

# HASHTAG

OCTOBER 2024

FREE

ISSUE #160

## WEST VIRGINIA

Proudly covering the Greenbrier Valley, including Lewisburg, Ronceverte, White Sulphur Springs, Frankford, Renick, Fairlea, Caldwell, Union, and beyond!



Come and meet the first pack goats in WV and on the east coast at Bacon Days!

*Visit the Greenbrier River Trail for a relaxing "Cowboy Breakfast" and enjoy a slice of bacon with the delightful Greenbrier Goats.*

# SUPPORT LOCAL FARMER'S MARKETS

by Sharon Ginsburg

October is the last month of the farmer's market season where locally grown fruits, vegetables, meats, eggs, honey and even homemade breads are for sale. Some farmer's markets have craft vendors too so you never know what useful handmade, not just food, items you may find for sale, perhaps a gift for yourself or for someone on your Christmas list. So, stop pulling weeds, take a break and go out to your local market. There will be less vendors in October, but there is still plenty of ripe tasty garden produce includ-

ing vegetables that store well for winter like butternut and acorn squash, potatoes, garlic, and onions plus some frost sensitives like tomatoes, peppers, cucumbers, greens, zucchini and patty pan summer squashes because many of the vendors have greenhouses. Some markets also have musicians performing and craft activities for children. The most amazing thing is that many things taste so much more flavorful when picked ripe ready to eat rather than shipped to WV from California or South America. This makes me wonder if the tomatoes at the grocery stores are plastic or cardboard spraypainted red or if the celery is just light green crunchy Styrofoam.

The West Virginia School of Osteopathic Medicine's Center for Rural Community Health (WV-SOM CRCH) through the Greenbrier County Health Alliance provides grant money for lower income seniors to receive coupons to use just like cash at the Alderson farmer's market. There are Healthy Senior Market Basket coupons for baked goods like breads and local honey or syrups. Plus, Senior Savings coupons for meats and eggs. In-

quire early in the season next year at the manager's table at the Alderson farmer's market where you will be spending them. The Alderson market even has Carrot Club coupons in the summer for children to get fruits and vegetables, a brilliant idea for training children to eat real food! Also, by early summer, check at your county's Committee on Aging for WV Dept. of Agriculture coupons usable at all the farmer's markets with approved vendors for fresh vegetables, fruits and honey. All these coupons add up to a ton of produce at no cost to us older citizens from local growers and lots of delicious, nutritious healthy eating! These programs are all about the fact that what you eat greatly affects your health, wellbeing, body weight, longevity and basic wellness. This is better than feeling sluggish and dull mentally from all those processed, chemically laden, sugared and salted up items labeled as food at stores. Take the time to cook real food, eat well and stay vital. Call your local town hall or check Facebook pages or Hashtag calendar to confirm the day of the week, time and location of the markets which are generally located on the main street in a town near you.



## 42ND ANNUAL ART & CRAFT SHOW

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# ON THE COVER

# HASHTAG

WEST VIRGINIA

PAGE

# CONTENTS:



The Greenbrier Goat meets groups of cyclists and day hikers on the Greenbrier River Trail and offers a pack goat powered base camp experience for the afternoon. Come and meet the first pack goats in WV and on the east coast at Bacon Days!

**ARTIST ON DISPLAY:  
SHELBY OREOLT (PG.7)**



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HashtagWV Arts and Entertainment is a free, colorful, high-quality print and digital multimedia platform for all things Greenbrier Valley and the surrounding areas! Our cultural focus is local music, unique shopping, the arts, events, things to do, theatre, food and drinks.

Digitally, we serve all 55 counties in WV (and more!) and we distribute thousands of print editions directly into area households and throughout the Greenbrier Valley region in strategic, high-traffic areas through local businesses and paper boxes.

2. SUPPORT LOCAL FARMER'S  
MARKETS

4. COFFEE SHOP TRAIL MAP

4. GOOD EATS  
The Lunch Box

6. ON THE COVER  
Greenbrier Goats

7. ARTIST ON DISPLAY  
Shelby Oreolt

8. UNPLUGGED  
Kit Lindsey

10-11. LEWISBURG/WSS MAP

12. CARNEGIE HALL ARTWALK

13. SPIRITS MAP

13. WV HIVE

14. CARNEGIE HALL'S ALL THAT  
GLITTERS FANTASY GALA

14. GOING WILD  
The Hunting Dad

15. ASTROLOGY  
Let our robot overlords predict your  
HALLOWEEN HOROSCOPE!

16-17. THE AGENDA  
OCTOBER 2024

# HASHTAG

WEST VIRGINIA

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# The Lunch Box

By Andrea Izzo

I recently had the opportunity to talk with Erin Lovell about her journey to opening up The Lunch Box and The Cake box in downtown White Sulphur Springs. She previously owned B Sweet but decided it was time for a change. Therefore, she completely changed courses in 2019 and started a soap and skin care business, Sweet Cedars, with her daughter Sophie Bowes. They remodeled, opened, and then had to close after just two days due to COVID lockdown. During this time, the company went viral, and they started shipping merchandise all over the country. It became a massive success. Then, around this time last year, the shop was getting inundated with people looking for a bite to eat. The bakery had closed, and it was hard for people to find a place to just grab a quick sandwich. When it was open, B Sweet had a small lunch menu that consisted of soups and sandwiches. Erin said "I started thinking that I'd like to open something like that back up, but I thought my daughter would think I was crazy. I couldn't stop thinking about it. After a few weeks or so I mentioned it to her, and she said that she wanted to do it!" Erin already owned the building that housed the lab for Sweet Cedars. They had a space, and they had a plan. They officially opened their doors about one month later. Because of the following they had built up over the years between B Sweet and Sweet Cedars, The Lunch Box was slammed from the start. Sweet Cedars was also going strong, but their hearts were no longer in it, at least not in the way that their hearts were in food and beverage. For those of you who don't know that food and beverage feeling...it's a certain kind of passion inside you.

They found a buyer for the soap and skin care company and focused on The Lunch Box, then people started asking about cakes. It was the impetus they needed to turn the place into what it is today: sister companies The Cake Box and The Lunch Box, with a full commercial kitchen in between. The Cake Box is in front, and The Lunch Box is in the back. They brilliantly put a big metal handle on the roof of the back building, so it even looks like a lunch box! The Lunch Box menu features a wonderful selection of soups, sandwiches, salads, and ice-cold drinks. Only take-out is available but there are tables outside if anyone would like to eat there. The Cake Box is filled with gorgeous and delicious confections.

The plan is for Sophie and her boyfriend Nolin Cox to eventually take over The Lunch Box. Erin admits that she has been hard on them since the beginning. It takes a lot of hard work, determination, and creativity to run a successful food and beverage business. While Erin has been 100% in charge from the start, they are now taking on more and more responsibilities. When Sophie and Nolin do assume control of The Lunch Box, The Cake Box will turn into Erin's cake



playground, filled with pretty and sparkly cakes.

Special cake orders are available for pickup all week. The Cake Box is open Thursday - Saturday from 12-8 p.m. Special cake orders are available for pickup all week. The Lunch Box is open Monday - Friday from 10:30 a.m.-3:00 p.m.



## FROM THE EDITOR

Happy October, Readers!

Fall, my favorite season, has abruptly arrived! This month in Hashtag, we discuss many exciting events that capture the fall spirit. Each month, I learn something new about Greenbrier County. Who knew there could be so many entertaining events and talented artists in our community? Well, I'm here to tell you all about them!

As an animal lover, I could not pass up the chance to meet the spectacular goats of the Greenbrier Goat pack. They were so friendly and well-behaved! I could not wait to share the details of the upcoming Greenbrier Goat Bacon Days meet-and-greet with you all. Our front-page story has everything you need to know about this must-see event!

Although I love animals, hunting is a significant part of our local culture and something many of us enjoy. We all know that fall

marks the beginning of hunting season, and Patrick Calvert has a great "Going Wild" story for readers that discusses this exciting time of year. With this season, cooler weather approaches, meaning local farmers' markets will be coming to an end. Sharon Ginsburg has shared all the details you need to support our local markets before the season closes for the year.

As the leaves change and the fall colors emerge, artist Shelby Oreolt is spending time outdoors, enjoying nature and capturing amazing photos of inspiration for her lovely paintings. She has shared many masterpieces with us, along with information on how to purchase her delightful art. Check out the Artist on Display column for all the details.

Featured in the Unplugged column is local musician Kit Lindsey. It was a pleasure to learn about her music career and her love for Greenbrier County. Kit brings a blend of music

genres to the stage, leaving her listeners in awe. For upcoming events featuring Kit Lindsey, visit the website or social media pages listed in the Unplugged column.

We cannot forget about the delicious food the valley has to offer! Hashtag had the opportunity to speak with the owners of The Lunch Box and Cake Box in White Sulphur Springs about their fantastic selections of food and desserts. If you're looking for mouth-watering takeout, check out the scoop in our Good Eats section.

Speaking of food, the Taste of Our Town (TOOT) event will take place this month in Lewisburg. Look for the Mountain Messenger's TOOT tabloid, coming the first week of October, featuring all the details!

After reading this month's edition, I hope you all are as excited for fall as I am. Do not miss the chance to visit a local farmers' market, fall festival, or pumpkin patch this month. Have a blessed October and enjoy every moment!

Your Editor,  
Chelsea



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&  
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# Visit the Greenbrier River Trail for a relaxing “Cowboy Breakfast” and enjoy a slice of bacon with the delightful Greenbrier Goats

Run. Walk. Ride & Roll to:

## BACON DAYS!

Every Sat. in October

8 am till 2

With  
The Greenbrier Goat

MEET the first pack goats in WV

ENJOY a \*FREE\* slice of  
SWIFT LEVEL'S FINEST BACON

Cooked Cowboy Style  
with coffee

In The Shade

ON THE STRAIGHT STRETCH  
Above Spring Creek Station

Not quite to the CAT HOLE

MM 22.5

Greenbrier River Trail, WV.

Leashed dogs welcome

More info online @ [thegreenbriergoat](http://thegreenbriergoat)



The Greenbrier Goat is not only the first pack goat trekking company in West Virginia but also on the East coast. The owner and guide of the Greenbrier Goat, Aaron Coleman, told Hashtag; after moving back to the family farm in Greenbrier County, he explored many different agricultural opportunities in the area. A family member raises female goats for dairy, but males are typically sent to a slaughterhouse. After careful consideration and research, Aaron decided to give male goats a home and start pack goat trekking.

“We turned the agricultural opportunity into something that is agritourism,” said Aaron, “We have done something special in creating a new experience, responsibly, while working with Forestry Department and their guidelines as the pack goats travel the Greenbrier River Trail.” He emphasized his love for nature and the outdoors, finding purpose as the leader of the Greenbrier Goat.

The Pack consists of three Alpine pack goats who are well trained, responsive to command, and gentle. They are each named after famous Vikings in history, Ragnar being the lead pack goat, just one step behind Aaron; Athelstan in the middle, and “Floki the Follower” who brings up the rear. Weighing around 230 pounds, each pack goat carries approximately 45 pounds of gear. Special saddles and packs properly distribute the

weight and keep it off their spine to ensure that everyone can safely enjoy more time on the trail. One pack always holds a First Aid Kit, in case of an emergency.

To show appreciation of the community’s support and kindness, The Greenbrier Goat will host Bacon Days, a free all-weather, pack goat meet-and-greet event at the Greenbrier Goat Trail Shelter. Visitors can meet the goats and enjoy a cowboy breakfast featuring delicious bacon from Swift Level, cooked over the campfire along with

a hot cup of coffee or a bottle of water. Fresh pressed apple cider will also be available for children.

While indulging in a unique experience along the trail, do not forget to snap a photo with the goats and feed Floki an apple from Aaron’s ample supply. He believes this event will foster community connections while promoting the enjoyment of nature.

The Greenbrier Goat trail camp is located a short walk from Spring Creek at mile marker 22.5. Aaron stated he wanted to make the trip to the trailhead safe and quick, as they care about their trail guests. Look for barrels along Route 219 marked with The Greenbrier Goat logo to find the location. The event will take place every Saturday in October from 8 a.m. until 2 p.m. Do not miss your chance to meet the Greenbrier Goat pack!



Lead pack goat, Ragnar.



# ARTIST ON DISPLAY

## Shelby Oreolt

Shelby Oreolt, Greenbrier County native, currently resides in Grandview, where she immerses herself in nature and art. From a young age she has carried a camera everywhere, to capture beautiful photographs of nature, animals, and landscapes. These photographs serve as a rich source of inspiration for her paintings. She and her husband travel often and spend a lot of time outdoors which also provides ample inspiration for paintings and opportunities to capture breath taking photos.

### What do you do as an artist?

Shelby has an interest in all art but primarily painting. She does a lot of saw blade paintings. She often paints animals, churches, trains, portraits and murals. Over the last seven years, she has showcased her work at the Tamarack and has been recognized in the annual WV DNR Wildlife Calendar Competition multiple times. Her art has also been displayed at the Greenbrier Visitors Center, and she occasionally sells pieces directly from her home. Also, having been a proud member of the Greenbrier Artist Group for about 15 years, she looks forward to celebrating their 50th anniversary on October 4.

### What made you decide to become an artist?

Art has always been a part of Shelby's life.

Growing up as the middle child among five siblings, she found passion in creativity and watching others paint. Shelby began painting, coloring and competing in art contests at a very young age. Early achievements, such as winning her first blue ribbon in second grade, fueled her enthusiasm for art. She quickly began selling her artwork at fairs and festivals, gaining recognition along the way. She then began selling her art at fairs and festivals and won many more ribbons. When in school, she also helped with art for school plays and events such as prom.

### Do you have any advice for aspiring artists?

Shelby encourages aspiring artists to embrace their journey without the pressure of perfection. "If it is something you really want to do, do it and stick with it," she advises. Shelby also expressed the importance of connecting with others who have a passion for art, highlighting how those experiences have positively impacted her own experience.

With a deep love for her craft, Shelby expresses her commitment to painting: "I will continue painting as long as my hands will allow me." she said.

For personalized art requests, you can reach Shelby at [shelbyoreolt@suddenlink.com](mailto:shelbyoreolt@suddenlink.com).



## UNPLUGGED: KIT LINDSEY

Kit Lindsey grew up in Landrum, South Carolina, and moved to Lewisburg a few years ago. She often visited Greenbrier County before relocating to the area and fell in love with it. Kit explained that Lewisburg has a similar feel to her hometown and is as close to home as possible. She informed Hashtag that she was raised in a musically inclined household and has been singing her whole life. At four years old, she joined the adult choir at her local church, and by the age of 17, she began performing musical theatre in Spartanburg, South Carolina, where she attended college.

### What do you do, musically?

Kit is a singer and songwriter who picked up the guitar two years ago. She performs an interesting blend of genres from her musical past, including Bluegrass, Classic Country, and Folk, and consolidates them into cohesive pieces.

### What inspired you to become a musician?

Kit credits her parents for her musical talent; her late father used music as a form of praise throughout his life. She expressed immense gratitude for her dad, who encouraged and supported her dream of becoming a musician. Her mother played the piano, and her father played the guitar and harmonica, therefore she has always been surrounded by music and taught to love and appreciate it from a young age.

### What draws you to music?

Kit stated that she needs music to express her feelings, and it has been valuable during her lowest moments. "Music is a vehicle to connect people," she said. "Knowing someone has gone through the same hardships helps you overcome them." She added that music doesn't always have to be about positive experiences; it can also provide solace to those who feel alone. Kit writes the lyrics for each song first, as she believes people look for a story in music. According to her, there is a profound message in music, and its beauty lies in that.

### Do you have an idol?

Kit told Hashtag that her biggest influence is Bonnie Raitt, the American blues rock singer. Sierra Farnell is also one of her favorites,

as she has watched her grow as a musician and inspires Kit to continue advancing her career. She mentioned her friend Tucker and the blog Country Chord, of which she has been included in multiple times, has been incredibly supportive and generous. Kit hopes to someday extend a helping hand to new artists in the same way Tucker has helped her.

### Do you have any advice for aspiring musicians?

Though she considers herself an aspiring musician, Kit advises other aspiring musicians to play music with others and treat people with kindness. She emphasizes the importance of networking in a musical career. "It's hard for me to think of music as a business because I rely on it so much; I can't imagine life without it. It's intrinsic to human nature," she said. "But it's all about opportunity." Kit



never realized the significance of the business side of the industry until she began working in a development position with Carnegie Hall, where she learned that understanding the booking side of music is essential for success. She also noted that there will be criticism of your music, regardless of its quality. People may express dislike,

but it's important to acknowledge everyone's effort and worth.

### Do you have any albums out?

So far, Kit has released a few singles but plans to record a debut album in Nashville soon, featuring a compilation of childhood experiences, humorous songs, one true bluegrass song, and much more.

Kit has performed many shows over the years in various locations, including Tennessee, South Carolina, North Carolina, Virginia, and of course, West Virginia. She complimented West Virginia residents for their love of music, deep appreciation for it, and respectful nature. "What more could an artist ask for?" she said.

To check out Kit Lindsey's performances or book an event with her, visit her on Facebook at Kit Lindsey Music, Instagram at @kitlindsey, YouTube at kitlindseymusic, or her website at kitlindsey.com. You can also reach her via email at kitlindseymusic@gmail.com.



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# MOUNTAIN STAGE WITH HOST KATHY MATTEA KICK OFF CARNEGIE HALL'S MAINSTAGE PERFORMANCE SERIES SUN- DAY, OCTOBER 6

Carnegie Hall begins its 41st Mainstage Season on Sunday, October 6, at 7 p.m. with Mountain Stage with host Kathy Mattea. Guests are invited to come early for the free Mainstage Lounge Preshow Reception from 6 – 6:45 p.m. in the Board Room located adjacent to the Hamilton Auditorium. A cash bar and snacks are available.

Host Kathy Mattea will welcome guest artists American Patchwork Quartet, Kyshona, The Brother Brothers, Stephanie Lambring, and more. Attendees will be a part of Mountain Stage's live radio audience as they record a new episode for NPR Music.

Mountain Stage has been known as the home of live music on public radio for 40 years, growing to be a household name and a bucket list event for many musicians and live music fans from around the world.

The show was created by Andy Ridenour, Larry Groce, and the late Francis Fisher and began regular production in December 1983. All three of the show's founders continued in their original roles until 2011 when Executive Producer Ridenour retired after 28 years, passing his role down to Adam Harris, who began his tenure with the program as an intern in 2005. The show continues to grow each year, and in 2021, long-time host Larry Groce passed the hosting baton to West Virginia native, country music star, and Grammy-award-winning musician Kathy Mattea. Larry Groce continues in his role as Artistic Director.

"Over the years, Mountain Stage has garnered respect and support from the artists they've championed, and it's a privilege and an honor to keep this train going and give Larry some much-deserved time off," said host Kathy Mattea.

For four decades, Mountain Stage has been West Virginia's calling card to the world and has reached hundreds of thousands of people around the globe with live music from the Mountain State. Produced by West Virginia Public Broadcasting and distributed by NPR Music, each two-hour episode of Mountain Stage can be heard every week on over 290 stations across America, and around the world via NPR Music and [mountainstage.org](http://mountainstage.org).

With an average annual production of 24 live events with over 110 guest artists, Mountain Stage has grown from a state-wide, regional music ex-

perience to a showcase of world-renowned talent. Today the show features performances from seasoned legends like Bela Fleck and Patti Smith and emerging stars like Tyler Childers and Sierra Ferrell in genres ranging from folk, blues, and country to indie rock, synth pop, world music, alternative, and beyond. In addition, international acts regularly perform—in 2022, 11 guest artists traveled from Ireland, Haiti, Columbia, Canada, and Italy.

Most shows are recorded at the Culture Center Theater in Charleston, West Virginia; however, Mountain Stage has traveled to New York, NY; Boston, MA; Philadelphia, PA; Ann Arbor, MI; Ashland, KY; Athens, GA; Athens, OH; Bristol, TN/VA; Winnipeg Folk Festival (Canada), Lexington, KY; Pittsburgh, PA; Kerrville Folk Festival (TX); Harrisonburg, VA; Fairbanks, AK; Pittsburg, KS; Glasgow, Scotland; and many more venues throughout West Virginia.

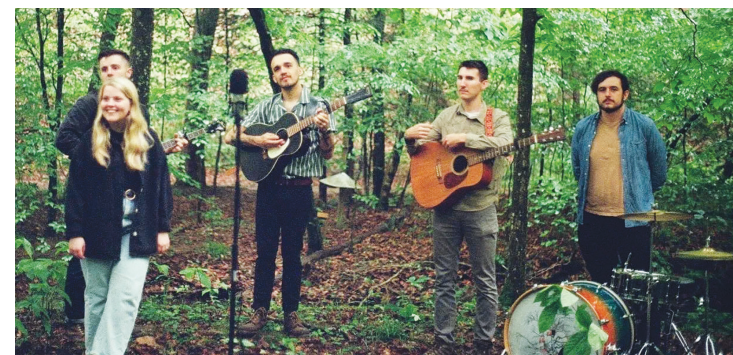
Currently, there are a limited number of tickets available to the performance. Tickets start at \$35/adult and \$20/student, and discounts are available for Carnegie Hall members, students, senior citizens, and military.

To purchase tickets, call Carnegie Hall Box Office at 304.645.7917, visit [www.carnegiehallwv.org](http://www.carnegiehallwv.org), or stop by at 611 Church Street, Lewisburg, West Virginia. Carnegie Hall Box Office is open Monday through Saturday, 9 a.m. until 5 p.m.

Carnegie Hall WV is a nonprofit organization supported by individual contributions, grants, and fundraising efforts such as TOOT and The Carnegie Hall Gala. The Hall is located at 611 Church Street, Lewisburg, WV. For more information, please call 304.645.7917 or visit [www.carnegiehallwv.org](http://www.carnegiehallwv.org).

# MOUNTAIN STAGE

— With Kathy Mattea —



## Pocahontas County Opera House Celebrates 25th Season with Kindred Valley Performance

With great excitement, the Pocahontas County Opera House is thrilled to announce the opening of its 25th season. What better way to commemorate this significant milestone than with a heartwarming performance by the immensely talented indie folk band, Kindred Valley. Join us on Sept. 28, 2024, as we celebrate this joyous occasion.

Twenty-five years ago, the Pocahontas County Opera House opened its doors and welcomed our community into a new era of live performances. This special season is a testament to our commitment to bringing world-class entertainment to the heart of Pocahontas County. We invite you all to be a part of this historic season's kickoff, savoring the echoes of the past and the promise of a vibrant future.

Kindred Valley began its journey in 2020 when three friends with a shared passion for music met at Marshall University. Originally known as Back Row Baptists, Blake Lacy, Noah Freeman, and Brett McCoy started writing and recording music in Huntington, W.Va. The band's lineup expanded in 2021 with the addition of husband-and-wife duo Rachael and Jadon Hayes, and Kaden Salmons. This new ensemble catalyzed a creative surge, resulting in the band's evolution and their rebranding to Kindred Valley.

Their debut album, released at the end of 2022, features remastered versions of their early singles along with new tracks that reflect their deep Appalachian roots and ambitious future. Their evocative melodies and heartfelt lyrics will resonate within the historic walls of the Pocahontas County Opera House, offering a night of music that is both touching and inspiring.

The performance will begin at 7 p.m. Guests are encouraged to arrive early to secure seats, as tickets are general admission. It's worth noting that all performances this season will begin at 7 p.m. The Opera House prides itself on being accessible and inclusive, with special accommodations available upon request to ensure everyone can enjoy the music comfortably.

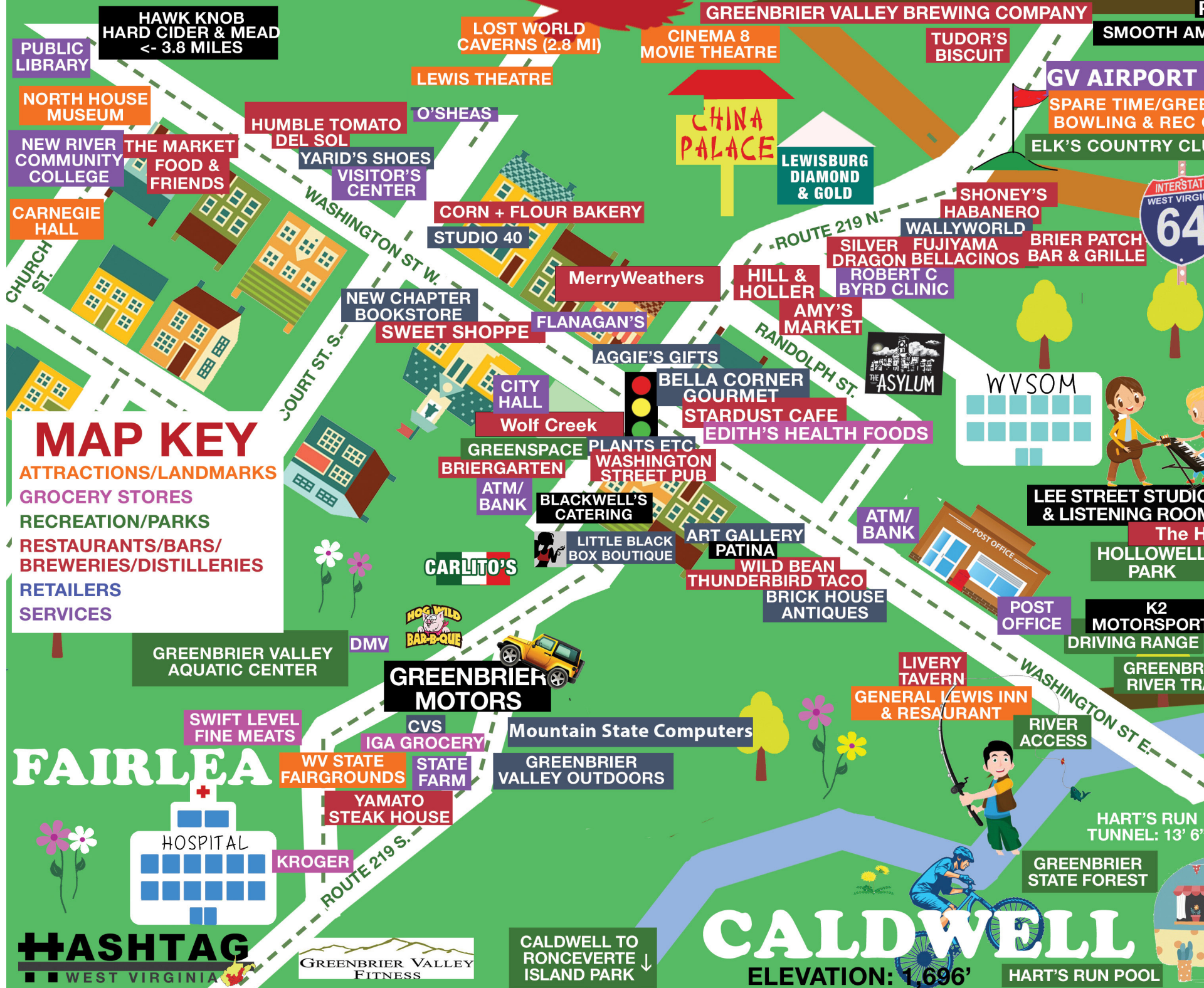
Tickets for the event require a \$10 donation for adults, while admission is free for those aged 17 and younger. To purchase tickets, please visit the Pocahontas County Opera House website at [pocahontasoperahouse.org](http://pocahontasoperahouse.org), stop by the 4th Avenue Gallery in Marlinton, or buy them directly at the venue on the evening of the performance.

This event is made possible thanks to the generous support of our community, the West Virginia Division of Culture and History, the West Virginia Commission on the Arts, Pocahontas County Dramas, Fairs, and Festivals, and the Pocahontas County Convention and Visitors Bureau.

# LEWISBURG

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HARD CIDER & MEAD  
← 3.8 MILES

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64

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PATINA

WILD BEAN  
THUNDERBIRD TACO

BRICK HOUSE  
ANTIQUES

ATM/  
BANK

POST OFFICE

HOLLOWELL  
PARK

GREENBRIER VALLEY  
AQUATIC CENTER

DMV

GREENBRIER  
MOTORS

HOG WILD  
BAR-B-QUE

CVS

Mountain State Computers

LIVERY  
TAVERN

GENERAL LEWIS INN  
& RESAURANT

POST OFFICE

K2  
MOTORSPORT  
DRIVING RANGE

GREENBR  
RIVER TR

### FAIRLEA



HOSPITAL

KROGER

WV STATE  
FAIRGROUNDS

STATE  
FARM

GREENBRIER  
VALLEY OUTDOORS

YAMATO  
STEAK HOUSE

ROUTE 219 S

POST OFFICE

HART'S RUN  
TUNNEL: 13' 6"

GREENBRIER  
STATE FOREST

### HASHTAG

WEST VIRGINIA

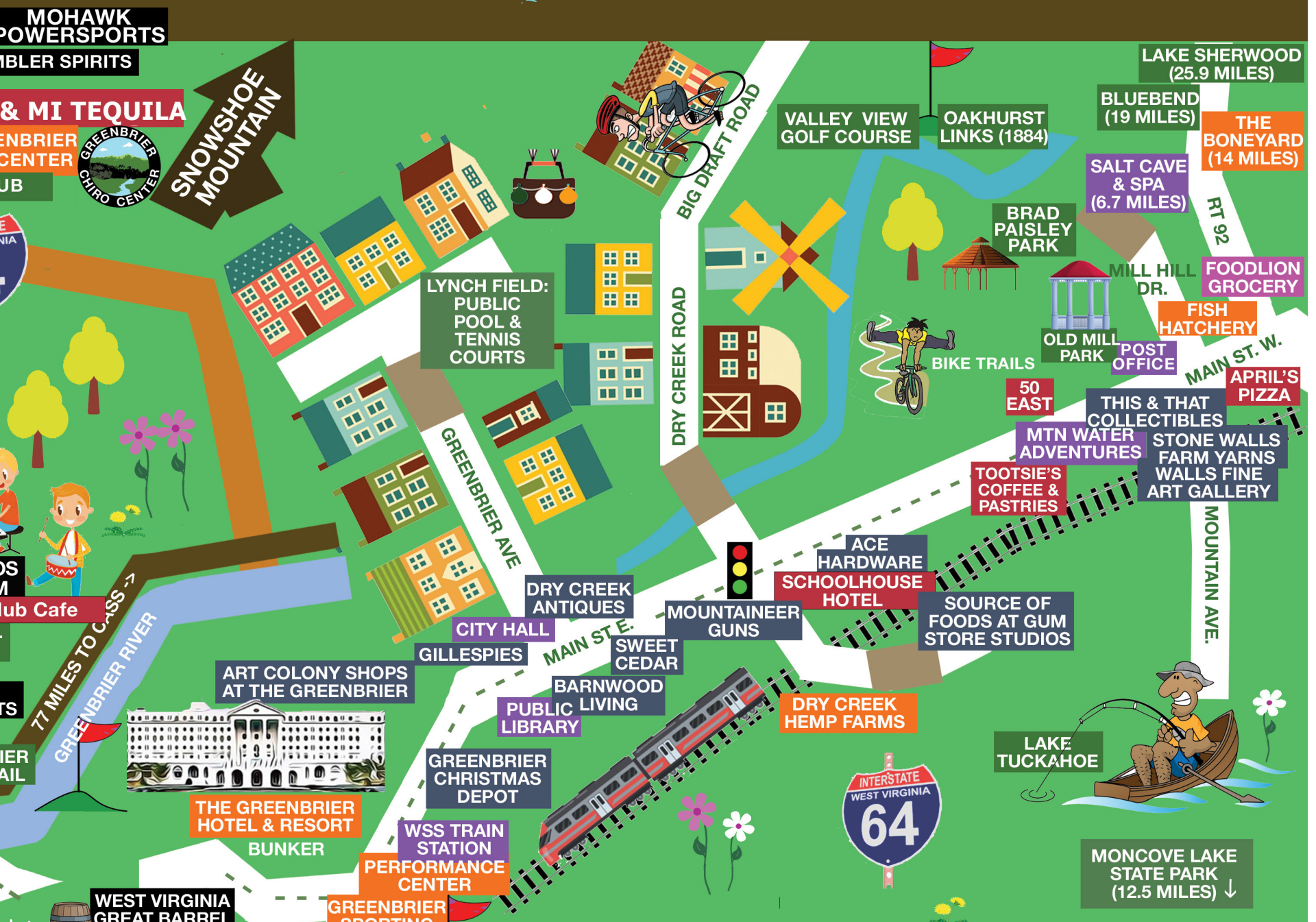
GREENBRIER VALLEY  
FITNESS

CALDWELL TO  
RONCEVERTE  
ISLAND PARK

### CALDWELL

ELEVATION: 1,696'

HART'S RUN POOL



MOHAWK POWERSPORTS  
BLER SPIRITS

SNOWSHOE MOUNTAIN

& MI TEQUILA

GREENBRIER CHIRO CENTER

LAKE SHERWOOD (25.9 MILES)

BLUEBEND (19 MILES)

THE BONEYARD (14 MILES)

VALLEY VIEW GOLF COURSE

OAKHURST LINKS (1884)

SALT CAVE & SPA (6.7 MILES)

BRAD PAISLEY PARK

LYNCH FIELD: PUBLIC POOL & TENNIS COURTS

FOODLION GROCERY

FISH HATCHERY

OLD MILL PARK

POST OFFICE

50 EAST

THIS & THAT COLLECTIBLES

APRIL'S PIZZA

MTN WATER ADVENTURES

STONE WALLS FARM YARNS  
WALLS FINE ART GALLERY

TOOTSIE'S COFFEE & PASTRIES

ACE HARDWARE  
SCHOOLHOUSE HOTEL

SOURCE OF FOODS AT GUM STORE STUDIOS

DRY CREEK ANTIQUES

MOUNTAINEER GUNS

CITY HALL  
GILLESPIES

SWEET CEDAR

ART COLONY SHOPS AT THE GREENBRIER

BARNWOOD PUBLIC LIVING LIBRARY

DRY CREEK HEMP FARMS

GREENBRIER CHRISTMAS DEPOT

WSS TRAIN STATION  
PERFORMANCE CENTER

LAKE TUCKAHOE

MONCOVE LAKE STATE PARK (12.5 MILES) ↓

THE GREENBRIER HOTEL & RESORT  
BUNKER

WEST VIRGINIA GREAT BARREL COMPANY

GREENBRIER SPORTING CLUB

# WHITE SULPHUR SPRINGS

EST 1909. ELEVATION: 1,857'

Map is not to scale

# CARNEGIE HALL ARTWALK SCHEDULED FOR FRIDAY, OCTOBER 4



Works by (l-r) Robert Singleton, Merideth Young, and Christine Rhodes of the WV Watercolor Society

Carnegie Hall invites the community to the inaugural Carnegie Hall Artwalk on Friday, October 4, from 5:30 to 7 p.m. ArtWalk events at Carnegie Hall are free and offer visitors the opportunity to explore a wide variety of original work by local and regional artists, all set in a world-class historical venue.

Visitors are encouraged to immerse themselves in the arts while enjoying live music, complimentary light refreshments, and a cash bar. Each exhibit rotation features creative collaborations and three separate galleries showcasing unique work in multiple mediums, ranging from contemporary portraits in oil to heirloom level craft arts.

“It’s an INSIDE VIEW of My Art” by Merideth Young will hang in the Lobby Gallery. Young is a jeweler, painter, and all-around art maker. In 1995, she graduated with a BFA in Metalsmithing and Jewelry Design from Maine College of

Art in Portland, Maine. She has had her jewelry and artwork at Tamarack, in Beckley, and is the proud owner of an art gallery in downtown Lewisburg called Young at Art.

The Old Stone Room will feature “Anything Goes” by the West Virginia Watercolor Society (WVWS). The WVWS was created in 1984 by a group of artists to promote and ensure the high standards of the art of watercolor painting in the state of WV, to guide and assist the student and aspiring watercolor artist in WV, and to encourage within the public the advancement and understanding of the broad scope of watercolor painting. In the years since, the 54-members continue to hold watercolor workshops, publish a newsletter, and by host both juried and non-juried exhibitions.

The Museum Gallery will feature oil painter Robert Singleton’s “Cloudscapes.” Singleton, a West Virginian by choice, has been painting from

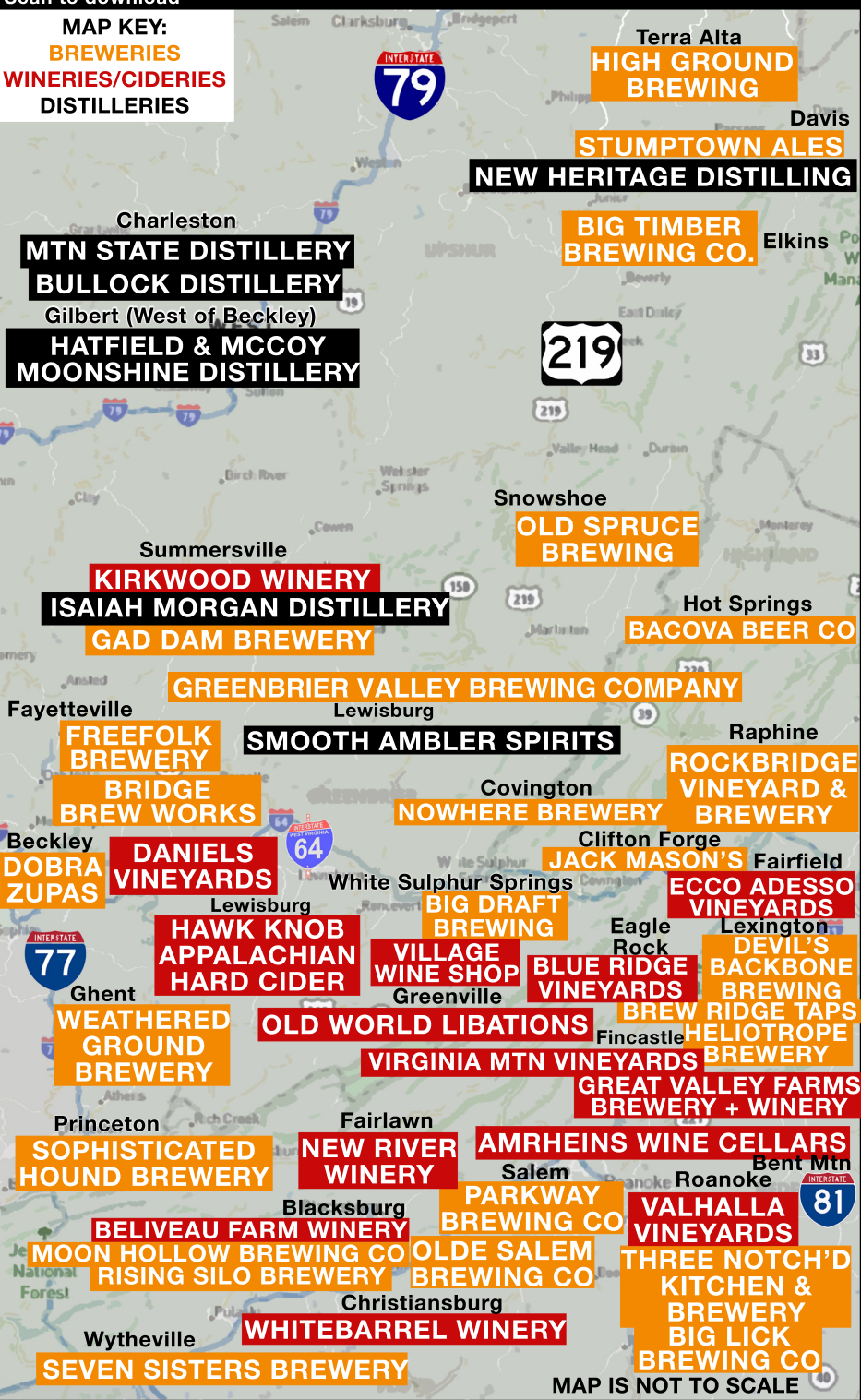
his remote mountaintop home in picturesque Hardy County for more than 40 years. A nationally recognized artist, Singleton moved to West Virginia in 1978 in search of privacy, time, and space. His work is represented internationally in prestigious private and public collections. In 2022, Singleton was named a Master Artist Fellow by the Tamarack Foundation for the Arts.

The exhibits run through the end of December and are free and open to the public, Monday through Friday, 10 a.m. - 4 p.m. For more information, please visit [carnegiehallwv.org](http://carnegiehallwv.org), call (304) 645-7917, or stop by the Hall at 611 Church Street, Lewisburg, WV.

Carnegie Hall programs are presented with financial assistance through a grant from the West Virginia Department of Arts, Culture and History and the National Endowment for the Arts, with approval from the West Virginia Commission on the Arts.

# #ASHTAG SPIRITS MAP

Scan to download  
**MAP KEY:**  
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 WINERIES/CIDERIES  
 DISTILLERIES



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## WV HIVE ANNOUNCES DETAILS OF FALL 2024 PITCH

The West Virginia Hive announced today the Fall 2024 Pitch Southern West Virginia Business Idea Competition, with more than \$5,000 in prizes awarded to the top five participants.

Diana Woods, Collegiate Project Manager at the WV Hive, said the deadline for applications from entrepreneurs is noon Tuesday, October 15. "The stages of the competition are designed to inspire innovation and entrepreneurship within the community," said Woods. "The competition offers budding entrepreneurs and startups the chance to showcase their groundbreaking ideas."

The top five applicants will pitch in person at 5:30 p.m. November 14 at the Life Sciences Building, on the West Virginia University Institute of Technology (WVU Tech) Campus in Beckley, W.Va.

The competition is open to residents and businesses located in the following counties: Raleigh, Fayette, Nicholas, Summers, Webster, Pocahontas, Greenbrier, Monroe, Mercer, Wyoming, McDowell, Logan, and Mingo. Students enrolled at WVU Tech are

also eligible to participate.

A \$5,000 in Cash Prizes Available to Top Five Winners

- Awards:
- 1st Place: \$2,500
  - 2nd Place: \$1,000
  - Three Honorable Mentions: \$500 each

Additionally, the finalist who receives the most votes from the audience will be awarded \$250 for the "Audience Favorite" prize of \$250.

Finalists chosen to pitch will be notified on October 25, 2024. Those interested in participating should submit their proposals through [wvhive.com/business-idea-competition/](http://wvhive.com/business-idea-competition/).

For more information, including competition guidelines and how to apply, as well as a link to register to attend the event, please visit [wvhive.com/business-idea-competition/](http://wvhive.com/business-idea-competition/) or contact Woods at [dwoods@nrgrda.org](mailto:dwoods@nrgrda.org) or 304-712-3817.

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# Going Wild: The Hunting Dad

By Patrick Calvert

October is upon us!

It is the season of harvest and Halloween costumes. Cutting hay and cutting class.

Oh... and hunting.

For me, hunting season is a season of acceptance, season of truth, season of chasing the wild in myself, and a season to process what is uncovered.

In West Virginia, we are fortunate to have incredible youth hunting opportunities that start in October. As a conservationist and as an educator, I have a profound respect for the teachers and parents out there that seek to guide and educate our next generation of conservationists and hunters. With a shared commitment to ethics and sustainability, we can help the next generation of youth protect our natural resources.

Today, I got on a golf cart and cruised around the woods with my friend George Altizer- someone I am going to embarrass by calling 'The Hunting Dad'.

I asked him a few questions about raising two bada\*\* female hunters, ethical hunting practices, his October hunting tactics... oh and we found some edible mushrooms!

Hey George.

I rolled up on your property today as you were sighting in your bow. You seem to shoot a lot. Talk me through your thought process. How is that important for the young hunter?

It's a matter of ethics and preparation. The most important thing is an ethical hunt. Make sure your equipment is sighted in and keep your body ready for the shot- that includes preparing with your young hunter. When the time comes that you or the child may harvest an animal, you are ensuring an ethical hunt.

You and I spent this afternoon scouting and tracking around the mountain- just trying to figure out what sign might lead us to deer. What observations have you made?

This year, the white oak acorns are dropping early. It's a heavier mast than usual. The more mast, the more deer you find. Same with bear, turkey, etc. But you need to know where to look. This year, September seems to be the new October. The acorns have been dropping early. There

is a drought, and it is influencing deer patterns. If you scout and track, the deer will tell you where to hunt.

Over the years, I have introduced kids to the world of hunting by way of squirrel hunting. I know you grew up doing the same. Share with us a few tips for an adult taking a kid out on their first squirrel hunt.

Simple: find the tree that they're cutting on. Most of it is hickory at this time of year. Find the hickory trees. Early in the morning or right before dark are the best times to catch squirrels cutting. My personal preference is to wait for a couple frosts before I hunt squirrels- easier to find them through the leaves, and less likely to come across warbles.

Turkey season is another great opportunity to bring a kid out hunting. I've seen both of your daughters get their first turkeys in the Fall. In fact, you helped me get my first Fall turkey way back when. What are some of your Fall turkey tactics?

When the season first comes in, I'm looking for scratching, try to find out where the turkeys are feeding the most, try to set up a blind before they've been moved to another area. They'll use up an area quickly before moving on (laughs). The "fastest with the mostest" is the name of the game.

Trail Cameras help a lot with that. You see them come in one day you almost have to beat feet to the spot. They'll be back, but not forever. You've got a day or two maybe to cash in on that.

You and Sharon raised two girls- one is in collegiate athletics and the other competed for Miss West Virginia this year. They are now off to college, but they come home every Fall to pursue the next hunt with you. You've instilled the love of the outdoors in your kids and it's beautiful to see. What advice would you give other parents?

If you are a mom or dad who wants to take their kids out hunting: Get your kids out in the woods. Hunt as often as you can. They won't be kids for very long. I feel blessed with two young girls that love to hunt. They're both in college now, so they



**"If you teach your kids to hunt, you don't have to hunt for your kids." George's daughter, Paige, with a beautiful 8-point buck (Photo courtesy of George Altizer)**

don't get to hunt and fish with Daddy as much as they used to but whenever they get the chance, they're eager to come in and hunt.

It all falls back on this: if you teach your kids to hunt, you don't have to hunt for your kids. Keep that in mind that your children don't have to hunt deer or squirrels. Teach them to forage for mushrooms, plants, whatever. Just get them in the woods.

By the way, George, look over there...

(As George finished his sentence, we drove by a beautiful chicken-of-the-woods mushroom on a rotted oak tree. It was a fitting end to our golf cart chat.)

West Virginia is a truly incredible state for hunting opportunities- especially for kids. There are youth-specific seasons starting as early as this month. See the WV DNR website for dates & regulations.

# ASTROLOGY

## Your Horoscope According to AI Let our robot overlords predict your HALLOWEEN HOROSCOPE!

### Aries (March 21 - April 19):

**Haunting Spirit:** This Halloween, channel your inner warrior! Your fierce energy is perfect for leading a ghostly gathering. Embrace the thrill of the night; a daring costume will empower your spirit.

### Taurus (April 20 - May 20):

**Creepy Comforts:** As the nights grow chillier, indulge in cozy activities. Create a haunted haven at home with autumnal decor. Treat yourself to some seasonal snacks; your comfort is key to enjoying the spooky season.

### Gemini (May 21 - June 20):

**Mysterious Encounters:** This Halloween, expect unexpected visitors! Your social charm will attract intriguing characters. Dive into conversations about the supernatural; you might uncover secrets that spark your curiosity.

### Cancer (June 21 - July 22):

**Emotional Spirits:** The veil between worlds feels thin for you, Cancer. Embrace your intuitive side by lighting a candle and reflecting on your loved ones. A simple gathering with friends will fill your heart with warmth.

### Leo (July 23 - August 22):

**Spotlight Specter:** It's your time to shine! Create a show-stopping costume that highlights your creativity. Attend a party or host your own; your magnetic presence will be the highlight of the night.

### Virgo (August 23 - September 22):

**Spooky Organization:** This Halloween, channel your analytical skills into planning the perfect haunted house or themed dinner. Your attention to detail will create an unforgettable experience for your friends.

### Libra (September 23 - October 22):

**Charming Enchantment:** Your natural charm makes you the life of any Halloween gathering. Use your diplomatic skills to mediate any spooky conflicts among friends. A romantic evening under the moonlight could lead to unexpected magic!

### Scorpio (October 23 - November 21):

**Mystical Depths:** Your intense energy resonates with the mysterious vibes of Halloween. Explore your darker side; try your hand at tarot or scrying. Trust your instincts—they'll guide you through the night's enchantments.

### Sagittarius (November 22 - December 21):

**Adventurous Spirits:** This Halloween, let your adventurous spirit roam free! Plan a thrilling night of ghost tours or haunted hayrides. Embrace the thrill of the unknown; a spontaneous adventure will lead to unforgettable memories.

### Capricorn (December 22 - January 19):

**Ghoulish Ambition:** Set your sights on achieving something big this Halloween. Whether it's a creative project or a festive gathering, your determination will impress. A touch of spookiness in your goals will keep things exciting!

### Aquarius (January 20 - February 18):

**Eccentric Frights:** Embrace the unconventional this Halloween! Create a costume that reflects your unique personality. Join a quirky gathering or host an eclectic movie night; your innovative spirit will inspire others.

### Pisces (February 19 - March 20):

**Dreamy Haunts:** This Halloween, let your imagination run wild. Engage in artistic pursuits, whether it's painting pumpkins or writing ghost stories. A night of chilling tales with friends will satisfy your mystical craving.

Enjoy the spooky season, and may your Halloween be filled with fun and magic!

# HASHTAG

## WEST VIRGINIA

# the agenda

LISTINGS, HASHTAGWV.COM AGENDA | Oct. 1, 2024 - Oct. 31, 2024

- OCT. 1** → **Events: Tuesday**  
**Farmers Market**, Alderson, 3 p.m. - 6 p.m.  
**Farmer's Market**, Mountain Table, 4-7 p.m.
- OCT. 2** → **Events: Wednesday**  
**Mystery Trivia Night**, Country Roads Beer Co., WSS, 6 p.m.  
**Greenbank Farmers Market**, Green Bank Fire Department, 2:30 p.m. - 5:30 p.m.  
**Paint & Sip: Autumn Gnome**, GVBC, Maxwelton, 6 p.m.
- OCT. 3** → **Events: Thursday**  
**Paint & Sip: Highland Cow**, The Cadle Farm, Grassy Meadows, 6:30 p.m.  
**Karaoke hosted by DJ CC**, Country Roads Beer Co., WSS, 6 p.m.  
**White Sulphur Springs Farmer's Market**, Main Street, 3 p.m. - 6 p.m.
- OCT. 4** → **Events: Friday**  
**Friday Night Community Market**, Ronceverte, 5 p.m.  
**Carnegie Hall Artwalk-Gallery Openings/Receptions**, Lewisburg, 5:30 p.m.  
**Greenbrier Artists 50th Anniversary Annual Member Show**, Greenbrier Visitors Center, 4-5:30 p.m.
- OCT. 5** → **Events: Saturday**  
**Movie Night: Lemony Snicket's Series of Unfortunate Events**, Hanna Farmstead, 7:30 p.m.  
**Pop-Up Flea Market**, Williamsburg, 9 a.m. Free Set up  
**Rosemary's Pumpkin and Pines Opening Day**, Asbury, 10 a.m.  
**Basic Tinctures and Salves, Primitive Goods**, Ronceverte, 4:30 p.m.  
**Carnegie Hall-o-ween Event: Ceramic Skull Planter/Candle Lantern Class**, Lewisburg, 12-3 p.m.  
**4ever Classic Live**, GVBC, Maxwelton, 6-9 p.m.  
**Salt and Sound**, Pomona Salt Cave & Spa, WSS, 5:15 p.m.  
**Farmer's Market**, Discovery Junction, Marlinton, 9 a.m.- 1 p.m.

- OCT. 6** → **Events: Sunday**  
**Flea Market**, Pence Springs, 8 a.m.  
**Marketfest at Sunset Farm**, Alderson, 9 a.m. - 3 p.m.
- OCT. 8** → **Events: Tuesday**  
**Farmers Market**, Alderson, 3 p.m. - 6 p.m.  
**Farmer's Market**, Mountain Table, 4-7 p.m.
- OCT. 9** → **Events: Wednesday**  
**Mystery Trivia Night**, Country Roads Beer Co., WSS, 6 p.m.  
**Greenbank Farmers Market**, Green Bank Fire Department, 2:30 p.m. - 5:30 p.m.
- OCT. 10** → **Events: Thursday**  
**White Sulphur Springs Farmer's Market**, Main Street, 3 p.m. - 6 p.m.
- OCT. 11** → **Events: Friday**  
**42nd Annual Art and Craft Show**, WV State Fairgrounds, 9-6 p.m.  
**Make it Right for Kids Night**, WV State Fairgrounds, 5:30 p.m.  
**Bourbon, Bites, and the Beard**, Smooth Ambler, Maxwelton, 4:30 p.m.  
**Beyond the Grave Rave**, The Sportsman Tavern, Ronceverte, 8 p.m.
- OCT. 12** → **Events: Saturday**  
**Fall Festival**, The Dough Ball, Gap Mills, 9 a.m.  
**42nd Annual Art and Craft Show**, WV State Fairgrounds, 9-6 p.m.  
**NOAH Car Show Memorial Event & Fundraiser**, Lowes, Lewisburg, 2 p.m.  
**Chicken & Pickin'**, Old Gap Mills Country Store, 10 a.m.  
**Taste of our Town (TOOT)**, downtown Lewisburg, 12-4 p.m.

- OCT. 13** → **Events: Sunday**  
**42nd Annual Arts and Craft Show**, WV State Fairgrounds, 12-4 p.m.  
**Marketfest at Sunset Farm**, Alderson, 9 a.m. - 3 p.m.
- OCT. 14** → **Events: Monday**  
**Paint & Sip: Spooky Van Gogh**, Stuart's Smokehouse, Alderson, 6 p.m.
- OCT. 15** → **Events: Tuesday**  
**Farmers Market**, Alderson, 3 p.m. - 6 p.m.  
**Farmer's Market**, Mountain Table, 4-7 p.m.
- OCT. 16** → **Events: Wednesday**  
**Paint & Sip: Harvest Moon**, Sportsman Tavern, Ronceverte, 6 p.m.  
**Mystery Trivia Night**, Country Roads Beer Co., WSS, 6 p.m.  
**Greenbank Farmers Market**, Green Bank Fire Department, 2:30 p.m. - 5:30 p.m.
- OCT. 17** → **Events: Thursday**  
**White Sulphur Springs Farmer's Market**, Main Street, 3 p.m. - 6 p.m.
- Davisson Brothers Band**, Taste of our Town After Party, Lewisburg, 4 p.m.  
**Villa Joy Talent Show and Dance**, Alderson, 5-8 p.m. and dance from 8:30-10 p.m.  
**Scott Ryan & The Devilish Folk Live**, Country Roads Beer Co., WSS, 6 p.m.  
**Farmer's Market**, Discovery Junction, Marlinton, 9 a.m.- 1 p.m.



OCT. 18

**Events: Friday**  
**Hunter's Night Out**, 608 Monroe Ave., Ronceverte, 10 a.m.  
**Seasonal Collaging with Susanna Robinson**, The Hub, Lewisburg 4-7 p.m. and Saturday 1-4 p.m., ages 11 & up

OCT. 19

**Events: Saturday**  
**WVSOM & GVAC 5k Color Run/Walk**, GVAC, Lewisburg, 9 a.m. Bring your favorite canine  
**Harvest Festival**, Hawk Knob Cider, Lewisburg, 12-9 p.m.  
**Critter Crusade, Rose and Dagger Tattoo**, Lewisburg, 12 p.m.  
**7th Annual Haunted Trail**, Sweet Springs Resort Park, 7 p.m.  
**Carnegie Hall Hall-o-ween Event:** Ghost Stories and Spooky Things, Lewisburg, 7 p.m.  
**Howlin Halloween**, The K-9 Academy, Rupert, 11 a.m.- 3 p.m.  
**Farmer's Market**, Discovery Junction, Marlinton, 9 a.m.- 1 p.m.

OCT. 20

**Events: Sunday**  
**Salt and Sound**, Pomona Salt Cave & Spa, WSS, 6:15 p.m.  
**Marketfest at Sunset Farm**, Alderson, 9 a.m. - 3 p.m.

OCT. 22

**Events: Tuesday**  
**Farmers Market**, Alderson, 3 p.m. - 6 p.m.  
**Farmer's Market**, Mountain Table, 4-7 p.m.

OCT. 23

**Events: Wednesday**  
**Mystery Trivia Night**, Country Roads Beer Co., WSS, 6 p.m.  
**Greenbank Farmers Market**, Green Bank Fire Department, 2:30 p.m. - 5:30 p.m.

OCT. 24

**Events: Thursday**  
**The Rocky Horror Picture Show**, the Lewis Theatre, Lewisburg 7 p.m.  
**White Sulphur Springs Farmer's Market**, Main Street, 3 p.m. - 6 p.m.

OCT. 25

**Events: Friday**  
**Nick Cornwell Live**, The Blackboard, Lewisburg, 7 p.m.

OCT. 26

**Events: Saturday**  
**Alderson Halloween Festival**, Sunset Berry Farm, Alderson 12 p.m., Free Trick or Treating & Costume Contest  
**Old World Libations Annual Fall Cider Press**, Union, 12 p.m.- 6 p.m.  
**Davis Stuart 2nd Annual Creepy Crawl 5k**, Dorie Miller Park, 9 a.m.  
**Farmer's Market**, Discovery Junction, Marlinton, 9 a.m.- 1 p.m.

OCT. 27

**Events: Sunday**  
**Marketfest at Sunset Farm**, Alderson, 9 a.m. - 3 p.m.

OCT. 28

**Events: Monday**  
**American Legion Post 69 Meeting, Downtown Lewisburg**, 7 p.m., All Veterans welcome  
**Paint & Sip: Halloween Black Cat**, Lewisburg Elks Country Club, 6 p.m.

OCT. 29

**Events: Tuesday**  
**Farmers Market**, Alderson, 3 p.m. - 6 p.m.  
**Farmer's Market**, Mountain Table, 4-7 p.m.

OCT. 30

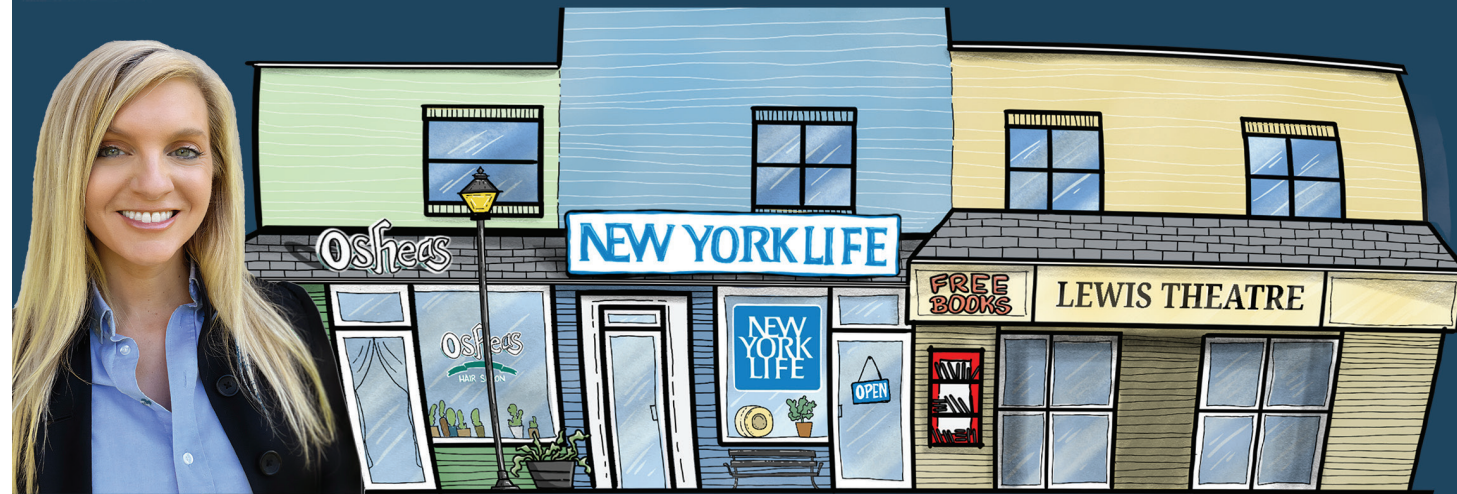
**Events: Wednesday**  
**Mystery Trivia Night**, Country Roads Beer Co., WSS, 6 p.m.  
**Greenbank Farmers Market**, Green Bank Fire Department, 2:30 p.m. - 5:30 p.m.

OCT. 31

**Events: Thursday**  
**Trick or Treat**, Williamsburg Community Building, 6-8 p.m., area residents welcome to bring candy to pass out.  
**Halloween Ball**, GVBC, Maxwilton, 7 p.m.  
**White Sulphur Springs Farmer's Market**, Main Street, 3 p.m. - 6 p.m.

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# CARNEGIE HALL

## UPCOMING EVENTS

<p>Fri., October 4 · 5:30 - 7 p.m. <b>CARNEGIE HALL ARTWALK</b> <i>Gallery Openings/Reception</i></p>	<p>Friday, October 18 · 7 p.m. <b>GHOST STORIES &amp; SPOOKIER THINGS WITH STORYTELLER ADAM BOOTH</b> <i>Carnegie Hall-O-Ween Event</i></p>
<p>Sunday, October 6 · 7 p.m. <b>MOUNTAIN STAGE WITH HOST KATHY MATTEA</b> <i>Mainstage Series</i></p>	<p>Saturday, October 26 · 7 p.m. <b>FRANZ LISZT, SUPERSTAR! WITH PIANIST BARBARA NISSMAN</b> <i>Carnegie Classics Series</i></p>
<p>Sat., October 12 · 12 - 8 p.m. <b>TASTE OF OUR TOWNS FOOD/ART FESTIVAL WITH AFTERPARTY WITH THE DAVISSON BROTHERS BAND</b> <i>A Delicious Fundraiser for Carnegie Hall</i></p>	<p>Friday, November 1 · 7 p.m. <b>THE RODNEY MARSALIS PHILADELPHIA BIG BRASS</b> <i>Mainstage Series</i></p>

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IS "TAKING IT OUTSIDE!"

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CFMoto Powersports, Spartan Mowers,  
Bad Boy Tractors, SSR Motorcycles

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[www.MohawkPowerSports.com](http://www.MohawkPowerSports.com)

CFMOTO recreational vehicles are intended for off-road use only and can be hazardous to operate. Read Owner's Manual and all product labels before operating. Never operate on paved roads. Operators and passengers must wear a helmet, eye protection and protective clothing. Operators must be at least 16 years old with a valid driver's license. Passengers, if permitted, must be at least 12 years old. Always use seat belts, cab netting and doors (if equipped). Never operate under the influence of alcohol or drugs. Avoid excessive speed and sharp turns, and never engage in stunt driving. Check state and local laws before operating on trails. Take a safety training course before operating. Contact your CFMOTO dealer for more information, or call the ATV Safety Institute at 1-800-887-2887, or go to [www.atvsafety.org](http://www.atvsafety.org). ©2023 Zhejiang CFMOTO Power Co., Ltd.

