

For Your
Consideration
page 3



Eight Rivers
Shrine Club
page 10



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MARLINTON, POCOHONTAS COUNTY, WEST VIRGINIA 24954

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'A Time Remembered'

Laura Dean Bennett
Staff Writer

Longtime Pocahontas County resident and author Elke Neumann Taylor has acquiesced to her many readers who requested another of her memoirs about growing up in Germany in the 1940s.

In her latest autobiographical novel, published in January 2024, Taylor takes her readers back to the World War II Germany of her childhood once again.

"A Time Remembered" is Taylor's third autobiographical foray into her past – Elke's trilogy, if you will.

It portrays a sad personal chapter during Germany's terrible national nightmare which is undoubtedly representative of countless untold stories of the author's countrymen who lived through similar experiences.

The story focuses on one cobblestone street in Hamburg – Ludolf Strasse – which, unlike so much of the city, had miraculously survived the Allies' devastating bombing campaign.

Ludolf Strasse had been

home to quaint shops and a thriving, tight-knit community of shopkeepers and residents before the war brought it to its knees.

While its inhabitants struggle to make ends meet and survive the cruelties and deprivations of the war – including air raids, personal loss and the fear of protecting fellow Germans who happened to be Jews – they are also called on to absorb an influx of refugees, fellow citizens, driven from destroyed homes and businesses.

We meet a variety of these bombing refugees, including the remnants of the author's family, who are assigned places in hastily built Quonset huts across the Alster River from Ludolf Strasse.

Taylor's tender reminiscences of the last months of the war, could have taken on a painful or somber caste,

like so many novels set during this terrible time in Germany's history, if it were not for Taylor's Spartan, but tender writing style.

Taylor is a resident of Dunmore, the widow of longtime Forest Service em-

ployee Jerry Taylor to whom she was married for 60 years.

Except for her German background, she is a typical Pocahontas County resident.

"I love so many things about it here – the beauty of the scenery and the people," Taylor said.

"People in Pocahontas County are gracious and friendly, the kind of people who never met a stranger.

"They welcomed me and made me feel at home right away," she added.

"In the summer, I love being outdoors. I grow a big garden and can vegetables. I used to paint, too – acrylics mostly, but, one time, I did win a best in show award for a watercolor painting – and I bake my own bread.

"In the winter, I crochet and knit and I like to read mystery books," Taylor said, smiling.

"I guess people like reading my books. They often say that once they start reading one of them, they can't put it down."

"My mother always encouraged me to write down our story.

So I wrote the first book, "Elke's Memoirs of Hamburg 1941." I was only going to write the one book, but after the first book came out, so many people asked me about the rest of my life's story, so I wrote the second book, "Passport to the Orient," about my teenage years in Japan," Taylor explained.

"Then my readers asked me when I would write another book, so I wrote this last one, "A Time Remembred."

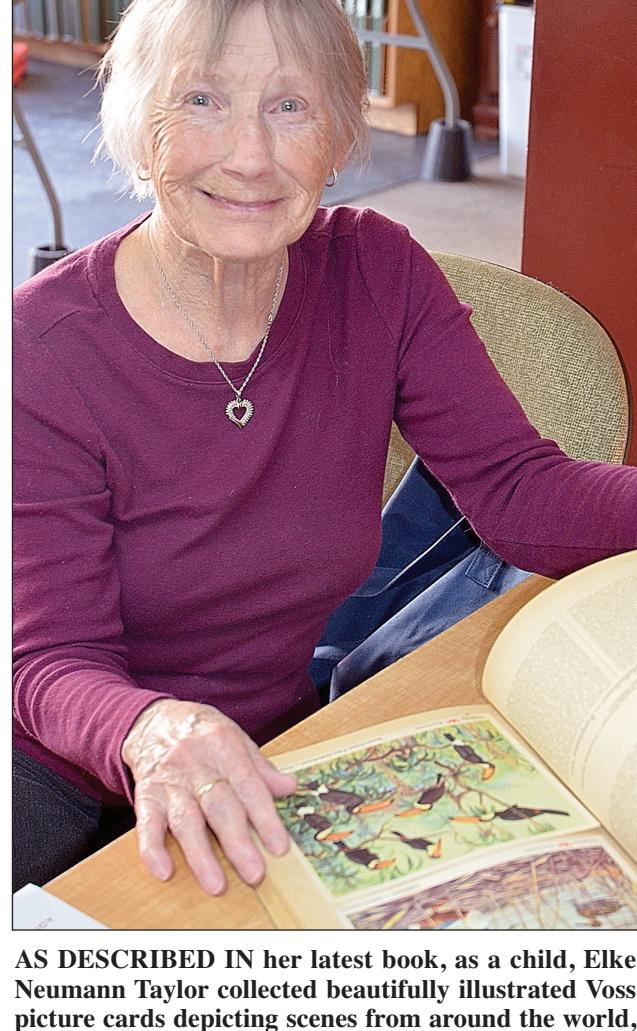
"One thing I'd like readers to take away from my books is the importance of perseverance," she said.

Will there be another book after this?

Taylor says there's nothing in the works now, but, who knows? Taylor's friends and fans may prevail upon her to give us yet another revealing glimpse into her fascinating life.

Taylor's books are available online for purchase from Amazon, at The Pocahontas Times office and from the author, herself.

The book is also available at Pocahontas County Free Libraries and Information Centers.



AS DESCRIBED IN her latest book, as a child, Elke Neumann Taylor collected beautifully illustrated Voss picture cards depicting scenes from around the world, as part of a popular oleo (margarine) advertising campaign. Accompanying albums describing each picture's locale and its flora and fauna were purchased for her by her grandmother. Here Taylor proudly displays one of three of her Voss albums – still with her after all these years. L.D. Bennett photo



THIS 1936 AMERICAN LaFrance ladder truck joined the Marlinton Volunteer Fire Department fleet in 1965. It was retired in 1975, and the late MVFD Fire Chief Tony Ricotilli bought it. The truck has been stored in an airplane hangar above Marlinton since then. A collector from New York recently purchased it. The truck is pictured here as it began its journey north March 2. B. Murphy photo

Ladder truck leaves Marlinton for New York

Suzanne Stewart
Staff Writer

In March 2, the 1936 American LaFrance ladder truck saw the light of day for the first time in decades as it was hauled out of Brenda Ricotilli Murphy's airplane hangar in Marlinton as the first step of the journey to its new home in New York.

Murphy inherited the truck from her dad, Tony Ricotilli,

who bought it from the Marlinton Volunteer Fire Department in 1975. Ricotilli was a long standing member of the fire department and wanted to keep the fire truck for parades and special occasions.

The truck has a long history of service spanning decades and multiple states.

On October 31, 1965, the truck was purchased by Marlinton Volunteer Fire Department and joined a fleet of three trucks and an ambulance.

Members of the department traveled to Ocean City, Maryland, to pick up the truck and had a very chilly ride home.

"My brother, Doug Dunbrack, one of my cousins, Jack Daniels, and Tony Ricotilli – there may have been more – they went up there and drove the truck back," Tommy Dunbrack recalled.

see Truck pg 5

Eighth Grade Luncheon – a taste of careers

Suzanne Stewart
Staff Writer

Thirty years after a group of eighth grade students traveled to Snowshoe Mountain Resort for the first ever business luncheon, hosted by the Pocahontas County Convention and Visitors Bureau, the CVB once again welcomed well-dressed eighth graders Thursday from Green Bank and Marlinton to enjoy a day of learning about careers in tourism.

Students were divided into three groups and attended breakout sessions where they learned about the U.S. Forest Service from Amy Lovell, an education specialist with the forest service; social media and marketing from CVB marketing specialist Jake Hyer and social media specialist Makinsey Poepel;

and the wonders of trails from Charles Evans, C.J.

Peterson and Zen Clement, trail specialist with the CVB.

Snowshoe president and

COO Patti Duncan also spoke to the students, welcoming them to the mountain and sharing how she became the first female COO of the resort.

Duncan worked her way through the ranks, beginning with her own snowboard shop to becoming the director of retail in The Village. She worked under former COO Frank DeBerry, who recommended she take his position when he left.

She has been the president and COO for six years, and she told the students it takes hard work and finding a way to do what you love as a career.

"It's all about working hard and that's what you guys have got to do," she said. "Just make sure that you're working hard, doing the right things, hanging out with the right people and making sure that your path is clear in what you want to do. You may change it a thousand times, but you're the only one that's going to be able to do what you can do and nobody is going to do it for you."

After the sessions, the students enjoyed a meal at the Al Dente Ristorante, where they were joined by business partners of the CVB.

The guest speaker for the meal was Jim Ed Roush, general manager and wedding coordinator at Corduroy Inn and Lodge, the only privately owned hotel on Snowshoe Mountain.

Roush grew up in Pocahontas County and attended Green Bank Elementary-Middle School, graduating from Pocahontas County High School.

After receiving a degree in business, Roush returned to Pocahontas County in 2007 and got a job at Snowshoe. His employment at Snowshoe started in high school and so this was a return for him. He explained that, through the years, he worked in nearly every restaurant on the mountain, was in IT and then catering manager.

The day he became catering manager, he was in-

see Taste pg 6

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Future trash disposal will require outside funding

Tim Walker
AMR Reporter

The primary discussion at the March 5 Pocahontas County Commission meeting was about the long-term future of trash collection and disposal once the current landfill reaches capacity – estimated to be in about 2.5 years.

There were several members of the Pocahontas County Solid Waste Authority present at the meeting, including Authority's Chairman Ed. Riley, member David McLaughlin, and, of course, member Jamie Walker, who is also a county commissioner.

Riley began the discussion by explaining that even though the current landfill will not be filled for 2.5 years or so, that amount of time will be needed to plan for and implement an alternative to disposing of trash in the county's own landfill.

He explained that the most logical and practical solution is to purchase the landfill, which is now leased, and to build a sophisticated transfer station on that site. Basically, a transfer station is a building an area where trash collected from all over the county can be centrally

placed, and then easily loaded into over-the-road trucks and be transported to a nearby county's landfill. The landfill property can also accommodate the current recycling of tires and white goods – such as washers, dryers and refrigerators.

Riley and Mary Clendenen explained that purchasing the landfill, weigh

station building and implementing the transfer station and operating it will cost more than the Solid Waste Authority can possibly handle on its own, so outside funding will be an absolute necessity. Without significant financial help from the county commission, any attempt to implement a transfer station would likely fail, even if they drastically raised the fees to the public.

Worse yet, if the fees were raised sufficiently to accomplish the change, many people may find it so unaffordable that they may start dumping trash throughout our beautiful county.

Commission President Walt Helmick agreed that that having a filthy county will not only ruin the quality of life for residents, but would also discourage people from coming here to live or visit.

Clendenen said the estimated cost of closing and capping the landfill and building the transfer station to be \$3,450,000. Even with the \$2,688,058 available in their escrow accounts which were created to be used to pay those expenses, the authority will still be short by \$761,942 for those start-up expenses.

Clendenen said the estimated cost to operate the transfer station and the green boxes will be about \$1,273,000 per year. Those costs include operating the transfer station and green boxes, transporting the trash, paying the tipping fees at another landfill, personnel costs, the annual post closure expenses for the current landfill and possible loan interest. Those annual operating expenses will exceed their annual revenues by about \$478,000 per year.

Solid waste authority member David McLaughlin commented that the Authority will need to purchase the current landfill as soon as possible to get moving forward with the new program since there is no better place in the county to put a transfer station.

see Trash pg 9

Magistrate Court

According to Magistrate Court records, the following individuals had activity in their cases:

In Magistrate Cynthia Broce-Kelley's court:

Hunter Gabriel Grimes, 30, of Marlinton, pleaded guilty February 21 to a charge of operator's suspended/revoked. Grimes was assessed \$281.48 in court costs and fines.

Michael Scott Sumner, 50, hometown unknown, pleaded guilty February 23 to a charge of operation without certificate of inspection or failure to produce certificate. Sumner was assessed \$201.48 in court costs and fines.

Lynn D. Jordan, Jr., 36, of Marlinton, pleaded guilty March 6 to a charge of seat belt violation. Jordan was assessed a \$25 fine.

Zachary A. Sisler, 25, of Bartow, pleaded guilty February 26 to a charge of failure to maintain motor vehicle insurance. Sisler was assessed \$201.48 in court costs and fines.

Marcelino I. Ramos, 67, of Snowshoe, pleaded guilty March 4 to a charge of speeding. Ramos was assessed \$201.48 in court costs and fines.

Matthew F. Walton, 18, of Marlinton, pleaded guilty February 26 to charges of farm use no windshield sticker, defective equipment, LED light bar, farm use, farm use 10 inch letters, failure to stop at crosswalk or intersecting highway and improper use of evidence of registration. Walton was assessed \$1,208.88 in court costs and fines.

Tzvetomir L. Ivanov, 54, of Fletcher, North Carolina, pleaded guilty February 23 to a charge of speeding. Ivanov was assessed \$201.48 in court costs and fines.

Roy Lynn Walker, 57, of Hillsboro, entered a no contest plea agreement February 6 to a charge of destruction of property. Walker was assessed \$1,711.48 in court costs and fines.

Natasha Peck, 36, of Green Bank, pleaded no contest February 6 to a charge of driving while license suspended or revoked. Peck was assessed \$281.48 in court costs and fines.

In Magistrate Jennifer Dunz's court:

Travis Shane Dean, 46, of Marlinton, pleaded guilty February 28 to a charge of seat belt violation. Dean was assessed a \$25 fine.

Carol K. Phillips, 74, of Warm Springs, Virginia, pleaded no contest February 12 to a charge of seat belt violation. Phillips was assessed a \$25 fine.

Patrick Ray Wall, 47, of Hillsboro, entered a guilty plea agreement February 6 on charges of conspiracy against the state and petit larceny. Wall was sentenced to two years suspended jail, two years of unsupervised probation and assessed \$362.96 in court costs and fines.

Zane C. Burdette, 38, of Buckeye, pleaded guilty February 14 to a charge of public intoxication. Burdette was assessed \$191.48 in

court costs and fines.

Freddie Allen Rose, 33, of Valley Head, entered a guilty plea agreement March 1 to charges of no proof of insurance, improper use of evidence of registration, operation without certificate of inspection or failure to produce certificate and possession of a controlled substance without valid prescription. Rose was assessed \$975.92 in court costs and fines.

Jeremie Jason Cain, 44, of Marlinton, pleaded guilty February 28 to a charge of seat belt violation. Cain was assessed a \$25 fine.

Christopher Gibson, 47, of Buckeye, appeared by video from the Tygart Valley Regional Jail for a pre-trial status conference wherein defense counsel indicated that they don't believe this

see Court pg 9

HAM DINNER

Sunday, March 17

11 a.m. - 1 p.m.

Green Bank Senior Center
4500 Potomac Highland
Trail, Green Bank

**Menu: Ham, scalloped
potatoes, green beans, roll,
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\$12 per meal, ages 13 and older

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Saturday, March 16

4 - 6 p.m.

Arbovale Community Center

Pancakes – Buckwheat and Regular

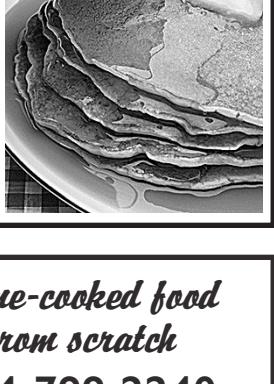
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House adopts budget, adjourns sine die

Ann Ali
Deputy Communications
Director

The West Virginia House of Delegates adjourned Saturday, March 9, at midnight after having completed 280 bills, including Senate Bill 200, the budget bill.

The bill, which goes next to the governor for action, covers Fiscal Year 2025: July 1, 2024 through June 30, 2025. It totals \$4,996 billion in General Revenue funds and includes pay

raises for state workers whose pay scales are in state code. State Police personnel would receive a \$2,900 annual salary increase, teachers will receive a \$2,460 annual pay increase, and school service personnel would receive an additional \$140 a month. The budget bill also empowers state agencies with the authority to give all other state employees raises if funds are available to do so.

The full Legislature unanimously passed a bill to eliminate the state income tax on social security benefits through a three-year phase-out. Under this proposal, like the one enacted in 2019, all the taxable social security benefits received in 2026 and beyond would be exempt from tax.

"We're still working with a shortened situation because of the federal situation," he said, indicating an extraordinary session is expected to coincide with already-scheduled May interim committee meetings. "We'll have another two-and-a-half months of revenues in front of us and we can take these items and adjust them upward."

The Legislature also passed a bill to hold stable the state's unemployment trust fund, which has been paying out between \$2 million and \$3 million than it's been bringing in. The measure that advanced to the governor for action would freeze employer contributions to the fund, keeps the maximum weekly benefit at \$662 and holds the maximum number of weeks a person could receive benefits to 26 weeks.

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For Your Consideration

Ken Springer

When Lucy fell out of her tree and went 'splat'

Pre-history's most famous fall

The sun was breaking over the African horizon 3.2 million years ago when a hominin, later named Lucy, arose from the safety of her perch in the crotch of a large tree. She felt safe in the tree at night, but her kind had reached a stage in evolution when walking on the ground was just as comfortable.

Lucy's morning routine of climbing down to the ground and beginning her day of foraging was her last. At some point in the descent, she lost her balance and fell feet-first onto the hard ground, then pitched forward onto her face, where she died from massive injuries.

Findings from a new study of Lucy's bones challenge the theory that her numerous fractures occurred post-mortem. Not all paleoanthropologists agree with researcher John Kappelman of the University of Texas in Austin. However, he believes recent scans of Lucy's bones reveal that she was still conscious when she hit the ground.

Likewise, many of Lucy's injuries are consistent with compression and greenstick fractures, further indicating a fall. Chimpanzees build their nests from 40 to 50 feet above the ground, high enough that a fall could be fatal.

It is likely that early humans like Lucy, an Australopithecus afarensis, took a cue from their primate cousins and found shelter in trees. If so, falls from trees may not be unusual.

The takeaway from this discussion of Lucy is that humans, as with most mammals and some fish, turtles and reptiles, have similar vestibular systems. The

mechanism of equilibrium evolved over many millions of years, and without that strange little organ in the inner ear, we would be crawling around on the ground.

Toddle: A verb meaning to "walk with short, unsteady steps."

We rack up most of our falls as toddlers, with "toddle" being the operative word at this age. These little humans are always on the verge of falling with every step.

When we watch a baby toddling across the floor, we observe first-hand the development of its ability to maintain balance and spatial orientation.

Our vestibular system begins in the womb. This enables the unborn infant to orient its head toward the birth canal.

Although a baby's bones are more forgiving than an adult's and even more so than an older person's, fractures are common in toddlers, which is an excellent reason to create the safest environment possible.

The vestibular pathways

In part one of this series on equilibrium, we discussed the anatomy of the vestibular organs in the inner ear. We now understand that special fluid-filled chambers regulate our sense of spatial orientation of the head and body, including a sense of motion.

Information from the inner ear is sent to the brain, and, working in unison with our muscular system, we feel a sense of balance. Our muscles respond to correct any loss of equilibrium. For balance, we need near-spontaneous cooperation between three physiological systems: the brain, muscles and inner ear.

Use it or Lose it

Many Americans participate in sports and outdoor activities in their younger years. Some curtail these physical activities by mid-life, while others continue them into old age. Upon retirement age, many become sedentary, which is the death knell for their muscles and, therefore, their equilibrium.

Remember that muscles are a necessity to correct an unbalanced moment. If you allow them to atrophy, you are committing yourself to a considerable risk of falls that you may never recover from.

A paper released by the Cleveland Clinic on January 21, 2022, addressed the issue of muscle atrophy this way, "Disuse (physiologic) atrophy is caused by not using your muscles enough.

If you stop using your muscles, your body won't waste the energy it needs to take care of them. Instead, your body will start to break your muscles down, which causes them to decrease in size and strength."

There are many options for maintaining muscles and balance. Yoga is an excellent exercise for developing and maintaining strength and balance; many yoga positions require good balance.

Balance exercises are fun and can be done in a group or at home. You will notice a much greater body awareness once you begin working out for strength and equilibrium. You will see, feel, and notice positive results quickly.

Other effective balance exercises include merely walking. Walking requires maintaining your center of gravity while staying upright, so you not only benefit from better balance but also burn calories.

Walking is an activity you can do from portal to portal; you can walk from home if you wish. Likewise, we are blessed here in Pocahontas County with hundreds of miles of trails, including the Greenbrier River Trail. There is no good excuse for not walking if you are able.

Heel-to-toe walking maximizes this exercise and is a bit harder than it looks. I prefer to lay a two-by-four down in the yard and walk it

back and forth, pretending to be Karl Wallenda, the famous high-wire artist. Make sure the ground is clear of anything you might fall on.

Another easy balance exercise you can fit in many times daily is standing on one foot, alternating between the feet every 30 seconds. A friend in Michigan told me she stands on one foot every time she uses the microwave, timer included.

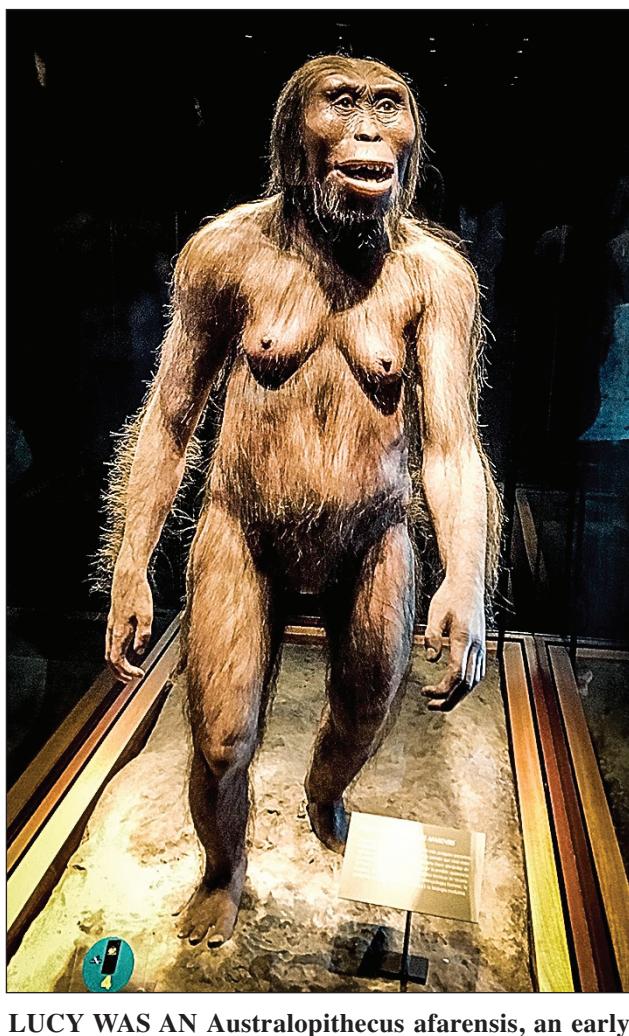
My brother, who lives in the Philippines, swears by barefoot beach walking, saying it gives you the biggest bang for your buck. From a physical standpoint, walking barefoot on sand would improve your equilibrium and strengthen the support muscles in your feet and ankles.

Besides, we Mountaineers could benefit from a dose of barefoot beach strolling at this time of year when our walking experiences are often on snow and ice; warm sand between the toes sounds delightful at 22 degrees Fahrenheit.

Climbing stairs is also an excellent way to build balance and strength, with an added emphasis on strengthening the gluteus maximus and quadriceps.

Author Dan Buettner, a National Geographic fellow and writer, recently published *The Blue Zones*, a book about specific locations worldwide with exceptionally high rates of centenarians, people living beyond 100 years.

Buettner discusses the practices and lifestyles these unique locations share in his book. One item mentioned many times is climbing stairs, which is often an imposition of the local topography; however, the results are salubrious for us seniors.



LUCY WAS AN AUSTRALOPITHECUS AFARENSIS, an early hominin living over three million years ago. She likely slept in trees at night and walked upright on terra firma during the day. Her fossil bones reveal that she may have died as a result of falling from a tree.

Another option for improving muscle tone, balance and cardio strength is the stability, or exercise, ball. The ball is a great way to improve overall balance and support muscle strength, but it takes some getting used to.

Rolling backward onto the floor is very easy, so if you have osteoporosis or osteopenia, you should forego

this balance exercise. For those with normal bone density achieving stability on the ball soon becomes second nature.

Discipline vs. Habit

New Year's resolutions are a good gauge of our tenacity for regular exercise. *Forbes Health*'s New Year's Resolution survey for 2023 stated

see Your pg 11



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TRIVIA – a little something to think about

Courtesy of Chuck Cornell

Be a sport!

- What is the name of the pipeline, built in the 1970s, that transports oil from fields near Prudhoe Bay across Alaska to the port city of Valdez?
- The Nike San Francisco Women's Half Marathon features a hilly course ending with tuxedoed firefighters awarding finishers their medals in the signature blue box of what jewelers?

3. The Musketeers, who play in the NCAA's Big East Conference, are the sports teams of what private university located in Cincinnati?

4. It can be played indoors or outdoors. It's notable for attracting a wide range of ages and fitness levels. It combines elements of tennis, badminton and ping-pong. Its highest governing body is the IFP. What sport is it?

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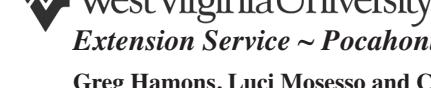
Bed in Summer

In winter I get up at night
And dress by yellow candle-light.
In summer, quite the other way,
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?

~ Robert Louis Stevenson
from A Child's Garden of Verses



Extension Service ~ Pocahontas County

Greg Hamons, Luci Mosesso and Connie Burns

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Educational Dinner Meeting

The WVU Extension Educational Dinner Meeting will be held Tuesday, March 19, at 6:30 p.m. in the Marlinton Municipal Building auditorium.

Speaker for the evening will be Sheldon Owen, and the topic will be The Eastern Coyote: Ecology and Management. Owen will discuss their natural history, interesting behaviors, as well as their record-pacing range expansion, and management techniques to help West Virginia landowners minimize coyote conflicts. To attend RSVP by calling the Extension Office at 304-799-4852

by Friday March 15. There will be a \$5 charge to help cover the cost of dinner.

Garden Calendars

The 2024 WVU Garden Calendars are available at the extension office or by visiting <https://extension.wvu.edu/lawn-gardening-pests/garden-calendar>. The calendar also offers bonus materials and highlights, which include growing advice, food preservation recommendations, pest management information and healthy recipes that use your garden's harvest, all provided by WVU Extension experts.



What's Cookin'?

With Sally Cobb

Sweet and Sour Slaw Dressing:

1/3 cup cider vinegar or rice vinegar
1/4 cup natural peanut butter
3 Tbsp. brown sugar
1/2 tsp. salt
1 Tbsp. soy sauce or Bragg's Amino Acid
2 tsp. Oriental sesame oil

Salad:

7-8 cups green cabbage
Red pepper flakes to taste (optional)
1/2 cup dry roasted unsalted peanuts, coarsely chopped

Place all dressing ingredients in a blender and process on low until well mixed

About one hour before serving time, place the dressing in a large bowl, add the cabbage, about 2 cups at a time, tossing the ingredients after each addition. Stir in pepper flakes, if using. Cover the bowl and chill for one hour, tossing it 2 or 3 times. At serving time, add the peanuts, and toss the salad once more. Serve with a slotted spoon. Serves 6.

Chinese Style Baked Chicken Marinade

1 cup water
1/2 cup dry white wine

POSTMASTER:

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MICHAEL SHOWELL,
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JAYNELL S. GRAHAM,
Editor
WILLIAM P. MCNEELE,
Editor Emeritus

Letters to the Editor

Editor,

It is that time of year when we arbitrarily change the time on our clocks, moving them forward and losing an hour of sleep.

Various studies find no benefit and potential negative health effects with this action. Why are we doing this?

Well, it all started during World War I to provide farmers and workers with more daylight during the workday and to save on energy costs in the belief

that it would improve productivity.

Changes were made in 1966 and 2005. Currently, Arizona and Hawaii have seen the light and do not follow this arcane practice. A total of 19 states have passed resolutions or laws asking to move to permanent day light saving times – these will go into effect if congress acts.

West Virginia is not among these states, and maybe it is time for us to get on board with this.

The U.S. Senate passed the Sunshine Protection Act in 2022 and it is awaiting a vote in the House of Representatives.

Here is an easy way for the House to prove they can do something positive other than spending money we do not have on pet projects.

Joe Kaffl
Hillsboro

see Letters pg 10



Marlinton Mayor's Corner

By Sam Felton

The Town of Marlinton is in the process of submitting an application to become a Municipal Home Rule City. The plan has been available for review at the Town office for more

than 30 days. The Town Council and I have worked on the plan for months, with the guidance of our city attorney. We have been diligent and thoughtful in its creation.

A special thank-you to

Mary Clendenen, Town Recorder, for contributing extra time and energy to get the plan to this point.

If approved by Town Council at the regular April meeting, the application will be forwarded to The West Virginia Home Rule Board the next day via FedEx. The special meetings have been necessary to meet the deadline for the next State HR Board meeting, which will be held April 10.

The first of three required readings took place following the special meeting during the regular March Town Council Meeting. Another special meeting was held Monday the 11 for a sec-

Community Calendar

OPERA HOUSE

The dramatic and dynamic soul-groove band **The Dark Matters** Saturday, March 16, at 7:30 p.m. Tickets, \$10, are available in advance at the 4th Avenue Gallery and online at pocahontasoperahouse.org or at the door the night of the performance.

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.

PUBLIC NOTICE

All 2023 real and personal taxes MUST be paid in full by April 30, 2024 to avoid publication and penalties.

Green Box sites summer hours: Wednesdays and Saturdays 8 a.m. to 5 p.m. and Sundays 1 p.m. to 6 p.m.

MEETINGS

Pocahontas County Farmers Market 2024 Season Meeting Sunday, March 17, 5 p.m. at the Community Wellness Center. All previous and new vendors are encouraged to attend.

Short overview of last year's numbers, voting for open board positions, upcoming events and plans for the season.

THINK SPRING!

KENNEBEC POTATOES \$20/BU.

Last year's certified seed. For planting or eating.

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• Wild Bird Mix

• 14-1-14 High Mag Mineral

Arriving soon: Certified Seed Potatoes

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Corporation Curve, Marlinton

Committee, Thursday, March 21, at 2 p.m. at the Marlinton Wellness Center.

The LEPC assures compliance with provisions of the Emergency Planning and

Community Right to Know Act (EPCRA) in times of

natural and man-made disasters. For additional information, call 304-799-3985.

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

Allegheny Post 117 monthly meeting will now

see Calendar pg 11

EASTER EVENTS

FRANKFORD UMC CHARGE

Sun., March 17 - Easter Scavenger Hunt,

11 a.m., Mt. Olivet UMC, Droop.

Games and prizes for ages 2-15.

Covered dish meal to follow.

March 28 - Maundy Thursday

Service, 7 p.m., Mt. Hermon UMC, Renick.

March 29 - Good Friday Service,

7 p.m., Frankford UMC.

March 31 - Easter Sunrise Service,

7 a.m., Mt. Olivet UMC. Breakfast to follow.

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Don't Get Skunked

Laura Dean Bennett
Staff Writer

If you've noticed the scent of a skunk more than usual or have seen more of the little darlings lately, you're not alone.

There's a good reason for it.

Pocahontas County Extension Agent Greg Hamons said that February and March are skunk mating season in Pocahontas County.

He first prefaced his skunk comments with a disclaimer.

"I'm definitely not a skunk expert," Hamons said.

"However, I do know there are two species of skunks known to be in West Virginia – the Eastern Spotted Skunk and the Striped Skunk."

"I've personally never seen an Eastern Spotted Skunk."

"Striped Skunks are much more prevalent, at least in our area," he explained.

"You may encounter more skunks this time of year because it's mating season, and they're out in hopes of finding a potential mate."

Skunks are nocturnal, and even during mating season, it's rare to see one during the day – except at dawn or dusk.

The two most common species of skunks – the Striped and the Spotted – are easily identified.

The Striped Skunk is mostly black with white on top of the head and neck and extending down the back,

usually separating into two white stripes. Striped Skunks are about the size of a housecat.

The second most common skunk is the Spotted Skunk, which ranges from the southeastern U.S. to the northwestern Midwest and slightly west of the Mississippi River. Spotted Skunks are smaller than their striped cousins. They are solid black with white spots or short white streaks.

Skunk habitat includes pastures, brushy fields and the edges of woods. They are found in both rural and urban areas, making their dens in thick brush piles, abandoned groundhog holes, hollowed logs or, unfortunately, sometimes under porches or sheds where they can get into trouble with humans or their pets.

During the mating season, which can extend from mid-January through the end of March in some parts of North America, male skunks range far and wide, sometimes for several miles, searching for mates.

They mate with more than one female and retain their bachelorhood rather than forming a family unit.

Female skunks produce one litter a year, between late April and early June. They give birth to an average of four to seven blind and helpless babies called kits. Their eyes don't open until they're about three weeks old.

Fortunately, skunks, which have notoriously poor eye-

sight, are born with an excellent sense of smell.

Their scent glands are not fully developed at birth, so newborn skunks usually can't spray until they are about two months old.

Like their parents, they do not use their potent musky spray except as a last resort.

Skunks are excellent climbers and, if they are able, will retreat from danger by climbing a tree. Their only real defense mechanism is the pungent spray which they eject from their anal glands.

The noxious spray contains sulfur-based organic compounds called thiols, which have a scent reminiscent of rotten eggs. The smell can be nauseating and burn an animal's eyes.

Skunks spray when frightened, attacked or injured.

A female skunk will also spray a hapless suitor to reject his advances. The spray that she uses in sending this message is less potent than the spray she uses to target a predator.

Male skunks may spray each other when they are competing for a female.

Interestingly, the Spotted Skunk species has developed an acrobatic maneuver to further indicate that they mean business.

They give one final warning – an impressive handstand – before spraying.

By late fall, the skunk kits are usually ready to leave their mother, search out their own individual territories and begin life as a solitary adult.

Skunks are omnivorous,

meaning they will eat just about anything. But they especially favor insects, earthworms and grubs, mushrooms, small amphibians or reptiles, birds, fish and even small mammals. They also enjoy fruits, nuts and bird seed, when available.

They get into trouble with humans because they are drawn to cat or dog food when it's available, too.

We also do not appreciate them using their long claws to dig for worms, grubs and insect larvae in our yards or gardens.

Learning to recognize skunks' defensive behavior may save you from becoming a skunk spraying victim.

Skunks have poor eyesight and should be approached slowly – always watching for signs of agitation.

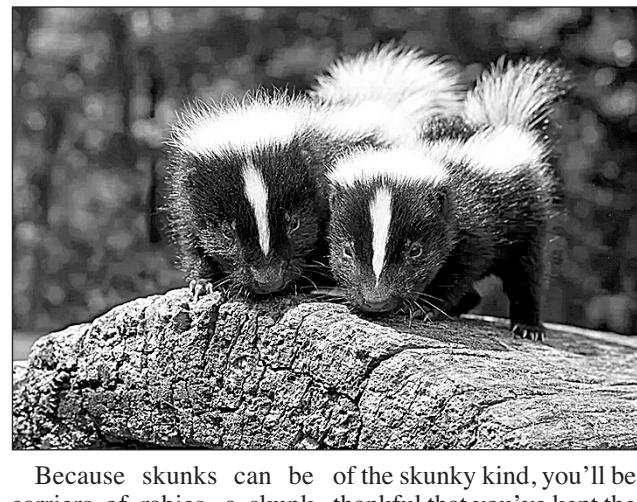
If one spray doesn't deter a predator, a skunk can spray up to five or six times, and its spray can reach 10 to 15 feet.

Skunks are particularly curious and may sometimes come around human habitation to investigate pets, domesticated animal behavior or human activity.

Except during mating season, the reason a skunk will come to your yard is food.

To minimize the chances of an unfortunate encounter of the odiferous kind, check your yard for visual or olfactory evidence of a skunk before letting your dog out.

During mating season, it may be wise to take dogs out on a leash and use outdoor lighting or a flashlight to scout ahead of where you're walking.



Because skunks can be carriers of rabies, a skunk which is obviously ill or exhibiting abnormal behavior should be avoided and local law enforcement or animal control authorities should be notified.

Indications of rabies or other neurological diseases in skunks (or other mammals, for that matter) include unprovoked aggression, excess salivation, disorientation, impaired movement, paralysis or lack of coordination, strange vocalizations and unusually friendly behavior.

Dogs are notorious for getting "skunked," and not just during skunk mating season. Always keep a deodorizing soaking solution or the ingredients for one close at hand.

If you want to shampoo your dog, wait two hours after applying the de-skunk mixture.

Do not use on clothes; it may cause fading.

Don't despair, skunk mating season will be over soon. Then you'll just have the usual, and relatively small chance of getting skunked.

And try to remember how lucky we are to live in a part of the world where we are surrounded by such a variety of fascinating and beautiful wildlife.

of the skunk kind, you'll be thankful that you've kept the ingredients for this recipe on hand. I keep the recipe taped on the inside of a laundry room cabinet door and the ingredients in that same cabinet.

Skunk Odor Eliminator

1 quart hydrogen peroxide
1/4 cup baking soda
1 tsp. dish detergent (like Dawn)

When ready to use, mix all ingredients. Sponge onto the affected area (avoid getting it into eyes) and let dry. Do not rinse. One or two applications should do the trick.

If you want to shampoo your dog, wait two hours after applying the de-skunk mixture.

Always keep a deodorizing soaking solution or the ingredients for one close at hand.

I grew up with the "soaking the dog with tomato juice method" and it usually does a fair job. Even better is something like Nature's Miracle Skunk Odor Remover.

But there's a simple home-made solution which can really take the stink out.

If you or your dog have an unfortunate close encounter

Ricotilli served as fire chief at Marlinton Volunteer Fire Department from 1987 to his death in 1998. Just like the truck, his legacy continues to live on in the memories of his family and fellow firefighters.

contact," Murphy said. "I really want to see it when they get it restored."

The truck has had a long life of service to fire departments and will live on, once restored, as a reminder of the good old days.

"I drove it through one of the Pioneer Days parades, when Tony was the owner and we took it to Elkins to the fireman's parade one year, but it broke down over there and we had to tow it back."

A cousin of Murphy's advertised the truck online and a collector in New York purchased it. It was picked up March 2 and headed out of town on a flatbed to its new home.

"They're tickled with it, and I asked them to keep in

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Obituaries



Mary Broce

Mary Ruth Broce, 96, of Buckeye, went to be with her Lord and Savior Thursday, March 7, 2024.

Her health had been declining in recent years. She passed peacefully, surrounded by her family.

Born in Renick, May 2, 1927, she was a daughter of the late Tobias O'Trenton and Lora Jackson Moss.

She began dating George Armand Broce in her early teenage years. They were wed in December 1945, the same year she graduated from Marlinton High School. They enjoyed more than 43 years of marriage prior to his death.

Mary was known for many wonderful qualities, and was loved and respected by all who knew her. She was a devout Christian woman whose life emulated the love of Christ. She was a member of Swago Methodist Church for nearly all of her adult life. She enjoyed trips, activities with a special group of ladies in her church conference. She was an excellent cook, baker and gardener that earned her various awards. She was especially known for her Salt Risen Bread. Mary's life reflected her love for her family and others. She was an active member of the PMH Women's Auxiliary and was awarded a pen for many years of volunteer service. She helped care for both of her sons prior to their deaths.

In addition to her parents and husband, she was preceded in death by two sons, George Allen Broce and Michael Broce; and siblings, Goldie Turner and Bob Moss.

Left to cherish her memory are five grandchildren, David Broce (Debra), of Lewisburg, Cynthia Broce-Kelley, of Marlinton, Aleisha Arbogast (Joseph), of Valley Head, Jason Broce (Katie), of Buckeye, and Christy Broce, of Marlinton; eight great-grandchildren, Sarah and Reese Kelley, of Marlinton, Skyler Sheets, of Hunt-

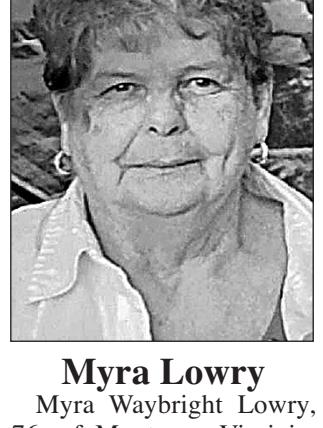
ington, Colt Broce, of Lewisburg, Drew Arbogast, of Valley Head, Noah and Ezra Bond, of Marlinton, Garrett Broce, of Buckeye; and daughters-in-law Linda Spencer, of Marlinton, and Tammy Broce, of Huntersville.

Funeral service will be held 1 p.m. Saturday, March 16, 2024, at Lantz Funeral Home with Pastor Sam Felton officiating. Burial will follow in Mountain View Cemetery.

Visitation will be held on Friday, March 15, 2024, from 6 to 8 p.m. at the funeral home.

In lieu of flowers, donations of sympathy may be made to the PMH Auxiliary 150 Duncan Road, Buckeye, WV 24924.

Online condolences may be shared at Lantzfuneralhome.com



Myra Lowry

Myra Waybright Lowry, 76, of Monterey, Virginia, passed away Tuesday, March 5, 2024, at Augusta Health. Born November 20, 1947, she was a daughter of the late Charles Pinkney Jr. and Thelma Pauline Pritt Waybright.

She married W. Allen Lowry June 26, 1971.

A very versatile lady, Myra wore many hats. She served as treasurer for Victory Chapel Advent Christian Church, where she held membership, along with the W. H. and F. M. Society. She

had also served as treasurer for McLaughlin Cemetery, cheerleading coach for Highland High School, and enjoyed setting up and judging the canned food and baked goods exhibits at the Highland County Fair and fairs of surrounding areas. Myra had been a substitute teacher and served as administrative assistant to Shad Solomon.

Memorial contributions may be made to McDowell Volunteer Fire Department, c/o Delbert Rexrode, 527 Windrush Lane, Doe Hill, Va. 24433.

Condolences and memo-

ries may be shared with the family at obaughfuneralhome.com

In her spare time, Myra enjoyed being around people and especially looked forward to visiting with them during the fair. She loved to pick on people within the community, as well as the parts suppliers she would see each week. Myra had a personality that was to-the-point, and she was known to not beat around the bush. She also loved traveling with Allen.

Above all, Myra will be remembered as a loving and "irreplaceable" wife and mother.

In addition to her parents, she was preceded in death by her half-sister, Linda Barnes; half-brother, Billy Pritt; and brother-in-law, Mike Lowry.

She is survived by her husband of 52 years, W. Allen Lowry; sons, Brad and Russell Lowry, of Monterey, Virginia; brothers, Charles P. Waybright, and wife, Nancy, of Huddleston, Virginia, Gary W. Waybright, and wife, Bonnie, of Winchester, Virginia, and Richard B. Waybright, of Monterey, Virginia; sister-in-law, Connie Gable, and husband, Richard, of Louisville, Colorado; three special children, whom she considered grandchildren, Kristina, Kaden and Kelyn Neil, of McDowell, Virginia; as well as a number of nieces, nephews and cousins.

Funeral service was Friday, March 8, 2024, at Obaugh Funeral Home in McDowell, Virginia, with Rev. Andre Crummett officiating and Pastor Kenny Carroll assisting. Burial was in Green Hill Cemetery at Mill Gap.

Active pallbearers were Vernon Simmons, Richie Hicks, Jacob Lightner, Robert Lightner, Rocky Waybright and Mike Isles.

Honorary pallbearers were James Hinkle, John Mann, Allen Armstrong, Stacey Mick and Pat Lowry.

Memorial contributions may be made to McDowell Volunteer Fire Department, c/o Delbert Rexrode, 527 Windrush Lane, Doe Hill, Va. 24433.

Condolences and memo-

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Betty Pritt

Betty Lee Pritt, 83, of Moyock, North Carolina, formerly of Hillsboro, died Wednesday, March 6, 2024, in Chesapeake, Virginia.

Born March 6, 1941, at

when needed; and the bartender is great with hair and makeup.

In sharing his story, Roush told the students that it is possible to make a career in Pocahontas County and tourism has many avenues they can take in finding their niche.

"You have to love what you do and do what you love," he said. "If you're a people person, tourism is the thing for you. I'm not saying

it's always easy, and I'm not

saying that you don't have to learn to control your face with some of the questions you get, but it comes with lots of experience."

Roush said he takes pride

in telling his guests about the

many things they can do in

Pocahontas County because

it is home and he knows that

people will return once they

experience just a piece of the

county the first time.

"I feel like the name is

starting to get out there," he said. "I feel like we're starting to be in the spotlight, and we need more people to come and experience where we live. If you want to live in Pocahontas County and you enjoy what you do, this is the place to work. You can meet people from all walks of life."

"It's very exciting."

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"It's very exciting."

sey, of Silver Spring, Maryland.

She was a devoted mother, dedicated teacher, Pocahontas County Opera House board member, Brushy Flat Bushwhackers 4-H Club volunteer, and member of the Kappa Delta sorority. A singer, musician and scientist, her family will remember her endless capacity for compassion, her devotion to her children and community, her love of music, consummate commitment to nature, maverick spirit and desire for life.

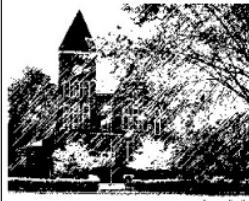
Shenda was preceded in death by her grandparents, Albert and Ruby Smith and Harold and Audrey Shifflett.

In addition to her parents, she is survived by her children, Haylee Smith Hayhurst and Braeden Hayhurst; siblings, Jonathan Smith (Peter Duchan), of New York City, and Kristian Smith, of Chapel Hill, North Carolina; uncles and aunts, Butch and Jean Smith, of Denver, Colorado, Gary and Annette Kramer, of Glen Ellyn, Illinois, and Chester and Kelly Shifflett, of Marlinton; and cousins, Pam Dilley, of Vine Grove, Kentucky, Donna Dilley, of Baldwin, Missouri, Robert and Joyce Dilley, of Eldora, Iowa, Michael and Jennie Smith, of Rio Rancho, New Mexico, Patrick Smith, of Denver, Colorado, Audrey Williams, of Yorkville, Illinois, and Lorne Kramer, of Carbondale, Illinois.

Online expressions of sympathy may be recorded at heintzelmancares.com



Madeline Smith



Preserving Pocahontas

B. J. Gudmundsson, Preservation Officer

Bartow Hotel – circa 1906



MEN, WOMEN AND children are photographed in front of the Bartow Hotel in northern Pocahontas County. According to the history of Bartow, as written by Jessie B. Powell, a number of speculators purchased land in and around Bartow about 1900 in anticipation of the “boom.” They divided the land into lots, streets and alleys. They built houses, a store and this hotel. Unfortunately for the investors, the lumber mill went to Dunlevie and the tannery went to Frank. (Pocahontas County Historical Society Collection; ID: PHS001183)

Access the “Preserving Pocahontas” Digital Library at www.pocahontaspreservation.org or www.preservingpocahontas.org

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

Seventy-Five Years Ago

Calvin W. Price, Editor

Thursday,
March 17, 1949

HAM AND BACON SALE

The first annual 4-H Ham and Bacon Show and Sale for Pocahontas County was held at Marlinton last Saturday. Put it down as a success. The champion ham, 16 pounds, 12 ounces, was entered by Jack Tacy, of Cass. It sold for \$2.50 a pound for a total of \$42...

The champion piece of bacon was shown by Ernest Shaw, of Slaty Fork. It was one of five entries to go to

the State Show to be held at Clarksburg... The place of the local sale was the commodious sales room of the Davis Motor Company.

BIRTHS

Born to Mr. and Mrs. Jamie Asbury Sheets, of Greenbank, a son, Robert Allen.

Born to Mr. and Mrs. James A. Turner, of Cloverlick, a son.

FIELD NOTES

About a month ago the question came up as to the length rattlesnakes grew in

this mountain country. Rodney Bussard is ready to stand to testify that he and Bedford Alderman killed a big rattler years ago on North Fork of Anthony's Creek which he believes would have measured six feet and more.

My friend, Newt Landis killed a monster rattlesnake on the Browning Place on Cranberry. This snake was carefully measured and it was seven feet long. It was skinned, and the broad place in the hide measured thirteen inches. The house dog destroyed the skin and all witnesses are dead.

Another time, Mr. Landis was checking up on livestock on the Browning place in the spring of the year. There were bears in those

days, though not so many as now. So, he carried a gun. He saw something black, and figured it might be a small bear. Looking closer to make sure he did not shoot a black calf, he could hardly believe his eyes – a big ball of big black snakes. Mr. Landis sent a rifle ball right into the middle of the mass. And what a scatterment of snakes there was – scores of them racing away from that place. However, the shot accounted for nine big ones.

Henry Astin was showing one big white sucker all over town the other day. It was twenty inches long and weighed four pounds. He caught it in the Greenbrier River in the Price Hole.

see 75 pg 12

DR. ARMSTRONG DEAD

Rev. John I. Armstrong, D.D., died at Richmond Saturday, March 8, 1924, after a short illness of pneumonia.

Many Pocahontas people

feel a personal love and sorrow in his passing. As president of Lewisburg Seminary

and for six months supply

pastor of the Marlinton Pres-

byterian Church, a large cir-

cle of friends learned to

know and love this great

man. He was editor of the

Sunday School literature of

the Presbyterian Church. He

was one of the outstanding

church men of America.

HONOR ROLL

Honor roll for Rimel school 6th month. Ida G. Fugus, teacher. Glen and Alonzo Dean, Randall Rider, Lillie and Verlis Alderman and George Rimel.

For the Slaty Fork School,

Dock R. Hannah, teacher.

see 100 pg 12

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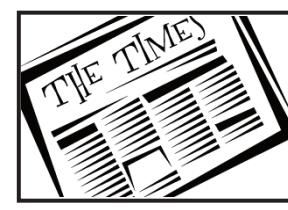
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Fifty Years Ago

Jane Price Sharp, Editor

Thursday,
March 17, 1974

Ed Rhea has written for the record the names of the English people who settled in the Linwood and Mingo areas in the late 1800s and are all gone back to the old country.

James Hebden, wife and daughter; and brother, Bruce Hebden; Ernest Hebden.

Jack Foster, Willie Lloyd, Miss Booker, Burt Earnshaw, wife and daughter; Harry Earnshaw.

L. Tuke, wife and daughter (the daughter, Gladys Tuke, lives at White Sulphur).

C. C. Dakers, A. Lawson, Rev. O M. Miles, Hubert Edwards, Bert Edwards, Charles Bruce, wife and daughter.

Mr. Wilson, who died in Ronceverte, Miss Nellie Wills, Frank Clevinger, Miss Clevinger, Douglas Hodson, Chris Hodson, Mr. Meeks, Archie Bruce, Jack Bruce, Miss Pearson, M. Brockhunt, Mr. Drake, James McKinsey Mr. Tompkins, Albert Kay, Miss Foster, Mr. Crews (the one who ran the foot race with Norman R. Price from Mingo to Marlin-

ton), Miss Ada Holden.

A. Lawson, one of the oldest ones, had been injured in a fox chase in England and had a plate in his head; he took spells from the injury and rode horses to death.

His father was one of the “sirs” and spent \$20,000 a year on him. His sister and daughter were also here.

WARRIOR BASKETBALL

The Warriors ended the regular season Friday afternoon with a victory over Wardensville in front of the PCHS student body. Three of our four senior players served as team captains for the game. The captains were:

Dave Moore, Buck Morrison and Tommy Moore. Senior Gary Russell Cassell, side-lined with an ankle injury,

may see action in the upcoming sectional tournament.

Five players scored in double figures in the 72-70 win. Mike Collins netted 10, Buck Morrison put in 11, Gary Allen Cassell hit for 12, Jim Cutlip connected for 13, while teammate Dave Moore tallied 22 points...

see 50 pg 12

Footsteps through History

The Pocahontas Times
Andrew Price, Editor

Thursday,
March 16, 1899

should correspond with him.

PISTOLS AND POLITICS

During the taking of depositions in the contested election case of Gen. J. Z. Walker and Judge Rhea in the 9th Cong. District of Virginia, at Bristol, a shooting match occurred in which Rhea's attorney was shot in the stomach with a 40 cal.

Derringer, and Gen. Walker received two balls in his right shoulder.

Gen. Walker's wounds are serious but barring complications, not fatal. Little hope is entertained for the recovery of the attorney, W. S. Hamilton. The riot was precipitated by Gen. Walker declaring that Hamilton was drunk, and the lawyer retorting with the words “D- mn lie.”

Who fired the effective shots is involved in mystery. There were nine persons in the room. Walker's pistol showed that it had not been discharged. Rhea (Dem) defeated Walker (Rep) by a majority of 749 last election.

DUNMORE ITEMS

James H. Galford, for a change, shot one of his fingers off and is going home.

We understand that Senator S. B. Elkins bought the quilt from Presbyterian peo-

see History pg 12



THE LAW OFFICE OF
MICHAEL C. DOSS
921 TENTH AVENUE, MARLINTON, WV 24954
304-799-7119

John Eilers, D.O.
is unable to see patients at this time.
Office staff will be available to offer assistance during regular office hours. Or call 304-572-5079.

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LEGAL ADVERTISEMENTS**LEGAL ADVERTISEMENTS****LEGAL ADVERTISEMENTS****ADMINISTRATION TO CREDITORS,****DISTRIBUTEES & LEGATEES**

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

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

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

First Publication Date: Thursday, March 14, 2024

Claim Deadline: Monday, May 13, 2024

ESTATE NUMBER: 14581

ESTATE OF: EDWIN E. WHITE, JR.

EXECUTRIX: Irene J. Free
4657 Cather Court
Nashville, TN 37214-1197

ESTATE NUMBER: 14595

ESTATE OF: JOANN R. FROMHART

EXECUTOR: Lewis Fromhart
268 Rhapsody Path
The Villages, FL 32162

ESTATE NUMBER: 14606

ESTATE OF: JOAN BROWNFIELD MOORE

EXECUTRIX: Linda Sue Barb
258 USFS 304 Road
Marlinton, WV 24954-6509

ESTATE NUMBER: 14607

ESTATE OF: ALESHA KATHLEEN MOORE

ADMINISTRATOR: Everett Allen Woody
P. O. Box 123
Marlinton, WV 24954-0123

ESTATE NUMBER: 14608

ESTATE OF: CAMIE CHEYANNE RIDER

ADMINISTRATOR: Donald Lee Rider
41 Riders Lane
Marlinton, WV 24954-1159

ESTATE NUMBER: 14612

ESTATE OF: THOMAS EARL COOK

ADMINISTRATOR: Robert Patrick Greulick
P. O. Box 334
Durbin, WV 26264-0334

ESTATE NUMBER: 14614

ESTATE OF: WOODROW LYNN CROMER, JR.

EXECUTRIX: Christine Burgess
55 Grant Vandevender Road
Durbin, WV 26264-9079

ESTATE NUMBER: 14615

ESTATE OF: CHARLES LINTON STANLEY

ADMINISTRATOR: Cherylanne Stanley
50 Noah Lane
Marlinton, WV 24954-6909

Subscribed and sworn to before me on March 8, 2024.

Melissa L. Bennett
Clerk of the Pocahontas County Commission
3/14/2c

Board of Education Public Notice

The 2023-2024 Asbestos Management Plan for Pocahontas County Schools is available for review at each school and the Central Office. The Asbestos Management Plan includes inspections that were conducted by EPA accredited personnel and a management plan established for each building as needed.

Pocahontas County Schools does not have a friable asbestos material within any facility. Friable asbestos is asbestos material that can allow particles of asbestos fibers to become airborne. Thus, our schools are free of this type of asbestos material that may cause a health hazard.

The types of material found within Pocahontas County Schools are in the form of floor tile, transite board and vinyl floor covering. These products are non-friable asbestos materials and can easily be managed through proper planning without creating any health hazards. All buildings which contain these non-friable products will be assessed every six months and inspected on a three year cycle by an accredited inspector.

If you have any concerns or questions, please do not hesitate to contact the Pocahontas County High School and speak with Darin McKenney, Maintenance Supervisor, at 304-799-6564 extension 5237 or by email at dmckenney@k12.wv.us

3/14/1c

NOTICE TO THE PUBLIC

The Pocahontas County Board of Health approved its new rule for Fees for Permits on February 19, 2024.

A copy of the rule is available at the Pocahontas County Health Department located at 900 10th Avenue, Marlinton, WV 24954.

A 30-day comment period will begin February 20, 2024 and end March 20, 2024.

Please send all comments to:

Pocahontas County Health Department
900 10th Avenue
Marlinton, WV 24954

2/22/4c

NATIONAL FOREST GRAZING OPPORTUNITIES

The Monongahela National Forest is accepting bids for the seasonal grazing of livestock during the 2024 grazing season on National Forest grazing allotments located in Pocahontas County, WV. A ten-year term grazing permit will be issued to the qualified and successful bidder.

The Shearer North Allotment is located approximately seven miles north of Marlinton on the north side of the Highland Scenic Highway (SR 150), about one-half mile west of State Route 219. The allotment contains two pastures for a total of 69 acres, and the allowable stocking is 15 animal units. Rotational grazing is required and will be permitted May 15 to October 1.

The Mullenax Allotment is located seven miles north of Marlinton, WV just west and off of State Route 219. The allotment contains one 37 acre pasture and the allowable stocking is 10 animal units. Grazing will be permitted May 15 to October 1.

The Friel Run Allotment is located approximately 7 miles northwest of Marlinton. The allotment is located off FR 115 (Friel Run Road) about one mile south of SR 150. The allotment is 22 acres

ACCEPTING BIDS

The Country Roads Cooperative (Greenbrier, McDowell, Monroe, Nicholas, Pocahontas, Summers, Webster, Wyoming) is inviting bids for the following for our Child Nutrition Departments as of July 1, 2024:

ITEM: Food and Cafeteria/Kitchen Supplies

Period: July 1, 2024 through June 30, 2025
(may be rolled over twice)

Bid Opening: Friday, March 28, 2024, 11:00 a.m.

Child Nutrition Office,
Greenbrier County Schools
197 Chestnut Street
Lewisburg, WV 24901

Bid Due Date: Prior to 4:00 p.m. March 22, 2024

Bids are to be mailed to:

Linda D. Knott, Chairperson
Country Roads Food Cooperative
Director of Student Services
Summers County Public Schools
418 Temple Street
Hinton, WV 25591

Bids may also be hand delivered in a sealed envelope prior to 4:00 p.m. March 22, 2024.

ENVELOPE SHOULD BE PLAINLY MARKED:

"Food and Cafeteria/Kitchen Supplies Bid Quote"

For Food and Cafeteria/Kitchen Supplies application, please contact Linda D. Knott, Chairperson Country Roads Food Cooperative and Summers County Director of Student Services at 304-466-6000 or lknott@k12.wv.us

Pocahontas County Board of Education

3/7/2c

and the allowable stocking is 5 animal units. Grazing will be permitted May 15 to October 1.

The Hannah Allotment is located approximately eight miles north of Marlinton, WV along State Route 219, and on the south side of the Lake Reed Road. The allotment contains 74 acres and the allowable stocking is 5 animal units. Rotational grazing is required and will be permitted May 15 to October 1.

The Lower Meadow Allotment is located approximately 16 miles north of Marlinton. From Marlinton follow State Route 219 north to FR 1026, take FR 1026A and follow 1026A to the end. The allotment contains 41 acres and the allowable stocking is 6 animal units. Grazing will be permitted May 15 to October 1.

A ten-year term grazing permit will be issued to the person who, in combination: 1.) Is willing and able to carry out the necessary maintenance and repairs to existing allotment facilities, such as fences, gates, corrals and watering facilities, as will be agreed upon beforehand between the permittee and the Forest Service, and then incorporated into the permit and/or annual operating instructions. The Forest Service will provide major materials to make the necessary repairs. 2.) Can graze the number of animal units closest to the allowable stocking, and 3.) Submits the highest bid.

Applicants for term permits must own or have legal right of use of the base property necessary to adequately care for the permitted livestock should it become necessary to remove them from National Forest lands during the grazing season. The base property shall have the necessary facilities, such as fences, water and forage to handle the permitted livestock. The Forest Service may require an inspection of the base property prior to issuance of the permit.

The minimum grazing fee bid is \$8.39 per animal unit per month. An animal unit is defined as one adult cow with or without a nursing calf, a bull, a horse, a mule, a donkey or a burro, in any combination. Bid deposits are not required. The grazing fee established by bidding will be adjusted each year thereafter by applying an annual bid adjustment factor. This may result in an increase or decrease to the established grazing fee in the future. Applicants must own the livestock they intend to graze. A person can bid on more than one allotment. Only one member of a household can bid on a particular allotment. Prior to bidding, persons are encouraged to inspect the base property prior to issuance of the permit.

spect the allotments. The permittee may be able to use fee credits to make Forest Service approved improvements to their allotment. In exchange for carrying out these improvements at their cost, the permittees grazing fee will be reduced by the value of the work accomplished.

Persons interested in bidding should provide in writing: the name(s) of the allotment(s) they are interested in grazing, the number and types of livestock they intend to graze there, their name, mailing address, phone number, and their bid to: Jason Hattersley, District Ranger, Marlinton Ranger District, P.O. Box 210, Marlinton, WV 24954. Bids must be signed and received by close of business March 25, 2024. On the front of the envelope write "Grazing Bid". Bidders will be notified of the results of the bidding. The Forest Service reserves the right to reject any or all bids. Additional information can be obtained by calling the Marlinton Ranger District at (304) 799-4334.

The Forest Service is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, religion, color, sex, or national origin.

3/14/1c

**SCHEDULE OF PROPOSED LEVY RATES****POCAHONTAS COUNTY BOARD OF EDUCATION**

For the Fiscal Year Ended June 30, 2025

The following is a true copy from the record of orders entered by POCAHONTAS COUNTY BOARD OF EDUCATION on the 12th day of March 2024:

	Column E	Current Expense Levy	
		Certificate of Valuation	Levy Rate/\$100
	Assessed Value for Tax Purposes		Taxes Levied
Class I		\$ 19.40	\$ -
Personal Property	-	-	-
Public Utilities	-	-	-
Total Class I	-	-	-
Class II		38.80	1,481,396
Real Estate	381,803,080	38.80	1,481,396
Personal Property	1,776,874	6,894	6,894
Total Class II	383,579,954	1,488,290	1,488,290
Class III		77.60	3,031,186
Real Estate	390,616,730	77.60	3,031,186
Personal Property	95,420,341	740,462	740,462
Public Utilities	47,025,920	364,921	364,921
Total Class III	533,062,991	4,136,569	4,136,569
Class IV		77.60	202,917
Real Estate	26,149,130	77.60	202,917
Personal Property	16,203,752	125,741	125,741
Public Utilities	5,493,695	42,631	42,631
Total Class IV	47,846,577	371,289	371,289
Total Assessed Valuation and Projected Gross Tax Collections	\$ 964,489,522	\$ 5,996,148	
Less Allowance for Uncollectibles, Exonerations and Delinquencies		5.00%	(299,807)
Less Allowance for Tax Discounts		2.00%	(113,927)
Less Allowance for Tax Increment Financing - see worksheet (Subtracted from regular current expense tax levy only)			-
Net Projected Tax Collections, before allowance for Assessor's Valuation Fund			5,582,414
Less - Allowance for Assessor's Valuation Fund (Subtracted from regular current expense tax levy only)		2.00%	(111,648)
Projected Net Taxes to be Collected			\$ 5,470,766

Note: Copies of all approved excess and/or bond levy orders and certified copies of the canvass of votes must be on file with the State Auditor's Office and the State Department of Education before excess or bond levy rates can be approved.

SIGNED THIS 12th DAY OF MARCH, 2024, BY

Lynne R. Bostic

Signature

3/14/1c

NOTICE TO MON POWER CUSTOMERS WITH RIGHTS-OF-WAY ACROSS THEIR PROPERTY

Mon Power has contracted to maintain portions of its rights-of-way with an aerial saw consisting of approximately ten 24-inch rotary blades powered by

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Quality Service – Affordable rates, starting at \$424 • Certified, Licensed Installation & Repairs



WV#54-93-0015

Court, from page 2

Samuel Cory Good, 42, of Green Bank, pleaded no contest February 26 to charges of possession of a controlled substance without valid prescription and no proof of insurance. Good was assessed \$612.96 in court costs and fines.

Lucas Mathew Warner, 43, of Dunmore, pleaded no contest February 16 to a charge of seat belt violation. Warner was assessed a \$25.56 fine.

Jefferey Helmick, 43, of Green Bank, pleaded guilty February 28 to a charge of speeding. Helmick was assessed \$201.48 in court costs and fines.

Joshua W. Friel, 40, of Marlinton, pleaded no contest February 27 to a charge of driving too fast for roadway conditions. Friel was assessed \$202.60 in court costs and fines.

Alvin James Hughes, 27, of Richmond, pleaded guilty February 29 to a charge of display of hunting or fishing license. Hughes was assessed \$201.48 in court costs and fines.

TJ Murray, 42, of Arbovale, pleaded no contest to openly dumping garbage. Murray was assessed \$231.48 in court costs and fines.

Virginia M. Vanmeter, 52, of Marlinton, pleaded guilty February 27 to a charge of speeding. Vanmeter was as-

sessed \$201.48 in court costs and fines.

Zachary Parker Morrison, 35, of Buckeye, entered a guilty plea agreement February 27 on a charge of improper use of evidence of registration. Morrison was assessed \$201.48 in court costs and fines.

Amy L. Frederick, 48, of Valley Head, pleaded no contest February 2 to a charge of driving under the influence. Frederick was assessed \$356.48 in court costs and fines.

Tyler L. Chandler, 22, of Hillsboro, pleaded guilty February 15 to charges of no proof of insurance, operation without certificate of inspection or failure to produce certificate and operation of vehicle without evidence of registration. Chandler was assessed \$764.44 in court costs and fines.

Jeremy D. Moore, 38, of Marlinton, pleaded guilty February 13 to a charge of driving while license suspended or revoked. Moore was assessed \$281.48 in court costs and fines.

David L. Mathisen, 32, of Hendersonville, North Carolina, pleaded guilty February 7 to charges of speeding and left of center. Mathisen was assessed \$392.96 in court costs and fines.

Paige E. Vandevender, 18, of Durbin, pleaded no contest February 13 to a charge of use of tobacco product in school. Vandevender was assessed \$186.48 in court costs and fines.

Trash, from page 2

Jacob Meck added that the solid waste authority will need to merge the jobs performed by both employees and their equipment to cut down costs as much as possible in order to make the new system work efficiently. He called it "combining assets."

Helmick said that the top three commission priorities are healthcare, waste disposal and economic development, so the commission should help out with these new waste management costs. He also said the commission is getting close to a decision on buying the current landfill for the solid waste management authority to use.

At the meeting, the commission also discussed what to do with the various items that have been left inside the former Howes Tannery office building in Frank. Those items include books left there by the Pocahontas County Libraries; exercise equipment rumored to have been left behind when the Sheriff's Office closed its office there many years ago, a number of employee time clocks and various other items.

Jason Bauserman asked the commission to consider donating the time clocks to the Upper Pocahontas County Cooperative (UPCC), however the commission said that any items in the building for which an owner could not be determined, are

county property, so would need to be sold at public auction.

Commissioner John Rebinski said he checked with the Sheriff's Department about the exercise equipment in the building and was told they have no idea who owns that equipment.

Helmick said that a public auction needs to be held, but he was unsure if that should be held at the office building or on the steps of the courthouse. Helmick volunteered to be the auctioneer at no charge to the county.

Helmick said this should be done quickly because the decision of what to do with the building needs to be made soon.

Here is some background on that: The commission has been seriously considering demolishing that building as part of a site clean-up and eventual economic development project there. At the February 6th commission meeting, Jason Bauserman and Jimmy Harmon of the UPCC asked the commission to hold off on demolishing the office building.

JoAnn Gilardi presented a petition to the commissioners at that meeting which had been signed by 196 people, many of whom were former Howes Tannery employees. The petition asked the commissioners to not demolish the building because the UPCC was looking to find a viable business to operate in it, possibly as a leather tanning museum. The commission said the UPCC already had about three years to find a sustainable business for the

building which would generate enough money to repair and profitably operate in the building. At that February meeting, the commission gave the UPCC until April to present a workable business plan.

At this week's meeting, Bauserman told the commission that the UPCC has been holding meetings and hoped to present a workable business plan at the April 2 commission meeting.

The commission voted to hold an auction of the contents of the old office building, with Rebinski agreeing to do a walk-through of the office building with Bauserman to identify just what items in the building have value that could be auctioned.

The commission also approved a new Holiday Policy for dispatchers employed at the 911 Center. Under this new policy, dispatchers who are required to work on county holidays will no longer have the option of receiving time and a half pay. Instead, they will receive their normal 8 hours pay, plus an additional day and half off work. However, they must use that time off before the end of the month in

which the holiday occurred, with the exception for the two holidays which occur during the month of June. (West Virginia Day and Juneteenth Day.) The policy says employees working either or both of those two June holidays will be paid time and a half but won't have the option of taking the day and a half off in June because of scheduling difficulties during that busy vacation month.

In other matters, the commission:

- Agreed to provide a letter of support for Erica Marks' application for a U.S. Forest Service designation of her 500-acre property as a Community Forest. This means the community can access and enjoy her property as if it were part of the Mon Forest.

- Heard a sales pitch from Adam Dixon for the county to utilize the Certified Payments app to pay their county bills on the county website.

- Approved the hiring of Leisha Cassell as a part-time Paramedic for the County Ambulance Service at \$18 per hour starting immediately on an as needed basis.

**Visit us online at:
pocahontastimes.com**

REWARD OFFERED

Reward offered for information leading to the return of John Deere Tractor (4115) and loader taken from 1 Stillhouse Run, Marlinton, around the time of December 2023 - January 2024.

Call 304-572-5175.

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...and WIPER BLADES, BATTERIES – ALL YOUR COLD WEATHER SERVICING NEEDS. Don't get in a rut over winter maintenance - give us a call or stop by today!

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1/4 mile east of Rt. 218 on Denmar Road, Hillsboro

Mon. - Fri. 8 a.m. - 5 p.m., Saturday by appointment

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LABORERS AND CARPENTERS NEEDED

Location: Snowshoe, WV. Must be willing to shovel snow. Starting pay is \$18/hour. MUST have dependable transportation and be able to get up and down Snowshoe Mountain in the winter, regardless of snow. Opportunity for pay raise depending on experience and work ethic. 40-hour work week with opportunities for overtime. There is a 60-day probationary period. Call or text Carlton, 304-642-5039, for more information if interested.

GUFFEY CONSTRUCTION, INC.

EMPLOYMENT OPPORTUNITY

The Town of Durbin is seeking to hire an individual who has experience in operating lawn equipment, plowing snow and general maintenance. Please submit résumé to the Town Hall on Saturdays between the hours of 1 and 3 p.m. or mail to: Town of Durbin, P. O. Box 37, Durbin, WV 26264. Letters of interest must be postmarked no later than March 23, 2024.

Super Crossword

Answers

I	N	A	P	T	A	H	E	M	W	H	I	M	S	C	H	A	S
T	A	X	E	S	N	I	R	O	H	A	N	O	I	H	A	F	T
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Van Tassell carries Cameron to victory over PCHS

Bruce McKean
Contributing Writer

Pocahontas County 27
Cameron 64

Sportswriter Tim Stephens of HD Media reported in the March 5 Charleston Gazette-Mail that Class A No 1 Seed Cameron (20-5) would be seeking their third consecutive state title, something not accomplished since Class AAA Morgantown in 2014, 2015 and 2016. He also reported that CHS's 5 losses this season were to larger, stronger programs such as Huntington, Spring Valley, Wayne, Wheeling Park, Norwin PA, Parkersburg South and Belmont (Ohio) Union Local. Stephens also reported that senior Cameron 6-foot-3 post player Ashlyn Van Tassell has signed with Youngstown State and is a career 2,000-point player. CHS senior Kenzie Clutter, one of four senior starters, was also mentioned as one of West Virginia's premier point guards.

Stephens mentioned in his assessment that the first Cameron opponent, the #8 seed Pocahontas County High School Lady Warriors, rely on a sound defense and proved themselves in a 53-45 victory over Class AA power Summers County on

the road in the last regular season game. He also wrote that sophomore Calli Propst averages 10.8 points a game and senior Olivia Vandevender 10.3. He also mentioned freshman Allyson Taylor grabbing 10 rebounds per contest.

After the game, HD Media reported in the March 7 Gazette-Mail that Cameron coach Holly Pettit made her 100th career win in her fifth season. Van Tassell finished with 29 points, 22 rebounds, 6 steals and 2 blocks. Pettit was quoted as saying: "It was a great game. It was rough and tough. I am proud of our girls keeping their composure and getting the win. I am used to (physical play). A lot of teams have played that way versus us this season." It was also reported that: "Both teams struggled from the floor as PCHS shot 11 of 56 (20%) and was 0 for 12 from 3-point range, while Cameron was 25 for 74 (34%) and only 3 of 19 (16%) from behind the arc."

PCHS started slow and CHS led 19-3 after one quarter with Van Tassell scoring 7 twos for 14 points. The Warriors warmed up and held Van Tassell to 7 points in the second quarter and took it 13-11 cutting the CHS lead at the half to 30-16. Cameron scored 17 points in both the third and

fourth quarters, while PCHS scored 5 in the third and 6 in the fourth. The Dragons out rebounded the Warriors 54-31 and committed fewer turnovers 13-25. PCHS hit 5 of 10 (50%) free throws, and CHS hit 11 of 15 (73%).

PCHS team high stats were: Riley Pollack - 9 points and 4 rebounds; Shayla Bennett - 7 points, 4 rebounds and 1 block; Propst - 6 points, 9 rebounds, 4 deflections, 1 block and 1 steal; Allyson Taylor - 5 points and 9 rebounds; and Vandevender - 3 deflections, 2 rebounds and 1 steal. A few PCHS players were dealing with illnesses and were not up to their usual strength.

PCHS ended the season with a 13-12 record and an 11th PCHS trip to states, and CHS ended its season with a 23-5 record and a third straight state championship.

PCHS senior graduates are Mileya Bircher, Olivia Vandevender, Kynlee Wilfong and Andrea Alderman. All 13 Lady Warriors saw action in the game, and 7 of 13 Dragons saw action.

Congratulations are in order for coaches Mike Kane, Tim McClung, Shannon Arbogast and Chloe Bland plus all the fans and cheerleaders who made the trip to Charleston to support the team.

School Menus

March 18 – 22

Monday, 18: Sausage biscuit and fruit. Chicken tenders with dipping sauce, whole grain pretzel stick, sweet potato fries, baked beans, fruit and milk.

Tuesday, 19: Banana bread square and fruit. Sausage and egg patty,

whole grain biscuit, gravy, hash brown, baked apples and milk.

Wednesday, 20: Fruit and cream waffle dunkers. Philly cheese steak, whole grain bun, onions, peppers, roasted potatoes, broccoli, cookie, fruit and milk.

Thursday, 21: French toast sticks with syrup and

fruit. Chicken/broccoli vegetable stir-fry, seasoned brown rice, whole grain bread stick, fruit cup and milk.

Friday, 22: Whole grain doughnut and fruit. Meatloaf, whole grain roll, mashed potatoes, orange glazed carrots, fruit and milk.

year nor more than three years in the state penitentiary was reimposed. Irvine was given 181 days' credit for time service. He was remanded to custody.

An in-person motions hearing was held in the case the State vs Jerry Schoolcraft, 61, of Renick, wherein

the court modified the defendant's bond to relieve him of the condition of home confinement. Schoolcraft will wear a GPS monitoring device at all times and is to stay away from certain individuals. Schoolcraft was indicted on four counts, sexual assault in the second degree.

how to set up classes, keep track of registrations and create a database. I was responsible for the daily workings of the website, while Joe had access to the binary guts, the murky world of Internet algorithms. He was a Godsend for this volunteer organization as he resolved all my myriad questions. Joe Sharp was responsible for the growth and success of Hillsboro Classroom, Inc.

Joe also set up a beautiful website for Hillsboro Library Friends, allowing that organization to take online registrations, sell the Friend's Cookbook online and accept online donations. He even created an interactive capability for the members of HLF to store records in an archive.

There is another object lesson to this post. I had told Joe a few days ago that I wanted to publicly acknowledge his contribution to our community. To that end, I planned to draft an article for the newspaper and social media. Although he never asked me to do this, it meant a lot to him that I wanted to give him much deserved credit. Sadly, Joe Sharp unexpectedly passed away a few days later, before I did the write up. We must not procrastinate when it comes to thanking our heroes.

He leaves a powerful legacy that improved our community, and I am deeply

grateful for his help. I don't quite know how to move forward because we may never find someone as willing to put in the time, patience and care that Joe did. He was a rare gift to all of us.

"If someone is retired and they want to volunteer their time and skills, they should seek volunteer organizations that can provide them plenty of opportunities. I do this because it is a challenge as well as rewarding to see my efforts help the community. When you start with an idea and take that idea to make it successful, it's a feeling of accomplishment. I look at what I do as a responsible hobby. It also requires me to keep up with the latest technology." ~ Wise words from Joe Sharp, unsung hero.

Joanna Cordell
Hillsboro

Editor,

This is a tribute to those anonymous people out there

who keep the world spinning

on its axis, who go about

their lives helping the rest of

us do what we can do. These

folks undergird our society.

They are the wizards behind

the curtain, frantically pull-

ing the levers that make

things work. In our current

cultural milieu where we

hear the relentless lament,

"No one wants to work any-

more," these folks are spend-

ing countless hours working,

often as volunteers. It is time

we brought them onto the

stage and out from behind

the curtain.

One such unsung hero was

Joe Sharp, who had been the

volunteer Internet Technol-

ogy Specialist for eight of

our community websites. Joe

had retired and moved to

Pocahontas County with a

big dream to help create a

crucial website presence for

fledgling businesses, both

for profit and nonprofit.

When I assumed leadership

of Hillsboro Classroom,

Joe's wife, Christine, asked

Joe to help us. The truth is

that we couldn't pay him.

Thus began a three-year

business relationship be-

tween this newbie and the

inimitable Joe Sharp.

Joe patiently trained me

to do what he did, and I

did it.

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Calendar, from page 4

EVENTS

Mountain State Maple Days, Saturday, March 16, 10 a.m. to 4 p.m. Sugar Camp Tours, maple products, great food and more.

Easter Scavenger Hunt at Mt. Olivet Church on Droop Sunday, March 17, 11 a.m. Games and prizes for ages 2 to 15. Covered dish to follow.

Fast Radio Bursts: A Cosmic Mystery, free public lecture, Wednesday, March 20, 3:30 p.m. at the Green Bank Observatory Science Center auditorium. Free. No registration required. Brief reception to follow.

FREE Community Dinner Thursday, March 21, 5 to 6:30 p.m. at Marlinton Presbyterian Church. Sponsored by area churches and community volunteers.

Square Dance, Saturday, March 23, 6 p.m. at the BFD Firehouse in Durbin. Music by Juanita Fireball and the Continental Drifters; callers: Eugene and Ellen Ratcliffe. All proceeds benefit Brandon Kerr. Admission \$5. Ages 12 and younger, \$2.

Annual Bath Bluegrass Jamboree, Saturday, April 13, 6 p.m. at Bath County High School.

LIBRARY NEWS

Cards and Coffee at Green Bank Library, Thursdays, 10:30 a.m. to noon. Beginners welcome. Hot drinks provided.

Green Bank Library will host a seed swap Saturday, March 16. For more information, supplies and registration, email greenbankseedswap@gmail.com or call the library, 304-456-4507.

PARKS AND REC

All activities are at the Community Wellness Center, unless otherwise noted.

Pocahontas County Youth Soccer League registration for the spring season through March 22. Anyone who played in the fall does not need to register again. Registration forms are available by calling 304-799-7386 or emailing parksandrec@frontiernet.net

No Yoga at Cass Community Center in March.

Yoga at Durbin Library Tuesdays at 5 p.m. and at Linwood Center Wednesdays at 5:30 p.m.

Self-Defense Class, using Jiu-Jitsu defense techniques, taught by Loren Pryor, 4-week class for ages 12 to adult, Mondays at 5 p.m. at the Wellness Center.

Learn to play pickleball. Lessons with Eric Hall, Saturday, March 16, from 9 to 11 a.m.

Taekwondo, Wednesdays, 6 to 7:30 p.m.

Groovy Tots – active fun for preschoolers, Fridays, 10 a.m.

Cardio and Circuit Ton-ing, led by Sunny Given, Mondays and Wednesdays, 5 to 6 p.m. New session starts Monday, February 19.

Chair Yoga will move to

Marlinton for the month of March; Thursdays at 5 p.m. Beginner friendly for those with limited mobility.

SPECIAL SERVICES

Mid-Week Lenten Service, Wednesdays, noon, at Marlinton Presbyterian Church. Thirty-minute service, and brown bag lunch and fellowship. March 20: Pastor David Moore, of Trinity Baptist Church. March 27: Jane Huppert, of Wesley Chapel United Methodist Church.

CHURCH NOTICES

Baxter Presbyterian Church, Dunmore – Worship Sundays March 17; 11 a.m.

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

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

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

First Baptist Church – Huntersville – Sunday School, 9:30 a.m.; Worship, 10:45 a.m. Wednesday night service 7 p.m.

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

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

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

Dunmore United Methodist Church – Wor-

ship 10 a.m. Adult Bible Study via Zoom 8 a.m.

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

Marlinton United Methodist Church – Worship at 11 a.m. Parking lot service on 90.3 FM radio, or join us on Facebook.

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

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

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

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

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

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

Marlinton Church of God, Beard Heights – Sunday School 10 a.m.; Worship 11 a.m. Wednesday Night Bible Study 5 p.m.

Marlinton Church of Christ, Lakeview – Sunday School 9:45 a.m.; Worship 10:45 a.m. and 6 p.m. Wednesday Bible Study 7 p.m.

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

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Woods believes that anyone can build good habits and kick the bad ones to the curb. She maintains that you must understand the psychology of your habits and routines. Only then can you dismantle bad habits and fully embrace good ones.

In truth, I could be more disciplined. The proof of my statement can be found in a bag of Lay's potato chips, preferably classic or kettle-cooked. I do not buy potato chips very often because I will eat the whole bag in one sitting.

Another reason I don't buy the large tubs of ice cream is my lack of discipline; I go for the pint-size containers. I have formed habits over many decades, some bad, some good. So far, the latter outweighs the former.

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