
An addition to the event this year is a pasta dinner and music Friday evening at Rivertown Café in the former CJ Richardson

building on Main Street.

Please note that T-Shirt and Saturday's Post-Race Meal numbers must be finalized by April 4, so if you want either, please be sure to register before April 4.

Final registration cutoff date is April 15.

Sign up at <https://run.signup.com/.../Marlinton/GreatGreenbrierRiverRace>



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Photo by Laura Dean Bennett  
Stefanie's Sweet Shop display case is always filled with heavenly tasting cakes, cookies, candy decorated with imaginative and intricate icings, and there's always something special for all the holidays. If you like Heath Bars, you'll love her almond roca. It's quickly becoming a customer favorite.

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The Pocahontas Times

# 'How sweet it is'

Laura Dean Bennett  
Staff Writer

Stefanie Penno is the perfect example of the entrepreneurial spirit.

A little over two years ago, the Penno family – Shawn, Stefanie and their two children – threw caution to the wind and made a really big move.

They pulled up stakes and left their home in Blaine, Washington – in the northwest corner of the U.S., near the Canadian border – to come east to the mountains of wild, wonderful West Virginia.

The Pennos were looking for a change of pace – a slower lifestyle in a small community with a reasonable cost of living. And

considering the fact that Shawn works remotely for a Canadian customs freight company – clearing lumber coming into the U.S. – they needed good Internet.

They were searching the web on Zillow for property in the region, when a thumbnail picture of a stately house in Marlinton, caught their attention.

“When we opened it up and saw the interior photos, we were blown away,” Penno enthused.

“We said ‘Whoa!’ ‘It was so beautiful. It really spoke to us.

“We did a virtual tour with our realtor and just fell in love. We bought the house without ever having stepped foot in it.

“We decided to just take

a chance. “We decided to just take the plunge and make the move. You know, try it and see if it works out,” Penno said, smiling.

In September of 2021, the Penno family came to live in Marlinton.

They moved into their new home – known locally as “the Horton House” or “the Yeager House,” depending on your age.

And they have happily settled into the community.

“Pocahontas County is so different from where we came from,” Penno exclaimed.

“It’s refreshing to be in a smaller community like this where people are so kind, so friendly and

See **SWEET**, page 10

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SWEET from pg 9

neighborly.  
 “It’s wonderful that people are never too busy to stop and talk.”

Her sixteen year old son, Shawn, is attending Pocahontas County High School. He’s into computers, technology and computer games.

Eleven year old Alivia is quite the artist. She loves to draw and paint. In fact, she made a sign for her mom’s bakery, Stefanie’s Sweet Shop.

“It was hard for the kids to leave their friends, but they’re adjusting,” Penno said.

In addition to the two children, the Penno family includes two dogs – an Australian Shepherd named Shiloh, a Cairn Terrier Mix named Toto – and a smokey gray cat named Coal.

The dogs made the cross-country trek with the

Pennos, but the cat was a more recent acquisition.

“Coal picked us,” Penno laughed. “He used to belong to our neighbors, but for some reason, he decided to move in with us.”

“Coal thinks he’s a dog. He goes for walks around the neighborhood with us and, apparently, he’s making a name for himself. When the neighbors see us out walking without Coal, they always ask where he is.”

Almost as soon as they arrived, the couple set about buying some rental property in Marlinton and one of the properties was a commercial building on the outskirts of Marlinton – in Edray – just past the Senior Citizens Center.

It was their intention to continue renting the building to its then occupants, but when the renters’ plans changed, so did the Pennos’.

There they were with a

Photo by Laura Dean Bennett  
 There is an “Adopt-A-Pet” department at Marlinton Mercantile – a corner of the shop filled with recycled stuffed animals, any of which children may take home with them for free.

commercial building and there was Stefanie Penno with a lifetime of baking experience.

And here’s where her entrepreneurial spirit kicked in.

“Everyone was telling me I should open up a bakery. So I did,” she laughed.

“Things have been fairly busy since the move,” Penno said, in what might be the understatement of the year.

“Shawn is still working for the same company. He’s able to do his work from home and it keeps him very busy.”

But then there’s everything else they are doing.



With half the building dedicated to the bakery, the Pennos needed to decide what to do with the other half. It had previ-

ously been Buckeye Vari-ety, a thrift shop which customers continued to come in and ask about. Over on the bakery side,

Penno was fielding questions from disappointed customers about Buckeye customers about Buckeye

See SWEET, page 11

# JOIN US JUNE 22 and 23 10 a.m. – 4 p.m.

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Variety, so she decided to re-open it as a consignment/thrift/antique store. It is now Marlinton Mercantile.

In addition to getting the shop and the bakery established, the couple own residential rental property in Marlinton and ("there's always a tenant needing something"), and as if that's not enough to keep them occupied, they've been remodeling the kitchen at their house.

Nothing exceeds like excess.

"We always have something to do!" Penno exclaimed.

The couple would enjoy exploring around the county and certainly need a little down time, but they've been so busy, there hasn't been much time or energy for it.

But they are happy they

made the move.

"We love it here, and we plan to live here for the rest of our lives," Penno said.

Penno's deft hand in the kitchen might be a result of both nature and nurture, as baking prowess runs in the family.

Her mother and grandmother kept their homes filled with the delicious aroma of baked goods – cookies, cakes, bread and candy. She learned the art from them at a young age, and she's been replicating family recipes ever since.

"My mom and grandmother taught me everything – how to make the best cookies, cakes, bread and candy," Penno said.

"I started baking when I was twelve years old," she added, smiling as she recalled fond memories with pride.

"By the time I was fourteen, I was making cakes



Photo courtesy of Marlinton Mercantile

In the Marlinton Mercantile, you will find an inviting assemblage of both new and old miscellanies that Penno buys or takes on consignment – antiques, used furniture, housewares, glassware and all manner of furnishings.

on my own.

"My mom always made the most wonderful candy for the holidays so, of course, I learned that from her, too."

Penno always enjoyed baking, but had no idea that her baking would, one day, become a mar-

ketable skill.

"My friends all told me that my baking was good enough to open a shop, and wouldn't you know it, here I am, actually in my own bake shop.

"I've always used a lot of my mom's recipes," Penno said.

One of her mom's recipes has turned out to be a Stefanie's Sweet Shop favorite.

"My mom's almond roca is quickly becoming one of my most popular items.

"My customers just love it.

"It's delicious and addicting.

"If you like Heath Bars,

you'll love my almond roca."

The Sweet Shop's display case is always filled with heavenly tasting cakes, cookies, candy decorated with imaginative and intricate icings, and there's always something special for all the holidays.

With Easter coming up,

See **SWEET**, page 12

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Michael Murphy, Owner



Stefanie's Sweet Shop will be sure to be offering a wide variety of Penno's elaborately decorated treats.

"For Easter, I'll be making chocolate bunnies, peanut butter eggs, caramel eggs, molded and hand-dipped chocolates," Penno said.

There'll be cakes and cookies – iced cookies are kind of a Stefanie's Sweet Shop specialty.

"And there'll be cookie trays and, as usual, I'll be taking special orders, too," she added.

When she's not baking up a storm in the kitchen of Stefanie's Sweet Shop, Penno is taking care of things next door, in her thrift shop, Marlinton Mercantile.

The store shares the same building with the bakery.

It's an inviting assemblage of both new and old miscellanies where Penno buys and takes on consignment antiques, used furniture, housewares, glassware and all manner of furnishings.

"We have a little of everything here, except clothes, we don't deal in a lot of clothing," Penno said.

There's something for everyone at Marlinton Mercantile.

"I like to keep the prices reasonable so everyone, no matter who they are, can afford something," Penno explained.

For youngsters visiting the shops, there's Penno's 'Adopt-A-Pet' department – a corner of the shop filled with recycled stuffed animals, any of which children may take home with them for free.

Anyone who has a stuffed animal to add to Penno's collection is most welcome to do so, "and we'll gladly re-home

them," Penno said. And there's a charming seating arrangement – a settee and chairs – near the bakery counter where customers of either shop may relax and enjoy a cup of coffee with a sweet treat.

When you arrive at either shop and you're not greeted by Stefanie Penno herself, it probably means she has something just coming out of the oven.

It doesn't have to be a holiday or a special occasion to stop at Stefanie's Sweet Shop. After all, bringing a few sweet treats home for yourself or the family can turn even the most ordinary day into a special day.

"And anyone on a diet

needn't worry," Penno is 304-427-0019. The address is 20772 Seneca Trail.

"I always take all the calories out!"

The store hours for both shops are Wednesday through Saturday from 10 a.m. to 5 p.m.

Find Stefanie's Sweet Shop on Facebook. The phone number for Stefanie's Sweet Shop and the Marlinton Mercantile

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# Fort Warwick

## Celebrating 250 years of history

Suzanne Stewart  
Staff Writer

Look at the ground under your feet and think about what lies beneath it. There could be artifacts from centuries ago just waiting to be discovered. At the farm of Bob and Elaine Sheets, in Green Bank, one particular hay field hid the site of a pre-Revolutionary War fort – Fort Warwick.

Digs began in 2008 with University of Kentucky archaeologists Stephen McBride and Kim Arbogast McBride. Since then, the McBrides and Sheets have been joined by archaeology students, as well as Pocahontas County students who have helped excavate and search for artifacts on the site.

In the past 15 years, there have been multiple digs and a large portion of the Fort Warwick foundation has been unveiled. A large array of artifacts – including a glass intaglio of King George III – have been unearthed and now reside in the Fort Warwick Museum on the site.

The site will come alive once again in June 2024 for the 250th anniversary celebration of the fort and its history.

“This will sort of be an interesting period that we’re going to have an anniversary of because this 250 anniversary – all

the re-enactors and folks who will be here are loyalists,” Bob said. “They are at that point, serving King George III, and then two years later, 1776, things change and that points at the historical significance of the political arena that was playing out at that particular time.”

The fort was built in 1774 as a militia fort and, by 1776, it became one of the first settlements of the newly freed American colonies. Bob said they have discovered that several of the people who lived at the fort went through the transition from being loyalists to colonists.

“Captain George Matthews who was here rose to the rank of general in the Revolutionary Army, so we’ve got a long – and I consider it to be – pretty illustrious history, which we’re able to share with folks and hopefully, we’ll uncover more artifacts that will add to the narrative that we’ve already developed,” he said.

The two-day event will include a glimpse at many aspects of life in the area during the time period. Re-enactors will bring to life the day-to-day activities of those who lived at the fort, as well as the Native Americans who interacted with the settlers.



One of the artifacts found at Fort Warwick is this glass intaglio of King George III, which would have been used as a watch fob and was a symbol of loyalty to the crown.

“We will have an individual by the name of Doug Wood who does interpretations all over the state,” Bob said. “He is going to be doing his Shawnee interpretation on-site, and he will have a campsite set up in their traditional style. Doug will speak very authoritatively about the Shawnee’s presence in this area, their travel, their traditions and such.”

“Juxtaposed with the re-enactors we’ll have on-site, it should give a good pictorial, so to speak, of the history of what was happening,” he added.

and will demonstrate the tools used to make muzzleloaders and the ammunition the settlers used.

Joining the re-enactors will be several artisans who create artwork and crafts that were common 250 years ago. Vivian Blackwood and Philippe Willis, who are both artists, will be on-site with their 19th-century inspired art.

“Vivian noted that when archaeology was done prior to photography, archaeologists used line drawings and, of course, being the artist that she is, she is going to do some line drawings of not only the features on-site, but just like early archaeologists did, she is going to do some line drawings of some of the artifacts that we have excavated.”

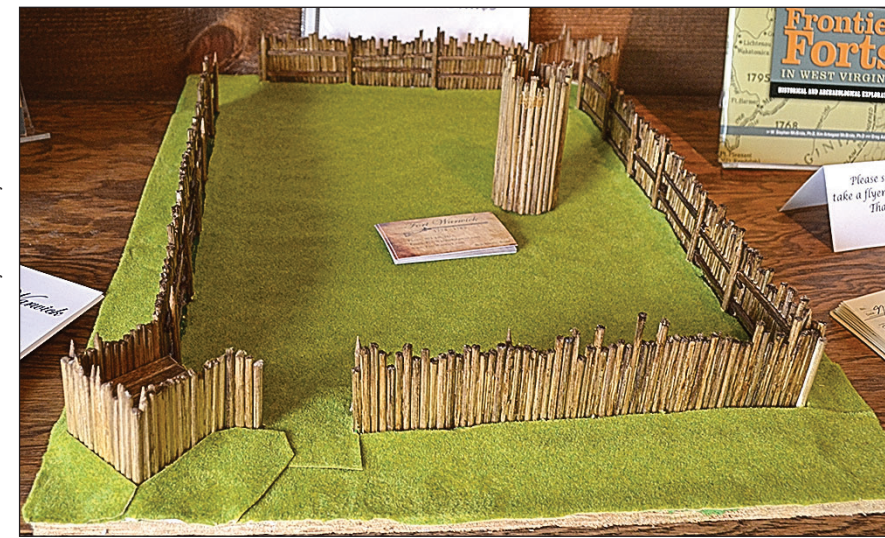
Because you can’t have a celebration without music, Juanita Fireball and the Continental Drifters will be performing old-time music to add to the atmosphere.

“It’s more than appropriate because one of the artifacts we have excavated is a mouth harp and that was something that was easily transported,” Bob said. “Dr. McBride said it shows up on a lot of sites. They, just like us today, were interested in music. It just wasn’t readily available on

some Apple device.”

A meal will be served both days which, of course, will harken back to the types of foods the settlers would have had.

The lunch, prepared by Mountain State Cakes, will be an interpretation of a meal described in David McCullough’s non-fiction book, *The Pioneers*. “He describes a diary



entry from a doctor who was over in St. Mary’s on the Ohio River,” Bob said. “He had gone into the Virginia backcountry to treat a family from the backwoods of Virginia, and he had a meal with them. It was cooked in a black crockpot so to speak, and it was a stew which they then dumped out and dumped in bread dough and baked it in that same pot. Then they scraped out that bread

and poured in spring water and maple syrup. “So literally, it’s a one pot meal,” he added. While Mountain State Cakes won’t cook the meal exactly as described, it will be a lunch of stew, bread and maple syrup flavored water. Of course, the maple syrup will be from the Fort Warwick sugar shack which is between the fort and the Sheets’ home.

Maple syrup production was one of the many

See FORT, page 16



Fort Warwick was a pre-Revolutionary era fort, established in 1774 in the Green Bank area. The land on which it was built is now owned by Bob Sheets, above, who is shown discussing the archaeological digs with visitors to the fort’s museum. At left, a model of the fort is on display in the museum.



Since 2008, Fort Warwick has welcomed Pocahontas County middle and high school students to participate in archaeological digs at the site.

Photos by Suzanne Stewart

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Photo by Suzanne Stewart  
**Keeping the tradition of making maple syrup alive, Bob Sheets and his family use the old fashioned method of using buckets and spouts on the maple trees around Fort Warwick, for which the syrup is named.**

**FORT** from pg 15

The McBrides will be on-site to lead an archaeological dig at the fort in hopes of finding even more artifacts from the

time of the settlers and militiamen.

“Archaeology reveals things that have been buried, and you can hopefully put together a narra-

tive – and I think we can put together a narrative about who these people were,” Bob said. “One of the things that jumps at me all the time is the fact

that the folks here had cufflinks and they were wearing shoes with buckles and trousers with knee buckles and the hose that go with those for the men. They had tea sets.

“The economic level was not what you would

associate with a pioneer with buckskin and coonskin hat,” he continued. “It was a different thing and that’s what has been one of the most revealing things for me about the archaeology and what we have found.”

The 250-year anniversary celebration at Fort Warwick will be held June 22-23, 10 a.m. to 3 p.m. each day.

Fort Warwick is located at 450 Fort Warwick Passage in Green Bank, 2.5 miles from the Green Bank Observatory.

Sponsors of the event are Appalachian Forest National Heritage Area, Pocahontas County Dramas, Fairs and Festivals, Pocahontas County Convention and Visitors Bureau, Durbin Lions Club, Pocahontas County Historical Landmarks Commission, Cass Scenic Railroad State Park and Summers County Historical Landmarks Commission.


For more information on Fort Warwick and its rich history, visit [fortwarwick.com](http://fortwarwick.com)

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# Spring Gardening

Melody Phillips  
Staff Writer

Springtime is that wonderful season of new growth, new beginnings and new opportunities.

With springtime just around the corner, my thoughts dwell on images of what my garden may look like this year, what seeds to start planting, how many of each type of seed to plant, as well as a myriad of other day-dream scenarios.

Gardening is one activ-

ity that brings me back to the basics and simplicities of life in the midst of an ever-accelerating rat race. Having a greenhouse provides a sanctuary during the winter while the countryside is glazed over with snow and ice. It is a blessing to have fresh herbs readily available, along with an assortment of leafy greens, for daily meals throughout the cold weather.

While some plants grow all year long, it is about time to start growing some annuals. During

February, in grow zone 5, long season crops, such as some peppers and tomatoes, can be started within the protection of a greenhouse or hoop-house. Many herbs may also be started. Fast growing and vine type plants, such as cucumbers and pumpkins, should wait a bit longer, into either March or April, since they can quickly outgrow the starter containers.

There are multiple ways of making homemade biodegradable seed pots. I have tried many over the years but have a few favorites that are my main go-to designs. Toilet paper rolls do well in the short-term but start to come apart quickly; long before most of the seedlings are ready for transplanting. One of my favorite homemade pots is using newspapers.

The round paper pots leave a bit of space around each one which allows the middle seedlings to be effortlessly picked up without damaging neighboring pots. The round pots are easier to make if you have a form to wrap the paper around. A form can be made out of wood, PVC pipe, etc. with little effort, or a pre-made form can

be purchased.

Most common garden seeds are easy to start. Some seeds do require a little more effort, such as scarification, refrigeration and specific light levels to entice sprouting. One method I use on older seeds is for testing the viability rate. To do this, I'll place a dozen or so seeds on one half of a damp paper towel (depending on the size of the seeds), fold the other half of the towel over to cover the seeds, place the towel in a plastic bag or a container with a lid, and leave them in a warm location. Within a few days or so, the seeds will start to germinate. If twenty seeds were started but only 10 germinate then the viability rate would be 50%. Depending on the type of seed it is, the ones that do germinate are transferred into a seedling/ sprouting container. For tiny seeds, the whole paper towel can be laid on top of the soil and dusted with a thin layer of soil to cover them. I make note of the viability rate and date tested on each container of seeds. Any seeds with a viability rate of less than 70 percent will be refreshed with new saved seeds from the up-



Photo by Melody Phillips

Pharaohs and nobility have enjoyed marshmallow root mixed with honey since their days in Ancient Egypt. Marshmallow root was also used by the Romans, Egyptians and Greeks to cure sore throat. Sadly, in the 1800s, the mallow root was replaced by gelatin for making marshmallow candy.

coming year.

Everyone should grow something, and herbs are a good choice for even the beginning gardener.

The following is a list of common garden herbs and a little about each one.

Most basil is cold sensitive and are grown as an-

nuals. In addition to adding delightful flavor to many dishes, basil is an excellent companion crop for tomatoes. Basil enjoys full sun and temperatures above 45 degrees. To encourage basil plants to become bushy and full,

See **SPRING**, page 18

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pinch off the top growth of each stem, just above the side shoots, when the plant reaches the desired height. Basil clippings will root in plain water for starting new plants.

Calendula is a delicate looking flower that appreciates full sun. Not only is it good in hot teas but calendula is used for multiple medicinal purposes, both internally and topically. When distributed throughout the garden, the smell of this easily grown flower may muddle the scent of other plants growing, which may deter critters and pests from feasting there. The flowers of calendula also attract beneficials such as butterflies, bees, and other pollinators.

Chives are a perennial herb no garden should be without. Whether sprinkled on some loaded potatoes or tossed into a soup, chives' mild onion and garlicky flavor incorporates well into many dishes. Chives produce an abundant supply from a small space, and can be used as a substitute for some onions. Because of chives strong smell it can be used as a deer deterrent throughout a garden.

Cilantro is an annual leafy herb. Its seeds, known as the spice coriander, can be sown closely together and in succession for a continual harvest. Cilantro enhances the flavor complexity of many



dishes, such as fish, chicken, eggs and beans – and don't forget in salsas.

Dill is most commonly known for its use in pickles, marinades and sauces. These tall fuzzy plants need a little space to spread out but work well as a deterrent to keep certain pests away. The feathery leaves are harvested and dried for dill weed while the seed heads are allowed to mature and dry to be used in soups, pickled vegetables, hot tea or saved to replant the following year.

Ginger prefers grow zone 7+, however with some effort, it can be grown in colder areas.

One way to grow ginger in zone 5 is to establish it in a container garden. This way, the cold sensitive crop can be moved inside when temperatures drop too low. Another way is to erect a hoop house over the ginger patch to add a layer of protection throughout the winter. Ginger can help the body fight toxins by supporting the liver and enriches the flavor of many meals and drinks. It's also good for settling an upset stomach and increasing the production of antioxidants.

Lemon balm is a bushy perennial herb that grows well in full sun to part shade but may become in-

vasive as it self-seeds. It's used for teas, essential oil, and as an insect repellent. Lemon balm may help with depression, anxiety, insomnia and indigestion.

Cymbopogon, known as lemongrass, is an outdoor perennial herb that needs full sun, lots of water and is cold sensitive. Lemongrass goes well with chicken and fish dishes, drinks and salads, and may be used as an insect repellent (note that honeybees may love the smell).

All parts of the nasturtium plant are edible. Throw a few nasturtium flowers into a salad to add

See *SPRING*, page 19

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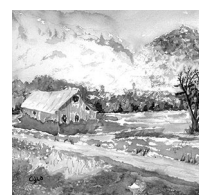
## Funny Face Pottery Mugs

(suitable for adults and kids accompanied by an adult) April 13 • 1 - 4 p.m., Wesley Chapel UMC, Hillsboro. Cris Bartlett, Instructor



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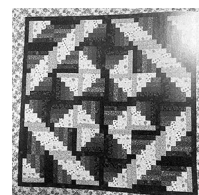
## Hand-built Pottery Fairy Houses

(suitable for adults and kids accompanied by an adult) May 11 • 1 - 4 p.m., Wesley Chapel UMC, Hillsboro. Cris Bartlett, Instructor



## Quarter Log Cabin Quilt Design

May 16 • 10 a.m. - 4 p.m., Wesley Chapel UMC, Hillsboro. Lisa Gandy, Instructor





a colorful touch or just enjoy eating them plain. Planted throughout the garden, nasturtiums may discourage aphids.

Oregano is a popular herb for pasta and pizza. It's easy to grow in full sun with sandy soil. Studies found oregano to be a natural antibiotic against many types of bacteria and also shows to have antimicrobial properties.

Parsley is a biennial most commonly grown as an annual. It tends to be slow to germinate and prefers organic-rich soil with plenty of water during hot weather. This leafy green herb is often served alongside the main entree to cleanse the palate before dessert or to be used as a breath freshener. Parsley is rich in vitamin C and some varieties of parsley can be treated as a perennial "cut and come

again" herb.

Peppermint, a cross between watermint and spearmint, prefers full sun. Peppermint is a favorite savor in many teas and desserts. It is used for nausea, sinus infection, headaches, indigestion and many other common ailments.

Plantain, the herb known as "white man's foot," not the fruit, has an amazing ability to pull toxins and venoms from the body. Plantain is one of my "fav five" herbs and I use it a lot. I don't even need to grow it because this common weed is a generous producer, growing in fields and yards throughout the world. Plantago major stimulates new skin cell growth, boosts the immune system and works wonders at pulling bee venom out after a sting.

Rosemary, this fragrant herb thrives in warm full sun and doesn't like to

keep its feet wet. Water rosemary thoroughly but then allow the soil to dry before watering it again. Rosemary helps suppress coughs, improve memory, reduces inflammation and supports the lungs and liver. Rosemary is also a favorite culinary herb which is good in many soups, stews, pizzas and more.

Sage is another common hardy perennial, but it can die from over watering. With a strong earthy flavor, sage has many culinary uses. Sage may help with digestion and memory, and with fighting inflammation.

Thyme, a common kitchen herb used in sauces and tomato mixtures, prefers dry soil and afternoon shade. Once established, it is a hardy perennial herb in zones 5-9.

Turmeric, mixed with a little black pepper and cayenne pepper is an-



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other of my "fav five" herbs. I grow turmeric and use it for arthritic and other inflammation pains. Although the effect is mild compared to chemical painkillers, I have been delighted with the results. Turmeric is a perennial tropical herb that can be over wintered with caution in zone 7. Growing turmeric in colder areas requires more care and maintenance. Many studies have shown that "curcumin (the compound found in turmeric) is one of the most beneficial medicinal herb compounds in existence," from reducing inflammation and helping memory, to slowing the growth of cancer and more. Be careful of the source as turmeric may contain high concentrations of lead from the soil it's grown in.

What will you grow this spring?





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# A walk on the wild side ~ Cranberry Wilderness

Geoff Hamill  
From the Archives

I follow a deer trail along a ridgeline, in the shade of a forest canopy. The trail takes me to a dense patch of rhododendron, covered in huge white flowers. The rhododendron is so tall and thick that the trail becomes a tunnel through the dark green plants. I crouch down and make my way through the natural passageway. Small drops of water fall on my

face when my rucksack hits a branch.

I imagine a Shawnee scout is following me. Stopping for a drink from my canteen, I kneel down and listen closely. I can hear the breeze in the trees and the singing of birds but nothing else. Leaving the trail, I wind my way down the mountain, through a jungle of tall ferns, to a small stream. The sound of falling water draws me to a tumbling cascade with a crystal pool.

Weary from my walk, I

drop my pack and jump in the cool water. The water refreshes me and I rest in the pool.

All my worries fade away as the water washes over me.

I am not a Seneca brave or a British explorer from the Virginia colony. I am a visitor to the Cranberry Wilderness in the year 1992. This was my first trip into the Cranberry and I have returned many times to regain that sense of peace.

See *WILD*, page 22

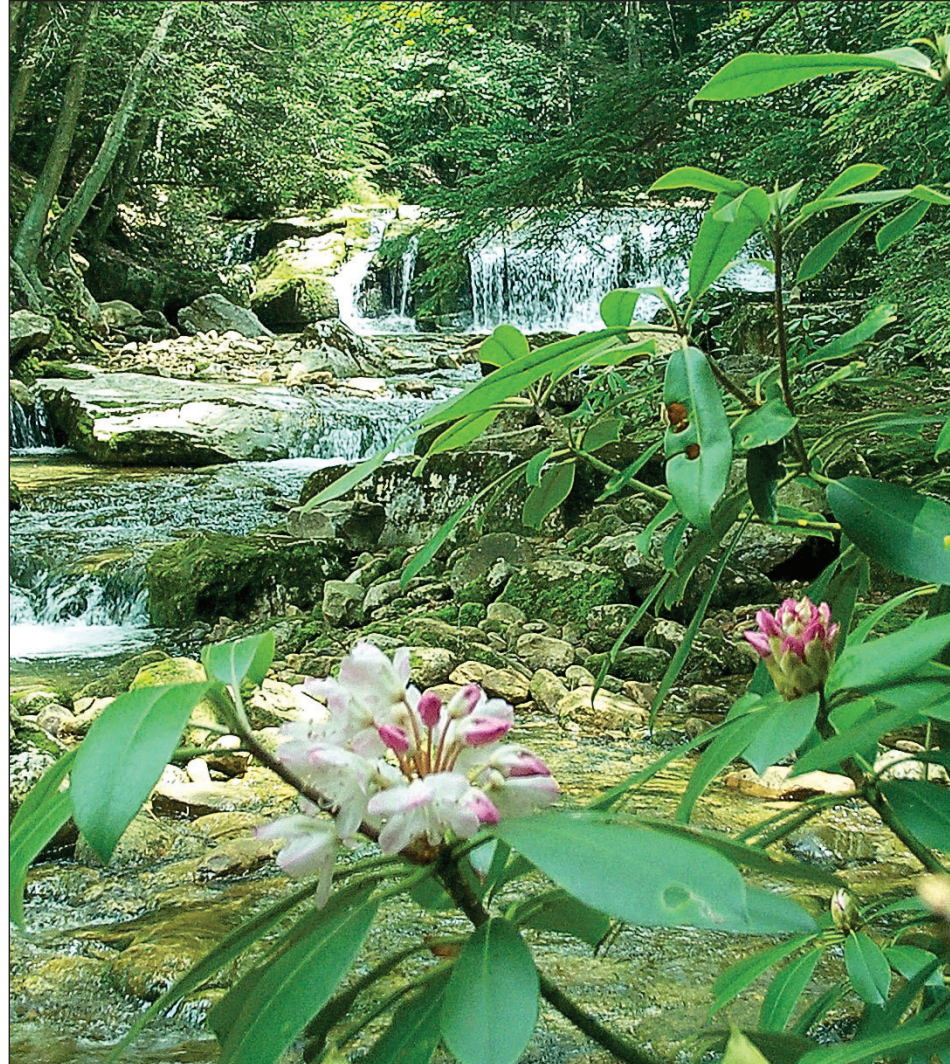


Photo by Geoff Hamill

A view of a waterfall near the confluence of Big Beech Run and Middle Fork.

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The Cranberry Wilderness is a rare and special place. Precious little wilderness remains east of the Mississippi River.

Only 13 percent of National Forest land lies east of the Mississippi and only a small fraction of those lands is protected wilderness.

In West Virginia, we have five wilderness areas totaling 86,445 acres, less than sixth-tenths of one percent of the land area in the State (15,507,200 acres).

The Cranberry, with 35,864 acres, is the largest Forest Service wilderness east of the Mississippi and one of the most spectacular natural preserves in the country.

The Cranberry Wilderness lies in the Yew Mountains of western Pocahontas County and eastern Webster County.

Several peaks rise above 4,000 feet, with the highest point at 4,556 feet on Black Mountain. Steep valleys and draws cut the ridgelines and the low point in the area is about 2,400 feet where the Middle Fork of Williams River exits the Wilderness.

Trails on ridge tops or along streams are flat to

gently sloping but trails into and out of valleys can be steep and difficult. Small rivers and streams drain the wilderness and water is plentiful. No bridges cross the streams but they are easily forded except in times of high rainfall.

Weather is typical of eastern West Virginia and



Photos by Geoff Hamill  
An abundance of wildflowers grow along the trails in the Cranberry Wilderness, including Indian paintbrush, above.

ber companies quickly exploited the diverse supply of hardwood. The land now comprising Cranberry Wilderness was formerly owned by the Cherry River Boom and Lumber Company, which timbered the entire area during the 1920s.

Wildfires, fed by slash left by the timber cutters, burned in the area for months at a time during the 1930s.

In 1934, Cherry River sold the land to the National Forest Service. The

See *WILD*, page 23

it can get very cold at night at the higher elevations.

Railroads reached into eastern West Virginia in the early 1900s and tim-

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Civilian Conservation Corps built Forest Service roads where railroads had formerly run.

The area was classified as backcountry until 1983 when Congress reclassified the area as wilderness. An area of backcountry, which has a wider range of allowable use than the wilderness, still borders the west and north of the wilderness.

The main attraction is hiking and camping in the unspoiled forest.

The only permitted methods of entrance are on foot or on horseback,

but horseback riding is discouraged because of the narrow trails.

More than 50 miles of trails traverse the peaks and valleys of the wilderness.

Off-trail hiking and camping are permitted.

Trails are often very rough in the wilderness, but can be followed fairly easily in the daytime. In places, the trails become narrow, muddy, overgrown, washed out or rocky.

The Forest Service does not remove trees when they fall over the trails, unless a detour will create serious environmental im-

pact. Five trail heads along the Scenic Highway, with parking, provide easy access to the wilderness from the Marlinton area.

Some trails are suitable for easy day-hikes and the entire trail network is available for rigorous multi-day treks.

Park Rangers are happy to assist and should be consulted when planning your hike.

Trail maps and topographic maps are available at the Ranger Stations in Marlinton and Richwood and the Cran-

See **HIKE**, page 24



Photo by Geoff Hamill  
Fallen trees form a natural cathedral along Middle Fork of the Williams River in the Cranberry Wilderness.



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Photo by Geoff Hamill

Several small falls, like the one at right, can be found along the streams in the Wilderness, most easily fordable and providing a refreshing break during a hike.

HIKE from pg 23

berry Nature Center at the intersection of the Scenic Highway and Route 39.

You will discover the sublime beauty of the ancient Appalachian Mountains along these trails.

The wilderness is an excellent place for nature photography, bird watching and practicing your land navigation skills. You can soak your tired feet or your entire body in the numerous crystal-clear streams.

You can cook a meal over a small campfire.

Groups of 10 people are permitted.

You can take your pets hiking with you, but they must be under your control at all times.

Anyone visiting the wilderness should appreciate the unspoiled beauty and practice "leave no trace" camping.

This means someone visiting your campsite

## What is a Wilderness?

*Wilderness is "an area where the earth and its community of life are untrammelled by man, where man himself is a visitor who does not remain... retaining its primeval character and influence, without permanent improvements or human habitation, which is protected and managed so as to preserve its natural conditions..."*

~ The Wilderness Act, 1964

after you will see no sign that you were there. Campfires have a significant impact on the forest and are discouraged. If you do build a fire, scatter the ashes and cover the fire site with dirt.

Cathole latrines must be used. The cathole must be at least eight inches deep and 200 feet away from trails. A folding shovel is part of your mandatory camping equipment.

Carry all trash out with you when you leave.

Establish campsites at least 200 feet off the trail so that others do not have to pass your campsite if they travel through.

These simple measures will help keep the Cranberry Wilderness unspoiled for all to enjoy.

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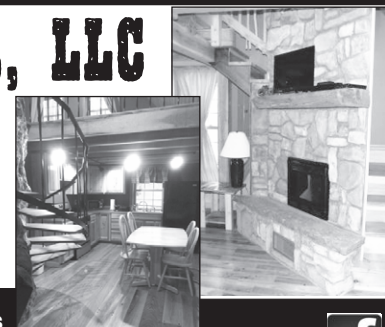
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# Bad Men of Greenbrier – Pocahontas Sheriff and Deputy Take Them

From the Archives  
July 1914

In June 1913, Theodore Hoke, aged fifty years, and Jesse Hoke, his son, ages 24 years, were tried in the circuit court of Greenbrier county upon a charge of stealing goods from box cars on the C & O Railway. The case was vigorously fought and defended and the trial attracted considerable attention. The evidence that was most convincing was that the prisoners had the stolen goods in their possession and could give no reasonable account of having gotten them. The trial resulted in a conviction and Theodore Hoke was sentenced to serve seven years and Jesse five years in the pen.

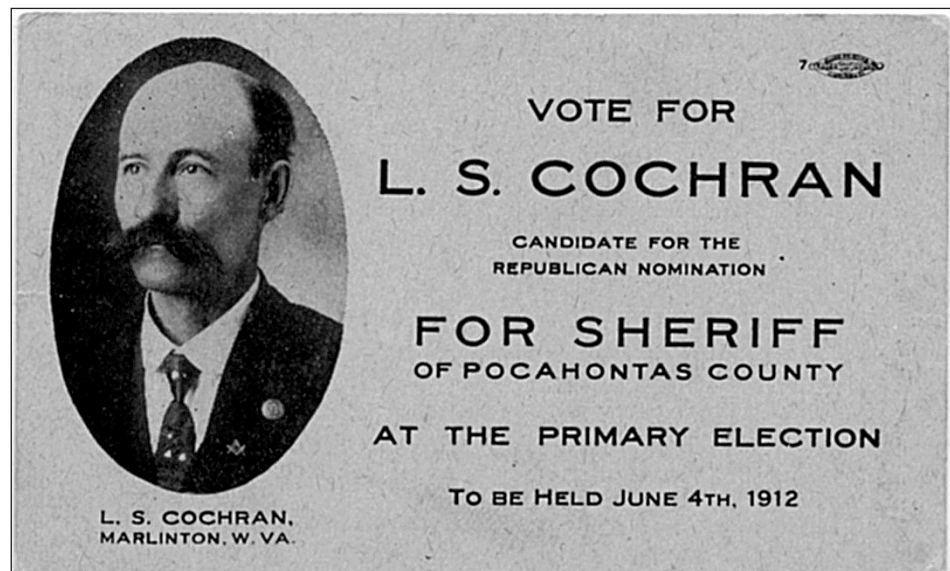
They were in jail awaiting the result of an application for an appeal made to the Supreme Court (which was denied them) and in September of last year they made their escape from the Lewisburg jail and returned to their homes on the edge of Greenbrier and Monroe counties, in the mountains near the main Alleghany, not far from the White Sulphur Springs. Here

they took their stand and defied authorities to come and get them. Many reports of the manner in which they were fortified and the scouts that they had on the lookout for officers filtered into the settlements and the law and order people put their heads together to answer the challenge in order that the law of Greenbrier county should not be an astonishment and a by-word among the nations of the world. The judge who had tried them saw the importance of the subjugation of these men. It was decided that the sheriff officers of Greenbrier and Monroe, the two counties most directly interested, being well-known to the criminals could not cope with the situation, and the job was turned over to Sheriff [Link] Cochran of Pocahontas county, on account of his well-known courage, and he selected as his side partner, young Frank Sparks, of Lobelia, as another man who never knew a fear.

Judge Dice issued a bench warrant directed to Messrs. Cochran and Sparks, and last Saturday afternoon the two officers rode into that need-more

country in search of the two men. They found them working on a planing mill on Pumpkin Run in Monroe county.

Cochran rode in and represented himself as a tie buyer and sized up four or five men in an effort to identify the men he was after. After talking ties for awhile he asked if he could get his horse shod, one of the Hokes being a blacksmith. About that time, he and Sparks decided that two men standing with their backs to a wagon were the two men that were wanted and asked them as to their names, producing the warrant. They denied their identity and others there said they were not the men, but that they were at a sawmill in another hollow. Cochran was directly in front of Theodore, and Sparks got in front of Jesse. Sparks had been rolling a cigarette in an offhand manner. Cochran and Sparks then covered the men with revolvers and ordered them to hold up their hands. This they did not do but continued to deny their identity. Cochran told Sparks to put the handcuffs on them and Sparks put his



gun in his scabbard, and took out the handcuffs, Cochran holding his gun on both men who were then standing close together.

Just at this critical time with both the convicted men refusing to put up their hands, Carl Hoke, another son of Theodore Hoke, came up behind the Sheriff in a noiseless manner, and took hold of the pistol barrel and deflected it from his father, and he and the Sheriff immediately fell to the ground in a desperate struggle over the possession of the weapon.

The tragedy happened then, in four or five sec-

onds. Both the Hokes and Frank Sparks reached for their guns and each one of the three had about the same time and were about equally expert in the art of quick firing. The three pistols were drawn and emptied in less than five seconds. All three men fell. The Hokes were desperately wounded, each with a ball in the center of his body in front, and Sparks with a wound in the right arm and another wound in the right leg. Sparks was not seriously hurt but he fell a long way and was unconscious from the shock for some time.

Cochran in the meantime was on the ground wrestling with Carl Hoke. The Sheriff retained hold of the butt of the gun and Carl was twisting the front end of the revolver. Finally, both reached their feet and the Sheriff was in

possession of the gun and he dealt Carl a terrible blow on the forehead with the gun. After this, Carl lost interest in the fight and fled. A man by the name of Reed interfered in the scuffle between the Sheriff and Carl and while he helped the Sheriff to some extent he also prevented the Sheriff going to the relief of Sparks for a time. On the whole it was a rather hostile party to the visiting delegates from Pocahontas county.

Telegrams were received here first that the Sheriff had been mortally wounded and later that he was dead and it was nine o'clock Sunday morning before any definite word was received. Both men got back Sunday night and received a great

See *MEN*, page 26

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demonstration, as being the heroes of a terrible fight. Sparks had his arm in a sling but otherwise was all right.

Frank Sparks is the young man who, being full of surplus energy and other things, got into a big fight at the Lobelia church last fall and was

convicted and given a jail sentence. Being a likable young fellow and very much of a man he has become a great favorite around town and with the

Sheriff. And when a brave assistant was needed to go after the Hokes, he was picked as a man having the requisite nerve and he

carried himself well through the battle. But for his quickness and coolness both he and the Sheriff could have been killed.

The wounded men were taken to Hinton Hospital. Both are gut shot, and recovery in either case is uncertain.

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