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Mountain State Cakes
Find a sweet or savory treat, Page 7

Golden Anniversary
Snowshoe Mountain Resort
celebrates 50 years, Page 12

Mountain State

MAPLE DAYS

February 15

&

March 15

Feb 15th
Maple
Month
Mar 15th

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**GREEN BANK
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Find music of the mountains at Opera House

**Black Mountain
Bluegrass Boys**
Saturday, December 14
7 p.m.
\$10

The Black Mountain Bluegrass Boys, West Virginia's longest-running bluegrass band, will return to the Opera House Saturday, December 14, 2024, at 7 p.m.

Led by Mill Point local Richard Hefner for more than half a century, the band is renowned for its traditional bluegrass sound, tight vocal harmonies, and deep roots in the local music scene. This year's lineup features a mix of familiar faces and new talent.

Joining Hefner is Mill Point neighbor Joanna Burt-Kinderman on bass, adding her local influence and musical expertise. Renowned for his skillful fiddle playing and significant contributions to West Virginia's musical heritage, Dave Bing will also be on stage. Completing the ensemble is Danny Arthur on guitar, bringing his personal touch to the group's rich and dynamic sound.

Tickets for this highly anticipated performance are \$10 for adults, while young music lovers 17 and younger can attend for free.

See **MUSIC**, page 5



Black Mountain Bluegrass Boys

CHRISTMAS

at Cass Scenic Railroad State Park

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SATURDAY, DECEMBER 7TH
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SATURDAY, DECEMBER 21ST
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& BINGO**

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Cover: Digging through the archives at Snowshoe Mountain Resort, a great collection of photos were found, featuring scenes from the 70s through 90s. Colorful ski suits with matching skis are seen on these eager skiers as they ride the lift to the top of the slope. *Photo courtesy of Snowshoe Mountain Resort*

Y E W Mountain Center 2025 WINTER EVENTS



- FEB. 1** **WINTER TREES WALK**
- FEB. 15** **MAPLE DAYS BRUNCH
& FOREST TOURS**
- MAR. 15** **MAPLE DAYS TREATS
& FOREST TOURS**
- MAR. 29** **FRUIT TREE GRAFTING**



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**The Bing Brothers
featuring Jake Krack**
Saturday, March 1, 2025
7 p.m.
\$10

The Bing Brothers, alongside fiddler Jake Krack, are set to deliver an electrifying performance at the Pocahontas County Opera House March 1, 2025, at 7 p.m. For those who crave the authentic strains of hard-driving old-time, bluegrass and traditional Irish tunes, this

event is not to be missed. This annual performance has become a local tradition, offering a unique opportunity to witness the legendary Bing Brothers Band in their element. Known for their hard-driving string band music, the band has taken their sound from the hollows of West Virginia to the international stage, captivating audiences as far afield as Australia and Ireland. Despite such global acclaim, the Bing Brothers have remained loyal to their West Virginia



The Bing Brothers featuring Jake Krack

mountain heritage, crafting a sound both distinct and dynamic.

Leading the charge is

Mike Bing on mandolin, whose enduring passion has kept the band on the road for more than 40 years. With Bob Leving on guitar, Tim Corbett on bass, and Tim Bing, a multi-time West Virginia State Champion, on banjo, the ensemble is one of formidable talent. Jake Krack, a multiple award-winning fiddler, rounds out the group, adding his own old-time flair to the mix.

The evening also serves as a preview for the band's latest studio album, "Just Jammin' with Friends, Vol. 1." Fans can expect a taste

of their newest musical endeavors alongside cherished classics.

Integral to the West Virginia music scene, all key members of the Bing Brothers play pivotal roles in hosting Allegheny Echoes. This annual celebration of Appalachian culture brings together students and seasoned performers for a week of learning and fun amidst the scenic beauty of Pocahontas County.

See **MUSIC**, page 6

CARNEGIE HALL

2024-2025 SEASON

DECEMBER / JANUARY / FEBRUARY

Friday, December 6, at 7 p.m.
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MUSIC from pg 5

The State Birds

Saturday, March 15, 2025
7 p.m.
\$10

As part of the ongoing celebrations for the 25th season of performances at the Pocahontas County Opera House, the stage will come alive with the enchanting sounds of traditional mountain music blended with a modern flair, brought to you by The State Birds. On Saturday, March 15, 2025, at 7 p.m., this renowned collective of West Virginia musicians promises an evening of "some of the best mountain music from the mountain state."

Comprised of award-winning multi-instrumentalists, The State Birds are dedicated to keeping traditional music alive while putting their own unique spin on age-old classics. The ensemble features Tessa McCoy's driving and intricate fiddling paired with Cody Jordan's versatile clawhammer and three-finger banjo playing. They are supported by the unbeatable rhythm of Jesse Milnes on guitar and Chance McCoy on mandolin. The heartbeat of the band is Joanna Burt-Kinderman, a coveted bass player. Their time-bending vocals and harmonies from all members tie together a diverse range of instrumentation.

The State Birds boast an impressive list of accompaniments, including multiple first-place state fiddle and banjo wins and a Grammy, courtesy of Chance McCoy's tenure with Old Crow Medicine Show. Their performances honor the traditions handed down to them while boldly forging new paths in the genre.

Adding to the excitement, this performance coincides with the 2025 Mountain State Maple Days weekend, offering not only winter outdoor adventures but also the sweet experience of sugar camp tours, special restaurant maple menus, and

more.

With a 250-seat capacity, the historic Pocahontas County Opera House in Marlinton offers a cozy, family-friendly atmosphere that is also accessible to those with disabilities. Given the antici-



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pated high demand for this event, advance tickets are recommended.

Tickets are available for a \$10 donation, while those aged 17 and younger can attend for free, ensuring accessibility for families and fostering youth engagement with the arts. Tickets can be obtained in advance at the 4th Avenue Gallery, online at pocahontasoperahouse.org or at the door the evening of the event.

The Opera House Performance Series is proudly supported by grants from the West Virginia Division of Culture and History and the West Virginia Commission on the Arts. Additional support comes from Pocahontas County Dramas, Fairs and Festivals and the Pocahontas County Convention and Visitors Bureau, reflecting the community's dedication to preserving and promoting its cultural heritage.

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Mountain State Cakes ~ a mix of savory and sweet

Suzanne Stewart
Staff Writer

When Teresa Mullen moved to Pocahontas County 15 years ago to be the ProStart teacher at Pocahontas County High

School, she planned to do more than teach. She also worked in kitchens at Snowshoe Mountain Resort, serving up dishes to locals and visitors.

A few years ago, she decided it was time to open her own place, with her

own rules and recipes.

"I wanted to decide what I was going to make, and I wanted to make sure that things were made from scratch," she said.

That was the beginning of Mountain State Cakes in Dunmore. It took time to get started. The COVID-19 pandemic delayed the opening, but finally, in 2021, the bakery opened its doors and welcomed guests with the warm aroma of both savory and sweet dishes.

"We do wedding cakes, birthday cakes, cinnamon rolls, pumpkin rolls – all your seasonal items," Mullen said. "We've got pepperoni rolls, tons of



Photo by Suzanne Stewart
Mountain State Cakes owner Teresa Mullen stacks layers of blueberry lemon cake and creates a reservoir with buttercream for the raspberry filling. Wedding cakes are one of the specialties Mullen offers. The bakery is also known for its delicious cookies, pepperoni rolls and other sweet and savory fare.

cookies, dinner rolls, regular menu.

The top sellers are cookies and, of course, pepperoni rolls – the West Virginia staple. It's a little bit of everything."

Mullen added that she also welcomes special orders of items, including items not featured on the

"Last month I looked, and we've made over 10,000 cookies this year," Mullen said. "We're right under 8,000 pepperoni rolls for the year."

Out-of-state visitors always ask what exactly is a pepperoni roll, and when they find out that it's basically a dinner roll with pepperoni and cheese baked into it, they're sold. Plus, at Mountain State Cakes, they get to pick

See **CAKES**, page 8



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from six varieties, where the pepperoni is the same, but the cheese is different, and there could be banana peppers – or ramps in season.

Although she doesn't cater full meals for events such as weddings and birthdays, Mullen does make fantastic cakes that could rival those of the Ace of Cakes Duff Goldman or Cake Boss Buddy Valastro.

Some of her designs from past events include superheroes, traditional wedding design with piping and even a half Lego wedding cake, and yes, she sculpted each individual Lego by hand.

Mullen also does cupcakes, or dessert bar items for weddings, such as dessert cups and mini cheesecakes.

"We do make sides," she added. "I've had people order chicken salad or potato salad, things like that," she said.

One thing that sets Mountain State Cakes apart is its Barkery – which features freshly baked dog biscuits and freeze dried dog food.

Mullen is a big dog lover and has the pack of beagles to prove it.

"We do little doggie bones – oatmeal doggie bones," she said. "My dogs are the taste testers, so it's all beagle approved. I have eight and they are house dogs. They are spoiled house dogs.



Photos by Suzanne Stewart
With six varieties of pepperoni rolls to select from, Mountain State Cakes has a savory snack for every taste bud – from mild to wild – with just pepperoni and cheese or those with the added kick of banana peppers or jalepenos. A sweet treat isn't too far away either. Next to the pepperoni rolls is a selection of freeze dried candy. At right, the bakery also has treats for your four-legged friends in the Barkery section.

"They are rotten," she added, laughing.

For some, raising a pack of beagles and running a bakery would seem like more than enough to keep one person busy, but not for Mullen. She continues

to teach at PCHS, albeit part-time, helping students find their own love for cooking and baking.

"We haven't done competitions since COVID, but we are still doing lots of catering," she said. "We



did the veterans lunch [at PCHS]. We catered for the presenters at Green Bank Elementary-Middle School's Harvest Day. We went with Nature's Mountain Classroom and taught all the kids how to make pepperoni rolls.

"If the kids want to get back into competitions, that's great," she contin-

ued. "I'm more interested in having them do things in their community."

Mullen takes the students to conferences, including the Hospitality University at The Greenbrier in White Sulphur Springs. The students get to stay at the resort for three days and learn about the hospitality industry.

"I think having those experiences are a little more important," she said.

And who knows, they may be inspired to open their own restaurant or bakery in the county one day, too.

Mountain State Cakes is located at the intersection of Rts. 28 and 92 at Dunmore and is open Tuesday through Saturday, 8 a.m. to 6 p.m.

For more information, the bakery has a presence on Facebook and Instagram where updates are regularly posted.

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INSIDE LEVELS DEPOT

Make a festive gift for winter birds

Laura Dean Bennett
Staff Writer

One of the easiest craft projects for you and your family to enjoy is also one of the most fun ways to up your bird-watching game this winter.

Give your feathered friends and your family the gift of an ice wreath.

These pretty frozen wreaths will make welcome feasts for the birds when the snow flies and, at the same time, bring a cheerful bit of bright color to the winter landscape.

And by making a few of them ahead of time and saving them in the freezer, you'll be ensuring future treats for your feathered friends and several occa-

sions of fun bird watching for your family.

And it's so easy.

Just gather berries, fruit and flowers and place them in a bundt pan, add water, freeze and, voila, you have an ice wreath.

If you still have crabapples on your trees, pansies or other edible blooms on the porch, lambs ear in the field, or berries among your landscaping, gather them up – they make excellent additions.

If it's too late in the season for gathering edibles outdoors, use cranberries and slices or pieces of citrus fruits and apples.

For a pop of color, pick a few green leaves still hanging on the shrubs in your yard, and snip off a few holly leaves or small tips of

evergreens.

It might seem like adding bird seed would be a good idea, but it's really not.

The seeds are difficult for birds to crack out of the ice and as the ice melts, they may get moldy. Better to use your birdseed for keeping your bird feeders filled.

Remember not to use anything unnatural in the ice wreath. Avoid anything unhealthy for birds or animals to eat (certainly add nothing containing artificial sugar or dye).

When it melts, whatever is not eaten will fall to the ground.

Natural ingredients, even if not eaten, will decompose naturally and not pose any danger to wildlife

or make another job for you by needing to be collected.

A walk through the yard, a visit to my herb garden and a quick look in the fridge provided all I needed to include in my wreath.

Luckily there were still pretty red blueberry leaves and the blooming tips of my lavender and rosemary available.

The birds' vitamin C would be provided by the oranges in my fridge.

The remaining crabapples from my yard and lots of frozen cranberries from a bag in the freezer added more food value as well as a bit of bright red color.

For a decorative touch, small tips from the branch of one of my spruce trees



Photo by Laura Dean Bennett

My wreath included orange slices, purple lavender and blue rosemary blooms and tiny, snipped pieces of pine cone. Spruce tips and fresh rosemary sprigs provided the flourish of green. For a festive touch of red, I added red blueberry leaves, frozen cranberries and bright red crabapples from my yard.

and sprigs of rosemary protein. gave the collection just the right touch of green.

I'm not sure if the birds will appreciate a few bites of rosemary as food, but humans sometimes enjoy it, so, you never know.

I didn't add any nuts, but if you'd like to invite a few squirrels to join the party, you could include some to the mix.

You could even include a little suet to add a bit of

Many winter birds, including, among others chickadees, juncos, cardinals, jays, titmouses, wrens and, of course, woodpeckers will welcome suet.

Make little suet balls by rolling tiny chunks of suet with oats or cornmeal and add them to the pan.

The crabapples and berries won't last much

See *BIRDS*, page 10



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BIRDS from pg 9

longer on the trees and shrubs in my yard, so, what I didn't use in making this first wreath, I saved in the freezer for making more ice wreaths later this winter.

Now, how to make the wreath:

Layer everything in a bundt pan and cover it all with a few cups of water.

If you don't have a bundt pan, you can use a round cake pan. It will make a smaller wreath, but that's okay. You can make a hole for a piece of twine, cord or ribbon later.

Even easier, weigh down a small circular bowl in the center of the cake pan to create a two or three inch

round hole in the middle. To complete the wreath-making process, just place the pan in the freezer – or you could sit it outside if it's cold enough.

Let it set overnight to get frozen solid.

To remove the wreath from the pan, sit the pan in a sink full of warm water. Wait until the ice is thoroughly loosened from the edges of the pan.

Then gently tip the wreath out of the pan onto a soft towel so you don't crack it.

If, instead of a bundt pan, you used a regular cake pan, it's not difficult to make a hole in the center.

Heat a cylindrical, metal

poker-like object (the cylindrical knife sharpener in my knife block would do well). After the ice is removed from the pan, gently and carefully press the heated object through the center of the ice to make a hole.

Your twine, cord or ribbon will need to be at least a foot and a half long, possibly longer, depending on what you use and where the wreath will be hung.

If you want to make your wreath especially festive, and maybe hang it as a holiday gift for your birds, you could use a wide red ribbon.

Just be sure to make it long enough to be able to tie a pretty bow.

And remember, if you use a ribbon or anything not biodegradable, bring it back inside as soon as the wreath melts, before the birds are tempted to pick at it. (The threads of a ribbon could pose a hazard to them.)

To hang the wreath, find a sturdy tree branch, preferably close enough to a window for convenient indoor viewing, and tie it onto the branch.

If you don't have any trees close enough to the house, but you have hooks on your porch where bird

feeders usually hang, you might use one of those.

You'll get so much pleasure from your ice wreath. When the light shines through the ice, it will sparkle and glow.

And, when they discover it, the birds will be sure to appreciate your gift.

Pour a cup of hot tea and settle in for some delightful bird-watching.

As long as the weather cooperates, and depending on how many birds you're feeding, your ice wreath should last at least a few days to a week out-

side. What a beautiful way of saying Merry Christmas or Happy New Year to your winter birds.

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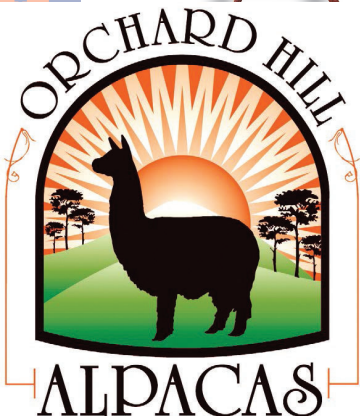
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Snowshoe Mountain Resort

From meager beginnings to a village in the sky

Suzanne Stewart
Staff Writer

It all began with an airplane ride. On April 12, 1973, Dr. Thomas H. “Doc” Brigham took flight over Cheat Mountain and saw a large tract of terrain covered in a blanket of snow. While most people would see land, formerly owned by West Virginia Pulp and Paper Company, which was logged from 1901 to 1960. Brigham saw potential. He saw a ski resort where winter sports could continue into spring. Thus began the saga of Snowshoe Mountain Resort. In May 1973, construction began with slopes, lifts, snow machine pipes, lodging and Snowshoe



The Adaptive Sports Program at Snowshoe Mountain Resort was founded by Dave Begg in January 1983. The program allows visitors with disabilities to enjoy winter and spring/summer sports on the mountain. It is located in its own facility at Silver Creek Resort.

Drive. There from the very beginning was Phil Lindsey, who still works at the resort as a mechanic. “I laid the first piece of snow-making pipe in the ground for Snowshoe,” he said. “I helped get the slopes ready. I was the first groomer they had, but back then they were called call snow firming.” While Lindsey was helping get the slopes ready, Mark Poore was just learning about the resort and making his way to the mountain with his girlfriend – now wife – Alice. Poore has been an athlete since high school – racing bicycles and mountain bikes. He’s also a ski instructor and was a ski instructor in Rappahannock

County, Virginia, when he first learned about this new resort. “I heard about this place, Snowshoe, a new ski area and it was going to open in 1974,” he said. “My roommate, my girlfriend and other roommates – there were six of us – jumped in this VW van and we drove over to Slaty Fork and got to Cass.” At Cass, the group asked for directions to the new resort and no one knew what they were talking about, but did say there was a lot of activity going up the mountain on Cass road. “We drove over Cass Road, which was Rt. 66 and dirt, and found the office in Pauline Galford’s house right there on the corner of 66 and 219,” Poore said. “I talked to the ski school director and said I wanted to

teach skiing. Tom Brigham – who started Snowshoe – came up and he was just excited that six people came out to look at this ski area that wasn’t even complete.” Brigham invited the group to ride with him to the top of the mountain and they got a behind-the-scenes look at the construction and what was soon to be a ski resort. “We jumped in his Wagoneer and drove up six miles of dirt road,” Poore recalled. “Shaver’s Centre was under construction at the time, but getting near complete, so he toured us through there.”

After touring the building, the group walked out to the slopes and were impressed with what they saw. “When we got back home, I applied for a job with the ski school instructor,” Poore said.

Snowshoe officially opened with a rope drop December 19, 1974, with several slopes open to the public.

Months later, Poore went through the process of getting certified through the Canadian Ski Instructor Alliance program but was not offered the job.

Despite this, Poore and his friends still managed to enjoy the weekend with some skiing.

After skiing Skidder slope, Poore said they were asked if they wanted to ski Ballhooter slope.

“A bunch of us were the first ones to ever ski Ballhooter,” he said. “We went down there and rode the lift. Later that day, I found out that the only reason they let us ski Ballhooter was

that they hadn’t load tested the lift yet.

“Normally when they do that, they get feedbags and fill them with sand and put them on the seats to create the load to do a load test – so you might say we were the sandbags that day,” he added, laughing.

Poore returned to his farmhouse in Pennsylvania and worked at Blue Knob for three more years before he got a call from a friend at Snowshoe. Poore had been planning to go to Oregon for the winter, but his friend said there were new directors of the ski school at Snowshoe and he was needed. “Alice and I drove down, and



The father of southern skiing, Dr. Thomas H. “Doc” Brigham, at left, standing among the snow-covered trees at one of his beloved ski resorts – Snowshoe. Above, a glimpse into the past at Snowshoe, abuzz with skiers ready to hit the slopes.



I said, ‘let’s give it a whirl,’” he said. “We ended up living in Overlook and in a one-bedroom apartment with a Murphy bed. We lived there with two dogs and five people. We slept on the Murphy bed in the living room, and it was great.” The couple later found their own place, first at a farmhouse at the Elk River Touring Center and then on Locust Glen. Both worked at Snowshoe and continued to enjoy the slopes in their free time. “That’s all I wanted to do was ski,” Poore said. “We’ve skied all over.” The first decade of operation was a struggle for Snowshoe and bankruptcy was filed twice before stabilizing in the mid-1980s.

Around this time, Silver Creek Resort opened just down the mountain, adding to the struggle, giving Snowshoe a bit of competition. The new resort opened in 1983 and several Snowshoe employees, including Lindsey and Poore, worked there before returning to Snowshoe. “I went to Silver Creek in ‘83 as their groomer,” Lindsey said. “I became their shop manager for vehicle maintenance. Then Snowshoe bought us out.” “I went to work in Silver Creek in ‘84 – it was their first year,” Poore said. “I worked there for three years.” After regaining its footing in the mid-80s, Snowshoe not only recovered from its struggle, but was able to buy Silver Creek in 1992.

Both men returned to Snowshoe, with Lindsey taking back his spot in vehicle mechanics, where he still works to this day. “I’ve enjoyed working here,” he said. “It feels pretty good [to be part of the history]. It’s eye-opening to come to the top of this mountain nowadays.” Poore went back to ski school, but he had his sights set on something from his past that he wanted to bring to the mountain – biking. Poore used to road bike along Route 219, but found articles in biking magazines about mountain bikes and thought those would be a great addition to Snowshoe. “I just started riding mountain bikes everywhere here on dirt roads and deer trails and kind of making my own way,” he

said. “Then some other people got a few mountain bikes, and we started doing a little bit of riding together.” From there, Gil Willis, owner of Elk River Touring Center, and Poore talked about the future of mountain biking here, and Willis bought a rental fleet for visitors to take out on the trails. By 1990, Poore was approached by Danny Seme and B.J. Hungate and asked to start a mountain biking program at the resort. Poore worked for Paul Hudson, who operated the bike shop. “I was the only employee,” he said. “I had an S10. I’d throw blankets over the sides and shuttle people up the mountain and

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SNOWSHOE from pg 13

put up a closed sign saying we'd be back in thirty minutes. Did it the second year and, man, the numbers really grew.

"Then snowshoe said, 'we want to do this, and we want to do it right,' so they had me order bikes and hired a couple extra people," he continued. "We started cutting trails and the rest is kind of history."

Adding mountain biking was one of the many ways the mountain went from being a winter resort to a year-round destination. Mountain biking grew to be as popular, if not more popular, than skiing through the years.

By 2017, the resort hosted its first UCI Moun-



Photo courtesy of Snowshoe Mountain Resort

When the snow is gone and it's time for spring and summer sports, Snowshoe Mountain Resort attracts mountain bikers from all over the world. They traverse the trails of the Snowshoe Highland Ride Center which has a silver designation from the International Mountain Biking Association (IMBA).

tain Bike World Cup. The event has returned every year since.

In 2019, Pocahontas County became a bronze ride center through the International Mountain Biking Association – IMBA. Known as the Snowshoe Highlands Area Ride

Center, it quickly became a silver ride center and is working toward a gold designation.

Entering the new millennium under the ownership of Intrawest, Snowshoe continued to grow and saw the addition of The Village, which not only hosted condos in Rimfire, Highland House, Allegheny Springs, Seneca and Expedition Station, but also retail shops and restaurants.

This is where president and COO Patti Duncan got her start at the resort. In 2000, she was the director of retail and rentals.

"I helped build the commercial village with all the commercial shops," she said. "We kind of call it the

Center of Snowshoe. It's the center of Snowshoe with all the shops and restaurants and the outdoor gatherings with fire pits. It's a special place when it's lit up in the winter. It just looks like a wonderland."

The Village added to the year-round fun with shopping, dining and activities taking place in the "square" for guests and locals to enjoy.

With the success of The Village, Duncan was soon given directorship of outdoor adventures and events. It wasn't long before she moved up the ranks to Vice President of Resort Operations in 2015.

See **SNOWSHOE**, page 15



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SNOWSHOE from pg 14

By 2018, Duncan was named the first female president and COO of the resort.

"I was floored that they chose a woman," she said, "But through hard work and dedication, and I had the right mentor which was Frank DeBerry. He was the former president and COO of Snowshoe. Working with him and gaining all of that knowledge and having him have confidence in me that I could do it.

"It's been challenging but rewarding."

It was also around that time that Intrawest was purchased by Aspen and KSL which also purchased Mammoth and Squaw Valley. All those resorts were combined to form Alterra Mountain Company.

With new ownership and a new President/COO, things were going

really well for the resort. Then in 2020, the COVID-19 pandemic brought everything to a halt.

Snowshoe followed the federal guidelines and closed until it was safe to welcome back employees and guests.

"Nobody really knew what COVID was and how impactful it was going to be," Duncan said. "We thought it was going to be a short stint."

Being an outdoor recreation resort, it was easier for Snowshoe to ease back into business once the mandated shutdown was lifted. When word got out that the resort was open again for skiers in the winter and mountain bikers in the summer, the flood gates opened, and people flocked to the mountain.

"It was probably two of our busiest years once we were able to open back up," Duncan said. "We abided by all the guide-

lines and made sure that we opened in a safe manner. Everybody wanted to come to ski or mountain bike. That was their way of getting outside and being safe.

"People just wanted to be outside, and rightfully so," she added. "I did, too."

Reflecting on her 24 years at Snowshoe and the past 50 years of the resort as a whole, Duncan said she is excited for what lies ahead.

"The future is so bright with Alterra, it's almost scary because we have been through times of watching every penny and who's going to be our new owner," she said. "I've been through three of those, I believe.

"The confidence in having a great company be our leader," she continued. "We are so connected, and we have so much team play. We're just

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Don't forget to bring that retro ski gear you've got packed away.

Thursday, December 19

9 a.m. – Rope Drop – Top of Heisler's Way and Gandy Dancer

9 a.m. – Boathouse Breakfast and Bloody Mary Bar – The Boat-house

2 p.m. – Village Bash begins – The Village

2 p.m. – Music and Games – The Village. Join us in The Village to kickoff Anniversary Weekend. We'll have

music and games plus representatives from the West Virginia Snow Sports Museum and patrollers from 1974.

3 p.m. – Hot Cocoa and S'mores – The Village

4 p.m. – Cheers and Beers – The Village

4:30 p.m. – 1974 Trivia – The Village

7:30 – 9:30 p.m. – Soul Train Dance Party with DJ Judd – The Village

10 p.m. – 1974 Hoot's Afterparty – Hoot's Bar and Grill. Head to Hoot's for a 70s themed after party with special drinks, appetizers, games and more. Don't forget to bust out the retro gear for this one.

Friday, December 20

9 a.m. – Boathouse Breakfast and Bloody Mary Bar – The Boat-house

9:30 – 11 a.m. – Gold Ticket Rail Jam Registration – The Village

12 – 1 p.m. – Gold

Ticket Rail Jam Practice – Shaver's Bowl

1 p.m. – Gold Ticket Rail Jam – Shaver's Bowl

2:30 p.m. – Scavenger Hunt Registration – The Village

3 – 4 p.m. – Scavenger Hunt – Around the Mountain. Join us for this family friendly scavenger hunt that will take participants around the mountain in search of various 1974 memorabilia.

5:45 p.m. – Fireworks – Top of Skidder

6 – 7:30 p.m. – Live Music – The Village

Saturday, December 21

9 a.m. – Boathouse Breakfast and Bloody Mary Bar – The Boat-house

Sunday, December 22

8 a.m. – 2 p.m. – 50th Anniversary Brunch – Junction Ale House. Join us for brunch at the Junction featuring a Bloody Mary Bar and Mimosa Flights



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committed as a united team. We work with them every day."

Although the corporate office is in Colorado, Duncan said Snowshoe is still its own entity with its West Virginia charm.

"They believe in us that

we're staying in the right guidelines for the people in our region and our visitors to make sure that we don't lose who we are," she said.

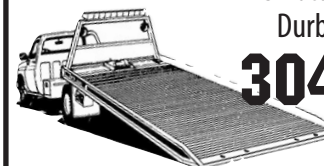
Yes, Snowshoe has great snowmaking abilities, wonderful lodging, shopping

and restaurants, and, of course, slopes, trails and more for outdoor enthusiasts, but at the end of the day, what makes the mountain special, are the people.

"That's what is so great about Snowshoe," Duncan said. "We have so many people with longevity here. There are so many people who have been here fifty years, forty, thirty and twenty-five.

"We have tons of people that this was their first job and they're still here," she continued. "It's a family, and we're all one big community here. Our employees and community are first. They're the backbone."

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Our Enchanted Forests

Anatomy of a slow walk in the woods

Ken Springer
Contributing Writer

A friend's daughter, Camilla, began sketching imaginative scenes of enchanted forests at an early age. Decades later, she still does, except now, her imaginative illustrations go into children's books.

Many of us seek our own version of enchantment when hiking the endless trails of Pocahontas County. We find something special in the deep forest that soothes our souls.

This feeling may be uniquely human. After all, ancestors of homo sapiens once lived an arboreal life

that offered protection from predators, intent on devouring them.

Somewhere in our genetic code is a type of memory stimulated when we step into the deep woods; we feel a kinship among the great trees and their inhabitants, something often referred to by writers and poets as an awakening of our earlier nature. Humans may be far removed from a time when we were universally immersed in the natural world, but we still maintain a connection to the bosom of the deep woods.

Forests have long presented humans with a dichotomy upon entering the canopy-covered world.

In early mythology, the deep, dark woods held both monsters and fairy godmothers. Consider two well-known stories created by the Grimm brothers: *Hansel and Gretel* and *Snow White*. Both tales were designed to instill fear and caution in young readers, depicting a cannibalistic witch and an evil queen as denizens of the forest. There is nothing enchanting about those woods!

In Celtic mythology, the woods harbor all sorts of supernatural beings. Tales of leprechauns, fairies and selkies abound in the stories passed down for gen-

See **FORESTS**, page 17



Courtesy of BluBonRelaxon / Pixabay

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erations of Irish and Scots, and they persist to this very day among some groups.

As depicted in literature, the deep forests provide cover not only for robbers and highwaymen but also for the better side of humanity. Consider Robin Hood and his band of merry men, who took from the rich and gave to the poor—an ideal we struggle with politically

centuries later when the topic of taxes comes up.

Flash forward to modern writers such as JRR Tolkien and J.K. Rowling, where deep forests are often a backdrop for characters taking on grand adventures.

OK, I went around the barn several times before going in the door, but despite the introduction, what I want to talk about in this article is something

you can practice in the woods that is healthful in many ways.

That said, what we will explore in the coming paragraphs is something that, unfortunately, smacks of the New Age movement of the 1980s.

How well I remember those days. It was my custom to stop at a local bakery/coffee shop on my way to work each morning for a cup of Joe and the morning newspaper. A middle-aged woman frequented my haunt most mornings. After taking a seat at her table, I noticed that she would extract several large quartz crystals from her oversized purse and assemble them around her coffee and pastry.

I also noted that she always sat alone at her table, the reason appears to be self-evident.

One day, she approached my table and asked if I realized I had an



Photo courtesy of Adrian Ludwig Richter / Wiki

Genoveva in the Forest Seclusion.

aura around my head. I told her it was probably just a cloud of powdered sugar from my well-dusted Bismarck. She found no humor in my response and promptly returned to her crystals.

Author's Note: I wonder what happened to all of those crystals; in dust-covered shoe boxes in the attic, perhaps?

Forest Bathing, or shinrin-yoku, as the Japanese refer to this practice, is

not, I repeat, not, New Age in any respect. Why? Because it is based on sound science.

Forest bathing is a well-established and studied Japanese practice in which one walks through the forest alone and slowly, immersing oneself in all aspects of the natural world. Forest Bathing is not the time for strenuous cardiovascular exercise, such as running or mountain biking.

To get the most out of your Forest Bathing experience, you must spend at least a couple of hours in the forest, something easy to do with the 400-plus miles of trail in Pocahontas County. After all, we have two state forests, five state parks, and about a third of the entire Monongahela National Forest, all with trails and mature forests.

Additionally, the successful and longer-lasting benefits of Forest Bathing require that we move slowly through the forest, even stopping to take in the wide variety of smells one encounters along the way.

Again, Forest Bathing is

See **FORESTS**, page 18

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not the time for high-energy activities like running or power hiking - you probably wouldn't consider swimming laps while relaxing in a warm spa.

Using our senses of smell, sight, touch and taste, we invite the forest into our bodies. We make a deeper connection with the forest when we do the following:

- Touch the bark of various tree species.
 - Get down on the ground and examine the insects and fungi. By doing so, we learn how the forest breaks down organic material into compost to feed the trees, insects, microbials and fungi.
 - Smell the unexpectedly pleasant scent of decay. This is the forest ecosystem at work.
 - Try hugging a tree - JUST KIDDING!
- Taste can come into play

as well in Forest Bathing. If you're a competent forager, you may sample, for example, the wonderful flavor of wild winter-green's shiny green leaves and bright red fruit.

According to Science Daily, fewer than 25% of Americans walk continuously for more than ten minutes weekly; we are an out-of-shape society. Walking in a forest, regardless of speed, is good exercise. So, a mere walk in the woods has some health benefits.

Yet, when we practice Forest Bathing, we get an even greater health boost from an invisible source - phytoncides.

Phytoncides are "antimicrobial chemicals produced by plants and used by plants to deter animals and insects from eating them." Additionally, phytoncides inhibit the invasion of harmful bacteria and microscopic fungi.

We are all familiar with Photosynthesis: trees take in carbon dioxide and release oxygen. The more forests we have, the fewer green greenhouse gases we produce and the more oxygen we produce.

But trees also release far more than just oxygen. They exhale over 500 volatile substances, many of which confer health benefits when we breathe in the forest air.

Pines, oaks and locust trees are particularly rich in phytoncides. Fortunately for us, there is no shortage of these species in our forest.

So, what are the benefits of these airborne substances?

Phytoncides stimulate the production of cortisol from the adrenal glands. Among their many functions, they help the body regulate stress, a common response to modern life. Just think: by walking in

the woods, you may not get the benefit of exercise, but you can reduce stress, anxiety, heart rate and blood pressure.

Additionally, controlled studies have shown phytoncides to help fight depression, improve sleep, and even fight certain types of cancer by stimulating the production of T cells.

Forest Bathing offers many opportunities to improve our general health and outlook on life. The only cost is a good pair of hiking boots, and the benefits of a single outing can last for several weeks.

Leave your cell phone in the glove compartment or turn it off. Remember, the idea of Forest Bathing is to "stroll," not "scroll."

With the beautiful forests and trails we have

here in our region, there are good reasons for getting out and enjoying them regularly. And I assure you that you will not encounter witches, fairies, leprechauns, trolls, wicked stepmothers, or thugs from Mr. Hood's gang. However, I cannot say with certainty that you will not run into a bigfoot.

In closing, one of our distinguished residents of

Pocahontas County is a hiker extraordinaire. Mark Mengele hikes slowly and purposefully, which allows him to fully enjoy the forest's pleasures.

As David Elliott likes to say of Mark, "He's Forest Bathing, he just doesn't call it that."

To Mr. Mengele and all readers of *The Pocahontas Times*, I say, "Let the forest be with you."

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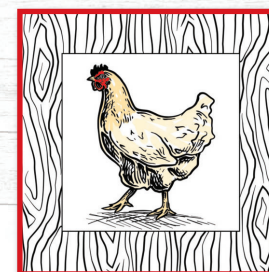
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The Magic of the Winter Moon

Laura Dean Bennett
Staff Writer

Humans have been mesmerized by a full moon since before recorded history.

Every culture has felt a strong connection to the moon, especially the full moon.

Of all the celestial bodies we gaze at in space, we seem to have the closest relationship with, and an almost personal feeling for, the full moon.

It's undeniable influence on human emotions is legendary and has been famously documented in romantic stories and songs.

Luna was the name of an ancient Roman goddess who was believed to personify the moon.

Her name became the ancient Roman empire's common name for the moon. Luna also forms the root of English words like lunar and lunatic.

Full moons have long

been associated with extreme behavior.

Ancient philosophers wrote about its effects on human behavior.

In modern times, hospitals and police departments often report an uptick in "business" during a full moon.

A full moon can also affect animals.

It makes sense that the brighter light of a full moon can increase the risk of predation for nocturnal mammals by making them more visible to predators.

But in turn, the moonlight can also make it easier for prey to see predators.

Moonlight is essential for migration and navigation for many animals, especially birds.

Some animals time their reproduction to coincide with the lunar cycle and oyster shells are more tightly closed when the moon is full and more open during a new moon.

The moon also has a di-

rect effect on the Earth itself.

During both the new moon and the full moon, ocean tides are at their maximum ranges.

Legends, mythology and superstition have always been woven around the moon.

In ancient times, full moons which appeared to be covered by a gauzy red glow were believed to be drenched in blood, and were considered harbingers of evil, predicting disasters like the outbreak of plagues, war or natural disasters.

Even now, full moons are sometimes believed to make weather predictions.

For instance, a bright full moon in a clear sky can foretell beautiful weather the next day.

A hazy full moon surrounded by a white halo is believed to predict rain – or snow.

The lunar calendar and the full moon have been used to track the seasons.



Most cultures called each month by the name of its full moon.

Many of the North America's common full moon names come from the Colonial Americans who adopted Native American moon names.

Some full moon names also came from the Celtic, Anglo-Saxon, medieval English and pagan ancestors of the European set-

tlers.

The full moon in December is the first full moon after the winter solstice.

This year, December's full moon occurs on Friday, December 15, at 4:02 a.m. EST.

The Old English and Anglo-Saxon names of the December full moon are the Moon Before Yule and the Long Night Moon (as

December is the month when the nights are longest, and days are the shortest.

The Celts called it the Oak Moon or the Full Cold Moon.

Today, we most often call December's full moon the "Cold Moon" because December is when winter's cold weather really sets in,

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although January is, on average, the coldest month.

Just as every ancient culture named the full moons, it had long been the tradition of America's Native American tribes to do so, as well.

Many Native American people called winter, "the time of the hunger moons."

Both humans and animals – those which didn't migrate or hibernate – had to survive the harsh winter conditions as best

they could.

In the southwest, the Zuni tribe called the December moon the Sun Has Traveled Home to Rest Moon due to the sun's presence being so much shorter in December.

The Alaskan Inupiat people called the December moon the Dead of Winter Moon – perhaps a reflection of the unusually long winter nights in the far north.

There are so many names for December's full moon:

Drift Clearing Moon:

This Cree name refers to the snow drifts which sometimes make traveling difficult.

Exploding Trees Moon: Another Cree name which describes the sound trees make when temperatures drop quickly, causing sap to freeze and expand until the bark bursts.

Hoar Frost Moon: And yet another Cree name – it describes the sparkling landscape as the moonlight reflects the hoarfrost crystals.

Little Spirit Moon: The Anishinaabe people

believed in honoring of the spirits of nature at the start of winter.

Winter Maker Moon: From the Western Abenaki who credited December's full moon as the bringer of winter.

This winter's January full moon arrives on Thursday, January 14, 2025, at 5:27 p.m. EST.

The first full moon of the year was traditionally known to our Anglo-Saxon ancestors as The Moon after Yule as it's the first full moon after December's yuletide season.

It is now most commonly called the Wolf Moon, a name given it by the British and European settlers. They had a very real – even primal – fear of wolves.

At one time, just a few hundred years ago, the gray wolf was one of the most prevalent predators in the world, roaming across wide swaths of Northern Europe and North America.

Like the ancient peoples and Native Americans, our ancestors would surely have been familiar with

the frightening sound of howling wolves.

Legends and even fairy tales reminded those living in the wilderness to maintain an awareness of wolves and all predators who were especially hungry during wintertime.

It may have seemed that the wolves were howling at the moon, perhaps to organize the pack for a hunt.

But wolf experts tell us that wolves normally howl to communicate – to reunite separated pack

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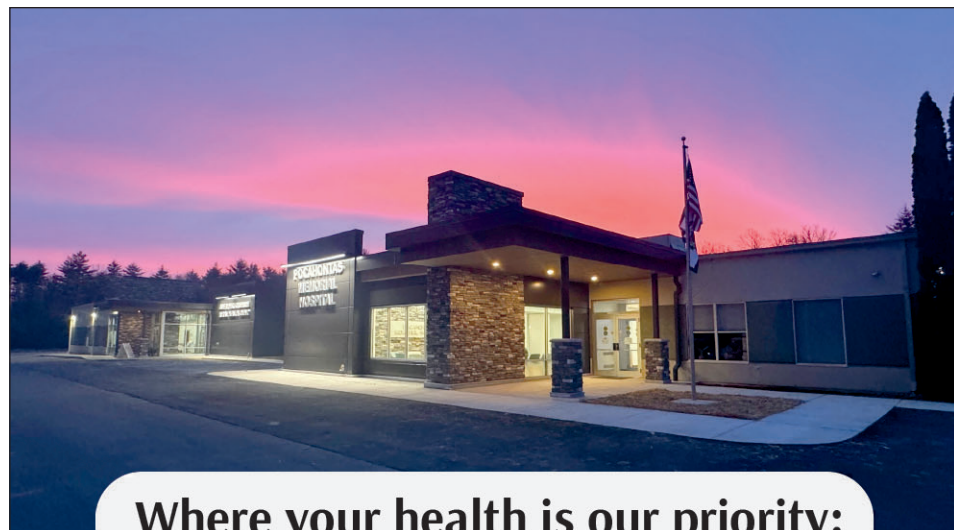
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day, February 12, at 8:53 a.m. EST.

February's full moon is most often called the Snow Moon because, in much of the north country, this month has the heaviest snowfalls.

Many Native American tribes called the February full moon the Hungry Moon or the Hunger Moon and for good reason.

This far into winter, many people would be dealing with the scarcity of food as food supplies would be running low.

Others named it the Bear Moon, referring to the time when bear cubs are born.

The March full moon is the last full moon of winter.

This winter, the March full moon will grace us on Friday, March 14, at 2:55 a.m. EST.

It's commonly called the Worm Moon because it's the time when the soil begins to warm up enough to allow earthworms to come out from underground. Their worm trails could be traced in the newly thawed ground.

Native American tribes called it the Crow Moon after the migration patterns of crows.

It was also known as the Sap Moon and Sugar Moon for the time when maple sap begin to flow.

Anglo-Saxons called it

the Lenten Moon because the Germanic term for spring was "Lenten."

In Old English, it was known as the Death Moon (because it marked the welcome death of winter) and the Chaste Moon, referring to the purity of the spring season which makes all things new again and brings life back to the world.

The magic of moonlight has been the subject of countless legends, romantic stories and songs.

But interestingly, the moon produces no light of its own.

We can only see it because it is lit by the reflection of other objects in space.

It reflects a small amount of light from the earth and from our nearest stars, but the sun produces most of the light reflected by the moon.

We see the moon as full when the whole of the side of the moon facing the earth is lit up by the sun's rays.

It takes all three – the earth, the sun and the moon – to be in perfect alignment to give us a full moon.

What a wonderful celestial happenstance.

This winter – bundle up and enjoy the enchantment of a clear, cold winter sky and the beauty of the full moon.

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DECEMBER 24
Village Christmas
Celebration

DECEMBER 23-31
Holiday Celebrations

DECEMBER 31
New Year's Eve Parties

FEBRUARY 1-2
SARA (Southern Alpine
Racing Association)

FEBRUARY 3
Cupp Run Challenge

FEBRUARY 21
Rider Boot
Camp- Skiercross/
Boardercross Camp

FEBRUARY 22-23
SARA U16 and Up
Championship

FEBRUARY 22-23
USASA Boardercross
and Skiercross

MARCH 1-2
Darn Tough
Banked Slalom

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