

If it has wheels and an engine, and it's not running...
 Find two-and four-wheeled vehicle service and sales
 in the Business Directory on page 9.



The Pocahontas Times

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

\$1.00

Serving Pocahontas County in the Endless Mountains of Appalachia

MARCH 28, 2024 VOL. 141 NO. 45

MARLINTON, POCAHONTAS COUNTY, WEST VIRGINIA 24954

visit us on the web at pocahontastimes.com

FRN fills needs and has a need of its own

Laura Dean Bennett
 Staff Writer

Stacy Tallman, the new executive director of the Family Resource Network, has deep roots in Pocahontas County. She hails from Stony Bottom, married young, moved with her serviceman husband to Hawaii and started a family.

In 2018, Tallman moved back home to Pocahontas County and went to work making a life for her family.

Before she took a job with the Family Resource Network, Tallman worked as a waitress, bartender and a customer service agent at Snowshoe. In the process, she learned a lot about how to work well with people.

A couple of years ago, she saw a job posted in *The Pocahontas Times* when the FRN was looking for a case manager. She was wondering about it when Becky Campbell, a long time friend and the director of FRN's Family Support Center, contacted her.

"Becky approached me about the job personally," Tallman said. "She said she thought I'd make a great fit for the job and encouraged me to apply for it."

"I applied, then talked to Laura Young, the FRN direc-

tor, and I guess we hit it off, because she hired me that very day, in July of 2022.

Tallman must have been a heck of a good case manager, because it wasn't but about six months later when Young came to Tallman with a proposition.

"She said, 'You remind me of myself at your age. I'd like to start training you to take over for me one day when I retire.'"

Young had been the executive director for 15 years.

In January 2024, a year and five months after she'd first started working at the FRN, Tallman was appointed as its new executive director.

Her responsibilities of overseeing all the ongoing programming, projects and direction of the organization, also include the fiscal responsibility for the FRN budget and expenditures.

Before she took the position Tallman had never written a grant. Last year, with the help from Young, she wrote 12 grants.

"Besides being responsible for the fiscal side of things, my main role is finding gaps in our resources and finding ways to close those gaps - and bring as many resources to Pocahontas County as possible," Tallman said.



STONY BOTTOM NATIVE Stacy Tallman was named executive director of the Pocahontas County Family Resource Network in January 2024. L.D. Bennett photo

"Laura's taught me so much. She was such an excellent director, so I am continuing to do things the way she did them, after all, she devised a solid system that's been working for more than

fifteen years. So, I'm continuing to do things the same way."

The FRN is a state agency with independently managed see FRN pg 10



FOR THE 2024 Grow This! seed giveaway, the WVU Extension Service has added a competitive element with the Throwdown. Counties in the state are encouraged to form teams for the healthy gardening competition.

Grow This! ready for a Throwdown

Suzanne Stewart
 Staff Writer

For the seventh annual Grow This! challenge, the West Virginia University Extension Service has upped the ante with a Throwdown challenge.

Grow This! is a free seed program offered through the extension service where West Virginians can apply to receive three free seed packets. For 2024, the state is challenging counties to form a Throwdown Team to compete in challenges that will bring some additional fun to the growing season.

"We want our challenges to help communities," said

Kristin McCartney, Extension specialist and SNAP-Ed coordinator with the WVU Extension Family Nutrition Program. "The challenges aren't just fun, they are strategies for building long-term nutrition security. We hope the challenges will encourage connection around issues of hunger and nutrition."

The Pocahontas County team was formed by gardeners Mia Evans, Tammy Hively, Mary Sue Burns and Hallie Herold. They set up a Facebook page where the team can share tips and challenges.

"So far, they've had challenges with soil testing see Grow pg 10

The path of the April 8 total solar eclipse

The total solar eclipse Monday, April 8, 2024, will cross North America, passing over Mexico, the United States and Canada. The total solar eclipse will begin over the South Pacific Ocean.

Weather permitting, the first location in continental North America that will experience totality is Mexico's Pacific coast at around 11:07 a.m. PDT.

The map at right shows the path of the total solar eclipse as it passes over the United States.



"HOP" on in to City National Bank and fill your basket with great services!

- Free Checking
- Free Online Banking
- Free Online Bill Pay
- Mobile Banking
- Debit Cards
- \$100 Direct Deposit Bonus
- Great Rates

...and so much more!
 Have a very Happy Easter!

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

West Virginia

Fostering a litter-free world

100 Miles - \$10,000 Road Clean-up Campaign

April 22, Earth Day, through May 22
GET YOUR GROUP REGISTERED NOW!
Registration deadline April 1

Make \$100 per mile for your Adopt-A-Highway or Civic group, community organization, 4-H club, other youth groups or businesses.*
 100 miles = \$10,000 back to local groups!

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

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

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

Nature's MOUNTAIN PLAYGROUND
 POCAHONTAS COUNTY, WV

In This Issue

Local News	2	Opinion	4	Obituaries	6	Legals	16
Calendar	4	Crossword	5	Preserving Pocahontas	7	Classifieds	19

Commissioner proposes “Owner Friendly” Demolition Ordinance

Tim Walker
AMR Reporter

At the March 19 Pocahontas County Commission Meeting, Commissioner John Rebinski proposed a new county demolition ordinance which is designed to help deal with unsightly run-down buildings found throughout the county. Rebinski said he used Monongalia County’s demolition ordinance as a guideline. He said that the biggest difference is that he eliminated all the negative enforcement references when he did the draft of his proposed ordinance.

Rebinski explained he did that because he wants the Pocahontas County Demolition Ordinance to be friendly and helpful to owners of run-down buildings, rather than to be threatening and punitive to the landowner. He said his proposed ordinance would foster cooperation from the landowner by helping them financially by having the county apply for grants to help pay for the demolition. He said there would be several conditions imposed for the county’s help. The site where the demolished building stood should be maintained as open space, and if the property owner later sells that property for a profit, the county would need to be reimbursed for any county expenses.

Commission President Walt Helmick agreed there needs to be an ordinance

dealing with such blighted properties in the county, however he wants to study the issue more closely before agreeing on a proposed ordinance. He said he wants this placed on their next meeting’s agenda for further discussion.

Also, during this meeting, two of the commissioners agreed to have a formal sales agreement drawn up for the county to purchase a fully-equipped ambulance from the Cass Volunteer Fire Department. That ambulance will be used by the county’s new ambulance service. In that motion, they also included the formal transfer of the vehicle’s title into the county’s name. Rebinski, who recused himself from voting on this because of his ties to the Cass VFD, explained that the commission had already approved this purchase for three payments of \$25,000, and one of those payments has already been made. The commissioners included in the motion to still make the two remaining payments to Cass VFD even though the title is being transferred to them before all the payments have been made.

The commission also heard from Day Report Director Jodi Zickefoose and agreed to issue a resolution in support of the Day Report’s 2025 Community Corrections Grant application. Zickefoose explained that, if approved, the \$51,000 grant award will be added to their annual operations budget, re-

ducing it from \$284,099 to \$233,099.

During the mail items portion of the meeting, it was learned that the restoration project of the old County Clerk’s Office in Huntersville is about half complete, and they are still looking for a period accurate desk for it.

It was noted that FEMA has sent updated flood plain maps to the courthouse for each precinct in the county.

The commission received two résumés for the position of County Flood Plain Manager, however instead of scheduling interviews of the applicants, they decided for each commissioner to review the résumés and then they will vote on hiring.

In addition, the commission:

- approved the 2024-2025 County Budget
- voted to have SecuriTech conduct the annual fire alarm system inspection at the courthouse and jail for \$2,200 which is the same price as last year.
- approved the recommended election officials for the May 14 Primary Election, and decided that the May 1 through May 11 early voting will be done in the commission room. The May 7 commission meeting will be held elsewhere in the building. County Clerk Missy Bennett clarified that West Virginia only allows absentee balloting for justified reasons such as military assignments, hospitalizations or travel which prevent in-person voting.

Superintendent of Schools addresses STEM concerns

Tim Walker
AMR Reporter

Over the last several days, numerous emails have been sent and received in Pocahontas County expressing serious concerns that there will be cuts to the teaching staff at Pocahontas County High School in Science, Technology, Engineering and Mathematics (or STEM) classes. Specifically, it was mentioned in several emails that teachers at PCHS have been told that because of budget shortfalls next school year, there are impending eliminations of one Math position and one Science position, as well as of Dual Credit and Advanced Placement Math and Science courses.

Pocahontas County Schools Superintendent Lynne Bostic responded with the following:

Statement regarding personnel season:

“I appreciate this opportunity to explain the process that we follow during personnel season.
“According to West Virginia Code

§18A-2-7(a) the superintendent must provide written notice to professional and service employees who are being considered for transfer, change in assignment, and/or dismissal. If a hearing is required, the hearing on a proposed transfer shall be held on or before May 1. The superintendent at a meeting of the Board on or before May 1, shall furnish in writing to the Board a list of teachers and other employees to be considered for transfer and subsequent assignment for the following school year.

“All personnel who are determined to be in excess will have an opportunity for a hearing on April 16 before a final decision is made by the Pocahontas County Board of Education.

“The proposed personnel decisions have not been made without extensive consideration for students, staff, and financial responsibilities. Our financial situation will change due to the conclusion of the Elementary and Secondary School Emergency Relief Funds and to the possible reduction in National Forest funding.

“Again, I appreciate this opportunity to explain the process.”

Planned Power Outage

Mon Power has scheduled a planned outage for Wednesday, April 3, to upgrade facilities in the vicinity of Dunmore. Affected customers will receive an automated call to the phone number associated with their account of record.

Manchin’s statement on final EPA Electric Vehicle Rule

U.S. Senator Joe Manchin (D-WV), Chairman of the U.S. Senate Energy and Natural Resources Committee, released the following statement Wednesday on the U.S. Environmental Protection Agency (EPA) finalizing its rule that sets stringent vehicle tailpipe emission standards.

“The federal government has no authority and no right to mandate what mode of transportation Americans can purchase for their everyday lives. This reckless and ill-informed rule will impose what is effectively an EV mandate without ensuring the security of our supply chains from nations like China and without a realistic transition plan that addresses our domestic infrastructure needs.”

Circuit Court

The following hearings were recently held in Pocahontas County Circuit Court before the Honorable Judges Robert E. Richardson and Jennifer P. Dent:

A hearing on motion for the admissibility of statements was held in the case the State vs Tony Garretson, 52, of Marlinton. The defendant gave statements to law enforcement April 10, 2023 and December 4, 2023. The defense does not contest the April 10 statement as it was voluntarily given. Defense advised that the December 4 statement was given to law enforcement without defense counsel being present. The State relates that the forest service officer may not have been aware that the defendant had counsel in the original court. The court ordered a briefing on this matter, and it is set for May 29. Garretson was indicted on two counts, driving in a controlled substance (Methamphetamine) impaired state proximately causing death of any person, a felony; two counts, negligent homicide, a felony; one count, petit larceny, a misdemeanor.

Daniel Myers, 49, of Durbin, appeared by video from the Tygart Valley Regional Jail for a hearing on motion to modify bond. The court granted a defense motion for home incarceration but the defendant is to be transported directly to Recovery Ridge substance abuse program in Summersville.

Dakota Aaron Beverage, 24, of Marlinton, waived his

right to a speedy trial during this term of court as defense counsel needs more time to view discovery in the matter. Motions are to be filed by June 3. Beverage was indicted on one count, cruelty to animals, a felony; wanton endangerment involving a firearm, a felony; one count, shooting across road, a misdemeanor; one count, shooting within 500 feet of a dwelling house, a misdemeanor; one count, use or presentation of a firearm during the commission of a felony, a felony.

Roger W. Teter aka Roger W. Teter, Jr, 53, of Dunmore, did not appear for his in-person change of plea hearing. Defense counsel advised the court that they had been unable to reach the defendant and the court granted a continuance to April 18. Teter was indicted on one count, petit larceny.

Luke Gum, 35, of Dunmore, waived his right to a speedy trial in this term of court, as defense counsel needs more time to prepare for trial. A status hearing is set for May 1. Gum was indicted by the April 2022 Grand Jury on three counts, sexual abuse in the first degree, a felony; three counts,

sexual abuse by a parent, guardian or custodian of a child, a felony; four counts, sexual assault in the first degree, a felony.

A capias was issued for Courtney Fay Wilfong, 38, of Marlinton, who failed to appear for her bond revocation hearing.

Greg Sharp, 39, of Cass, failed to appear for his in person sentencing. Defense counsel advised the court that the defendant is in Circle of Care in Charleston, and was confused as to what day he was to appear. The matter is continued to April 3. If the defendant fails to appear for this hearing, other charges may apply.

The Pocahontas Times will be closed Friday, March 29

Rayetta’s Lunchbox

Located behind State Farm Insurance/Second Avenue
Open Monday - Friday • 11 a.m. - 4 p.m.



Call for specials,
304-799-4888
or visit our Facebook page.

Correction

In the photo of the MES Students of the Month, Landyn Hoke was misidentified as Mason Albaugh.

LOCUST HILL RESTAURANT



Open Friday and Saturday
5 - 7:30 p.m.

Entrée menu:
WV Black Angus steaks, salmon, homemade crab cakes, trout and more.
Reservations recommended.

304-799-5471
Rt. 39 • Marlinton
Follow us on Facebook

MIM'S KITCHEN Join us for Easter Dining
11 a.m. - 2 p.m.
304-799-2240

DINE IN / CARRY OUT
Open Fri. and Sat. 4 - 7 p.m. • Sun. 11 a.m. - 2 p.m.
Best Cheesecake Around!

View menu on Facebook
3756 Jerico Road, Marlinton
2.5 miles off Stony Creek Road

Dean's Den LLC Since 2018
Dean's Den
Marlinton

828 Second Avenue, at the corner of Ninth Street
304-799-4555
WEDNESDAY - SUNDAY 11 A.M. - 8 P.M.
Fresh, upscale menu - weekly specials on Facebook
Serving Lunch and Dinner - Take out welcome!
Appetizers • Salads • Soups • Entrees
Sandwiches • Dessert

Upscale fast food: starters, subs, salads, burgers, pizza, more!
BREAKFAST/LUNCH/DINNER • DINE IN/TAKE OUT
WED. - SAT. 7 A.M. - 8 P.M. • SUN. 9 A.M. - 8 P.M.
FROST INTERSECTION • 304-799-4765

The Town of Marlinton has designated
April 8 - 12 as SPRING CLEAN-UP WEEK!

- Now is the time to get rid of the debris and garbage accumulated over the winter months.
- The town is offering special pick-up of any large items of garbage and debris - other than construction materials - during April 8 - 12. Residents should call the town office at 304-799-4315 to schedule pick-up. For convenience, large leaf bags are available at the town office.
- Contact the town office about tire collection.
- **LET'S TAKE PRIDE IN OUR HOMETOWN AND MAKE IT A CLEAN AND ATTRACTIVE PLACE!**

Please note that a fee of \$10 to \$25 will be charged per pick-up based on the quantity of rubbish.

Greenbrier Grille

facebook.com/greenbriergrille/

Daily specials posted on Facebook

Daily Specials March 28 - April 3

THURSDAY: Chef's choice. SUNDAY: Closed for Easter - spend the day with your family.
FRIDAY: Fried chicken BLT with hot honey and hand-cut fries. MONDAY: Chef's choice.
SATURDAY: Pulled pork platter, baked beans and potato salad. TUESDAY: Chicken nachos. WEDNESDAY: Chef's choice.

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

Open Thursday - Saturday
11 a.m. - 9 p.m.
7847 Seneca Trail
Hillsboro
304-655-2646

Serving lunch and dinner, desserts, milkshakes, ice cream, lattes, espresso, and more.
~Dine in or carry out~

Specials and menu posted on Facebook/HillsboroPublicHouse • Event schedule: hillsboropub.com

Charlie Chaplin Silent Film Night

The Pocahontas County Opera House will 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.

Roberts, long celebrated as a leading exponent of early jazz piano, will bring the Opera House alive with his illustrious skill set and passion. Roberts has been 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 nod to the Opera House's history, Roberts served as pianist and musical director for the late Leon Redbone, a notable past performer.



Charlie Chaplin

Roberts, an exceptional talent in writing for silent films, was 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. Admission to the Opera House performance is affordable at \$10 for adults; children age 17 and younger can enjoy the performance free of charge. Tickets can be conveniently acquired at the 4th Avenue Gallery, online at pocahontasopera.org or at the door during the performance.

The Pocahontas County Opera House is grateful for the financial support from the West Virginia Division of Culture and History, with the endorsement of the West Virginia Commission on the Arts; Pocahontas County Dramas, Fairs and Festivals, Mid-Atlantic Arts, and the Pocahontas County Convention and Visitors Bureau.



Pushing up daisies, ~literally!
What's the deal with human composting?

Q: What do coffee grounds and humans have in common?

A: They're both great for composting.

To introduce the topic of human composting, allow me to discuss a scene from an older, but still popular, 1972 movie, *Jeremiah Johnson*, starring Robert Redford. Jeremiah was a mountain man, and judging from his military uniform, he had served in the Mexican War, so the time period was most likely the late 1840s.

The scene in question begins with a cavalry unit showing up at a cabin where Jeremiah is living with a Native American woman and a mute boy who had witnessed the slaughter of his family. The cavalry officers implore Jeremiah to lead them through a rugged mountain pass to save the lives of a group of settlers stranded in deep snow in a remote valley.

Against his better judgment, he relents and leaves behind his circumstantial

family to help the settlers. Jeremiah insists that the soldiers stay silent out of respect for a Crow burial ground they must go through to reach the pass.

The soldiers are unaware of the danger they have imposed on Jeremiah, but he knows that the Crows don't take kindly to those who disrespect their sacred burial grounds. Johnson is visibly spooked as they proceed in single file past the body-

laden scaffolds that seem to be lifting the dead toward the heavens as an offering.

Johnson's instincts about the intrusion into sacred ground were shown to be correct when he returned to his cabin to find his Flathead wife and adopted son slaughtered.

Many Native American tribes practiced the same or similar burial techniques. Tree burials were common among the Sioux and Utes, where the Navajo dress and wrap their dead in a blanket and bury them with their possessions far from their living area. If a Navajo dies in their hogan, the entire structure, along with its possessions, is burned to the ground.

Other Native American burial practices include cave burials, tree burials, and simply wrapping the body in a blanket or shroud and plac-

ing it in a grave.

Most, if not all, of the native groups provide for a natural burial of the deceased, one in which the body is allowed to return to the earth from whence it came. Think of the *Book of Common Prayer* phrase, "Ashes to Ashes, Dust to Dust."

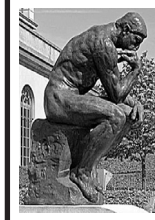
Unlike conventional funerals using embalming fluids to preserve the body, a natural or green burial does not inhibit decomposition and is currently allowed in five states as an alternative to funerals involving metal caskets and ever-diminishing real estate.

The majority of states still do not permit natural burials for religious reasons and public health concerns. However, that's likely to change as more and more

see Your pg 15



HUMAN COMPOSTING VESSEL ready to enter the composting chamber. Straw, alfalfa, and pine chips are placed on and under the body to ensure enough heat for microbial activity to transform the body into pure, undiluted soil.



TRIVIA – a little something to think about

Don't touch that dial

1. GBBO is a British reality television show which features a group of amateur bakers competing in a series of rounds. What does the acronym stand for?
2. What method of applying seed, fertilizer, or pesticide in a wide pattern shares its name with the method of using public airwaves to transmit television?
3. What man served a single year as the mayor of Cincinnati in 1977, fourteen years before the debut of his namesake television show?
4. What sci-fi television program showed the first interracial kiss on television?



It's a good...
Old Spanish custom...
Take your mug...
And brush...
And bust 'em.
Burma-Shave

Early to bed...
Early to rise...
Was meant for those...
Old-fashioned guys...
Who don't use...
Burma-Shave

Joni Nichols
For Prosecutor

Paid for by the Committee to Elect Joni Nichols Prosecutor, K. Newton Nichols, Treasurer

The Bear's Den
10800 Potomac Highlands Trail
(Rt. 28/92) Boyer

EASTER SUNDAY SPECIALS
Cold Bar and Hot Bar Buffet
Your choice!
POT ROAST or PINEAPPLE HAM
Served 11 a.m. - closing • Take out available
EASTER EGG HUNT FOR THE KIDS
- SATURDAY, MARCH 30, 5 p.m.
681-206-7973
Restaurant hours: Mon. - Fri. 7 a.m. - 8 p.m.
Sat. 8 a.m. - 8 p.m. • Sun. 8 a.m. - 7 p.m.
Store and gas pumps open seven days a week

GLORYWAY
Award-Winning Gospel Music!

SAT., APRIL 6, 6 p.m.
First Baptist Church, Huntersville
EVERYONE INVITED!
A love offering will be taken.
WWW.GLORYWAYMUSIC.COM

He is not here, but is risen!

Remember how He spoke to you when He was still in Galilee, saying, "The Son of Man must be delivered into the hands of sinful men, and be crucified, and the third day rise again."
Luke 24:6-7

KINNISON GROUP
INSURANCE & FINANCIAL SERVICES
KinnisonGroup.com
304-614-0009

Keep Judge Richardson

ROBERT RICHARDSON
Circuit Judge

Hardworking. Honest. Experienced.

Since becoming your circuit court judge 10 years ago, I have presided over hundreds of cases in Pocahontas County. Each of those cases was important, and it was important to me to make sure that each was decided fairly, promptly and in accordance with the law.

A wide variety of cases come before the circuit court – civil disputes about land rights, personal injury claims and employment issues, as well as criminal cases and child neglect matters. I've had experience in handling all of these types of cases as judge and, before that, as a practicing lawyer for 27 years. As result, I can better understand the issues presented by each case and the procedural rules that apply, and that means cases can be resolved more efficiently and more appropriately.

I humbly seek your support and vote on May 14.
Pocahontas County needs and deserves an experienced judge.

Paid for by the Committee to Keep Judge Richardson, David G. Hammond, Treasurer.

Stirring up memories

Laura Dean Bennett
Staff Writer

I think of my mother's kitchen when I think about wooden spoons.

Displayed in a crock or nestled in a drawer, wooden spoons add a touch of rustic charm to any kitchen.

They are practical and practically indestructible. They feel good in your hand, and they harbor generations of good memories.

Wooden spoons go way back in nearly every culture around the world – way, way back.

Archaeological excavations have revealed that wooden spoons were being used by the ancient Celts in Iron Age Britain and elsewhere in the world, at least as far back as 250 B.C.

Since the moment of its invention, the wooden spoon has been integral to a variety of cultural traditions.

Wooden spoons were buried in Egyptian royal tombs alongside gold and silver spoons, indicating that Egyptians considered them to be essential in the afterlife – and as important as their precious metal cousins.

Since ancient times, they've been considered to be important family heirlooms, passed down from one generation to the next. In many cultures, they are often given as gifts at special occasions such as weddings or housewarmings.

Their workmanship has made them into indigenous folk art.

Highly decorated spoons were used as courting gifts and wedding gifts. Many of these beautiful examples of wood-carving craftsmanship may be seen in museum collections across the world.

Welsh tradition records prospective young suitors making wooden spoons as courting gifts. Often the number of rings depicted in the carving reflected the number of children the suitor hoped for his family.

If the spoon was accepted, the courtship could commence. The couple's love-

spoon would be one of their family's most cherished possessions.

In Norway, a bridegroom and his bride often ate their first meal with spoons linked by a wooden chain. The spoons and the chain would all be carved from a single piece of wood to symbolize an unbreakable union.

Artisans in the Khokhloma region of Russia are still famous for the breathtakingly intricate designs of their wooden spoons.

Iranian paintings from the early to mid-nineteenth century show finely carved wooden spoons balanced on the edges of porcelain bowls. These lime or pear wood spoons were reserved for the use of dignitaries or honored guests during a banquet or important ceremony.

In Africa, wooden spoons

food and drink to the ancestors' spirits and to ask for their protection and guidance.

In many Native American traditions, hand-hewn wooden spoons were used by various tribes for ceremonial occasions.

In early 1800s, England's venerable University of Cambridge took to bestowing wooden spoons as "prizes" for poor academic or sporting performance.

Interestingly, in later years, in other schools, wooden spoon awards were given to the best student in the class or the best sports team.

"Wooden spoon awards," which don't always include an actual spoon, are still sometimes presented to a British or Commonwealth sports team with the worst



A WOODEN SPOON collection often shows signs of wear and tear, especially burn marks, which recall memories of cooking large Thanksgiving meals, the stove top risks of making homemade candy and a forgetful daughter learning how to cook. *L.D. Bennett photos*



often featured carvings of wild animals and symbols of a tribe's heritage.

In Zulu culture, it's customary to offer guests food using a special wooden spoon as a sign of respect and goodwill.

In addition to their practical use, Zulu wooden spoons have spiritual significance. Their decorations of cowrie shells and beads have symbolic meaning.

They are used to offer

record. They are also handed out as "booby prizes" for last place in modern day British pub games and quizzes.

Beyond their historical and ceremonial uses, wooden spoons still have a useful and treasured place in the modern kitchen.

In our fast-paced world, the wooden spoon remains a symbol of the enduring value of simple and practical tools, made with attention to craftsmanship.

The best wooden spoons are made of fine-grained hardwoods such as walnut, cherry, maple, sycamore, beech, and apple – which are durable, non-porous and able to stand up to moisture and staining.

They can be used for so many kitchen tasks, from stirring soups and sauces to

boiling pasta and scrambling eggs.

Before we had electric mixers, our mothers and grandmothers used wooden spoons for creaming butter and sugar.

These days, as so many people use non-stick cookware, we are learning about the dangers of scraping off microscopic bits of a non-stick surface into our food.

Wooden spoons (and other wooden utensils) are the perfect gentle tool for stirring and scraping non-stick surfaces. Wood is also better to use with seasoned cast iron so as not to scrape off the seasoning, as well as to use with copper cookware, which scratches easily.

They don't react with acidic foods, such as tomatoes or citrus, which can sometimes take on a metallic taste when repeatedly stirred with a metal spoon.

A wooden spoon brings no

foreign flavors to muddling herbs. It can stop a pot of pasta from boiling over, and fold together the wet and dry ingredients of pancake or brownie batter.

They are heat-resistant and can be used on the stovetop without fear of melting and won't burn your hand if left in a boiling pot.

Wooden spoons are biodegradable and environmentally friendly.

The argument by some that wooden spoons harbor bacteria doesn't hold up under scrutiny.

Just wash them in hot, soapy water or put them in the dishwasher, then let them air dry.

To be sure of removing particularly worrisome bacteria (raw meat, fish or poultry), you can wipe wooden

see Stirring pg 10

Orthopedic Center of Excellence

NOW AT

The CowenClinic

WEBSTER MEMORIAL HOSPITAL
Vandalia Health

Dr. Boardwine Orthopedic Surgeon

WHY CHOOSE DR. BOARDWINE

With an extensive background in orthopedic surgery, Dr. Walter Boardwine brings experience in diagnosing and treating many conditions of the joints and bones. From joint replacement to sports and work-related injuries, he helps those with functional limitations in mobility regain their normal activities.

SERVICES

Orthopedic Surgeon Walt Boardwine, DO, will diagnose and treat patients for orthopedic conditions like :

- Osteoarthritis
- Cubital tunnel syndrome
- Lateral epicondylitis (tennis elbow)
- Medial epicondylitis (golfer's or baseball elbow)
- Carpal tunnel syndrome
- Ligament injuries of the knee (torn meniscus)
- Trigger finger
- Orthopedic conditions of the knees, hips, shoulders, wrists, arms, legs, elbows, fingers, and lower extremities.
- Pre-operative and post-operative patients who have had orthopedic surgery in Elkins.

Call for an Appointment

304.637.4509

Orthopedic Surgeons: Walter Boardwine, DO • Lucas Pavlovich, MD, FAOS • Richard Topping, MD, FAOS

PMH PHARMACY

105 Duncan Road, Suite A • Buckeye, WV 24924

Outstanding service from people you know.

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

Next day availability on medications or OTCs not in stock • Over-the-counter items

- Easy prescription transfers
- Health and personal care products
- Coffee Shop • Gifts

Amy Kelley, PharmD, Kelley Warner and Lisa Burdette, CPhT, and Quin Hatfield, PharmD

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

WE WANT TO BE YOUR LOCAL FAMILY PHARMACY. 304-799-1077

Martha Giddings-Broker/Owner

Local Agents Selling Local Property

Martha Giddings-Broker
304-651-2099
MartyGiddings@remax.net

Heather Pace-Sales Associate
434.953.7574
Heather@RemaxSnowshoe.com

Michael Hughes-Sales Associate
304-651-2100
MHughes@remax.net

Ryan Pace-Sales Associate
434.960.4556
Ryan@RemaxSnowshoe.com

Main 304-572-2100 570 Cass Rd. Slatyfork, WV 26291 SnowshoeResort.net

VOTE
May 14
MARK THOMPSON
MAGISTRATE - Pocahontas County
Paid for by the candidate

Making connections



POCAHONTAS COUNTY EMERGENCY Management and 911 Director Mike O'Brien, Deputy Director Kevin Stitzinger with Senator Joe Manchin at the West Virginia NENA 911 Emerging Technologies Conference in Charleston.

O'Brien said Senators Manchin and Shelley Moore-Capito already knew the primary needs of the county, so it was easy to jump into productive conversations about funding a new 911 facility and efforts toward a NRQZ/Public Safety communications solution in the time they had together.

Grow, from page 1

—encouraging people who are part of the group or anybody in the county to get your soil tested," Hively said. "Now there's one with creative ways of potting plants, which is why I shared the newspaper pots as an idea."

Each Thursday, a lecture is shared online for team members to watch. They feature experts providing information on topics such as food safety 101, pruning, varieties of vegetables, seed packets and more.

"The larger goal is that we have more food available for

the county — free or through farmers markets — just to get more fresh food, fresh vegetables and things like that, into the hands of the people in the county," Hively said.

The team has a slight edge due to the actions of some of its members, including the four leaders. Last year, Herold and Hively started a seed library at Green Bank Library where seeds are collected and shared with the community. The library was started after a seed swap was held and there were seeds leftover.

Green Bank Library just held its 2024 seed swap and again had leftovers for the seed library at Green Bank and Linwood Community Library.

Since starting the team Facebook page — Pocahontas County WV, Grow This! Throwdown Team — it has accrued 71 members and is still open to those interested in joining.

Along with sharing updates on the challenge and Thursday lectures, the Facebook page is a place for members to share their own expertise and suggestions with other gardeners.

The team is open to gardeners of all levels and all are welcome to join.

"If you garden much, you probably know a lot of the information that they send, but it's still a great refresher," Hively said. "It's fun."

Stirring, from page 8

utensils down with lemon juice or a mild bleach solution.

Preserve their finish by oiling wooden utensils with coconut oil, mineral oil, hempseed, walnut or flax oil. Other oils aren't recom-

mended as their residue may become rancid and leech into food as the spoon is used.

For best results, give the oil a little time to dry before using the spoon again.

Wooden spoons make a beautiful addition to any kitchen, and they become heirlooms soaked in family memories which add that intangible, but all-important

ingredient to our cooking-love.

When I use a wooden spoon that was my grandmother's and then my mother's, I can't help but think of all the meals that spoon helped those women make. And the love that their hands stirred into the food that nourished our family through good times and bad.

Faith, from page 9

breathed His last, he said, "Truly this man was the Son of God!"

The centurion saw Jesus seek forgiveness for those who had bitterly abused Him.

It changed the man.

The ability to truly forgive is a great divider of men and women. Ministers will tell you it's a troubling problem within their congregations.

The matter can cut even deeper.

I am reminded of a small church I attended years ago. Our new minister—the most gifted speaker I had ever heard—seemed destined to become a world-renowned evangelist. When he preached, you could hear a pin drop.

Yet something seemed amiss. He was nearly forty and hadn't been assigned a larger church.

Soon enough, those beautifully delivered sermons became a problem, and church attendance dwindled.

One Sunday, a deacon approached me, frowning. "The things he says."

"Have you talked to him?" I asked.

He nodded and scowled, even more upset.

"What happens now?" I

asked.

"We're stuck with him."

So what was the minister's problem? Here's an example. During Bible study, the minister mentioned a man who had wronged him.

"That jerk!" he said.

See what I mean? The minister hadn't learned to forgive.

He isn't alone. We live in a world that teaches fairness, and forgiveness is the epitome of unfairness—the wrongdoer doesn't deserve to be forgiven.

Every day, remember the crushing death of our Lord. Know that you are His witness to the world. Remember also the centurion standing before that cross, and how forgiveness changed his life.

The greater the ordeal, the greater the impact of forgiveness on another.

Hold dear this Bible verse. Memorize it and keep it close: "Share in suffering as a good soldier of Christ Jesus." (2 Timothy 2:3)

Do as Jesus did. Forgive.

The Rev. Mathews (BA, MDiv, JD) is a syndicated newspaper faith columnist and the author of Emerald Coast: The Vendetta. Write to her at Hello@RAMathews.com. (Just one t in Mathews)

Copyright © 2024 R.A. Mathews. All rights reserved.

TRIVIA ANSWERS: (1). Great British Bake Off (2). Broadcast (3). Jerry Springer (4). Star Trek

MITCHELL CHEVROLET *Spring Picks*

2020 Ram 1500 BIG HORN
 Quad cab, 4x4, 5.7 V8. Low miles. Local trade.
\$32,495

2020 Chevy SILVERADO 2500
 Local trade. Ready to work. 45,500 miles.
\$40,995

2022 Chevy SILVERADO 1500 CUSTOM
 Crew cab, 4x4. Turbomax. 14,000 miles.
\$38,995

2023 Chevy SILVERADO 1500 Z71 TRAILBOSS
 Crew cab, 4x4, steps. Local trade. 33,000 miles.
\$44,995

2021 Chevy TAHOE LS
 4x4, 5.3 V8, steps, third row seating. Low mileage. Local trade.
\$46,995

2019 Chevy CRUZE LS
 Automatic, 4cyl, keyless entry, camera, Bluetooth. 38 mpg highway.
\$15,995

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

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

MARLINTON OFFICE
304-799-0579
 18102 Seneca Trail, Rt. 219
 Marlinton, WV 24954
888-799-0579

SNOWSHOE BRANCH
304-572-4440
 Located two miles north of Rt. 219/66
 Downtown Mace

RED OAK REALTY

Oak Hall, Broker
 Sales Associates:
 Kathy Owens,
 Lisa Circle

www.property4u.com

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

LISTINGS

 6628 - Marlinton. Well-maintained, 3BR/2BA home with large front porch on 0.22 acre. Handicapped accessible. Just minutes to restaurants, recreation and entertainment. — \$150,000	 6622 - Dunmore. 3BR/2BA chalet-style home with full basement and two-car detached garage on 50 very private acres. Surrounded by national forest. — \$625,000	 5635 - Lewisburg. Exclusive Lamplighter Subdivision. Lot 37. 0.454 acre. Property is close to all the best the Greenbrier Valley has to offer! Title insurance available. — \$7,900	 5634 - Lewisburg. Exclusive Lamplighter Subdivision. Lot 19. 0.55 acre. Property is close to all the best the Greenbrier Valley has to offer! Title insurance available. — \$5,500	 6523 - Mill Point. Lot C-2. Little Mountain Retreat. 2.5 acre lot close to national forest, Highland Scenic Highway, Greenbrier River and Trail. Near Cherry, Cranberry and Williams rivers. — \$14,000
 6498 - Hillsboro. Lot A-1. Offering 2 wooded acres in restricted development of Little Mountain Retreat with easy access. Near national forest and fishing. Owner financing available. — \$15,000	 6445 - Caldwell. 3BR/1BA mobile home with stick-built expansion on 15+ acres. Great location. Home needs work. Just minutes to Lewisburg, Greenbrier River and Trail and Organ Cave. Sold as is. — \$52,000	 6616 - Huntersville. 8.88 mostly level acres with good access. Property is partially cleared with acreage for a few horses. Close to Watoga State Park, Greenbrier River and Trail and Knapps Creek — \$45,000	 6617 - Cass. 1.56 acres bordering Greenbrier River and Allegheny Trail. Sloped to steep land with building site out of floodplain. Electric, phone, spring. Near Cass Scenic Railroad and Greenbrier River Trail. — \$34,000	 6585 - Bartow. 3BR/1BA with basement, two-car detached garage on 1.6 acres. Three outbuildings. Borders Recreation Park. Close to Greenbrier River and Trail. Durbin and Cass railroads. — \$169,900
 6577 - Marlinton. Great home on 2.08 acres — \$189,000	 6640 - Cass. 3BR/2BA home with huge garage on two acres. — \$325,000	 5636 - Lewisburg. Exclusive Lamplighter Subdivision. Lot 35. 0.462 acre. — \$7,900	 6297 - Snowshoe. 2.30 wooded acres in Sunset Mountain, a protected community. — \$7,500	 6530 - Slaty Fork. Four wooded acres in Eagles Nest Subdivision, within a mile of the eastern entrance to Snowshoe. Near Cass Scenic Railroad, Greenbrier River and Trail. — \$49,900

RON'S TREE SERVICE, LLC

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

*Veteran and Senior Discounts
 FREE ESTIMATES*

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

Since 1991 WV 2226-1961

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



Don't be short-sighted about your eye health

Suzanne Stewart
Staff Writer

As someone who has been going to the eye doctor for nearly 40 years, I know a thing or two about eye health. It is easy to take your eyesight for granted – enjoying the vibrant colors on a gorgeous fall day; the memories made when family gathers; or the multitude of stories that evoke emotion when you read a book.

If your 20/20 vision starts to fail, those things begin to fade and change. That's when you know it's time to go to the doctor.

Early detection is so important.

I was five when my mom noticed I was sitting in front of the television instead of on the couch across the room. When she asked me why, I said I couldn't see it as well. Off to the doctor we went and sure enough, he

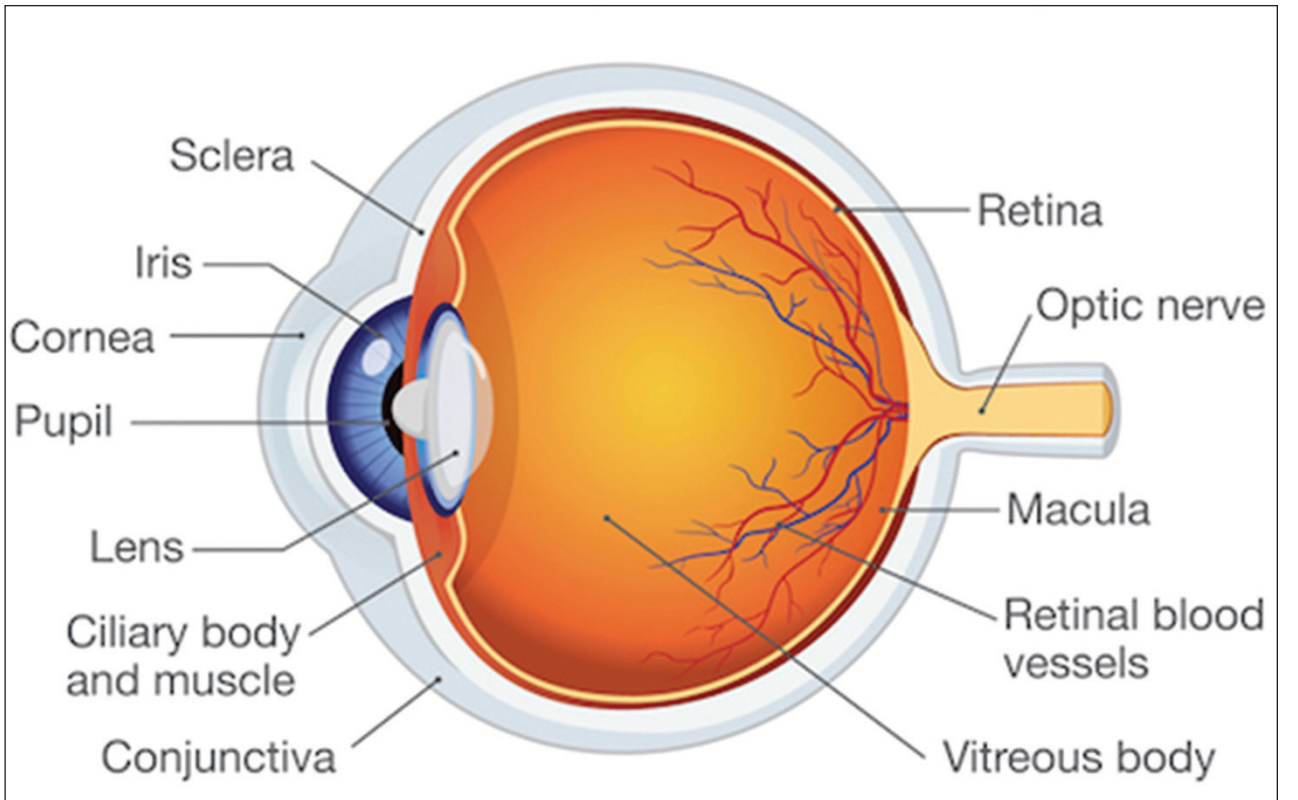
found I was nearsighted.

My vision has continued to decline since then and now I would be considered legally blind without glasses or contacts. My vision is 20/2000, a far cry from perfect vision.

The most common visual maladies are nearsightedness and farsightedness. The first means you can't see far away and the latter means you can't see up close. I can always remember the difference because my uncle had to hold his newspaper far away from his face in order to read it. That meant he was farsighted.

Another common diagnosis is astigmatism, which causes blurry vision, headaches, eye strain and trouble seeing at night. Like near and far sight, astigmatism can be corrected with glasses and/or contact lenses.

see Eye pg 20



THE HUMAN EYE is the sense organ that receives visual images and transmits them to the brain. Light passes through its transparent front and stimulates receptor cells on the retina, which, in turn, send impulses through the optic nerve to the brain. *Information source: Britannica.com*

Mountain Hospice
Happy Doctors Day – March 30
"To all the physicians and support staff in our area... You are truly appreciated. It is recognized that all of you go above and beyond for others."
The Staff of Mountain Hospice
www.mountainhospice.com
Pocahontas County - Marlinton
304-799-2673 • 888-763-7789

PIONEER INSURANCE AGENCY, INC.

- Short Term Medical Plans
- Dental Plans
- Vision Plans
- Affordable Rates
- Accident Plans
- Critical Illness Insurance
- Life Insurance
- Local Agent

304-636-2300
www.pioneerinsuranceagency.net

p o c a h o n t a s c o u n t y w v . c o m

COME TO RIDE!

STAY FOR THE REST.

Request a free Visitors' Guide here:

Nature's MOUNTAIN PLAYGROUND
POCAHONTAS COUNTY, WV®

Pulmonology and critical care specialties address health risks common in West Virginia

WV Press Association

If you think pulmonologists always focus on a patient's lungs, you'd be wrong.

Tom Takubo, D.O., of the West Virginia School of Osteopathic Medicine - Class of 1999, said many people don't realize how intimately the lungs are intertwined with other organs involved in the breathing process.

"As a pulmonary specialist, you do learn the lungs at a much greater level," Takubo said. "But the body has a lot of redundancy, and you can sometimes lose a third of your lung function before you notice a problem. When patients come to me, I'm often diagnosing heart problems, because the lungs are just one piece of the process. Lungs put oxygen into the blood, the heart has to push that blood, the blood has to carry it, and then it has to be able to jump from the blood to the tissue. If there's a problem in any of those areas, it's going to make you short of breath. So figuring out why oxygen isn't getting there often falls to a pulmonologist."

Takubo, a pulmonologist and critical care specialist, is a founding physician and partner in Pulmonary Associates of Charleston, W.Va., a lung center that was the first in the state to incorporate electromagnetic navigation bronchoscopy (ENB), a procedure that changed the way lung cancer is diagnosed. ENB allows physicians to more accurately guide endoscopic tools through the bronchial pathways.

"In the past, if you had a spot on your lung, most of the time they would have to remove a piece of the lung to biopsy it," Takubo explained. "Half the time it was benign, but lung cancer is so dangerous that you didn't take a chance. Because there are so many twists and turns as the airways divide, a bronchoscopy only gave you about a 14 percent chance of getting where you wanted to go. When ENB was introduced in 2008, it was a game changer. If someone had a suspicious-looking spot on

"As a pulmonary specialist, you do learn the lungs at a much greater level."

~ Tom Takubo, D.O.

the lung, you could now triangulate your exact position and get to the spot without cutting the person open."

Takubo, who is also majority leader for the West Virginia state Senate and recently became executive vice president of provider relations for the West Virginia University Health System, completed an internal medicine residency with WVU and a pulmonary and critical care fellowship at East Tennessee State University. He said the specialties of pulmonology and critical care have enough in common that physicians considering these fields have multiple options once they finish an internal medicine residency.

"There's a lot of overlap between what a pulmonologist does and what a critical care doctor does. Because of that, you can do a two-year fellowship and become a pulmonologist, or you can do two years and become a critical care specialist — or you can combine them and do three years. The overlap allows you to shorten your fellowship," Takubo said.

He said one of the advantages of specializing in pulmonary medicine or critical care is that it can address one of the problems many of today's physicians face: the potential for burnout.

"If you're a trauma surgeon or emergency room doctor, it's exciting, but more excitement means more adrenaline, and more adrenaline means more fatigue," he said. "With pulmonary medicine, you get a mixture of office work, where you're not worrying about your pager, and higher intensity things like the hospital or intensive care unit. Having that mix extends your shelf life. You're not doing something with full intensity all the time. And critical care was challenging in the past because being on

call was so difficult. But now it's changed, and most critical care is shift work, similar to what ER physicians do, which is better for quality of life."

It's especially important that medical schools produce physicians who become pulmonologists in the Mountain State, where, according to the West Virginia Division of Tobacco Prevention, 25.2 percent of adults are smokers, compared with 15.5 percent nationally. Takubo said that's just one of several reasons the demand for the specialty is high in the state.

"West Virginia has the highest incidence of smoking in the nation, and we have the coal industry, which can be damaging to the lungs because of silica dust. We're also in the 'Histo belt' — histoplasma capsulatum is a fungus dropped by birds and bats, and it ends up in the soil. It causes histoplasmosis, which leaves nodules in the lungs that doctors have to do imaging on because they look identical to lung cancer. All these things keep pulmo-



Tom Takubo, D.O.


nologists busy," he said.

Takubo, who was named to *West Virginia Executive* magazine's Health Care Hall of Fame in 2022, recommends that students enter medical school without preconceived ideas about their future specialty.

"Prior to or during medical

school, you may be fixated on what you think you want to do. I would instead pay attention to what you love," he said. "I love being a pulmonary and critical care doctor and taking care of patients. I love the feeling you get when you're at a restaurant or store and some-

body stops you and says, 'You saved my family member's life,' or even 'My family member didn't make it, but thank you for taking care of them.' Families see how hard we work to give everybody the best chance we can, and that's rewarding."



Helping families with their financial goals.


Good Life Financial, LLC

Call for your free consultation.

LuAnn Creager
304-456-4828

4954 Potomac Highlands Trail
Green Bank, WV 24944

Securities and investment advisory services offered through *Osaic Wealth, Inc.* member FINRA/SIPC. *Osaic Wealth* is separately owned and other entities and/or marketing names, products, or services referenced here are independent of *Osaic Wealth*.



HELP FOR A HEALTHIER BUSINESS

We do more than just tax returns!
PAYROLL, ACCOUNTING, TAX PREP (all kinds) and NOTARY PUBLIC


PLUS:

- ★ Better tracking of your income and spending
- ★ Business license and FEIN registration
- ★ Monthly/Quarterly Reports Preparation

New Accounts Welcome!

GILARD TAX SERVICES
More than 30 years' experience. References available.
Monday - Sunday by appointment only
Thornwood Road, Bartow, WV 24920
304-456-4787 • gilardtaxservices@live.com

Life is for everyone.



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

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

West Virginians for Life
POCAHONTAS COUNTY CHAPTER
wvforlife.com

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

Yoga and Aerobics classes available; Zumba classes starting soon!

Membership is \$15/mo. and includes access to the gym at any time.
Individual gym sessions \$3

If you'd like to join or volunteer, contact Amy Henry-Morgan at npcwellness@gmail.com

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

New equipment arriving soon, including a new Concept2 Rowing Machine.

Buckeye Hardware
Home • Farm • Lawn & Garden

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

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



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

Parasite Protection

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

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



seresto[®] Heartgard[®] revolution
Catego[®] for Cats ProHeart[®] NexGard[®] Simparica TRI[®] for dogs

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

FRANKFORD VETERINARY HOSPITAL
Julie Gibson, DVM

Office Hours by Appointment • Two locations:

304-799-6181 410 Second Avenue MARLINTON Monday 1 - 4 p.m. Wednesday 9 a.m. - noon.	304-497-3409 21287 Seneca Trail North FRANKFORD Monday - Friday 8 a.m. - 5:30 p.m.
---	--

The journey to a HEALTHIER YOU starts HERE!

CLASSES:
Zumba • TaeKwonDo
Groovy Tots • Yoga
Chair Yoga
Pickleball – Saturdays 9 a.m. - 1 p.m. and daily during Spring Break, April 1 - 5, 9 a.m. - noon.
Square Dance – Sat., April 6
Dunmore Community Center



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

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



This month, we are highlighting Recovery and Re-Entry work, an area of advocacy where Legal Aid of WV (LAWV) involvement may surprise and impress you. Below are descriptions of three strands of LAWV work and a story of how that work impacted the life of one individual in recovery.

In 2019, LAWV attorney Brendan Wood, based in Charleston, began a project providing direct legal services to West Virginians in recovery as part of a two-year fellowship with the national public service organization, Equal Justice Works. Now, almost five years later, Brendan's work has evolved and expanded into a formal LAWV Recovery Medical-Legal Partnership. This service is now available in several regions in the state, working with multiple partners and employing paralegals and attorneys and funded by WV Department of Human Services' Bureau for Behavioral Health.

Earlier in that same year, Jobs & Hope WV was created by Governor Jim Justice and the West Virginia Legislature. LAWV received funding to work on criminal record expungement with those in recovery. Beckley-based Supervising Attorney Marie Bechtel became the lead staff member on this grant and the state expert on

educating service providers and helping clients on the driver's license reinstatement and expungement processes. LAWV regularly holds community education clinics on this topic, such as the one highlighted below, and offers free legal information on its website.

How does this work help change lives? Below is a client story from our Recovery Medical-Legal Partnership, a highlight of our Jobs & Hope partnership, and a recap of a fantastic opportunity LAWV had to work with law students and private attorneys to provide a driver's license reinstatement and expungement clinic in Charleston earlier this month.

LAWV's legal advocacy is often only one piece of an individual's recovery journey to employment, stability, and safety. However, we take that role seriously and continue to look for ways to partner, develop resources, and expand services.

Claire's Story
By Legal Aid WV

Claire came to Legal Aid of WV (LAWV) two years ago through her recovery program at Rea of Hope, a 12 step-based fellowship program for West Virginians struggling with addiction.

"When I first started the program, it was solely because I wanted to get my kids back," Claire said. En-

tering Rea of Hope, she no longer had custody of her two children after Child Protective Services (CPS) got involved. "I lost custody. I was extremely tired. I was mentally, physically, emotionally beat down, and I was tired of solely focusing on getting high and my toxic relationships."

Though she had tried entering treatment before, Claire was determined to make it work this time, at first for her kids, but eventually, for herself, too.

"Once I stayed at Rea for a bit, I noticed these other women were doing great things," she said. "They were inspiring, and I thought, 'I want to be like that one day.' It made me want to do it for myself and the long-run."

Through Rea of Hope, Claire got a referral to a LAWV Recovery Medical-Legal Partnership attorney, who specifically addresses legal problems for those in recovery. Since 2018, the program has worked with multiple treatment facilities in the state to provide clients with resources that help them re-enter their communities, avoid relapse, and work toward their goals.

Her attorney says her case initially seemed like it could go either way for Claire. Once CPS gets involved in cases, it's difficult for parents to change their custody situation, and Claire's ex was



LEGAL AID OF West Virginia shares Claire's story of recovery through the Rea of Hope 12 step-based program.

not responsive to her requests to see her kids.

"We try to look at the facts and prepare our clients' expectations," he explains. "Even getting the facts was a process in this case because I didn't know what had happened before Claire got into recovery."

Claire and her attorney did not give up.

Over time, they were able to get visitation set up so she could see her kids and re-establish a relationship with them.

"Building that relationship was hard," Claire said. "I didn't know my kids anymore and what they liked or who they were. They didn't know me. I was learning

them again, and I was really nervous. I have young kids, too, and they were able to come to the visits. We all learned together."

Claire and her ex now share custody of their children, and she says things have gotten easier for everyone involved. They are creating a new normal.

"I think one of the most outstanding parts of this case

was everyone involved complimented Claire on the work she did in recovery," her attorney said. "The CPS prosecutor, the guardian ad litem in the case—they all said they were proud of her."

Because of her time at Rea of Hope, Claire has been able to maintain steady employment at a great job for

see Brief pg 14

General Overview

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

Rehabilitation Unit

- 15 Private Rooms
- Skilled Nursing Care
- Private Living Room
- Private Dining Area
- Internet Cafe
- State-of-the-Art Gymnasium / 3000+ sq ft

Reflections at ERCC

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

www.ercr.biz • 304.636.1391
2533 Beverly Pike • Elkins, West Virginia
Accredited by the Better Business Bureau
An Equal Opportunity Employer and a Drug-Free Workplace



Thank You.

On this Doctors Day, we say thank you to the doctors in our hospital and our community who dedicate their lives to making our lives better.

THANK YOU for your tireless hours and devotion to the people of Pocahontas County.



Serving the needs of the community by providing

24-Hour Emergency Care and Ambulance • Rural Health Clinic • Behavioral Health Services
• Radiology Services • Respiratory and Physical Therapies • Acute and Skilled Care • Full Clinical Laboratory
150 Duncan Road • Buckeye, West Virginia
304-799-7400 • pmhvv.org

Angela Hoffman MA, Licensed Psychologist

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

Services provided:

Individual Therapy
Family Therapy
Couples Therapy
Psychological Evaluation

Most insurances accepted, including Medicaid.

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

304-992-7343

FREE WATER ANALYSIS!

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

Your Water. Perfected.

YUCKY WATER? We Can Help!

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

Now available with Wi-Fi

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

LICENSED WELL PUMP INSTALLERS

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

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

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

WV contractors license WV#028787

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

LEGAL ADVERTISEMENTS

ADMINISTRATION TO CREDITORS, DISTRIBUTIBLES & LEGATEES

Notice is hereby given that the following estate(s) have been opened for probate in the Pocahontas County Clerk's Office at P. O. Box 209, 900 Tenth Avenue, Suite C, Marlinton, WV 24954-0209.

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

First Publication Date: Thursday, March 28, 2024 Claim Deadline: Monday, May 27, 2024

ESTATE NUMBER: 14610 ESTATE OF: JOSEPH SHARP EXECUTRIX: Christine Sharp 1107 Third Avenue Marlinton, WV 24954-1021

ESTATE NUMBER: 14611 ESTATE OF: DOUGLAS SHARP ADMINISTRATOR: Garrett Sharp 6303 Potts Creek Road Covington, Va 24426-7213

ESTATE NUMBER: 14616 ESTATE OF: HELEN JANE HIVELY EXECUTOR: Robert Hively P. O. Box 238 Bartow, WV 24920-0238

ESTATE NUMBER: 14617 ESTATE OF: JANET EULA STARKS EXECUTOR: Thomas Starks 42 Lynn Circle Stuarts Draft, Va 24477-3333

LEGAL ADVERTISEMENTS

ESTATE NUMBER: 14619 ESTATE OF: STEVE MICHAEL PHILLIPS EXECUTRIX: Dorothy E. Phillips 1126 Woodrow Road Marlinton, WV 24954-6728

ESTATE NUMBER: 14621 ESTATE OF: DANIEL CHARLES RYDER EXECUTOR: Daniel Ryder, Jr. 12233 Frost Road Dunmore, WV 24934-9022 Subscribed and sworn to before me on March 22, 2024. Melissa L. Bennett Clerk of the Pocahontas County Commission 3/28/2c

NOTICE OF ANCILLARY FILING WITHOUT ANY ADMINISTRATION TO CREDITORS, DISTRIBUTIBLES AND LEGATEES Notice is hereby given that the following foreign will or affidavit of heirs has been filed in the Pocahontas County Clerk's Office at 900 Tenth Avenue Suite C; P. O. Box 209, Marlinton, WV 24954-0209.

ESTATE NAME: VIVIAN FERRIER SCHEIDER 327 Prestwood Drive Hillsborough, NC 27278-9939 ANCILLIARY ADMINISTRATOR: Nicholas J. Scheider 327 Prestwood Drive Hillsborough, Nc 27278-9939 Subscribed and sworn to before me on March 25, 2024. Melissa L. Bennett Clerk of the Pocahontas County Commission 3/28/2c

see Legal Advertisements pg 17

LEGAL ADVERTISEMENTS

WEST VIRGINIA DEPARTMENT OF TRANSPORTATION DIVISION OF HIGHWAYS

NOTICE TO CONTRACTORS

Bids will be received electronically by the West Virginia Department of Transportation, Division of Highways, through the Bid Express Bidding Service (www.bidx.com) and by sealed proposals (only when prequalification is waived) being received at its office in Building 5, Room 843, 1900 Kanawha Boulevard East, Charleston, West Virginia, until MAY 07, 2024 AT 10:00 A.M. (Eastern Standard Time).

DBE GOAL: 10% OF CONTRACT BID AMOUNT. BIDDER MUST PROVIDE WRITTEN ASSURANCE OF MEETING GOAL ON FORM IN PROPOSAL.

Proposals will be received from prequalified and West Virginia licensed contractors only except that on Federal-Aid Projects a contractor's license is not required at time of bid, but will be required before work can begin.

The West Virginia Department of Transportation, Division of Highways, reserves the right to defer, delay or postpone the date for receiving and publicly opening proposals for any project designated in this advertisement, without the necessity of renewing such advertisement.

The West Virginia Department of Transportation, Division of Highways hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, religion, sex or national origin in consideration for an award.

West Virginia Department of Transportation Division of Highways 3/28/2c

Pocahontas County Commission Levy Estimate (Budget) 2024 - 2025 Fiscal Year

STATE OF WEST VIRGINIA County of: Pocahontas, West Virginia

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

Table with 3 columns: General Fund, Estimated Revenues, Total. Includes items like Fund Balance, Property Taxes, and Sheriff's Commission.

Table with 3 columns: Coal Severance Tax, Estimated Revenues, Total. Includes Assigned Fund Balance and Interest Earned on Investment.

Table with 3 columns: GENERAL GOVERNMENT, ESTIMATED EXPENDITURES, Coal Severance Tax Fund, Total. Includes County Commission, Sheriff, and various departments.

Table with 3 columns: PUBLIC SAFETY, ESTIMATED EXPENDITURES, Coal Severance Tax Fund, Total. Includes Sheriff - Law Enforcement and various public safety services.

Table with 3 columns: HEALTH AND SANITATION, Local Health Department, Hospital, Vital Statistics, Total.

Pocahontas County Commission Levy Estimate (Budget) 2024 - 2025 Fiscal Year

Table with 3 columns: CULTURE AND RECREATION, SOCIAL SERVICES, CAPITAL PROJECTS, TOTAL EXPENDITURES.

Pocahontas County Commission Levy Estimate (Budget) 2024 - 2025 Fiscal Year

POCAHONTAS COUNTY, WEST VIRGINIA REGULAR CURRENT EXPENSE LEVY FISCAL YEAR JULY 1, 2024 - JUNE 30, 2025

Table with 4 columns: Certificate of Valuation, Assessed Value, Levy Rate/\$100, Taxes Levied. Shows classes I, II, III, IV and total projected revenue.

Pocahontas County Commission Levy Estimate (Budget) 2024 - 2025 Fiscal Year

I, Melissa L. Bennett, CLERK OF THE COUNTY COMMISSION OF SAID COUNTY, DO HEREBY CERTIFY THAT THE FOREGOING ARE TRUE COPIES FROM THE RECORD OF ORDERS MADE AND ENTERED BY SAID COMMISSION ON THE 19th DAY OF MARCH 2024.

Handwritten signature of Melissa L. Bennett and printed name (Signature).

3/28/2c

LEGAL ADVERTISEMENTS

LEGAL ADVERTISEMENTS

LEGAL ADVERTISEMENTS

NOTICE

Notice is hereby given that a proposed Consent Decree in Scott G. Mandirola, Director of the Division of Water and Waste Management, West Virginia Department of Environmental Protection v. Pocahontas County Public Service District, Civil Action No. 10-C-49(P), was lodged with the Circuit Court of Pocahontas County, West Virginia, on March 19, 2024.

The proposed Consent Decree concerns a complaint filed by the West Virginia Department of Environmental Protection against Pocahontas County Public Service District alleging violations of the terms and conditions of the WV/NPDES permits for wastewater treatment facilities, pursuant to the Water Pollution Control Act ("WPCA"), W.Va. Code § 22-11-1 et seq. The proposed Consent Decree resolves these allegations by requiring the Defendant to take all measures to initiate compliance with the WPCA, any and all relevant regulations promulgated pursuant to the WPCA, and with all terms and conditions of WV/NPDES Permit No. WV0023311.

The Pocahontas County Public Service District will also be assessed a civil penalty.

The publication of this notice opens a period for public comment on the Settlement Agree-

ment. Comments and information requests about the proposed Settlement Agreement should be addressed to the Office of Legal Services, West Virginia Department of Environmental Protection, 601 57th Street SE, Charleston, WV 25304.

All comments must be submitted not later than thirty (30) days after the publication date of this notice. Comments may also be submitted electronically to: DEP.Comments@wv.gov

The proposed Settlement Agreement may be viewed at the Clerk's Office, Pocahontas County Circuit Court 900 Tenth Avenue, Marlinton, WV 24954. In addition, the proposed Consent Decree may be examined electronically at https://dep.wv.gov/pio/pages/settlementmentorsordersouttopublicnotice.aspx

3/28/1c

NOTICE

There will be a meeting of the Board of Directors of the Public Defender Corporation, 11th Judicial Circuit at the Greenbrier Grille and Lodge located at 814 1st Street Marlinton, WV on April 4, 2024, at 12:00 p.m. All interested parties may attend.

3/28/1c

PUBLIC NOTICE West Virginia Department of Environmental Protection Division of Water and Waste Management 601 57th Street SE Charleston, WV 25304 Telephone: (304) 926-0495 Fax: (304) 926-0463 Public Notice No.: MA-03-24 Public Notice Date: March 18-22, 2024 GENERAL WV/NPDES WATER POLLUTION CONTROL PERMIT WASTEWATER DISCHARGES FROM SEWAGE TREATMENT AND DISPOSAL SYSTEMS OF DOMESTIC SEWAGE ONLY (600 GPD or Less) WV/NPDES PERMIT NO. WV0107000

The Division of Water and Waste Management is proposing to issue a General WV/NPDES Water Pollution Control Permit to regulate the discharge of wastewater from Sewage Treatment Systems of Domestic Sewage Only (600 GPD or less, serving only individual residences and certain commercial establishments). The General Permit will authorize the operation and maintenance of establishments engaged in Sewage Treatment Systems of Domestic Sewage Only (600 GPD or less) and to cover the discharge of treated sewage to waters of the State It is proposed that this General Permit be issued for a five (5) year term. The majority of the facilities to be permitted under this General Permit are already in existence, with approximately 250 new facilities every year.

In accordance with 60 CSR 5.6.c., Tier 2 antidegradation reviews are not required for these facilities. Coverage under this general permit will require the utilization of minimum treatment technologies that should result in an overall benefit to public health and the welfare of the environment from an improvement in water quality.

All facilities wishing to be covered under this General permit will be required to submit a facility registration application form. Upon receipt of the registration application form, the Division of Water & Waste Management will review it for completeness. The Division of Water & Waste Management then will advise the applicant of its coverage under this permit.

There are approximately 7,000 treatment facilities currently registered under the present general permit. If those facilities wish to continue discharging, they will be required to register for coverage under the new general permit.

The Director of the Division of Water and Waste Management retains authority to require any owner/operator to apply for and obtain an individual WV/NPDES Permit. This authority will be exercised when the Director determines that such individual permit will better protect the receiving water.

The Draft Permit and Fact Sheet may be inspected by appointment between 8:00 a.m. and 4:00 p.m., Monday through Friday at the Department of Environmental Protection, Division of Water and Waste Management, Public Information Office, 601 57th Street SE, Charleston, WV 25304.

Copies of the documents may be obtained from the Division at a nominal cost.

Any interested persons may submit written comments on the Draft Permit. Comments will be accepted until April 26, 2024. They should be addressed to:

Director, WV Department of Environmental Protection Division of Water and Waste Management 601 57th Street SE Charleston, WV 25304 Attention: Melissa Atkins Phone: (304) 926-0499, Extension 43857 Fax: (304) 926-0463 E-mail: melissa.atkins@wv.gov

All comments received within this period will be considered prior to acting on the Draft Permit.

Correspondence should include the name, address, and telephone number of the writer and a concise statement of the nature of the issues being raised. The Director shall hold a public hearing whenever a finding is made, based on requests, that there is a significant degree of public interest on issues relevant to the draft General Permit. Interested persons may contact the Public Information Office to obtain further information.

3/28/1c

PUBLIC NOTICE OF CHANGE IN RATES UPON APPLICATION WITHOUT PROPOSED EFFECTIVE DATES

NOTICE is hereby given that Pocahontas County Solid Waste Authority (the "Authority"), a commercial solid waste facility and a public utility, has, on March 8, 2024, filed with the PUBLIC SERVICE COMMISSION OF WEST VIRGINIA an application containing increased rates and charges for furnishing landfill waste disposal services to customers at the Pocahontas County Landfill (the "Landfill") in Dunmore, West Virginia.

The Landfill is owned and operated by the Authority, and the Landfill operates under authority of Solid Waste Facility Permit No. SWF 2001/WV0109436, which was issued by the West Virginia Department of Environmental Protection.

The proposed increased rates and charges will produce approximately \$156,278 annually in additional revenue, an increase of 17.44%. The purpose of the Authority's rate case filing is to increase rates and charges for increased operation and maintenance costs relating to the Landfill's compliant and continued operations. The proposed increased rates and charges will not become effective until approved by the Commission. The Authority's current and proposed rates, on a per ton basis, are as follows:

Table with 5 columns: Current, Proposed, (\$) Increase, (%) Increase. Rows include RATES (Green Box Sites), Residential Assessment, RATES (Landfill), General Public, Commercial Haulers, TIRE FEES, General Public, Commercial Haulers, WHITE GOODS FEE*, General Public, Commercial Haulers.

*The White Goods Fee is a new fee the Authority is proposing.

Both the present and proposed rates referenced above are exclusive of any legislatively mandated or authorized per-ton assessment fees and any other per-ton assessment fees due to any governmental entity.

The Authority has no resale customers. The increases shown are based on averages of all customers in the indicated class. Individual customers may receive increases that are greater or less than average. Furthermore, the requested rates and charges are only a proposal and are subject to change (increases or decreases) by the Public Service Commission in its review of this filing. Any increase in rates and charges will not become effective until authorized and approved by the Public Service Commission. (If a hearing is scheduled, notice will be given of the time and place of hearing.)

Anyone desiring to protest or intervene should file a written protest or notice of intervention within thirty days, unless otherwise modified by Commission order. Failure to timely protest or intervene can affect your rights to protest any rate increases and to participate in future proceedings. All protests or requests to intervene should briefly state the reason for the protest or intervention. Requests to intervene must comply with the Commission's rules on intervention set forth in the Commission's Rules of Practice and Procedure. All interventions may be mailed and be addressed to Executive Secretary, Public Service Commission of West Virginia, P.O. Box 812, 201 Brooks Street, Charleston, West Virginia 25323, or hand delivered. Protests may be filed online through the Commission website using the "Submit a Comment" link or may be mailed or hand delivered to the Executive Secretary at the address above.

A complete copy of this tariff, as well as a representative of the Authority to provide any information requested concerning it, is available to all customers, prospective customers, or their agents at any of the following offices of the Authority: 900-H Tenth Avenue, Marlinton, West Virginia.

A copy of the proposed rates is available for public inspection at the office of the Executive Secretary of the PUBLIC SERVICE COMMISSION at 201 Brooks Street, Charleston, West Virginia.

3/21/2c

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

G.C. SALES THE BUILDING LOT. Includes images of various building lots and contact information: 304-647-8180. Located on RT. 219 NORTH IN LEWISBURG ACROSS FROM TUDOR'S BISCUIT WORLD Lewisburg, WV.

FISCAL YEAR 2024/2025 MUNICIPALITY OF MARLINTON LEVY ESTIMATE

STATE OF WEST VIRGINIA MUNICIPALITY OF MARLINTON to wit:

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

CURRENT REGULAR MUNICIPAL PURPOSES ESTIMATE

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

REVENUE SOURCE table. Columns: Revenue Source, Amount. Rows include Unencumbered Balance, Ad Valorem Taxes, Gas & Oil Severance Tax, Excise Tax on Utilities, Gross Sales Tax, Wine & Liquor Tax, Animal Control Tax, Hotel Occupancy Tax, Fines, Fees & Court Costs, Licenses, Building Permit Fees, Franchise Fees, Inspection Fees, IRP Fees, Cemetery Revenues, Rents & Concessions, Refuse Collection, Fire Service Fees, Table Gaming Revenues, Interest Earned, Video lottery, Miscellaneous. TOTAL ESTIMATED REVENUE (GENERAL FUND) \$ 951,854.

ESTIMATED CURRENT EXPENDITURES (GENERAL FUND)

ESTIMATED CURRENT EXPENDITURES (GENERAL FUND) table. Columns: Department, Amount. Rows include Office of Mayor, Members of Council, Recorder, Treasurer, Police Judge, City Attorney, Custodial, Regional Development, Building Inspector, Housing Rehab, City Hall, Other Buildings, Police Department, Fire Department, Streets & Highways, Street Lights, Central Garage, Garbage Department, Parks, Visitors Bureau, Fairs and Festivals, Beautification, Cemetery. TOTAL ESTIMATED EXPENDITURES (GENERAL FUND) \$ 951,854.

COAL SEVERANCE TAX FUND

REVENUE SOURCE table for Coal Severance Tax Fund. Rows include Assigned Fund Balance, Coal Severance Tax. TOTAL ESTIMATED REVENUE (COAL SEVERANCE TAX FUND) \$ 6,500.

ESTIMATED CURRENT EXPENDITURES (COAL SEVERANCE TAX FUND)

ESTIMATED CURRENT EXPENDITURES (COAL SEVERANCE TAX FUND) table. Rows include City Hall, Streets & Highways. TOTAL ESTIMATED EXPENDITURES (COAL SEVERANCE TAX FUND) \$ 6,500.

LEVY PAGE FOR THE FISCAL YEAR ENDED JUNE 30, 2025

Table showing Assessed Values, Tax Purposes, Current Levy Rate/\$100, and Current Expense Taxes Levied for various property classes (Class I, II, IV).

TOTAL ASSESSED VALUE 49,260,230. TOTAL PROJECTED PROPERTY TAX REVENUE 204,578. Less 112,113,239 (box lower left) 5% 10,229. Less 107 - Tax Discounts 2% 3,887. Total Projected Property Tax Collection 190,462. Less Assessor Valuation Fund (Subtracted from current expense taxes levied only) 2% 3,809. Net Amounts to be Raised by Levy of Property Taxes (To #301-01 on Page 4) 186,653.

* 112 Uncollectable Taxes 3,410 * 113 Exonerations 3,410 * 239 Delinquencies 3,409

Roll Back Value and Weighted Assessed table. Columns: Roll Back Value, Weighting, Weighted Assessed. Rows include Class 1, Class 2, Class 3, Class 4, Total RB Value, Prior total projected property tax, Amount to be raised @ 103%, Class 1 Rate, Class 2 Rate, Class 3 Rate.

COUNTY OF POCAHONTAS MUNICIPALITY OF MARLINTON

I, MARY K CLENDENEN, Recording Officer of said municipality, do hereby certify that the foregoing are true copies from the record of the orders made and entered by the council of the said municipality on the 18th day

March, 2024

Signature of Mary K Clendenen

RECORDER (Official Title of Recording Officer)

3/28/2c

Grass tetany in beef cattle ~ prevention and treatment

WA Department of Agriculture

Grass tetany is a highly fatal disease associated with low levels of magnesium in the blood.

Grass tetany can affect all classes of cattle, but older cows with calves at foot during winter and spring are most at risk. Very thin and overly fat animals are also more susceptible, as are Angus cattle and their crosses.

Grass tetany - causes

Cattle hold magnesium in the bones and muscles but cannot readily access and utilize these stores when needed. The animal constantly loses magnesium in urine, feces and milk, so it needs magnesium in its feed to meet daily requirements.

A cow in peak lactation (6-8 weeks following calving) needs a constant source of magnesium to replace the large amount lost from the body in milk. Even when feed levels of magnesium are low, the loss of magnesium in the milk remains the same.

Low magnesium in the blood of an animal can be caused by low magnesium levels in feed and/or reduced magnesium absorption.

Contributing causes are

- magnesium levels are lower in cool season grasses and cereals than in legumes or weeds
- levels are low in grasses grown on leached acid sandy soils
- levels are low when potash and nitrogen fertiliz-

ers are used and growth is vigorous

- high moisture content in grass causing rapid gut transit and low uptake
- reduced absorption of magnesium resulting from high rumen potassium and nitrogen and low rumen sodium
- low energy intake, fasting or sudden changes in feed
- bad weather, especially winter storms
- stress such as transport or yarding
- low roughage intake (young grasses have low roughage and often poor palatability)
- low intake of phosphorus and salt.

Signs

Animals suffering from grass tetany are often found dead. There may be marks on the ground beside the animal indicating they were leg paddling before death (lying on their side with stiff outstretched legs that thrash backwards and forwards).

Early signs include some excitability with muscle twitching, an exaggerated awareness and a stiff gait. Animals may appear aggressive and may progress through galloping, bellowing and then staggering.

In less severe cases, the only signs may be a change in the character of the animal and difficulty in handling.

Treatment of affected cattle

Blood magnesium levels must be restored. Veterinary administration of an intravenous calcium and magne-



sium solution produces best results. However, in acute cases where time is critical, producers can inject a calcium and magnesium solution under the skin.

Prevention and Control Management should aim to:

- eliminate factors which reduce magnesium absorption and
- provide a magnesium supplement.

Immediate actions

- Increase energy and roughage intake. Good quality hay and silage are suitable
- Pellets or grain can be

added if introduced carefully and cattle are accustomed to these

- Provide salt if a natural source is not available

- Move lactating cows (especially older animals) to high legume and high dry matter pastures
- Provide shelter

- Reduce stress factors (yarding, transport)
- Provide magnesium supplements

Individualized care in a home-like setting.
We treat your family like family.



valentineassistedliving.com



VALENTINE
ASSISTED LIVING
Quality Senior Care
Denise Campbell, RN,
Administrator
521 Davis Ave., Elkins, WV
For more information call
304-636-3900

"Reinventing" Assisted Living

Robust Activities Program
Home-cooked Meals
On-going Health Monitoring
Medication Management
Odyssey Physical Therapy
Community Pet, "Annie"

Join us today!
Call 304-636-8600, Ext. 1




Mountain Memories

Assisted Living & Retirement Center
A Subsidiary of ERCC
"Where Age is a State of Mind"

301 Wilson Lane, Elkins • mountain-memories.biz

Do you have questions about INSURANCE?
Let us help!

CALL US FOR A NO-COST CONSULTATION

• Financial Services, Health, Life, Medicare: Prescription Drug Plans • Supplement Plans Advantage Plans


We are brokers working with multiple insurance providers and will work to get you the best plan, the best rate and the best service to meet your needs.



KINNISON GROUP
INSURANCE & FINANCIAL SERVICES
304-614-0009 • ins4wv@gmail.com

Independent Insurance Agents
Charles and Esther Kinnison

KinnisonGroup.com • Hillsboro and Fairlea



Headquartered on the campus of WV School of Osteopathic Medicine

Robert C. Byrd Clinic

Family Medicine | Internal Medicine
Osteopathic Neuromusculoskeletal Medicine (ONMM)
Pediatrics | Geriatrics | Behavioral Health
Laboratory Services | Radiology
Ultrasound | Bone Density Testing
Social Services | Culinary Medicine
Certified Diabetes Education | Asthma Care

CALL 304.645.3220 OR VISIT WWW.RCBCLINIC.ORG TO SCHEDULE YOUR APPOINTMENT TODAY.

Have you ever considered adoption or becoming a foster parent?



Children's Home Society of West Virginia can help. We offer:

- Free Training
- 24-hour On-call Support
- No-Fee Adoptions

Call our office today to learn more about how you can open your heart and home to a child in need!

Serving Pocahontas County
304-647-3430
or visit us on the web at www.childhswv.org

EDITH'S

HEALTH & SPECIALTY

STORE

Serving the Greenbrier Valley and beyond since 1986

Friendly, knowledgeable staff

Quality Supplements

Holistics and Homeopathics

Natural Skincare

Natural Gourmet Bulk Foods

Medicinal and Culinary Spices

Mon. - Sat. 9:30 a.m. - 6 p.m., Sun. 1 - 5 p.m.
EASY PARKING • CURBSIDE SERVICE
We ship anywhere!

1035 Washington St. East • Lewisburg
edithsstore.com • 304-645-7998 • facebook/EdithsHealthStore

Eye, from page 11

Common symptoms for eye issues are, of course, blurred vision, as well as itchy or dry eyes, headaches and eye strain.

Itchy and dry eyes can be helped by using over-the-counter eye drops, but it could also be a sign of a more serious issue.

Seeing an eye doctor for obvious issues like blurred vision or strain can also help diagnose other, more serious disorders like macular degeneration, cataracts and glaucoma. It's even possible to discover other health issues, such as diabetes.

The above mentioned disorders are commonly found in older patients. Macular degeneration can blur your central vision. According to the National Eye Institute, it happens when aging causes damage to the macula – the part of the eye that controls sharp, straight-ahead vision. The macula is part of the retina.

Macular degeneration is a common condition and is the leading cause of vision loss for older adults. Those who have a family history of MD, are Caucasian and smoke are more at risk to develop MD. It is important to have yearly eye exams, quit smoking, maintain healthy blood pressure and cholesterol levels to lower the risk of developing MD.

Cataracts also develop at an older age and are a cloudy area on the lens of the eye. The NEI states that more than half of all Americans aged 80 or older either have cataracts or have had surgery to get rid of cataracts.

You may not notice at first that you have cataracts, but it will become noticeable when you experience blurry, hazy or less colorful vision.

It is possible to lose your vision completely with cataracts so it is important to get a diagnosis and treatment.

The good news is, you can treat cataracts in several ways. Early on, you can make small changes that will mean a lot, like using brighter lights at home and work, wearing anti-glare sunglasses and using magnifying lenses for reading and other activities.

A new prescription for your glasses or contacts is a deterrent, as well. If the cataracts persist, it is time for surgery where the doctor removes the clouded lens and replaces it with a new, artificial lens. The surgery is very common and safe, leading to better vision.

According to the NEI, glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging the optic nerve which is located in the back of your eye. Like cataracts, there really aren't any symptoms at the very beginning, but it can be detected through a dilated eye exam.

Once they appear, symptoms include loss of peripheral vision, especially the part of vision closest to your nose.

Although there is no cure, treatment is possible. Without treatment, glaucoma can eventually cause blindness.

To treat glaucoma, doctors begin with a prescription eye drop and annual dilated eye exams. The exam checks eye pressure and if your "numbers" are good, the drops will continue. The lower the pressure – meaning the lower the number – the better.

If the pressure increases, laser treatment can be used to lower it by draining fluid out of the eye. If those two options don't work, then it is time for surgery. There are several types of surgery that will drain the fluid out of your eye.

Regardless of the symptoms, the most important thing to remember is the eye doctor can help. You may be diagnosed with one of the above mentioned diseases or you may find that you have something very rare.

That is what happened to me. About 10 years ago, I noticed that my vision was blurred in my left eye. I assumed my eye had changed again and I just needed to change my prescription. I went to my eye doctor, went through an exam and when he finished, he was stumped.

I had never seen my doctor like that before and it scared me. At first he thought I had a virus, so he

treated it with steroid drops. It didn't work. He did more research and found that I have Thygeson's superficial punctate keratopathy. Yeah, it's a mouthful.

He had had only one other patient with this diagnosis in his entire career.

Luckily, it's nothing too severe and can be treated with prescription eye drops. I experience flare ups and need to use the drops for a month or so and then it's fine for up to a year or two. There's no cure and I'll always have it, but at least I know what it is.

Eye exams can uncover a lot. It's unfortunate there isn't an eye doctor in the county making it easier to have a yearly eye exam, but there is an alternative.

The Durbin and Marlinton Lions clubs have access to machines that test your vision. The test can only determine whether you have perfect vision or need to go to a doctor, but it is a start.

The clubs do vision screenings at the schools and the Marlinton club participates in the annual Pocahontas Memorial Hospital health

fair to do vision screenings there, as well.

Suzanne Stewart may be contacted at sastewart@pocahontastimes.com

Our Annuity Rates are Creating Lots of INTEREST

5.35%*

With the Palladium® Multi-Year Guarantee Annuity, you could be building retirement income and tax-deferred growth with a guaranteed rate of return!


I CAN HELP YOU BUILD A FUTURE YOU CAN COUNT ON.

AMERICAN NATIONAL INSURANCE

Mosesso Agency | Clair Rose

304.799.6303

*RATE IS AS OF 1/16/2024 AND IS SUBJECT TO CHANGE. SEE YOUR AMERICAN NATIONAL AGENT FOR CURRENT RATES. Products and services may not be available in all states. Terms, conditions and eligibility requirements will apply. Life insurance and annuity products are underwritten by American National Insurance Company, Galveston, Texas. Policy Form Series: MYG20, AI20, MYG16(04). American National and its agents do not give tax or legal advice. You should consult your tax advisor or attorney on your specific situation. 23-047-16-457791-1023 | 21479683



The Mission of the Snowshoe Foundation is to elevate quality of life in central West Virginia!

Spring Grant Cycle - Grants up to \$25,000 Scholarships for Local Students
Fall Grant Cycle - Grants up to \$15,000 School Smoke Detector Program
Holiday Toy Drive

TREASURE ON THE MOUNTAIN

and the Summer's most fun event!
Saturday, August 3, at Snowshoe Mountain
 More than \$350,000 in cash and prizes.

To learn more and purchase tickets, visit showshoefoundation.org




ONE ROOM UNIVERSITY

Marlinton, WV 24954
304-799-4950

Convenient, Accessible, Affordable!
 Have questions? Come see us!
Alicia Tallman
atallman@newriver.edu
newriver.edu
facebook.com/1roomu

City NATIONAL BANK Pocahontas County Commission

New River CTC is accredited by the Higher Learning Commission (www.hlcommission.org), a regional accreditation agency recognized by the U.S. Department of Education. New River CTC is an equal opportunity institution.



HIGHLAND MEDICAL CENTER
 Quality Care Close to Home

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

540-468-6400

Physical Therapy **Behavioral Health**

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

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

Pharmacy **Medical Care** **Dental Care**

PHARMACY: 540-468-6421

PHARMACY HOURS OF OPERATION
 Monday, Wednesday, Friday 9 a.m. - 5 p.m.
 Tuesday, Thursday 9 a.m. - 7 p.m.
PHARMACY FAX: 540-468-3318



Spring into good health!

Community Care of Green Bank
 4498 Potomac Highlands Trail
 Green Bank, WV 24944
Phone: 304-456-5115

Community Care of Marlinton
 821 3rd Avenue
 Marlinton, WV 24954
Phone: 304-799-4404

CCWV.org