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MARCH 28, 2024 VOL. 141 NO. 45

MARLINTON, POCAHONTAS COUNTY, WEST VIRGINIA 24954

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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.

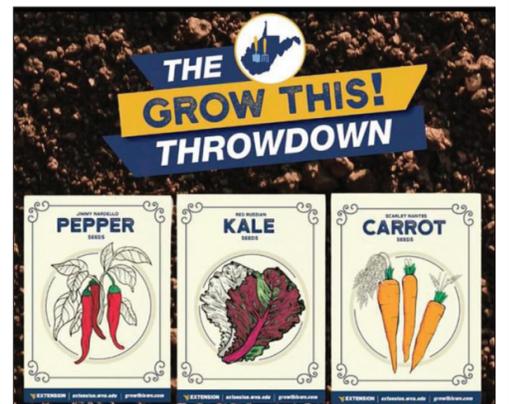


STONY BOTTOM NATIVE Stacy Tallman was named executive director of the Pocahontas County Family Resource Network in January 2024. L.D. Bennett photo

"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.



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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

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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 up-

grade facilities in the vicinity of Dunmore. The outage will occur from 8 a.m. to 6 p.m. Approximately 300 customers will be affected. 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

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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.

Correction

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

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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?



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For Prosecutor

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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

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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.

Poetry Corner

A Poor Unfortunate

His hoss went dead an' his mule went lame;
 He lost six cows in a poker game;
 A hurricane came on a summer's day,
 An' carried the house whar he lived away;
 Then an earthquake come when that was gone,
 An' swallowed the ground the house stood on!
 An' the tax collector, he come roun'
 An' charged him up fer the hole in the groun'!
 An' the city marshall, he came in view
 An' said he wanted his street tax, too.
 Did he moan an' sigh? Did he set an' cry
 An' cuss the hurricane sweepin' by?
 Did he grieve that his old friends failed to call
 When the earthquake come an' swallowed all?
 Never a word of blame he said,
 With all them troubles on top of his head.
 Not he! He climbed to the top of the hill –
 Whar standin' room wuz left him still
 An', barrin' his head, here's what he said:
 "I reckon' it's time to git up an' git;
 But Lord, I hain't had the measles yit!"

~ Atlanta Constitution



Marlinton Mayor's Corner

By Sam Felton

It is that time of year again.

Time for Spring Clean-up in the Town of Marlinton.

Clean-up will be April 8-12, 2024. Watch for the ad in *The Pocahontas Times*.

If any group or club has local volunteers, the Town can always use help. Please call the Town office at 304-799-4315 to coordinate efforts.

If you have an idea for a different "Make it Shine Day" in our area, or perhaps a designated day when you can gather more volunteers, let us know about that. (No Sundays).

A team of volunteers would like to hit the river banks. We always need help under the bridges. Maybe we could do that work at the same time. One person said they are passionate about getting tires out of the river and is interested in doing some tire pull events.

If the parking lot at the Town's First Avenue mini-park, or in proximity of the gazebo area at Stillwell Park could be used as a common gathering place, the Town could help with final disposal.

It is always a good day to "Make it Shine"!

What's Cookin'?

Orange Oatmeal Cookies

1 stick butter, softened
 1 egg
 1/4 cup mashed ripe banana
 1 tsp. vanilla extract
 1/2 cup brown sugar
 1 1/2 tsp orange zest
 1 cup whole wheat pastry flour or unbleached flour
 1/4 tsp. salt
 1 tsp. baking powder
 1 1/2 cups regular rolled oats
 1/4 cup shredded coconut
 1/2 cups chopped walnuts
 1/2 cup golden raisins (or 1/2 cup chocolate chips)

Preheat oven to 350 degrees
 Cream butter and egg until well blended. Gradually beat in banana, vanilla and brown sugar. Add orange zest. Mix well with a wooden spoon until well blended.

In a large bowl mix the flour, salt, baking powder, oats, coconut, walnuts and raisins or chocolate chips. Combine with wooden spoon or whisk until well blended. Stir dry ingredients into wet ingredients and mix well.

Lightly spray cookie sheet with oil or butter and drop heaping tablespoons of dough onto the cookie sheet 2" apart. Flatten lightly.

Bake 20 minutes until lightly browned. Cool on wire rack.
 Makes 16 cookies.

Shrimp and Grits

1 cup stone ground yellow grits
 4 cups water
 1 tsp. salt
 1/4 tsp. pepper
 1/4 cup butter (1/2 stick)
 2 cups shredded sharp cheddar cheese
 1 pound shrimp, peeled and deveined
 6 slices applewood smoked bacon, cooked and chopped into small pieces
 4 tsp. fresh lemon juice
 2 Tbsp. chopped fresh parsley
 1 cup thinly sliced green onions, white and green parts
 1 large clove garlic, minced

In a medium saucepan, bring 4 cups water to a boil. Add grits, salt and pepper. Stir well with a wire whisk. Reduce heat to the lowest setting and cook until all water is absorbed, approximately 10-15 minutes, stirring occasionally. Remove from heat and stir in butter and cheese. Blend well. Cover and set aside.
 Rinse the shrimp and pat dry. Fry the bacon in a large

skillet until crisp, then drain on a paper towel. Add shrimp to bacon grease and sauté over medium heat until they just turn pink, about 3-4 minutes. Do not overcook. Immediately add lemon juice, parsley, green onions and garlic. Remove skillet from heat.
 Divide grits into 4 serving bowls or plates. Top with shrimp mixture. Garnish with bacon bits.

POSTMASTER:

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 Editor Emeritus

Letter to the Editor

To the Editor:

I owe an apology to the Pocahontas County Board of Education. In my March 23rd Letter to the Editor, I wrongly accused the Board of supporting the effort to do away with some of the best academic programming available to our high school students.

I have since learned that the Board was not aware of this effort when the students and parents first learned of it. While I remain steadfastly opposed to the effort, I believe the Board was not originally involved in promoting these disgraceful cuts.

I hope the Board will unanimously oppose these efforts moving forward.

To the members of the Board, I sincerely apologize for my past comments. I allowed my emotions to get the better of me without first speaking to you directly.

Josh Hardy
 Hillsboro

Dear Editor;

I would like to take a few moments to address a couple of issues. Did you know that,

when adjusted for population, Pocahontas County has a murder rate that places it in a league with the top 50 murder cities in America?

Drug offenses and theft are so far off the charts as to have no comparison to any city in America.

Why is this?
 There are a few reasons I am aware of having grown-up there.

Hope is something that either you have or you do not have. Unless you come from a family of means or land ownership you have two

choices there. You can make peace with the fact that you will forever scrape by financially as a member of the servant class or you leave.

For all the splendor and culture of Pocahontas County, it's major export is its graduating high school class every year. Sure a few souls are special enough to be entrepreneurs and make it work but that is not the norm. Most people just wish to work and provide for themselves and their families.

see Letter pg 19

Community Calendar

OPERA HOUSE

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

PUBLIC NOTICE

Red Cross Blood Drive Tuesday, April 2, noon to 6 p.m. at the Community Wellness Center. To schedule an appointment, call 1-800-733-2767 or visit redcross-blood.org

Town of Marlinton Spring Clean-Up, April 8 - 12.

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

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

MEETINGS

Pocahontas County Democratic Executive Committee Monday, April 1, 6 p.m. at McClintic Library in Marlinton. Open to the public and available via Zoom. Contact Jay Miller at jvmiller2008@gmail.com for the Zoom connection.

Marlinton Town Council regular meeting Monday, April 1, 7 p.m. in the Municipal Building Auditorium.

Pocahontas County Commission Tuesday, April 2, 8:30 a.m. in the commission room.

Allegheny Post 117 Tuesday, April 16, 6 p.m. at the Arbovale Community Center. All members are encouraged to attend.

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

welcome.

EVENTS

Easter Egg Hunt at Eden in the Alleghenies (AFC) Campground Saturday, March 30, beginning at 1 p.m.

Old Time Square Dance, with music by Mud Hole Control, Saturday, April 6, at Dunmore Community Center. Sponsored by Parks and Rec.

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

LIBRARY EVENTS

Friday Fun Day 4 p.m. for ages three to 10, at the Durbin Community Library. Reading, crafts and activities.

Cards and Coffee at the

Green Bank Library Thursdays, 10 a.m. to 12:30 p.m. Beginners welcome. Hot drinks provided.

Poetry Readings – that speak of life in Pocahontas County – Saturday, April 13, 1 p.m. at the Hillsboro Library. Free and open to the public.

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

Easter Egg Painting, kid-friendly holiday fun with PCAC's Cynthia Gurreri, Friday, March 29. Two sessions – 2 p.m. and 5 p.m. Call 304-799-7386 to register.

Try the traditional Ukrainian art of Pysanky, see Calendar pg 15

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Games and Prizes with Felicia!

Saturday, April 6 • 4 p.m.
Marlinton Wellness Center
 \$25 per person in advance (this fee gives you a book for most or all games)
 \$30 per person at the door
 Prizes include bean pots, handbags, bath products, tumblers, jewelry, socks and much more
Questions? Please contact Felicia Smith, 304-940-2259

HUNTER SAFETY COURSE

April 6 - 7
 McClintic Library, Marlinton
 Saturday 9 a.m. - 5 p.m.
 Sunday 1 - 5 p.m.
 Pre-register at www.register-ed.com
 or call 304-924-6211.
 Alternative delivery for online testing, Sunday, April 7 at 3 p.m.



CHARLIE CHAPLIN SILENT FILM NIGHT WITH LIVE MUSICAL SCORE BY TOM ROBERTS



POCAHONTAS COUNTY OPERA HOUSE

818 Third Avenue Marlinton, WV 24954
 304-799-6645
SATURDAY MARCH 30 7:30 P.M.
 \$10 Donation for Tickets Available at the Door
 Advanced Tickets Online at PocahontasOperaHouse.org or 4th Ave Gallery in Marlinton
 Free Admission for Ages 17 & Younger

Roberts played a role in Martin Scorsese's *The Aviator*, appeared on NPR's *Riverwalk Jazz*, collaborated with Wynton Marsalis, and distinguishably served as pianist and musical director for Leon Redbone.



Annual Scholarship

Spruce Knob Seneca Rocks Telephone, Inc. will award a \$500 scholarship to two graduating seniors whose parents or legal guardians are current customers of Spruce Knob Seneca Rocks Telephone, Inc.

Applicant must be a member of a current graduating class, must achieve a minimum 3.0 GPA or in the upper one-third of the class, and must be accepted as a full-time student in an accredited two- or four-year college, university, or vocational-technical school.

Applicant must have character that is respectful of other students and teachers in a manner that shows leadership, honesty, integrity, and consideration of others.

Further information on eligibility and criteria can be obtained by calling 304-567-2121, Monday - Friday from 8 a.m. to 4 p.m., or by emailing admin@skprt.com.

Applications are available at the telephone office in Riverton or can be downloaded online at www.spruceknob.net

Deadline for submission of application is April 19, 2024.

RAMPFEE

Saturday, April 6
Marlinton Presbyterian Church
1 p.m. until it's gone
Admission is \$15 per person.
Children five and younger admitted free.

This is a fundraiser for Pocahontas Youth Golf

FRN, from page 1

offices in every West Virginia county.

The Pocahontas County FRN, like all FRNs, receives federal and state grant money.

A state DHHR grant — Partners in Prevention — helps support the Baby Pantry and biannual Community Baby Showers, the purpose of which is to help prevent child abuse and neglect.

Its two main federal grants are for the Family Support Center and Family Resource Network.

In addition to the grants, the budget is augmented by private donations, which annually accounts for about \$40,000.

Along with a battalion of local volunteers, Tallman supervises three employees and several ongoing projects and programs and reports to a board of directors.

Under the auspices of the FRN, the Family Support Center, is managed by its director, Becky Campbell, who oversees all of its programming.

Under the Family Support Center is Outreach programming, which is directed by Outreach Coordinator Anna Cassell.

Under Family Support is Case Management. Rhonda Puffenberger is the Case Manager.

The FRN's Monthly Food Pantry, held the third Wednesday of each month serves 250 citizens each month.

Most of the food, except what is augmented by the FRN as needed, comes from the Mountaineer Food Bank in Gassaway, which provides food for FRNs in 47 West Virginia counties.

Eligibility to becoming a food pantry client is based on income. The DHHR recently revised income guidelines. Put simply, anyone who receives any DHHR, Medicare or Medicaid benefits is eligible.

There is a pamphlet available at the FRN office explaining the eligibility requirements for becoming a food pantry client.

Tallman encourages anyone who thinks they may qualify to contact the FRN.

"It breaks my heart to see people who need help but are too proud to ask for it," Tallman said.

Tallman has had some personal experience with the subject.

"I completely understand that people fall on hard times, and it's hard to have to ask for help," she said.

"I come from that kind of background myself," she continued. "I grew up in a

household where we got SNAP benefits and Medicaid.

"And I'd like to let folks know that we don't just serve people who come on a regular basis. We encourage people who have had a sudden need — an unusual event in their lives which has blown a hole in their household budget. Anyone who needs help should check with us, they qualify for help on either a permanent or temporary basis.

"We don't want people not to come to us because they've never received services before or because they feel like other people need the help more than they do.

"I tell them that 'you coming here is not going to take away any of the help we provide for others,'" Tallman stressed.

Tallman discussed the many other programs for which the FRN is responsible.

The annual Easter Egg Hunt, which is coming up in a few weeks, naturally came to mind.

The Easter Egg Hunt has most recently been located at Stillwell Park in Marlinton the Saturday before Easter. This year it will be held on March 30. All families with children under the age of 10 are welcome to attend. There will be games, refreshments, prizes and fun for all.

The monthly Baby Pantry is not pre-scheduled, it's held on various dates, usually at the end of the month. It's open to any parent or caregiver in the county who needs support with parenting. Qualification for this program is not income-based, but rather on need. And also open to people who are financially okay, but have a sudden need. Diapers and baby wipes are available to participants.

The Grandfamilies program provides education and support for anyone who is raising grandchildren. Classes are held throughout the year.

The Diabetes Coalition and Support Group is managed by Tallman and Cassell, with help from FRN volunteer Terry Wagner.

"The need for education about diabetes and how people can manage it is so great," Tallman said. "We began working with Dr. Samantha Minc, MD, M.P.H. (Master of Public Health), who is a West Virginia University Associate Professor, a year ago. She had some funding for diabetes education and reached out to us.

"We took the ball and ran with it, and created what's becoming a pretty successful program.

"Terry Wagner has some experience with diabetes.

She worked in diabetes care for several years at Pocahontas Memorial Hospital, and she's been running a diabetes support group for us."

Since the FRN has had to move out of the Community Care building, the Diabetes Support meeting is held the third Tuesday of the month at 6 p.m. at McClintic Library and the Wellness Center. A more permanent location for these meetings and other FRN meetings will be determined soon.

"The group has grown to about thirty people, and they have some really interesting programs. They work on recipes, plan meals and make food together. They hosted a fall picnic last year, and they're planning a spring picnic this year," Tallman said.

The bi-annual Community Baby Shower is for mothers-to-be or moms with children one year old or younger. The baby shower has long been helping Pocahontas County mothers who may have little or no family support.

"It's an excellent resource for education and support for mothers — and fathers — with all the usual fun of a baby shower, as well as guest speakers who share their parenting expertise and experience," Tallman said.

The baby showers sometimes provide hard-to-come-by baby necessities such as car seats, play pens and baby strollers.

The FRN 'Farmacy' Program is a new program, started just last year. In collaboration with Community Care of Marlinton and Community Care of Green Bank, the FRN is trying to make a dent in the rate of diabetes in the county. The program fills actual prescriptions, written for fresh produce, for diabetic patients.

The program begins at the end of June and lasts for 15 weeks. Participants meet once a week for a 20-minute education session and then receive a free weekly supply of fresh produce for the duration of the program. Ruth Bland provided the produce for the program last year and is expected to do so again this year.

This "food as medicine" program started with 20 patients last year and already has 60 patients signed up for 2024 with, unfortunately, no room for anyone else to join in this year's program.

"Hopefully, we can expand the program for next year so we can include more participants," Tallman said.

Diabetes patients who are interested in signing up for the 2025 Farmacy program may contact their healthcare provider.

Empty Bowls, the popular annual benefit for FRN's Project Christmas, is held on

an October evening made warm and cozy with volunteers bringing homemade soups and high school students and local artist providing a choice of handmade ceramic bowls for every guest. Live entertainment and a silent auction add to the fun.

Last year, 175 tickets were sold and \$9,000, after expenses, was raised for FRN's Project Christmas.

Project Christmas offers citizens a chance to provide Christmas gifts for Pocahontas County children who are in need. Each year, the FRN's angel trees can be found at many businesses around the county. The trees are decorated with boy and girl angels, indicating the needs, the sizes and personal Christmas wishes of each child.

"Through the generosity of our local community, last year, two-hundred local children had a brighter Christmas," Tallman said.

The S&D Diner generously hosted the FRN's annual dinner until the restaurant closed in 2023. Seventy-five people were served a free Thanksgiving meal in 2022.

Warming Hearts and Hands is a program which, through the auspices of United Way of Greenbrier County, the FRN is able to help with an applicant's overdue heating or water bill in an emergency situation. FRN may be able to provide heating oil, propane or firewood on a temporary basis.

The FRN is always looking for guest speakers and volunteers for their programs. Anyone interested should contact Tallman.

"We are always on the lookout for community members who would be able to share their time to help us," Tallman said. "So many people, from all walks of life, have stepped up to make so many miracles possible.

"I wouldn't want to miss this opportunity to say how much it means to live and work in such a wonderful community," she added.

Tallman said she has a lot in common with the clients that the FRN serves.

"For a long time, I was a single mom, and I had to ask for help for myself and my

kids, and it wasn't an easy thing to do. So I can empathize with families who are struggling to make ends meet and may feel bad about asking for help," Tallman said.

"Like so many of us, I see neighbors in need and elderly people — proud people — with health issues, who don't know where to turn. I know how tough life can be for so many people. I hope my background makes it easier for our clients to communicate with me about their needs," she added.

After 12 years in the Community Care of Marlinton building on Third Avenue, the FRN has had to look for a new home.

"Until a new, permanent location is found, I'll be working from home, and Becky, Anna and Rhonda will be working at the food pantry location at 503 Third Avenue, the old Pocahontas Woods building," she said.

The fact that the FRN is essentially, almost homeless right now, weighs heavily on her mind.

"The situation is critical," Tallman said. "We really need to find a suitable building to buy or lease.

"Not only is the Third Avenue building too small for

most of our programs and activities, we also have a wonderful Community Kitchen grant in the offing. To receive it, we need to have a suitable building where we can build a kitchen to meet the requirements of the grant.

"I would really appreciate hearing from anyone who may have a suggestion about an appropriate place for us," she added.

"I know if we have faith, the right solution will present itself.

"We've always had amazing support of our community.

"For instance, when we were moving, it was so overwhelming, but we didn't even need to ask for help — people just showed up and helped get it done," Tallman continued.

"The people of Pocahontas County are the most generous people in the world. But really, you can't thank people enough for that kind of support. Words just seem so inadequate. I guess the best way to say thank you is to just keep paying it forward."

The phone number for reaching any of the FRN staff is 304-799-6847.

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Super Crossword

HAVING A ROLE TO FILL

- | | | | | | |
|--------------------------------------|---|--|--|---|--|
| ACROSS | 59 Mardi — (Big Easy bash) | 101 Stephen of "Ondine" | 5 Regret | 44 Blunder | 91 Delhi dress |
| 1 Is worthy of | 60 Hi-tech special FX | 104 Hypothetical cases | 6 Jumbo tub | 46 Dirt-digging journalist | 92 Beer on "The Simpsons" |
| 9 Ice cream shop treats | 61 — rock (music genre) | 105 End of the riddle | 7 Early anesthetic | 47 Hog haven | 94 Test, as tea |
| 15 Glaringly sensational | 62 — Blu Dipinto di Blu" (1958 hit song) | 110 Cloaked | 8 Pete of folk music | 48 — tu" (Verdi aria) | 98 Triple-time dances, in Paris |
| 20 Clear out of | 63 Q-tips, e.g. | 113 Interior mag | 9 St. Pete loc. | 50 — May (one of TV's Clamptets) | 99 Ending for Siam or Milan |
| 21 Riga's land | 65 Jockeys' garb | 114 Tiki bar necklace | 10 Ranch rope | 52 Ship poles | 100 Big Japanese dogs |
| 22 "Nadja" title role player | 67 Like Mass officials | 115 Ending for pay or plug | 11 River romper | 53 "Dream on!" | 102 Kuwaiti ruler |
| 23 Start of a riddle | 69 More of the riddle | 116 Response to "Are you?" | 12 With — to (in hopes of) | 54 Defom | 103 Yoga poses |
| 25 Fuzz-covered | 73 Really hungry | 117 Roseanne of "Roseanne" | 13 It may contain coffee | 55 Et — (and others) | 105 Big-band drummer Gene |
| 26 Royal Middleton | 76 Really high | 118 "— Gold" (1997 Peter Fonda film) | 14 Most wise | 56 Unyielding | 106 In a high-minded manner |
| 27 Inflated head | 77 Twangy, as a voice | 120 Riddle's answer | 15 Running time | 64 Muscle power | 107 Singers' clubs |
| 28 Glimpse | 81 Yes, to Sartre | 125 Pasta variety | 16 Ending with form | 66 Like plunging necklines | 108 19th U.S. president |
| 29 Urge (on) | 82 U.S. immigrants' course | 126 — Alex (2005 Belmont Stakes winner) | 17 Undertow | 67 Rival of Coke | 109 Overplay it |
| 31 It may contain coffee | 83 "Gross!" | 127 Pupil-dilating alkalioid | 18 Alongside each other | 68 Liptor and Zocor, e.g. | 110 Custom |
| 32 — cone (icy treat) | 84 Cookbook qlys. | 128 Comic Johnson and Angels owner | 19 "Tell It to My Heart" singer Taylor | 69 "Jiminy!" | 111 "Fame" singer Cara |
| 33 More of the riddle | 87 Subdue with a stun gun | 129 Puts it forth as fact | 24 Chanel of perfumery | 70 "Luau dance" | 112 Hair salon fixture |
| 38 Chess pieces, e.g. | 88 And the rest: Abbr. | 130 Tailor | 30 Wildebeest | 71 Luau dance | 117 Conks |
| 39 Seating tier | 93 Departs | DOWN | 33 Fender flaw | 72 Jabba the — | 119 Ethyl ender |
| 40 Officer led by Capt. Kirk | 95 "Ad — per aspera" | 1 Office fixtures | 34 Disguised, for short | 73 Filmmaker Nicolas | 121 Out — job |
| 41 Equilibrium | 96 Wash and iron | 2 Aquafina rival | 35 Small branch | 74 Salesperson in a car lot | 122 Western tribe |
| 45 Urge on | 97 Attempt to convey | 3 — Domingo co-star — Flynn Boyle | 36 German for "everyone" | 75 Deputy ruler | 123 Song syllable |
| 49 Novelist — Stanley Gardner | | | 37 Be litigious | 78 Anti-DUI gp. | 124 "Splash" co-star Hanks |
| 51 More of the riddle | | | 38 Ghastly | 79 Tennis great Arthur | |
| 57 Pipe bend | | | 41 Tiny pieces | 80 Look of lust | |
| 58 Prefix with byte | | | 42 Some | 83 Mensa stats | |
| | | | 43 "The Practice" co-star — Flynn Boyle | 85 D.C. VIP | |
| | | | | 86 Slowpoke | |
| | | | | 90 Jacques of French film | |



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Pulmonology Clinic • 304-799-1070

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Monday - Friday at PMH. **Monday - Thursday at Richwood** Providing physical, occupational and speech therapies and dry needling.

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Weekly at PMH. Providing chronic wound management, treatment for ulcers, burns, skin lesions, removal of small lumps and bumps (i.e. skin tags) with provider discretion.

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Obituaries



Roy Beverage

Roy Franklin Beverage, 74, of Thurmont, Maryland, passed away Saturday, March 9, 2024.

He was born March 2, 1950 in Hyde Park, Maryland.

Roy had many fond memories of growing up in Hyde Park, such as playing baseball and helping his father do the repairs and upkeep at Mars Hill Baptist Church. Roy's best friend, Garry, lived across the street from him. They are friends to this very day. Roy left high school early to join the Job Corps, training at the Jacobs Creek Job Corps in Tennessee and earning his GED there. Roy learned to run heavy equipment and there met his ultimate mentor, Mr. Howard Brown. Mr. Brown not only taught him technical knowledge but also stressed the importance of believing in God and treating people right.

Roy's training at Job Corps culminated in him becoming an Operating Engineer Union Member in Baltimore, Local 37. At age 19 he was, and still is, the youngest "Card Carrying" member of the Operating Engineers Union.

After working several years out of Local 37, Roy went into business for himself. Royal Renovations was incorporated in 1984. Roy worked on diverse projects. He was a problem solver, producing creative solutions to construction and engineering problems. He worked on high-end projects as well as large scale construction projects. In 2014, Royal Renovations received a Residential Design Award for a Master Suite Renovation from the American Institute of Architects.

Creating beautiful structures and furniture was not only Roy's profession but his passion, as well. He would rapidly and proudly recite a few of the jobs with which he was involved: Operating tower cranes on the World Trade Center and the Winthrop House in Baltimore; the Peach Bottom Nuclear Plant; the Baltimore subway and the Fort McHenry Tunnel. He installed more than 3,000 windows in a single apartment complex in Baltimore and once installed a record 50 windows in one day.

As a child, Roy loved visiting "Aunt Clytie and Uncle Leo Davis" in Marlinton, especially in the summer. He would sometimes spend his

entire summer vacation from school there. He would ride with Uncle Leo on the oil delivery truck. On Saturdays, Roy and his siblings would each earn a quarter to go to the movies in town.

In 1998, Roy and his family built a cabin on family property in Marlinton. The cabin features five bedrooms, two bathrooms, and a Franklin wood stove; plus the mandatory wrap-around porch complete with rocking chairs from one end to the other. Roy loved visiting there, and he did so whenever he got the opportunity.

Roy met his future wife, Catherine, in 1969, right after Job Corps. They were wed in 1972. The couple gave birth to three children, Nancy Michelle (died an infant), Jacob and Stephen.

Roy and Catherine worked hard to create opportunities and provide an education for Jacob and Stephen. He was proud to see his boys graduate from Gilman School, Vanderbilt University and Boston College. Watching his sons grow up and succeed was the most rewarding thing in Roy's life. He was proud of them, their wives, and his five grandchildren.

His family brought him great joy. Being a grandfather was a wonderful chapter in his life. He took to the role fondly and Grand Dad was greatly loved by his grandkids.

You can also see his handiwork at his residence, affectionately known as "The Compound." He and his wife bought this property in 2000; then he added 10 out-buildings including a tree house with a suspension bridge and a three-car garage that he called "the shop." Summers at The Compound would find grandkids running around the treehouse and Roy playing volleyball in the pool with the family.

Roy was preceded in death by his parents, Melvin and Joann; daughter, Nancy; and brother, Richard.

He is survived by his wife, Catherine; sons Jacob (Jenn) and Stephen (Rochelle); five grandchildren, Luke, Claire, Isabelle, Jacqueline and Harrison; brother David (Charlene); and sister, Mary Christina (Alvin).

A service celebrating Roy's life will be held at noon Saturday, April 20, 2024, at the Knights of Columbus Gardens, 4301 Klosterman Avenue in Baltimore, Maryland.

The family asks that in lieu of flowers, donations be

made to the Emmitsburg Osteopathic Primary Care Center. EOPCC is the culmination of the life work of Roy's friend and doctor, Bonita Portier, D.O. EOPCC is a non-profit teaching and medical practice committed to serving all with compassionate care, regardless of the patient's ability to pay. Checks may be made payable to EOPCC and sent to POB 291, Emmitsburg, MD 21727. Roy loved this clinic.

Phyllis Estep

Phyllis Marie Purkey Estep, 85, of Dunmore, died Wednesday, March 19, 2024, at her home.

Born December 29, 1948, at Dunmore, she was a daughter of the late Earl and Esta Shrader Purkey.

Phyllis was a waitress and operated a greenhouse with her husband.

In addition to her parents, she was preceded in death by her husband, Kirby Estep; sisters, Patty Purkey, Linda Bennett, Jo Bonnell and Karen Snyder.

She is survived by her sons, Gary Estep and Duane Estep; one grandchild and one great-grandchild.

Arrangements were handled by VanReenen Funeral Home where the funeral service was held Saturday March 23, 2024, with Pastor David Rittenhouse officiating. Burial was in Arbovale Cemetery.

JoAnn Fromhart

JoAnn Rogers Fromhart, 91, of Dunmore, peacefully passed away Friday, January 12, 2024, in Charleston, surrounded by her family.

There will be a memorial service Saturday, April 6, 2024 at 2 p.m. at Wallace and Wallace Funeral Home in Arbovale with Pastor Amy Paul officiating.

Online condolences may be shared at WallaceandWallaceFH.com



Rosalee Grogg

Rosalee Grogg, age 78, of Sugar Grove, left her earthly home to be reunited with her

husband and loving fur-baby BoBo, Monday, March 18, 2024, at the Pendleton Manor in Franklin, surrounded by her loving family.

Born October 23, 1945, on Allegheny Mountain in Pocahontas County, she was a daughter of the late William Thomas and Gladys Lee Vandevander.

On December 24, 1966, Rosalee married the love of her life, Dolan Ray Grogg, who preceded her in death June 27, 2014.

Rosalee was a 1967 graduate of Franklin High School and a member of St. Paul Independent Lutheran Church.

She enjoyed reading, flowers and watching Westerns and sports on TV (especially WVU, Yankees, Patriots and NASCAR) and was a very talented cook. She took pride in raising her family and enjoyed spending time with them.

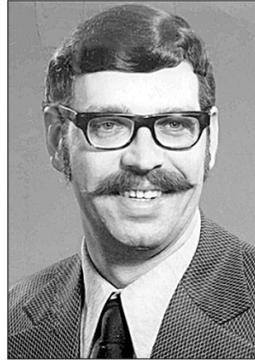
Left to cherish her memory are daughters, Marleta A. Wimer (Marvin "Junior"), and Terri L. Grogg (Claude Castleberry), all of Franklin; son, Steven D. Grogg, of Petersburg; brothers, Don William Vandevander (DeLores), of Berkeley Springs, Garland Vandevander, of Hinton, Virginia, Lee Vandevander, of St. Mary's; grandchildren, Leana Leap (Clint Davis), Dakota Grogg (Danielle), William Grogg (Dora), Madison Grogg (Anthony Mauzy) and Skyler Grogg; step-granddaughter, LaBreeska Kimble; five great-grandchildren (and one on the way); one step-great-grandson; and several nieces and nephews.

Funeral service was held Sunday, March 24, 2024, at Basagic Funeral Home in West Franklin with Pastor Jerry

Smith officiating. Interment was in St. Michael Cemetery at Sugar Grove.

Memorials may be made to any Pendleton County Rescue Squad, St. Jude or PAWS.

Memories and words of comfort may be left at www.basagic.com



Gary Sartor

Gary Sartor, 80, of Lewisburg, passed away Wednesday, March 20, 2024, at Peyton Hospice House in Fairlea.

Born September 3, 1943, in Passaic, New Jersey, he was a son of the late Joseph Romano Sartor and Elizabeth Lichtenberger Sartor.

Gary attended Boonton High School and graduated in 1961. Gary and his brothers spent their childhoods in Towaco, New Jersey.

After high school, Gary was employed by Charles Pfizer and Co. in Parsippany, New Jersey, where he met and married his wife of 57 years, Nancy Lee McNicol Sartor.

Gary spent his working life as a West Virginia Licensed General Contractor, specializing in ceramic tile for businesses and homes in the surrounding area, a West Virginia Licensed Real Es-

tate Broker, Associate Broker of Active Realty, Lewisburg and a Certified General Appraiser. He was the former business owner of Tallman's Gas and Grocery and Arrowwood Tavern in Renick.

Gary was a former Boy Scout Master in Towaco, New Jersey, and a former member of the Fraternal Order of Elks, Green Pond Lodge, #2183, Rockaway, New Jersey, now Lake Hopatcong Lodge, #782.

Gary had a good sense of humor and was a good storyteller. He enjoyed family gatherings and working in his woodworking and metal shop. He paid attention to detail and was well-known for his skills.

In addition to his parents, he was preceded in death by a brother, Jack Sartor; son, Anthony "Tony" Gary (Gaea) Sartor; father-and mother-in-law, William and Elizabeth McNicol; and sister and brother-in-law Elizabeth (Edward) Balderson.

In addition to his wife, he is survived by a brother, Carl Sartor (Kathy), of Murphy, North Carolina; granddaughters Magnolia Sartor, of Tucson, Arizona, Eva Kemper, of Saint Albans; and grandsons, Owen Kemper and Henry Kemper, of Saint Albans.

No services are planned at this time.

In keeping with his wishes, the body will be cremated.

Online condolences may be shared at morganfh.net

Arrangements are being made by Morgan Funeral Home in Lewisburg

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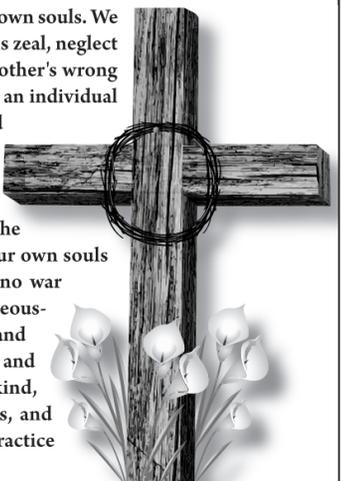
"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." – Ephesians 4:32.

We need to cherish love in our hearts. We should not be ready to think evil of our brethren. We must put the least construction on what they do or what they say. We must be Bible Christians. *"Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently."* – 1 Peter 1:22.

We must not be heedless in regard to our own soul's salvation. "Examine yourselves, whether ye be in the faith; prove your own selves." – 2 Corinthians 13:5.

We are not to pass on indifferently. We must inquire into the character of our thoughts and feelings, our tempers, purposes, words, and deeds. We are not safe unless we are constantly and successfully warring against our own sinful corruptions. We must consider whether we are an example of Christian holiness, whether we are in the faith. Unless we search diligently examining our hearts in the light of God's Word, self-love will prompt to a much better opinion of ourselves than we should have. We must not be so earnest in our efforts to set others right that we shall neglect our own souls. We need not be so zealous for our brethren and, in this zeal, neglect the work that needs to be done for ourselves. Another's wrong will not make our cases any nearer right. There is an individual work to be done for ourselves, which we should in no wise neglect...

If we are filled with mercy and love of God, a corresponding effect will be produced upon others. We have nothing of which to boast. All is the gift of a beneficent Saviour. We must attend to our own souls diligently. We must walk in humility. We want no war garments on, but the garments of peace and righteousness. May the Lord teach us how to wear His yoke and how to bear His burdens. Everything in this cause and in this work may be accomplished with a kind, conciliating spirit. We may be courteous, always, and never be afraid of being too much so. We must practice showing good will toward all men.



Thank You

The family of Shenda Smith would like to thank everyone who helped make the life celebration of our mother, daughter and sister a testimony to her love of family, friends and community.

The cards, phone calls, food, flowers and visits were greatly appreciated. Your thoughtfulness, kindness, support and prayers during this difficult time will be treasured forever.

A special thank you to Nicole Brock, J.P. Duncan, and the entire Marlinton Fire-Rescue Squad for arriving at our home so quickly.

Thank you to the Marlinton United Methodist Church, to Pastor Tim Scott, Lay Pastor Carmen LaRue, and Pastor David Moore of Trinity Baptist Church for the wonderful service; to the ladies of the kitchen; to Vonnie O'Brien for the gift of music; to Gary and Becky Taylor for going the extra mile to help with setting up tables, cleaning, and anything that was needed before, during and after the service. To our church family and friends, thank you for supporting us.

Thank you to Nebraska Scotchie, Principal of Marlinton Middle School, for organizing the wonderful meal after the service, which allowed your school (MMS) and all of the schools in Pocahontas County (MES, GBEMS, HES and PCHS) to participate.

Thank you to Peter, Josh and Evan Duchan for the lovely centerpiece and bud vase arrangements; to Delores Cutlip, of the Flower Garden, for the beautiful flowers and dish garden arrangements, you have the magic touch; to Tim Ratanapreukskul for the beautifully designed service bulletin; to The Pocahontas Times for your kindness; to the Almost Local Business Hub for your professionalism and printing assistance; and to Stefanie Penno, of Stefanie's Sweet Shop at Marlinton Mercantile, for your wonderfully generous gift of delicious cupcakes and cookies.

Special thanks to our nephew, Robert Dilley, and son, Brandon, for traveling through the night to lend your support and aid; and to Jane Dumire and Judy Sanders for your friendship and availability to help us with whatever was necessary during our time of need.

A very special thanks to McLaughlin and Young Funeral Home of Hot Springs, Virginia, and especially to John and Debbie Young, for your service, support and prayers.

We are truly blessed with a wonderful community of family and friends. Shenda would be so pleased to feel the love.

The family of Shenda Smith, Children, Haylee and Braedan Parents, James and Diana Brothers, Khristian, Jonathan and Peter



Preserving Pocahontas

B. J. Gudmundsson, Preservation Officer

First Registered Nurses in Pocahontas – circa. 1906



Celebrating Women's History Month

THESE TWO WOMEN were the first Registered Nurses in Pocahontas County. Nora Wilson is on the left. She was born in Monterey, Virginia, October 29, 1878. She graduated from the Jewish Hospital in Philadelphia, Pennsylvania, and, in 1907, she married John Lanty McNeel, of Mill Point. They had three sons. Nora was among the first registered nurses in West Virginia and was the first Superintendent of Nurses at the Marlinton Hospital. She died December 31, 1940.

Standing next to Nora is Frances Robinson. I haven't found any information about her, so please call me if you know who she is. Neither one of these nurses are listed in the "History of Pocahontas County, W.Va. - 1981" indicating that they most likely aren't listed in the County Clerk records. We remember and honor them now. (Pocahontas County Historical Society Collection; ID: PHS000748)

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

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

Footsteps through History

The Pocahontas Times
Andrew Price, Editor

Thursday,
March 30, 1899

Sugar making is now the order of the day in Buckeye, and the chimneys of smoke ascend from every camp on hillside and in valley, denoting the industry of the good housewife, while the doughty husbandman loiters at the corner grocery speculating on the probability of rain.

FATAL ACCIDENT

John Sharp, of Dry Branch, was struck by a falling limb and instantly killed last Wednesday near Linwood... John Sharp and his son, Alvy, sawed down a cherry tree and in falling, a very large and heavy dead limb was detached and came down. It struck him on the back of his head and mashed the skull. His neck was broken. Tom Moore, Floyd Ware and Charles Showalter were present at the time of the accident.

The deceased was about 50 years of age. He was a son of John Sharp, a Confederate soldier who fell in Captain Hill's raid on Beverly, near the close of the war. He leaves a wife, who was a Wamsley, and eight children.

AN INDIAN TRAIL

But few vestiges of Indian trails can be identified in our county, so effectively have they been erased by the plow and the grubbing hoe. There is, however, near Squire Kee's residence, a very satisfactory trace that is highly interesting and suggestive. It leads from the spring and passes to a large tree in the edge of the woodland, in the

direction of the William Kee place.

It is the opinion of persons who have studied Indian history that the Ohio Indians never reared winter lodges in this county, but merely occupied temporary lodges in seasons of hunting and fishing, or while on the warpath for hostilities with the tribes in the South and Southwest. The clear and shallow waters swarming with fish and the forests overflowing with buffalo, elk and deer, attracted by the mineral waters and the succulent vegetation that abounded in such marvelous profusion in the valleys and rich hollows, made this region the choicest of places for easy and plentiful supplies...

Col. Henry Haymond, of Clarksburg, spoke upon the Indians of West Virginia at the banquet of the Sons of the Revolution at a recent meeting. The following is an excerpt from his speech:

"The flint out of which their weapons and tools were made is found in Ritchie, Randolph and Pocahontas counties.

"While they constructed no roads, they had regular routes of travel, which were

beaten into well-defined paths by the passing feet of many generations of pedestrians which were as plain to the Indian as a turnpike to the white man."

YELK ITEMS

Plenty of rain and mud. Sugar making in full blast.

L. D. Sharp sells three boxes of cobbler's shoe nails for a nickel.

S. M. Gibson has just returned from the depot at Hutsonville. He says he knows there is a bottom in the road, but he couldn't find it.

Died, at his home on Elk, Mr. John Hannah, aged 83 years. He was one of the early settlers of this neighborhood, and was the oldest citizen of this community. Peace to his ashes.

DILLEY'S MILL ITEMS

Weather fine, frogs cheep, birds sing.

Amos Friel lost a horse some days ago.

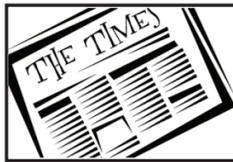
Harry Shrader is nursing a very bad sprained ankle.

We learn that S.J. Boggs expects to run a branch store at Frost.

DEATHS

Colonel John W. Ruckman died at his residence near Mill Point Thursday, March 16, 1899, aged over 70 years. During his life, he was a citizen of prominence in

see History pg 19



Fifty Years Ago

Jane Price Sharp, Editor

Thursday,
March 28, 1974

VEPCO Project underway

Back Creek – The largest pumped-storage project in the world is being planned for construction in Bath County by Virginia Electric and Power Company at a cost of almost \$500 million. Designed by the Harza Engineering Company of Chicago, the project will have six generating units with a combined capacity of 2,100,000 watts. A license to begin actual work on the project is expected to be issued in the spring of 1975. Exploration and conceptual and design work have been in progress at the Back Creek site between Monterey and Mountain Grove for some time...

Geologist Masroor Kizilbash praised the project as a sound one. He said the location was the most ideal site

he knows of, because of the natural walls for the reservoirs provided by the surrounding geologic formation. He said the site is not only superb, but is also economical.

Kizilbash said that protecting the ecology of the area has been considered of first importance in the design of the project, that the environment will be left as nearly unchanged as possible. When complete, the project will only be visible from the air...

County Graded School Tournament

Green Bank won first place, Marlinton second, Durbin third, and Hillsboro fourth.

Named to the All-Tournament Team were: David Lee Cassell, Green Bank; William Dilley, Marlinton; Bill Walton, Hillsboro; Kenny Cassell, Green Bank; Danny Wilson, Durbin; Mark Was-

lo, Green Bank; Larry Ryder, Marlinton; Richard Oref, Green Bank.

Green Bank won the Best Cheering Squad award.

Ronnie Dean, Marlinton, won Best Foul Shot. Winning Best Cheerleader awards were Jerri Warner, Durbin, Karen Valencia, Green Bank; Astrid Valencia, Green Bank; and Pam Dunbrack, Marlinton.

BIRTH

Born to Mr. and Mrs. Charles Sheets, of Fairmont, a daughter, named Charlynn.

DEATHS

William W. Powell, 58, of Bartow, retired Navy commander; born at Dry Fork, a son of the late William Henry and Betty Burton Powell. He was a procurement officer at the National Radio Astronomy Observatory at Green Bank. He is survived by his wife, Jesse Brown Beard Powell. ... Funeral service was held from the Arbovale United Methodist Church with burial in the Arbovale Cemetery.

see 50 pg 19

Seventy-Five Years Ago

Calvin W. Price, Editor

Thursday,
March 31, 1949

Along with the Oklahoma cow in the silo and the 400 pound Indiana turtle, this editor and his Pocahontas Times is again news in a city paper. This time it is the top-notch New England daily, The Christian Science Monitor, of Boston. Under the heading "Hand Set Paper Keeps Personal Touch:"

"Personal Journalism flourishes in the beautiful, rugged hills of Pocahontas County, West Virginia.

"The Price family has operated The Pocahontas Times there for generations, and, today, Calvin W. Price is editor-owner. Mr. Price is a member of the Fifty-Years Club of the West Virginia Press Association. The paper is one of the few completely hand-set operations in the United States where Mr. Price and two assistants

work at the cases and "stick" all the stories with their own hands."

"...Today's news today" is no problem. The editor can report, as in the issue of February 24, for instance, that "The Seneca Trail Farm Women's club met February 10 for an all day work meeting at the home of Mrs. C. C. Beale. The meeting was on how to make pocketbooks.

"And if learning to make pocketbooks is dull, The Pocahontas Times reader can turn to the advertisements and find that Mrs. Lillie Gibson, of Cloverlick, has for sale "A Pearlless (sic) Parlor Organ which I will sell or trade for a work horse..."

'Hear a Pin Drop'

The expression, "Hear a pin drop," is derived from the method used in 17th century coffee house auctions, according to Kemper insurance historians.

DEATHS

Elmer H. Wade, aged 71 years, died at his home in Marlinton Tuesday morning, March 29, 1949... Funeral service will be held from the Marlinton Presbyterian Church Thursday morning. Interment will be in the family plot at New Providence church in Rockbridge County, Virginia.

Mrs. Margie Patterson Baxter, aged 80 years, of Charleston died Saturday morning, March 26 1949. On Monday afternoon her body was buried in the family plot in Mt. View Cemetery, the service being conducted from the Marlinton Presbyterian Church. ... She was a daughter of the late Dr. S. P. and Elizabeth Campbell Patterson, who lived in Huntersville.

see 75 pg 19

100-Years-Ago in The Pocahontas Times

Calvin W. Price, Editor

Thursday,
March 27, 1924

Ross Cavendish died last week at his home in Fayette county. He was a peculiar literary genius, and he wrote a great deal for the papers of his county. His writings were widely copied in the papers of the State. He was always a little strange in his behavior and, one time, his family turned him up for examination as to this sanity. The court committed him to the Spencer Hospital and detailed an officer to take him there. On the train, the officer went to sleep and Cavendish took the commitment papers from his pockets. At the hospital, Cavendish turned the officer over to the attendants, and went back home. He was never again bothered about his sanity.

Buckeye; G. M. Williams, Lobelia; J. C. Harper, Frost; Carl G. Beard, Hillsboro; Cameron McElwee, Minnehaha Springs.

TRAFFIC NOTICE

On or after Thursday, April 3, 1924, the ordinance against parking cars on Main Street from the bridge to the railroad will be in effect. Don't leave your car on Main Street longer than 15 minutes. There is plenty of room for parking on Second and Third Avenues, either above or below Main Street.

The rate of speed through town from Brill's Store to Killingsworth's Mill is 15 miles per hour. Persons going faster is liable to be arrested and fined. – John Waugh, Chief Police

ABOUT THE COUNTRY
A Community Health

From the Charleston Gazette we find the following Pocahontas county citizens drawn as petit jurors in Judge McClintic's court which convenes in Charleston April 15: Porter Kellison,

meeting was held at the High School one night last week, under a call by the Public Health Committee of the Woman's Club. The special matter before the house was what could be done to prevent the alarming spread of tuberculosis. It developed that, while much could be done in the way of segregation of advanced cases and the discovery of cases in primal stages through the examination of children, the prevention of tuberculosis is in a great measure a matter of education. Naturally, this work of education has largely to do with the children in our schools. They must be taught proper health habits; the dangers to which they are exposed, and the necessity of proper food, air and sunshine...

BIRTHS

Born to Rev. and Mrs. Fred B. Wyand, of Monterey, VA., a daughter named Mary Etta Synder Wyand.

see 100 pg 19

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is unable to see patients at this time.
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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

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Have you even heard a man sing at his own funeral?

Gibbs Kinderman
Contributing Writer

Homer Ray Hunter, 80, of Stony Bottom, peacefully passed away Friday, March 15, 2024, surrounded by his family, following an extended illness.

His funeral was held Sunday, March 24, at Handley Funeral Home in his native county of Boone. There was a large crowd, including many of his Pocahontas County friends. His funeral was truly a celebration of his life, with prayers and tributes from several of his long-time friends, including Dana Moyers, Homer's bandmate and, for many years, administrator at Pocahontas Center.

Homer's voice was heard throughout the service, singing from a recording of the Hunter Family Band including the classic "Halleluiah, I'm Ready" as well as a song written by one of his brothers, "Daddy Did His Job for the Lord."

The climax of the service was congregational singing of "Will The Circle Be Unbroken," with everyone on their feet, led by the Hunter Family on record - Homer, Henry,



IN HIS ELEMENT - the late Homer Hunter (l) jams with members of the Stony Bottom Bluegrass Band at the Cass Homecoming in June 2015. Hunter was a master musician who shared his love of old-time and traditional music with folks in Pocahontas County and all around the state. Pictured with Hunter is his friend and bandmate Dana Moyers. S. Stewart photo

Harry, Roberta and Sue along with nephews, Bill and Tom. It was truly a special ceremony, reflecting Homer's musical talents and the love so many people have for him.

The soldier's famous words of faith

By R.A. Mathews

He was not a young soldier. Not a private, first class. He'd risen through the ranks, the equivalent of a captain or major today. Scripture identifies him only as "the centurion," obviously a strong, brave man and apparently in charge of Christ's crucifixion. He was both a disciplined soldier and one capable of great cruelty. The Roman army demanded such abilities.

When he awoke that Friday morning, the centurion could not have known what the day would bring. Romans were heathens, worshipping gods and goddesses, but this soldier would soon speak one of the most famous statements of faith ever recorded in history.

Remember, Jesus was tried in the early morning hours by the Jews and then taken to Pilate, who sent Him to Herod. Jesus was sent back to Pilate, condemned, and turned over to the soldiers for execution.

The soldiers gathered the whole Roman cohort, a battalion of men. Perhaps 400. Two gospels describe almost word for word what happened next. It's remarkable. Apparently, those writers had a source among the sol-

diers—maybe the man who came to Christ that day.

Jesus was dressed in a fine robe. The soldiers twisted together a crown of thorns and placed it on His head. They took a reed and put it in His right hand. The soldiers knelt and bowed before Him, shouting, "Hail King of the Jews!" They spit on Him, beating His head and face with that reed.

Jesus was also scourged. Beaten. The Roman whip had pieces of metal knotted into it, so as to tear open a man's flesh.

Jesus then walked to Golgotha where soldiers nailed Him to the cross. The religious leaders had won, yet they came to the execution, jeering at our Lord, unable to let it go. Those passing also hurled abuse at Jesus. Even the soldiers made fun of Him: "If you are the King of the Jews, save yourself!"

And Jesus said, "Father, forgive them..."

When our Lord spoke those words, was it just for the Jews? Or did Jesus look also at the Roman soldiers—at the centurion? Did Jesus move that hardened soldier?

Scripture states the centurion came and stood at the foot of the cross, right in front of our Lord. A soldier of rank, there's little doubt he'd driven his sword through many men—from



R.A. Mathews

the coward fleeing battle to the opponent within arm's reach, who took a final breath to curse the centurion to his face. This commander wasn't prepared for a completely different Man. For Jesus.

"It is finished," Jesus said. "Father into Your Hands I commit My Spirit."

And He breathed His last.

Scripture says the centurion began praising God. And at that moment he spoke his famous statement of faith. I'll let the Bible tell you:

"When the centurion, who was standing right in front of [Jesus], saw the way He see Faith pg 10

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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)

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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

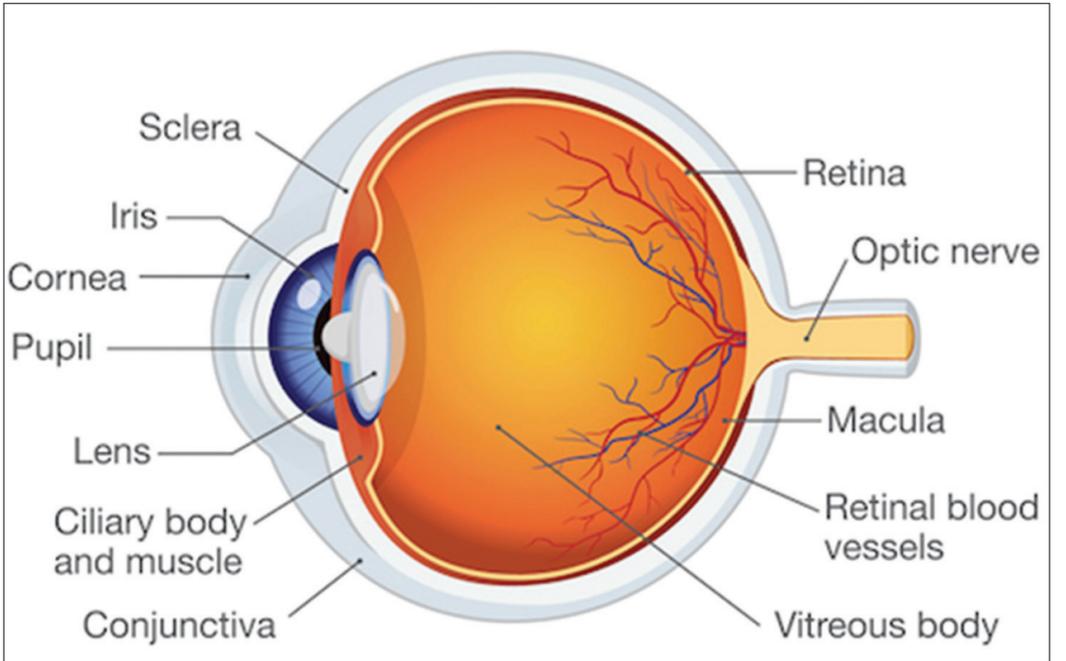
found I was nearsighted.

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

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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."



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Jeremiah 1:5

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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

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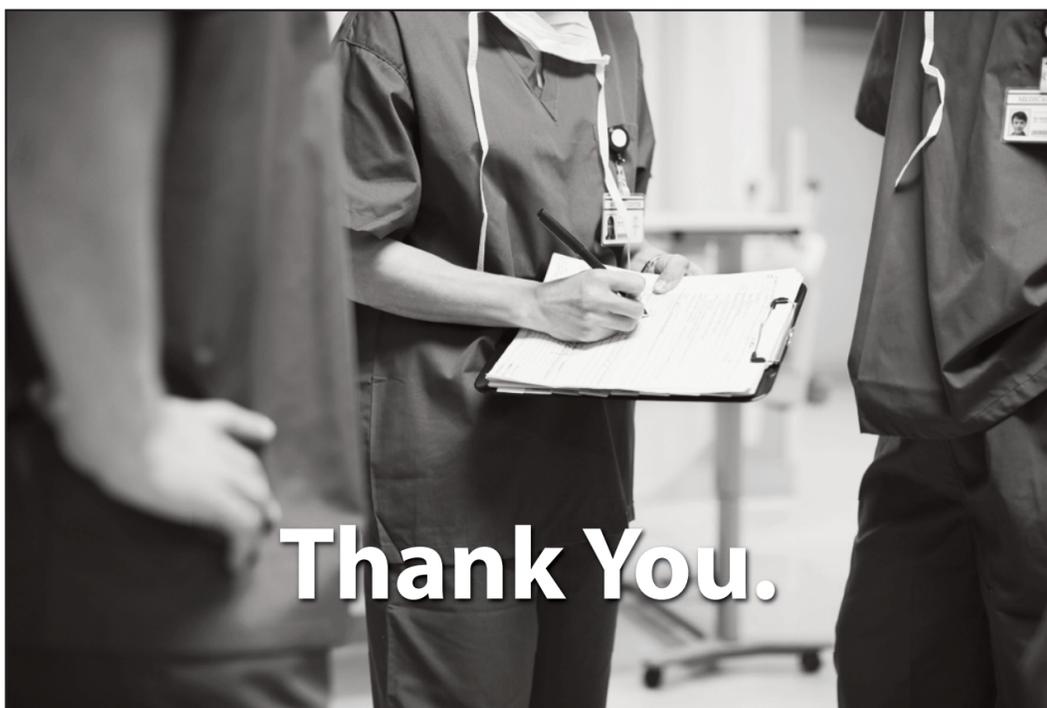
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Financial Health ~ What families with college-bound students need to know

Perhaps even more nerve-racking than waiting for your child's college acceptance letters is learning whether they've been awarded financial aid. Recent changes to the Free Application for Federal Student Aid (FAFSA) designed to simplify the process have led to unforeseen hiccups and technical glitches, causing academic institutions to delay sending out financial aid award letters. However, once you finally get the results, it can give your family a better idea of what to do next.

"Our research shows that for a majority of parents, figuring out how to pay for college was the 'road to college' activity that caused them the most stress. By making a financial plan and prioritizing it, you can be well prepared to avoid the most common bumps in the road," explains Angela Colatriano, chief marketing officer, College Ave.

Colatriano recommends using the spring to teach your child these valuable financial skills: how to set up a budget, how to pay bills and how to manage credit. If your family will potentially be borrowing to finance college, students should also gain an understanding of how loans work, and how the different terms of the loan will affect their monthly payments and overall loan cost.

Speaking of budget, you should set a realistic budget for yourself. A recent College Ave survey found that in addition to helping pay for tuition and housing costs, parents also contribute to their child's phone bill (65%), health insurance (61%), food and groceries (42%), cable and internet bill (35%) and transportation (32%). Be realistic about which expenses you can afford and where you want to



ask your child to chip in.

Decode Award Letters

Financial aid award letters can look different for each school. Familiarize yourself with their components so that when they arrive, you'll be ready to decipher them. Here's what to look for:

1. Free money: The award letter will list whether your student is eligible for scholarships and grants (sometimes called Merit or Gift Aid). This is money you typically don't need to pay back.

2. Federal Work-Study: Your child might be eligible for Federal Work-Study jobs. While jobs aren't guaranteed, they can be a good opportunity to help cover educational expenses.

3. Student Loans: Schools will list any federal loans your child is eligible to receive. Helpful hint: They may be grouped with scholarships and grants. You should also note whether the loan is subsidized or unsubsidized. Because unsubsidized loans accrue interest while your student is enrolled and during deferment periods, this will affect the overall loan cost.

4. Other factors: Check if

awards being offered are for all four years and understand what your child will need to do to continue being eligible for them, year-to-year.

To get an apples-to-apples look at the offers, calculate the net direct cost of each school by subtracting offered scholarships and grants from the cost of attendance (tuition, room, board, textbooks and fees). If applicable, you can subtract work-study aid too. You should also factor in expected increases in tuition, room, board and other fees.

Fill in the Gaps

If after doing the math, you find you have a financial gap to cover, look into private scholarships. One easy one to enter on a monthly basis is College Ave's \$1,000 Scholarship Sweepstakes.

You may also want to consider a private student loan or parent loan. Look for a lender with great rates, flexible repayment terms, and the opportunity to customize the loan to fit your budget. For example, College Ave offers student loan calculators, a pre-qualification tool that offers quick answers without affecting your credit score, and other helpful tools

and resources. To learn more, visit CollegeAve.com.

"The important thing is not to panic. If you filled out the FAFSA, financial aid award letters are on the way. And once you receive them, you and your student can get to the fun part of planning for the future," says Colatriano.

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Lunch - Monday only noon - 1 p.m. at Hillsboro

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Brief, from page 13

the past three years, save up enough to buy a house, and repair her family relationships.

"When I came into recovery this last time, I did everything differently than before," said Claire. "I saved money, and I bought my house on my own. I was able to get a car. To be able to do those things on my own without anybody's help felt really good."

"The relationship my kids have with each other is just love. Life is good. I'll be driving to work sometimes, and I'll feel like, 'I can't believe this is my life.' I came from this person who didn't have anything to where I am now."



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Your, from page 3

people opt for burial alternatives like cremation and reject traditional funeral practices for various reasons, including environmental and philosophical.

However, not everyone wants to return as a carrot or a head of cabbage, so traditional funeral services and burials will remain available for a long time.

Ancient cultures generally practiced some form of natural burial, and many continue these methods of sending one off to the afterlife to this very day.

The Tibetan sky burials are an interesting cultural artifact that is still practiced. Based upon Buddhist principles, the dead are placed directly on the ground, and vultures are allowed the task of consuming the dead.

There is likely another reason beyond religion for sky

burials. Much of Tibet is above the tree line regarding elevation, so traditional dirt burials would be nearly impossible in solid rock.

That brings us to the modern concept of human composting. According to advocates, a green burial has environmental and psychological benefits.

Except for Tutankhamun and his fellow Egyptian elite, decomposition is our ultimate corporeal destiny. So, we will all be reduced to approximately a cubic yard of viable compost at some point in the future.

At last count, five states permit green burials: California, Colorado, Oregon, Vermont and Washington.

Composting larger mammals is not a new concept; it's called livestock mortality composting. Many farmers are familiar with this process, which will rid them of a bloated, maggot-infested animal, add more nutrients to their soil, and reduce disease transmission.

The USDA's written protocol for composting livestock explains it as "a biological heating process that results in the natural degradation of organic resources (such as animal carcasses) by microorganisms."

Composting mortalities, including sheep, goats, deer, pigs, cattle and horses, has been successfully used throughout the United States for nearly two decades to control animal disease outbreaks and to respond to natural disasters."

As it happens, livestock composting inspired one design engineer to create a human composting service. Katrina Spade is the founder and CEO of Recompose, a Seattle-based company offering a full-service engineered system to turn a human body into compostable soil in four to six weeks.

In her Ted Talk on human composting, Ms. Spade described her process as biomimicry, meaning that the

system is modeled on biological processes.

She explains it this way, "Human Composting is biomimicry in action; it mimics the same process of a log decaying in the forest floor where insects, bacterial microbes, and fungi turn us back to our essential elements; we become soil."

When the body arrives at her facility, it is placed on alfalfa, pine chips, and straw layers in a boat-shaped vessel. More of the same material is then respectfully layered on the body.

At this juncture, the deceased's friends and family can celebrate their life before the vessel enters a chamber called the greenhouse. (photo) Here, the body will reside for four to six weeks while bacterial microbes reduce the body to compost.

The composting process is aerobic, so fans in the chamber draw in air throughout the process. When the body has completed its transformation from a human form

to approximately one cubic yard of rich compost, loved ones are invited to claim the material for any suitable use.

Now you can turn old Uncle Barney, a die-hard couch potato, into a real one.

Let's depart from this slightly uncomfortable, marginally morbid conversation and turn to a bit of decomposition levity. The following is just one of several variations of the story, which, I warn, is a real groaner.

An Austrian man went to a churchyard cemetery in Vienna to visit the grave of his deceased wife. As he wended his way through the gravestones, he came upon the grave of Mozart. Much to his shock, he heard the most beautiful sonata coming from Mozart's tomb.

The man ran into the church, where he found the priest. He told the cleric about the music he had heard and summoned him to Mozart's grave. Upon arriving, the priest was flabber-

gasted to hear music arising from the soil beneath his feet.

Thinking it unthinkable that Mozart was alive and making music, the two men began furiously digging until they hit the lid of Mozart's coffin. Indeed, music was coming from within.

The priest and the man jumped into the hole with a prybar and carefully lifted the lid. To their amazement, the famous composer was furiously erasing the score from a stack of sheet music.

The priest bent down and asked Mozart, what are you doing, sir? The great composer looked up and said, "Please, do close the lid of my coffin. As you can see, I am busy decomposing."

I bet you astute readers saw that coming!

Until next time,
Ken Springer

ken1949bongo@gmail.com

Citations are available upon request.

Calendar, from page 4

decorating eggs with layers of wax design and dye. Monday, March 25, and Thursday, March 28, 5 to 9 p.m. Call 304-799-7386 for more information or to register.

Spring Break fun for young artists! Learn the basics of how to draw Manga/Anime in pencil and ink with Vivian Blackwood, April 3, 4, and 5 at the Wellness Center. 1:00-or 3:00. Call 799-7386 to register!

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

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

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

Cardio and Circuit Training, led by Sunny Given, Mondays and Wednesdays, 5 to 6 p.m.

Chair Yoga at Marlinton Thursdays at 5 p.m. Beginner friendly for those with limited mobility.

Thursdays.

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

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

Marlinton Seventh-day Adventist Church, 16741 Seneca Trail, Marlinton. Bible Study Saturday 9:30 a.m. Church service, 11 a.m.

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

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

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

Dunmore United Methodist Church –Worship 10 a.m. Adult Bible Study via Zoom 8 a.m.

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

Marlinton United

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

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

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

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

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

Cook Town Community Church, Rt. 219 – Sunday

Service 10 a.m.

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

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

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

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

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SPECIAL SERVICES
Maundy Thursday Service at Oak Grove Presbyterian Church, March 28, 7 p.m.

Maundy Thursday Service March 28, 7 p.m. at Mt Hermon United Methodist Church in Renick.

Good Friday Service March 29, 7 p.m. at Frankford United Methodist Church.

Easter Sunrise Service Sunday, March 31, 7 a.m. at Mt. Olivet United Methodist Church on Droop. Breakfast to follow.

Marlinton Presbyterian Church Easter Sunrise Service at Mountain View Cemetery Sunday, March 31, 7 a.m. followed by breakfast at the church.

Baxter Presbyterian Church Easter Sunrise Service Sunday, March 31, 7 a.m. at Dunmore Cemetery, followed by breakfast at the church. All are welcome.

CHURCH NOTICES
Baxter Presbyterian Church, Dunmore – Worship Easter Sunday; 9:45 a.m.

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

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

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 \$4.99	 \$4.39	

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POPES

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MILITARY RETIREE APPRECIATION DAY

SATURDAY, APRIL 13, 2024
7:30 AM TO 4:00 PM

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GLEN JEAN ARMED FORCES RESERVE CENTER
409 WOOD MOUNTAIN ROAD, GLEN JEAN, WV 25846

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VETERAN FRIENDLY VENDORS | FAMILY SUPPORT | RETIRED PAY & BENEFITS
MYPAY ASSISTANCE | TRICARE | VETERANS AFFAIRS | STATIC DISPLAYS | & MORE

PRE-REGISTRATION IS REQUESTED

HTTPS://SURVEYMONKEY.COM/R/WVRAD2024

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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. Any person seeking to impeach or establish a will must make a complaint in accordance with the provisions of West Virginia Code 41-5-11 through 13. Any interested person objecting to the qualifications of the personal representative or the venue or jurisdiction of the court, shall file written notice of an objection with the County Commission within 60 days after the date of the first publication or within 30 days of the service of the notice, whichever is later.

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

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

An interested person(s) objecting to the filing of the foreign will or affidavit or objecting to the absence of appointment or administration being made in this state must file a statement with the Pocahontas County Commission through the County Clerk's Office at the address listed above within 60 days after the date of first publication or 30 days of service of the notice, whichever is later. If an objection is not timely filed, the objection is forever barred. The Pocahontas County Commission, upon receiving any timely objection thereto, shall schedule a hearing or hearings thereon and order relief, if any, it considers proper including, but not limited to, an order directing that full and complete ancillary administration of the estate of the nonresident decedent be made in this state.

First Publication Date: Thursday, March 28, 2024.

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). The bids will be downloaded and/or opened and read publicly thereafter for the constructions of the following project (s):

CALL: 009; CONTRACT: 2023990067; STATE PROJECT: S399-081/00 0 00; FEDERAL PROJECT: HSIP-0081(047)D; DESCRIPTION: PAVEMENT MARKINGS, 2024 RPM; COUNTY: STATEWIDE.

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. Registration is required with the Department of Administration, Division of Purchasing, in accordance with Chapter 5A, Article 3, Section 12 of the West Virginia Code. All contractors submitting bids on project(s) must include one of the following forms properly executed with each proposal: Proposal Guaranty Bond, Cashier's Check or Certified Check for \$500.00 or 5% of total bid, whichever is greater.

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 deferment, delay, postponement and the date that proposals will be received and publicly opened will be available on www.bidx.com

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:

General Fund	Estimated Revenues	
Fund Balance	\$ 1,000,000	
Property Taxes Current year	3,341,678	
Prior Year Taxes	202,000	
Tax Penalties, Interest & Publication Fees	300	
Dog Taxes	8,844	
Property Transfer Tax	175,000	
Gas and Oil Severance Tax	40,000	
Wine & Liquor Tax	40,000	
Hotel Occupancy Tax	1,750,000	
Federal Grants / Federal Payment in Lieu of Taxes	800,000	
State Grants	85,000	
Sheriff's Service of Process	5,000	
Sheriff's Earnings	200	
County Clerk's Earnings	45,000	
Circuit Clerk's Earnings	12,000	
Accident Reports	400	
Motor Vehicle License Fee	2,000	
Clerk Deed Fees	2,500	
Rents & Concessions	6,000	
Franchise Agreement	1,500	
IRP Fees (Interstate Registration Plan)	30,000	
Fines, Fees & Court Costs	500	
Regional Jail Operations Partial Reimbursement	10,000	
Interest Earned	6,000	
Miscellaneous Revenue	5,000	
Sheriff's Commission	15,000	
Commissions	884	
Gaming Income	40,000	
Video Lottery	5,000	
Refunds/Reimbursements (External Sources)	30,000	
Emergency 911 Reimbursement	500,000	
General School Reimbursements	30,000	
Magistrate Court Reimbursements	2,000	
Payroll Reimbursements	249,426	
Transfers from Rainy Day Fund	250,000	
Transfers Assessor's Valuation Fund	152,265	
Total Estimated General Fund Revenues	\$ 8,843,497	

Coal Severance Tax	Estimated Revenues	
Assigned Fund Balance	\$ 436,710	
Total Coal Severance	\$ 463,210	

ESTIMATED EXPENDITURES	General Fund	Coal Severance Tax Fund
GENERAL GOVERNMENT		
County Commission	\$ 557,025	\$ 463,210
County Clerk	438,749	-
Circuit Clerk	205,174	-
Sheriff - Treasurer	390,637	-
Prosecuting Attorney	456,473	-
Assessor	310,689	-
Assessor's Valuation Fund	152,265	-
Statewide Computer Network	25,000	-
Agricultural Agent	91,604	-
Elections - County Clerk	70,370	-
Courthouse	496,388	-
Regional Development Authority	7,869	-
Economic Development	9,837	-
County Clerk Operations	2,500	-
Contingencies - Not to Exceed 10% of Budget	431,413	-
TOTAL GENERAL GOVERNMENT	3,645,993	463,210
PUBLIC SAFETY		
Sheriff - Law Enforcement	1,043,555	-
Sheriff - Service of Process	64,487	-
County Jail - Nonreimbursable J/C	65,678	-
Regional Jail	250,000	-
Emergency Services	98,480	-
Communication Center	679,163	-
Fire Coordinator	120,000	-
Ambulance Authority	599,426	-
Dog Warden/Humane Society	50,039	-
Flood Control	15,000	-
Local Law Enforcement Block Grant	284,280	-
Courthouse Security	135,693	-
K-9	20,531	-
TOTAL PUBLIC SAFETY	3,426,332	-

HEALTH AND SANITATION		
Local Health Department	28,000	-
Hospital	75,000	-
Vital Statistics	200	-
TOTAL HEALTH & SANITATION	103,200	-

Pocahontas County Commission Levy Estimate (Budget) 2024 - 2025 Fiscal Year		
CULTURE AND RECREATION		
Parks & Recreation	96,100	-
Arts & Humanities	10,850	-
Fair Associations/Festivals	68,200	-
Historical Commission	18,600	-
Civic Promotion	7,750	-
Visitor's Bureau	910,500	-
Library	93,000	-
Law Library	2,000	-
TOTAL CULTURE & RECREATION	1,207,000	-
SOCIAL SERVICES		
Senior Citizens	100,000	-
Family Court	21,662	-
TOTAL SOCIAL SERVICES	121,662	-
CAPITAL PROJECTS		
Community Development	33,310	-
County Commission	306,000	-
TOTAL CAPITAL OUTLAY	339,310	-
Total Expenditures	\$ 8,843,497	\$ 463,210

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			
Certificate of Valuation	Assessed Value for Tax Purposes	Levy Rate/\$100	Taxes Levied
Class I			
Personal Property	\$ 0	11.85	\$ 0
Public Utility	0		0
Total Class I	\$ 0		\$ 0
Class II			
Real Estate	\$ 381,803,080	23.70	\$ 904,873
Personal Property	1,776,874		4,211
Total Class II	\$ 383,579,954		\$ 909,084
Class III			
Real Estate	\$ 390,616,730	47.40	\$ 1,851,523
Personal Property	95,420,341		452,292
Public Utility	47,025,920		222,903
Total Class III	\$ 533,062,991		\$ 2,526,718
Class IV			
Real Estate	\$ 26,149,130	47.40	\$ 123,947
Personal Property	16,203,752		76,806
Public Utility	5,493,695		26,040
Total Class IV	\$ 47,846,577		\$ 226,793
Total Value & Projected Revenue	\$ 964,489,522		\$ 3,662,595
Less Delinquencies, Exonerations & Uncollectable Taxes		5.00%	183,130
Less Tax Discounts		2.00%	69,589
Less Allowance for Tax Increment Financing (if Applicable)			0
Total Projected Property Tax Collection			3,409,876
Less Assessor Valuation Fund (Subtracted from regular current expense taxes levied only)		2.00%	0
Net Amount to be Raised by Levy of Property Taxes			\$ 3,409,876

Pocahontas County Commission Levy Estimate (Budget) 2024 - 2025 Fiscal Year		
STATE OF WEST VIRGINIA		
COUNTY OF POCAHONTAS		
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.		

Melissa L. Bennett
(Signature)

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

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

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:

	Current	Proposed	(\$)	(%)
			Increase	Increase
RATES (Green Box Sites)				
Residential Assessment	\$115.00	\$115.00	\$0	0%
RATES (Landfill)				
General Public	\$64.00	\$86.25	\$22.25	34.77%
Commercial Haulers	\$64.00	\$86.25	\$22.25	34.77%
TIRE FEES				
General Public	\$100.00	\$275.00	\$175.00	175.00%
Commercial Haulers	\$100.00	\$275.00	\$175.00	175.00%
WHITE GOODS FEE*				
General Public	\$0.00	\$77.50	new	new
Commercial Haulers	\$0.00	\$77.50	new	new

*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

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	
Unencumbered Balance	\$ 31,476
Ad Valorem Taxes	186,653
Gas & Oil Severance Tax	15,303
Excise Tax on Utilities	53,802
Gross Sales Tax	208,000
Wine & Liquor Tax	5,925
Animal Control Tax	350
Hotel Occupancy Tax	27,903
Fines, Fees & Court Costs	2,093
Licenses	1,850
Building Permit Fees	4,576
Franchise Fees	8,704
Inspection Fees	180
IRP Fees	93,569
Cemetery Revenues	16,045
Rents & Concessions	22,640
Refuse Collection	178,137
Fire Service Fees	73,000
Table Gaming Revenues	10,574
Interest Earned	8,416
Video lottery	1,254
Miscellaneous	1,404
TOTAL ESTIMATED REVENUE (GENERAL FUND)	\$ 951,854

ESTIMATED CURRENT EXPENDITURES (GENERAL FUND)

Office of Mayor	\$ 15,978
Members of Council	10,114
Recorder	4,357
Treasurer	20,092
Police Judge	7,079
City Attorney	11,418
Custodial	11,930
Regional Development	433
Building Inspector	73,865
Housing Rehab	10,000
City Hall	119,892
Other Buildings	2,530
Police Department	91,365
Fire Department	75,239
Streets & Highways	127,386
Street Lights	17,512
Central Garage	21,989
Garbage Department	172,844
Parks	66,943
Visitors Bureau	13,952
Fairs and Festivals	9,499
Beautification	12,546
Cemetery	54,891
TOTAL ESTIMATED EXPENDITURES (GENERAL FUND)	\$ 951,854

COAL SEVERANCE TAX FUND

REVENUE SOURCE	
Assigned Fund Balance	\$ 1,700
Coal Severance Tax	4,800
TOTAL ESTIMATED REVENUE (COAL SEVERANCE TAX FUND)	\$ 6,500

ESTIMATED CURRENT EXPENDITURES (COAL SEVERANCE TAX FUND)

City Hall	\$ 1,000
Streets & Highways	5,500
TOTAL ESTIMATED EXPENDITURES (COAL SEVERANCE TAX FUND)	\$ 6,500

LEVY PAGE
FOR THE FISCAL YEAR ENDED JUNE 30, 2025

	Assessed Values	Current Expense	Levy	Taxes
	Tax Purposes	Rate/\$100	Levied	Levied
Class I Property				
Personal Property	0	11.80	0	0
Public Utilities	0	11.80	0	0
Total Class I	0		0	0
Class II Property				
Real Estate	11,805,370	23.60	27,861	
Personal Property	29,376	23.60	69	
Total Class II	11,834,746		27,930	
Class IV Property				
Real Estate	22,010,230	47.20	103,888	
Personal Property	11,461,954	47.20	54,100	
Public Utilities	3,953,300	47.20	18,660	
Total Class IV	37,425,484		176,648	
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	Weighting	Weighted Assessed
Class 1	0	0.01	0
Class 2	11,834,746	0.02	236,695
Class 3	0	0.04	0
Class 4	36,346,287	0.04	1,453,851
Total RB Value	48,181,033		1,690,546
Prior total projected property tax			193,700
Amount to be raised @ 103%			199,511
			11,8016
Class 1 Rate			11.80
Class 2 Rate			23.60
Class 3 Rate			47.21

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

Mary K Clendenen
 (Signature)

3/28/2c
 RECORDER
 (Official Title of Recording Officer)

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

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Letter, from page 4

That is hard to do in Pocahontas County.

For at least five decades, the various County Commissioners over that time have touted tourism as the answer. Tourism is good as a third tier commerce tool but it is not a thing to base an economy upon. It turns into feast and famine periods making it very difficult for businesses to keep their doors open.

It also invites out of state landownership which initially boosts tax coffers, but it is outweighed by those seasonal people's problems, complaints and suggestions.

Take Snowshoe for instance, it provides many of the jobs in the County, and I'd imagine has considerable political clout with the powers that be. It also has been instrumental in a massive drug problem. Drugs lead to theft to support the drug addictions. Violence goes hand in hand with drugs. Prostitution goes hand in hand with drugs. People are literally not in their right minds. All of these things have sidebars. Things like spousal abuse, child abuse, sexual assaults and any number of other bad things.

There are environments created that influence behavior. In a place with little hope, substance abuse be-

comes much more likely. Thefts skyrocket, violence skyrockets, and then the dying starts. Someone breaks into the wrong house and gets shot. Someone under the influence kills innocents "by accident." A high schooler, underage drinking at a bonfire, tries a pill someone gives them only to OD. Addicts go to rehab and then die when they relapse. Families are destroyed and lives are lost. Children are left as orphans or go into the CPS system. Children are raised to be felons by the abusive home life they had no choice in. Employers cannot find reliable employees, businesses fold.

Some of the requirements of government are to provide safety for its people, establish justice, and promote the general welfare of the people.

Have these basic requirements been met? I say no.

I no longer live here but maybe it's time that Pocahontas County takes a hard look at the way things are versus how they should be, then make the appropriate changes. Some of the choices are easy but more of them are very hard. If this does not happen within a few decades, the native people and culture of the county will cease to exist.

John Berry
California

100, from page 7

Born to Mr. and Mrs. Ressie Moore, near Marlinton, twin daughters named Mary Fay Moore and Maggie Gay Moore.

Born to Mr. and Mrs. Jacob D. Simmons, near Marlinton, a daughter named Mary Price Simmons.

Born to Mr. and Mrs. Page Friel, near Marlinton, a daughter.

DIED

Mrs. Martha Jane Wilfong, widow of the late James Wilfong, died at her home near Marlinton Friday morning, March 21, 1924., aged 70 years and four months.

Funeral service was conducted by Rev. J. W. Pugh, and her body was laid to rest in the Wilfong graveyard Saturday.

Her surviving children are Granvil and Resa Wilfong, Hester Jackson and Mary Friel. Her maiden name was Sharp.

History, from page 7

county affairs, and was especially successful as a farmer and stock dealer. As a person of strict integrity in his business relations, his reputation ranks with the highest... Thirty-six years ago, he was suddenly deprived of the faculty of hearing in a mysterious manner that has puzzled the medical profession. His decease was preceded by a lingering illness and his departure calm and peaceful as the setting sun of a still autumnal evening. He was a devout and consistent member of the Oak Grove Presbyterian Church. He is survived by his son, Matthew Ruckman, and daughter, Mrs. Kenney Hogsett.

John Hannah died on Elk, the 15th instant, more than 80 years of age. Mr. Hannah was a very industrious citizen and made a good living for a large family of sons and daughters, most of whom survive him and revere his memory, and all are respected for their industry and self-reliance... Mr. Han-

nah took a lively interest in the welfare of his large family and he had the privilege of seeing them nicely situated for life. He and his sons have done an important and valuable service in developing one of the most prosperous sections of our county, in the face of obstacles of climate and rugged forests that none can appreciate until they try it by actual experiment. Such citizens richly merit the lasting remembrance of those who enjoy the fruits of the faithful toils. ~ W. T. P.

50, from page 7

Geroge Frederick Schwarberg, 62, of Stafford, Virginia, formerly of Durbin. Service was held from the Wallace and Wallace Funeral Home Chapel with burial in the Arbovale Cemetery.

Leonard E. Dean, 40, was born at Huntersville, a son of Ina C. Dean and the late Alfred G. Dean. He departed this life in Concordia Parish

Hospital in Ferriday, Louisiana. Funeral service was held from St. Patrick Catholic Church of Ferriday. Burial in Reed Cemetery at Oakdale, Louisiana.

Mrs. Bertha Ash Galford, born in Doddridge County, a daughter of the late Jesse Ash and Mary Bonnell Ash. She moved with her parents to Branches, near Durbin. When a young girl she met and married Lee Galford, of Stony Bottom.

Harvey Jess Keen, 83, of Frankford; funeral service held from the Carroll Hill United Methodist Church with burial in the Carroll Hill United Church Cemetery near Lewisburg.

BANK of MARLINTON advertisement

Interesting Facts Did you ever stop to think of the oddities connected with the names of some of the state of the U. S.?

For instance, Rhode Island is NOT an island.

Part of Virginia is actually farther west than the whole state of West Virginia.

Wyoming is named after the Wyoming Valley of Pennsylvania, and yet the Wyoming Valley of Pennsylvania has nothing to do with the state of Wyoming.

And, part of North Carolina is further south than parts of South Carolina.

For travel through the states this year, economy may be the type car you need. For economy car financing, see us.

75, from page 7

Clarence Rockford Ervine, aged 33 years, died at his home in Greenbank Tuesday morning, March 15, 1949. On Thursday afternoon the funeral was held at the Greenbank Methodist Church. Burial in the Arbovale cemetery. He was a 1940 graduate of Greenbank High School and was owner

and manager of the Cass Taxi Co.

Mrs. Lela Hollandsworth Cutlip, aged 39, widow of the late Lake Cutlip, of Droop, died Thursday, March 24, 1949. She is survived by her three children, Mrs. Lela Faye Pritt, Anita and Foster and one granddaughter... She was a daughter of the late S. P. and Georgia Cutlip Hollandsworth. Service was held at the Log Church with burial

in the Whiting Cemetery on Droop Mountain.

Joseph Henry Slayton, aged 76 years, died at his home in Durbin Friday, March 25, 1949. On Sunday afternoon, the funeral was held from the Methodist church, with burial in the Boyer cemetery.

Junius Summerson, aged 32 years, died Tuesday, March 22, 1949. On Thursday afternoon the funeral

service was held from Liberty Church at Greenbank with burial in the Fairview cemetery at Roanoke.

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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

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